

Introduction:

This is a brief presentation of the chakra system from my personal, psychic experiences.

Chakra Meditations

by

Kienda Valbracht, Tom Kenyon, and the Hathors

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I went into the Crystal Palace. One lovely Hathor (they were all wearing a tight, not gathered, white sari with a bandeau top and a drape over the left shoulder) welcomed me and showed me to a seat.

She communicated with me wordlessly and I understood. "We must not let science get ahead of spirit. We must learn longevity by spirit, so people can have a choice. The spirit is eternal – the body ephemeral – the soul transitory. Longevity is concerned with continually revitalizing and energizing the etheric body from the great earth etheric – in part from nature, and also from meditation. As we age and the will forces weaken, the etheric forces "slip away." The ego must become strong in spirit and guide/rule the astral, etheric and physical bodies and processes. Then the physical body can be healed, the etheric body continuously revitalized, and the astral body brought into balance. There are many practices to do this.

For you, Kienda, after you do all your meditations **including Tom's 2 breathings for the pineal and pituitary:**

1 Breathe and simultaneously pull energy up from the earth and down from the heavens. These two forces then meet consecutively in each of the 12 chakras.

2 Breathe 3 times to gather and concentrate the energy at each chakra. On the 4th breath, send it out through that part of the body, healing and vitalizing the organs and system related to the chakra.

"Lets do it now," the beautiful Hathor said. So we started:

The pure white **Crown Chakra** is a galaxy, slowly spinning in my pituitary. The Earth is a little down left from the center and beginning to shine little colored lights as I feel emotions of blue gratitude and healing red and gold. There are other dark planets like molten lead and black holes, but most are stars - "candles lit by God's own hand."

The violet Ajna, **Third Eye**, the **Pineal** is three shafts of violet light – two through the eyes angling back to the opposite occipital lobe in the brain, and one from the pineal to the medulla oblongata – the new, wise Dragon brain stem.

The **Alta Major, the Medulla oblongata** is a periwinkle blue flower that opens to the back, to the past and the Saturn forces. The other senses of the head, other than the eyes, the organs of smell and taste and hearing (nose, tongue and ears), all feed their senses into this flower and it opens and closes. When open it looks like a high collar from the front, rising to above the ears in height. There are mysteries here to the ancient past, as the third eye pierces the mystery of the future. So there are shafts of periwinkle light to the ears and nose and tongue, linking with the medulla oblongata. The source of the light rays is from the intensified upper and lower sources of energy at the top and bottom of the **central channel**.

The **pituitary** and the **central channel** are “here & now” and the individual human's access point to all dimensions.

The **Throat chakra** became brilliant sapphire blue. Then it modulated to become a delicate misty blue disc around my neck, extending a couple of inches all around. The pistils and stamen of the periwinkle flower of the **Alta Major** touch and rest on the blue disc. There is a connection with the past and the throat chakra.

Most of the energy surged upward through the throat and crested over the tongue and came out of my mouth like a beautiful breaking wave, like Hiroshigi's wave, some energy rolling upward and some down. It felt like this wave was part of the seas of time. As though what I might say has been rolling through the universe forever, to come and crest over the back of my tongue and become a spoken, reality NOW.

The turquoise **thymus** became a radiant 3 dimensional spiral, contracting and expanding. It's like a 3-d pendulum – a perpetual motion organ. At first it was moving in and then out and now after a bit these two directions a spiraling simultaneously in and out.

The **heart** is the doorway to the world. The whole earth is in my heart and every person and all of time – my memories and everyone else's too. The green light globe expanded and all my memories of all the people I have ever known flooded into the pink center which is a warm, glowing environment of love. My heart and Mother Earth are one – united in love and compassion.

The **Thymus** is an etheric heart – doing a turquoise filigree quickstep, the channels moving in opposite directions and creating the energy for life.

The **solar plexus** is a golden spinning disc with golden yellow hands that reach out and 'put things right' and 'fix things.' One hand holds a ribbon/rope of light like a lasso which can be spun fast to create a protective shield, and deflect anything negative coming my way. The lasso can create a living tube of golden light and protection with me in the middle – like a cowgirl doing rope tricks with a golden lasso.

The **Tan Tien Chi** center below the belly button is a fire – a cleansing, purifying fire into which I threw judgment, fear, anger and a few other attachments. I threw my books in too, so that what is left is pure and good.

Today the **Root Chakra** was only a little tendril of ruby red light that wove and wobbled its way to the pituitary and then something unclear about the caduceus. That is just today. I need a nap.

