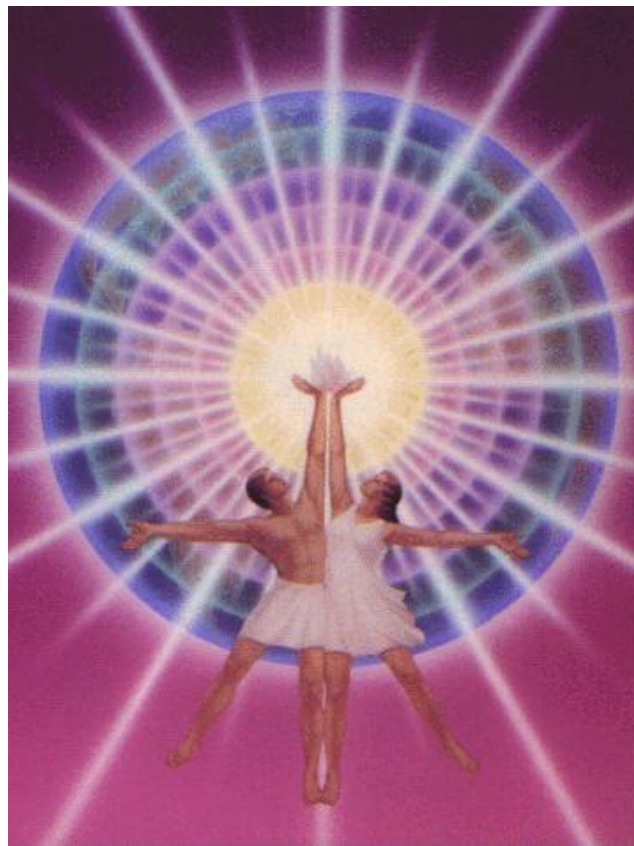




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Twin Flames and Soulmates: Finding the Balance Within

Balancing Karma and Internal Polarity



“Our duty, as men and women, is to proceed as if limits to our ability did not exist. We are collaborators in creation.”

~ Teilhard de Chardin



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Introduction

According to the Zohar¹, the Kabbalahistic Book of Splendor, every soul that intends for embodiment will receive a soul extension given by Shekhinah² and a physical body given by the earthly parents.³ Similarly, all types of Beings, including Angels, stars, and other celestial bodies, are born in a similar method of creation.

Tradition says that everything that exists in third dimension has an equal image of itself in the higher planes acquired before the coming to this plane of manifestation. It is also said that every single Soul before their coming to the world forms a Unity, a strong Bond, with all the Souls that are in the higher planes that exists on the lower planes. This is one of the most secret Mysteries of Life and Creation.

One of the primordial and more important Laws of Creation is the Law of One; we are the same everywhere, and it really does not matter what frequency we are vibrating, what physical garment we wear or what life purpose we are working on; we are definitely the work of One Creative Source, therefore, we are all ONE.

For the Kabbalists, the balancing of polarities through the balance of the primordial energy of creation is a Divine and Sacred Sacrament. The merging of this energy in the third dimension is one of the mysteries of harmony. The sacred marriage on earth is done through the integration and interaction of the basic sexual energy between partners.

Your original Divine Soul, the Monad, is androgynous⁴ and the sexual aspect of its integration is realized in the higher Cosmic levels.

¹ *The Zohar (זוהר, lit Splendor or Radiance) is widely considered the most important work of Kabbalah, or Jewish mysticism. It is a mystical commentary on the Torah, written in medieval Aramaic. It contains a mystical discussion of the nature of God, the origin and structure of the universe, the nature of souls, sin, redemption, good and evil, and the relationship between God and man.*

² *The Divine Feminine Energy of Creation*

³ *Section III, 219b*

⁴ *Without ascribed gender.*



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Love as a Compatible Ideal



One of the big mysteries in life is the experience of loving somebody. For centuries, human beings have tried to define and comprehend the deepness and the simplicities that are involved in being in love.

The actual definition of love can make us confused sometimes, because we may have the propensity to mistake passion with love. Sometimes is difficult to separate the “sexual impulse” from the realm of “feelings”. Passion excites the personality, while love elevates the spirit. Love is the only force that can win over the strength of passion because love can garnish a soul with the everlasting sensation of plenitude.

