

# ART IN SOUL INFOSHEET

## Throat Chakra Attunement Meditation

Connect with this moment – with the energy of this breathe – in and out. Ground yourself and be present coming in to your power.

Focus softly on the mandala in front of you and allow your in breathe to lengthen – expanding your lungs slowly and fully, pausing at the top of your inhalation and then exhaling slowly and fully.



Allowing your eyes to focus your mind on the spiral in front of you. The simplicity of the image, the calming - soothing colour, the gentle relaxing scent of the Lavender.

Feel your throat centre relaxing and opening as the energy begins to flow from the herbs and the crystals into you. Bring it into you with your in- breath. Allow your eyes to soak in the blue colour vibration. Allow your throat centre to continue opening, relaxing, expanding. Allow the energies held in the spiral to flow into you and begin to dissolve any previous energy blocks you may have that inhibit the creative expression of your truth.

Feel the colour travelling into your eyes, flowing through your head and down into your throat – bathing all your communication centres in calming blue energy.

Focus your intention on the spiral and allow it to begin to move if it chooses to – just observe where attention goes, energy flows. Your attention is the key which allows the energy to flow back into you.

Now close your eyes gently and see the mandala in your minds eye. Allow it to make its way slowly to your throat centre, whilst allowing the vision in your minds eye to remain. See yourself in miniature at the edge of the sacred spiral. The lavender plants are as large as bushes spiralling round the blue pathway. The smell of the Lavender clears your mind and your airways – stimulating your senses and relaxing your entire being. You are going to journey slowly round the spiral, reclaiming frozen aspects of yourself from the ages of 16 to 21. Times you lacked the courage and the wherewith all to express yourself, times you may have spoken and nobody listened. Times when you wished you had said 'yes' but failed to do so for fear of the consequences. Times when you wished you had said 'no' and failed to do so. All those times happened in the past. All of those events are long gone. It is time to walk the sacred spiral and begin to reclaim all of these aspects of yourself you left behind.

See yourself at those ages – a young, inexperienced person in an adults body – often with adult responsibilities – just starting out in the world.

See yourself through the loving eyes of your adult self. This is a time for healing. A time for compassion and a time for self forgiveness. Bring those younger aspects of you with you as you continue your journey



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round the sacred spiral. Making your way to the very centre, where you find a beautiful Blue Lace Agate seat. Sit down on the seat and allow all of the younger aspects of yourself – all of the uncomfortable experiences, to sit before you on a sky blue blanket.

The area all around the blanket begins to radiate a translucent ethereal blue, as the Divine Feminine flows the energy of grace to you and all of these aspects of your past. The blue energy enfolds you totally. You may even see your skin glowing a pale, translucent blue.

Gradually, all those regrets, fears, angry moments, shame, feelings and hurt dissolve, allowing you to welcome yourself at every age, back into your own heart.

One by one, welcome yourself back into your own heart – surrounded by the serenity of the Divine Mother, as she bathes you in her unconditional love and acceptance. Feel the peace take the place of any burden you may have carried. Feel the freedom replace any inhibition or judgement you have released.

Wrap your arms around yourself and give yourself a loving hug. Feel your love flowing from your heart through your arms and back into yourself.

Thank the Divine Feminine for her grace and the blessings of the mineral and herb kingdoms.

It is time now to allow all you have experienced and received to be integrated into your four body system. The Divine Feminine releases you, reassuring you – whenever you are in need of her. She is with you instantaneously.

Begin now to get in touch with the exterior of your body, wiggling your fingers and toes. Smoothing down your arms and your legs. If you feel less than fully present, tapping your head gently, awakening your energy meridians. Rubbing your hands together briskly, cupping them over your eyes – open your eyes into your hands and when you are ready, allowing your hands to drop away and all of you to be here now. In this time, space, sequence – in this moment.

Take a break and have a warm drink!



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