Knees: It is good to have the wisdom of passion to fall on your knees in awe and adoration, in humility and wonder at the exquisite beauty and mystery of whatever one is doing and seeing. And there is a round fuchsia “soffee” meditation pillow to sit on and fold my legs – disappearing the calves and shins which is a harbinger of the Venus age to come. The Knees represent the service of adoration and honoring, the service of wise passion applied like a healing, enlivening balm wherever needed.

Ankles: I have magenta colored feather-soft leather boots that go above the ankles with little white winglets on the heels.

The purple **Soles of my Feet.** “I shall walk passionately on the Earth.” as “I walk the 'white path of peace.'” After the 3 concentrating breaths, the purple shot forward, making purple skis. I did a downhill run and climbed the mountain and then realized: there is a perfect balance with the white of the crown, and the deepest most passionate purple of my feet on the green earth.

“Chakra Meditation”

The **Pituitary** is the direct link to Galactic Center, the Heart of our Galaxy and the home of GOD.

The **Pineal**, the third eye and the two outer eyes form a perfect 3 dimensional six pointed star. Where is the crossing place? Through the Pineal itself.

The **Alta Major** is the first blossom and fruit of the inverted plant within the human being. The roots are the ears and nose and tongue – the sense organs of the material world.

The **Throat** is cleansed by the wave which washes away untruth. Then the 9th wave – the “big one” tears the truth from my throat – to be spoken and written and then ridden like a little surfboard of truth to the far reaches of the world.

The **Thymus** is my very own little spiritual globe, spinning in the universe of my body.

The **Heart** is the whole world. Approximately at heart level all over the earth, we humans create a love sphere. Above the heart horizon, we are individualized and the energy moves upward. From the heart and below, we are in a horizontal strata of the human/earth sphere.

The **Solar Plexus** has hands – golden hands – which can give love and energy in that lower human/earth sphere and to others individually. Or in the negative state, can take or grab and hold onto others. This is often seen as the black lines/cords that happen between peoples solar plexi, and are used to manipulate and influence others subconsciously.

The **Tan Tien**, below the belly button, is the “Crucible of Karma” - the gathering place of karmic relationships and all of our individual karmic propensities.

The **Root Chakra** at the base of the spine is the “Flame of Desire” - the Bunsen burner for the crucible of our karma. It is also the seat of the kundalini, which does not only rise once, but in time can open a continuous, free flowing channel of balancing, harmonizing energy from the earth to the heavens.

The **Knees** are the chakra of service – willing or not, conscious or not.

The **Ankles** are the transducer of the horizontal earth energy into the vertical dynamic of the physical human body, and the transducer of human energy for the earth as well.

The **Feet** that walk the White Path of Peace are the direct connection to Gaia, taking in the earth energies and carrying them upward.

The zones or parts of the body are related to the signs of the zodiac.

The organs and glands are related to the planets. We are galaxies.

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The Akashic Record in the Sound or Recording Ether is a woven blanket or shawl draped around Mother Earth. Where things have happened geographically, is where the specific weaving is. As each 'age' comes to a close, we have a new fresh start – a whole new warp is set upon the loom of time as the new age begins.

Biography

Kienda (Betruë) Valbracht, IMA Thanatology, is a Clinical Hypnotherapist and a SIDS mother. The death of her infant son, Christian Alexander, impelled her into an exploration of Death's domain, culminating in her published book: *Lucid Death: Conscious Journeys Beyond the Threshold*, (available from her web site www.cosmicodyssey.info Barnes & Noble, or Amazon.) Creating structure and form from the seething cauldron of inspiration, she has a number of monographs of the latest adventures in the spiritual worlds available to download from her web-site – as well as her blog: *Conversations with Edgar Mitchell and the Interstellar Team*.

Kienda is a Spiritual Scientist, safely navigating the spiritual worlds, researching karma and reincarnation, the journey of the soul between death and rebirth, and other spiritually oriented issues.

She also facilitates individual Alchemical Hypnotherapy sessions (Facilitated Spiritual Experiences) which are then metamorphosed into practical wisdom for a richer, more effective, conscious life in the present.

For information on talks and workshops blending spiritual concepts with years of practical experience – such as:

- *The Journey of the Soul Between Death and Rebirth**
- *Reincarnation and Karma**
- *A Conceptual Matrix of the Cosmos – Humanity's Place in Time and Space**
- *Meditative Practices Leading to Spiritual Investigation**
- *The Evolution of Consciousness**
- *The Extra-Terrestrial Issue**
- *The Deeds of Christ and the Redemption of Lucifer**
- *Radiation and the Elemental World**
- *Transformation of the Reptilian Brain-Stem to the Dragon of Higher Consciousness**

and many others, with which to understand the human condition in the greater design of the evolution of consciousness, both individually and universally –

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