

CHAKRA PROCESS FOR LIFE DECISIONS CEREMONY



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This is an extraordinary process to use when you want support in making a life decision. My head and heart don't always know what's right for me; if I tune into all of my body, I get a more authentic, correct response. Sometimes we make decisions out of fear, or we sit with our life issues or decisions for months and worry and worry and worry. There's a better way. We can go within and check and get a clear answer within an hour or two. The key is to formulate a specific question and direct it to each of the seven chakras, then tune into the body's response while traveling through these power centers. Each chakra will have a distinct response; you're looking for a majority opinion on what action to take. We need the support and wisdom of all our chakras—the intellect, the guts, top to bottom.

In Chapter 5, I showed you how to “buzz up” your chakras with Brahmari breathing as preparation for meditation. I suggest you begin this exercise by doing some Brahmari for each chakra to wake it up, because in a little while you will be talking inside to your chakras and they will be talking back. Let's wake them up and get them lined up, so you can better access them. (See page 00.)

Grab a notebook and pen. Pick a life decision or issue that you want to work with. Perhaps you're getting married or divorced. Perhaps there's an issue that's hurting you. Pick just ONE issue or life decision. Breathe deeply, feeling for the one you want to focus on. Make sure you choose something that really matters to you. Choose a life decision you've already made that you want to double-check, or one you're thinking about making. You need to get a sense of how each of the power centers in you feels. Put that life decision or issue right in front of you, as if it were a fire burning, and focus on it. Write down every detail of the decision, getting as detailed and visceral as possible. Let yourself feel whatever it is you feel about it. Focus on it, keeping your breath strong. As you focus on the issue, stay very attentive to feeling everything about it. Acknowledge ALL of your feelings about it.

Put the paper back down. Sit with your spine straight, get your breath moving very deeply now that you've just turned on your core with your Brahmari breathing. Get your mind quiet, alert and ready. Unlike with Brahmari breathing, where we start with the seventh or crown chakra working down, we'll start with the first chakra and work our way up.

Inhale. Breathe your life issue into your FIRST CHAKRA—your genitals, perineum, anus, bottom of colon. The place of safety and security, your life force, creativity, sexuality. Your healing fire. Let your first chakra feel your life decision. Ask it what it feels about this issue. As soon as you receive information,

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pick up your notebook and write it down. Then go right back to breathing into your first chakra to get the next piece of information, because it will come in waves. Keep your breath powerful.

As you're going through each chakra, also feel for what you desire the life decision or situation to be. Write that down too. Refocus your issue. Put it right back in front of you. As if you have a sacred fire before you, put it back in the fire. Study it, feel it, get even more connected to it. Risk having full feelings about it. Take a deep breath.

Inhale your life decision into your SECOND CHAKRA. This power center--for women, of the uterus, ovaries, fallopian tubes, and for men, the prostate gland—also governs your sacrum, hips and intestines. This is a place of sorting and processing information, and of letting go of what is no longer useful. Breathe into your second chakra and ask it about your life decision. Write down whatever comes up. Keep breathing down into the second chakra again. Move that shit out and make room for what feeds you and your creative spirit. Finish writing and get your breath going. The more breathing you do, the more energy you will bring to each of your chakras. Put your issue back in front of you. Get it there vibrantly. As you study, feel and write about it, this adds more detail to it. Take another deep breath.

Inhaling, draw your life decision into your THIRD CHAKRA; your belly, the organ ring, low back, kidneys, abs, liver. Ask this area: What does it feel about your life decision? Write down whatever comes up. Put your issue back in front of you. Get your breath vibrant. Don't let your energy lag here! Be responsible for getting as much out of this as you can. Take another deep breath.

Inhale. Draw your life issue into your FOURTH CHAKRA, the place of love, compassion, heart wisdom, and sinus, which rules Warrior's Heart. Ask your heart about this issue. There will be many aspects of it; GET EACH ONE. As soon as you get any response, write it down and go back for the next piece of it. Keep your breath going. Bring your life decision back in front of you. Look at it, feel it, build it. Get it even more vibrant, get it brighter. Let it be fully important to you, without withholding from it. Be willing to care about it. Take another deep breath.

Inhale and bring that life decision into your FIFTH CHAKRA, the place of throat, thyroid, neck, jaw and mouth-- the place of speaking your truth. The place where you discern what is important to communicate to yourself and to others, where you learn to speak with the voice of your spirit. Ask your fifth chakra about your life decision. Write it down. Washing your breath through the chakra you are working with helps the process. Put the life decision back in front of you. Stay focused. Look at it. Get even more viscerally connected to it.

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Inhale and draw your life issue right into your third eye, your SIXTH CHAKRA. Your eyes and ears, the bottom and back of your brain, your pineal gland. This place of inner seeing, hearing, and knowing; this place of insight. What do you hear, see or feel about your life issue? Keep your breath strong! Stay on your wind horse. Go in and get the information, bring it out and write it down. Then go back in with that feeling, inquiring attention. Stay connected to what you're working on. What you will learn is invaluable. Put your life decision back in front of you. Get your breath going. Get strongly connected to it. Fire up your commitment to work with this. Take another deep breath.

Inhale. Draw your life decision right up to the SEVENTH CHAKRA, right into the top of the brain and skull, right into pituitary gland. This place knows or seeks your purpose in life, discovers and develops the unique gifts you have for the world. Ask this area what it feels about this life decision. Your breath is your guide. Ride your wind horse; otherwise you get lost in space.

Now that your chakras are in alignment, go back to any area that had discomfort or pain about this life issue. Ask that area: what does it need so that the issue can be resolved, healed or created? If you don't address the fear or discomfort the area has about your life decision or issue, it will sabotage you. Then you'll have a relationship with change where you take two steps forward, then five steps back. Go into that area and ask what it needs so it doesn't sabotage your progress.

There may have been a number of areas that had some kind of uncomfortable feeling, like fear or pain or shutdown. Start at the bottom and work your way up through every area. Ask it, then be willing to listen after you ask. What does the area need from you so that the issue can be resolved, healed, created? Write the answers down. Be sure to write down the area having the problem (e.g., second chakra) and what it needs from you. Usually your chakras are really eager to respond once you are listening. Get the information from each area. You will learn how to move through your changes and your evolution with congruent energy instead of a battle. Keep your breath going. Whatever area is uncomfortable, keep breathing into it, touching your breath to the area that is most uncomfortable, as you gather the information about what it needs so you can proceed with this life decision or issue.

Amp up your breath. Check in with your breathing. Everything in your life will go better when you're breathing. Connect your breathing to everything that matters to you. You just pulled information from the areas that had trouble with your life decision. Ponder: what do those areas need? What are the action steps you need to take now to bring this life decision to resolution? Remember that if you ignore this information, those areas will sabotage your plans or decisions.

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If you act on the information you receive from your entire internal counsel of elders, your personal wisdom keepers, you'll be able to move forward with integrity and without sabotage. How great is that? You can do this process any time you have a life decision to make. It makes a huge difference if you honor the wisdom inside of you. That way, you'll be able to go through your decisions and changes much more gracefully and efficiently, so it doesn't have to be so damn hard all the time!