Love can put together all the pieces in the puzzle, and solve the enigmas of one’s mind and being. Nevertheless, it is the only force in the universe which is capable to place a human being in a spot where he can be in peace with himself.

Only when one has acquired the understanding that there is inside of you a matrix of harmony and the connection between you and all the living beings, can one can perceive that it is possible to be returned to the original state of being, where a Soul is a Divine spiritual entity connected in a Universe that truthfully just vibrates love.

One cannot truly feel the true love for another if you do not love yourself first.



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When you are feeling completely ready and feel integrally connected with someone else, there is a third party, or energy, that includes itself on the relationship: the Universe.

When this happens, the couple is able to find the sense of Purpose and its manifestations will inevitable guide them both to the journey back to the Original Integration.

The Sacred Mystical Union



“Love is anterior to life, posterior to death, initial of creation, and the exponent of breath.”

~ Emily Dickinson

Every Monad created is fashioned with the energy of the Trinity, the Yin and Yang that symbolizes the Twin Flames' complementary sides and the main energy of Creation, All That Is. The division of the Divine template is done with the negative⁵ polarity as the feminine part and the positive polarity as a male counterpart.

⁵ *Negative and positive are not labels. They are polarities of energy and use the terminology of conventional physics.*



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The polarities can vary according to the need of each incarnation, following the scope of adaptability, the Karmic program⁶, and the elements for the proper execution of life purpose.

The Divine Integral Being or the original Monad is androgynous, even though we perceive the Divine union between the feminine and masculine polarities represented in a cosmic level as the real purpose of manifestation. The union between the flames, the polar templates, on Earth is absolutely the personification of the work of spiritual transcendence.

The creative union is not only the association between the positive and negative elements, or templates “M” and “F”; but the fusion into a harmonic whole, individual and unique because the balance of those polarities within bring about the internal androgynous state. This ultimate state preserves all the individual and personal principals, giving to the seekers a new set of values and a new way to express themselves in life.

⁶ *In Buddhism it is explained that the Female incarnation is the one where the attunements of the emotional body are sharper and harder than the typical male one.*



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Male and Female Templates



In the work of the Spiritual path, we seek to transform the inner meaning of our male and female templates as different parts of ourselves, and bring our inner spirit to a point of balance and acceptance. Only when we reach this point of equilibrium inside, are we truly able to attract a soul relationship such as a Soulmate or Twin Flame. This is because we become capable of being transparent and stable enough to bring someone that is an accurate reflection of our counterpart.

When we are balanced and aware of only one template, male or female, we are not yet at the point where we can build up a balanced relationship with ourselves. When in a relationship with other beings, we tend to look at our partner as a reflection of ourselves. There is an interesting fact about the projections of the female⁷ counterpart from a male individual on his partner and vice versa.

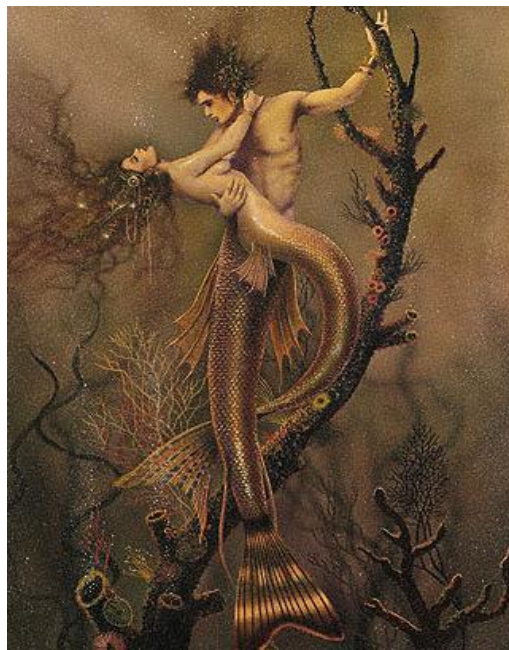
If you are a male, your interaction with your female partner will help you to understand better the masculine part of yourself and the reverse happens to a female individual.

⁷ According to Carl Jung, the female counterpart of a male individual is known to be his Anima, and the male counterpart of a female being is known to be her Animus.



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How to Stop Functioning as a Half



Many of us function as if we are only half complete and, as sad it seems, this is the reality. If we continue to project the vibration of half of an individual, looking around for someone else to complete us; we will continue to attract an incomplete connection.

The resulting interaction with anyone attracted in this manner will come up short of what we desire.

When we enter into any interaction from the viewpoint that we need the relationship to feel complete, it results in the relationship continuing to reflect and remind us of our belief in our incompleteness. What we will have is a partnership made up of two half-individuals that is not truly satisfying to either of them.

When we know we are a relationship unto ourselves, complete and sufficient within ourselves; we set up a vibration that attracts someone with those same qualities and assurance.

Too many times people make out long, wonderful lists of all the attributes they wish their perfect partner to have. It is better to ask the questions: do we have all those attributes and are we all those things?



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The basics of the Law of Attraction talk about the need to create the right frequency from where we can create the perfect energy field to make our intentions strong enough to manifest our dreams.

Unless we are able to reflect the type of vibrational being we choose to attract, how will we ever be seen and recognized by someone who does?

Balancing the Male-Female Aspects of Ourselves



“Love is the only reality and it is not a mere sentiment. It is the ultimate truth that lies at the heart of creation.”

~ Rabindranath Tagore

We all have dreamed one way or another about the perfect relationship: the quest for perfection and integration is engraved deep within our souls.

We may have experienced confusing relationships, where the other half of the relationship insisted on giving mixed signals; or we may have felt that we are not compatible with anyone, simply because it seems that we cannot attract any kind of intimate interaction.



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The reality of life is that the working dynamics of a good relationship is not a big mystery. The secret is to really realize and internalize that we are not ever alone and that we are more than we seem to be or see, with the biggest realization being that there is more than one of us around.

The questions about how complicated interpersonal relationships can become, and how challenging and confusing they can be, is just a true reflection of the relationship we have with ourselves.

At this point, the seeker must ask hard questions of oneself, such as who they really are and do they like the person they have become. Does the seeker feel deserving and worthy of unconditional love?

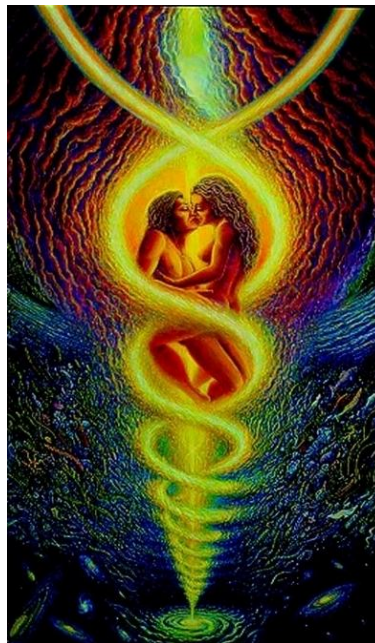
While one can wish to be loved by someone else, the questions reside: do we really love ourselves already, and do we trust, embrace and accept all parts of our inner self?

On these simple questions reside the entire work in rebalancing our internal polarities and eliminating the weight of general Karma in our Life Path.



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Relationships and Karma



“Our duty, as men and women, is to proceed as if limits to our ability did not exist. We are collaborators in creation.”

~ Teilhard de Chardin

What is a relationship? What can make them form and then be terminated? Those are questions that we ask ourselves in order to understand the best way to interact with others. Some of our relationships are Karmic in nature, some are not, and sometimes we see the weight of responsibilities falling over just one of the individuals; but in general, relationships are a mystery to us.

The nature of a relationship can embrace various levels; some are conscious while others are subliminal. Usually the motivations and the Karmic lessons are hidden just under the surface of every association.



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Each individual has a multi-faceted personality that can be mixed and rearranged and they tend to fit these facets of their personality with the other individual's like puzzle pieces; and this is what defines the totality of the relationship.

It is important to understand that not every relationship will work well, but we can't miss the reasons behind them: there will be some that have a Karmic nature, while others may present themselves from more of an emotional and or physical nature.

Karmic Relationships



"True love does not come by finding the perfect person, but by learning to see an imperfect person perfectly."

~ Jason Jordan

The suggestion of Karma in a relationship is not a pleasurable thought, no matter how it is manifesting in one's life. There are feelings of déjà vu and an underlying knowledge of what makes the other person tick. Powerful relationships, whether good or bad, almost certainly have a Karmic underlay to them.

All the different types of relationships give us the opportunity for personal development. They can put forward obstacles and rewards, highs and lows. When we experience the Karma involved in a relationship, we tend to find



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ourselves feeling without control over the circumstances and events, and at a loss of how to act and react to those situations. It is our belief, that while all Soulmate connections are Karmic, not all Karmic relationships involve Soulmates.

In a Karmic relationship, the lessons that we have to learn from each other can be as varied as life itself. One may be certain however, that the lesson will be deep, personal and will demand inner strength.

Sometimes you can catch yourself acting against your personal code of conduct, but what is really happening is that you are setting in motion and correcting some qualities and actions of a past life related to a "personality" that you are no longer consciously familiar with. Therefore, those qualities must be Karmically redeveloped and expanded in order to connect the "two lessons" simultaneously in this present life time.

Generally, people will make their judgment about a relationship based upon the Karma it brings. This can cause people to avoid potential relationship, particularly intimate ones, because of a perception that the relationship will be "high maintenance". Karmic relationships are difficult and challenging, which means that a lot of discussion is required, along with a clearing out of misunderstandings, dependencies, compulsions, and choices. This is a real manifestation as part of the consequences of having a more "mindful" relationship.

As a general rule, the Karmic model is only completely understood with clarity, AFTER the lesson is learned. Karmic relationships are valuable gifts that can facilitate us on our spiritual journey. This can only occur however, if we're ready to let go of the Ego structures that we may find useful as one-lifetime-only plan. When we can apprehend our entire spiritual existence into account, remembering our Divinity and our multi-dimensional nature, we are able to perceive and act from that perspective; only then, major learning experiences can take place in our lives.

In life, Karmic situations usually manifest itself through a succession of similar situations that become evident through the passing of years. When we establish a Karmic relationship, it is because unconsciously we see in the other person something that can effectively help us to solve some of our own limitations and Karma. In other words, we always attract what we need, and in the right moment in life when we are able to understand.

"When the student is ready, the master will appear."

This old saying exemplifies the characteristics and the reasoning behind the way Karmic relationships manifest in our ordinary lives.

This does not mean that all Karmic love relationships have to be demanding or complicated. As we choose to be more mindful, we can transform negative patterns by choosing more conscious and loving behaviors. Together, we can convert Karma into Dharma though the alchemy of our desires into our Intentions.

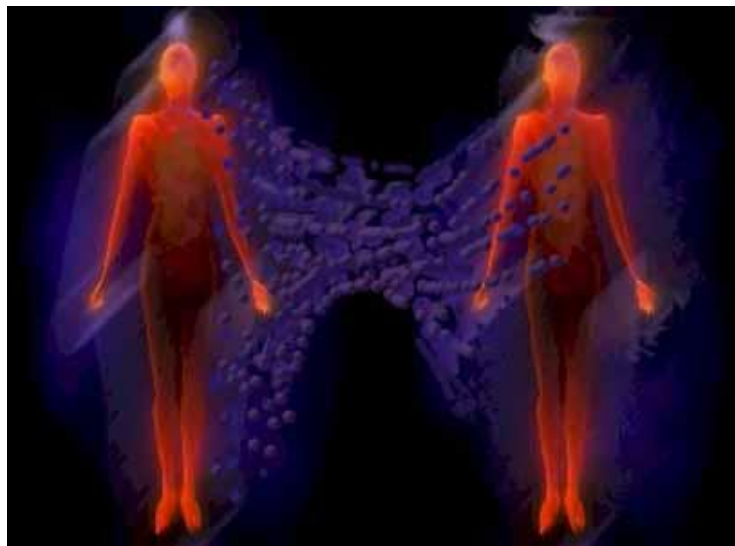
We are not always able to resolve all our Karmic lessons, because some of these original "revelations" need time to be understood internally. Most of us are still in the beginning stage of collecting information and inside of the



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process of formation and translation. It can take years to find the totality of understanding of what actually transpired within the context of our Karmic interactions.

Working with Internal and External Karma



“Everything comes to us that belong to us if we create the capacity to receive it.”

~Rabindranath Tagore

Karma⁸ is the expression of the Cosmic Law of Retribution and it can be manifested in various forms; internally and externally, through both pleasurable experiences and disagreeable ones.

The content that comprises Internal Karma refers to the realms of the personality. Therefore, the Internal Karma is the main factor that helps the process of self-expression and enlightenment of the true Self.

When we analyze the External Karma, we face it from a different perspective. It may be good or bad; but it cannot be consider positive or negative, because the real value of Self finds no balance or reference from it. This may be

⁸ *The philosophical explanation of Karma can differ slightly between traditions, but the general concept is basically the same. Through the Law of Karma, the effects of all deeds actively create past, present, and future experiences; thus making one responsible for one's own life, and the pain and joy it brings to oneself and others.*



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the result of diverse interactions through assorted contacts and situations through our lives, but they never determine the qualities, gifts or development of the Soul which is experiencing them.

A heavy Karma can be expressed as an opportunity of spiritual progress and transcendence, as a light and pleasurable Karma can be presented as a challenge for the human character, values and ethics; as an example, we can see how one behaves in the case of becoming an instant celebrity, or being wealthy.

External Karma cannot be described as either negative or positive; because what determines the dimension of the experience is the response we have in the face the challenges of those specific situations. In other words, the way we react to outside challenges.

Only through the profound analysis of Internal Karma can the seeker truly dimension the amount of internal work they need to undertake in order to develop the path of balancing and releasing their personal Karma. The external aspect of Karma determines under what circumstances the work on releasing must be developed during this incarnation's time. The awareness of this state expresses the first position on the Path of Consciousness.

In order to manifest this work, the seeker must analyze carefully the essence of his External Karma in retrospect. With special meditations, the consciousness tends to expand and, at the same time, allows in a near future the realization of the scope of responsibilities and acceptance of the Life Path; therefore, the recognition of Karma and the consequential correct release.

When applying these concepts to the analysis of our relationships, one must recognize the range of reactions and how they directly interfere in all the personal relationships, especially the romantic ones.

Here are some suggested meditation topics:

- 1. Remembrance of facts and situations of one's live in different periods of time: the challenges, conditions, alternatives and the more important episodes.*
- 2. The determination of the Character in each event or fact: if they were agreeable or disagreeable, or if they have a positive or a negative effect on your life.*
- 3. Try to remember your reaction on each one of those past events or situations and try to determined if those reactions, attitudes and choices were Karmically correct or incorrect and why.*
- 4. Try to determine what extent the external conditions or events from your past associated with your individual reaction to them and influenced the conditions of your internal life.*



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The duration of these guided meditations will depend on the extension and the broad scope of the experiences and, as also related, directly to the intensity of the experience⁹.

The understanding of the External Karma allows the Seeker to realize a basic task, which is to affirm oneself as a conscious individual, relying on the Internal Observer to guide one through correct reactions and aligning one's will with a higher purpose.

This correct understanding of the different Karmic states affirms the individual onto a higher path, giving them strength to resist "regressive temptations", especially ones that come with the brilliance of good moments and happy resting times. Spiritual practice is nothing else than a practice, it is internal work, and it never really ceases per se. This posture will equip the Seeker with gifts of fortitude and spiritual assertiveness during times of trial when the "disagreeable Karma" manifests in the Seeker's life.

These are some of the many reasons internal spiritual work has to be developed in a continuum with an awoken mind and a sensitive consciousness.

Old Agreements and Vows



For many of us, the main question remains: why can't we have a decent relationship in the present or why the past relationships did not work, despite of all the effort, energy and love we placed in them?

⁹ *It is important to the Seeker to keep in mind that their reaction to External Karma when the reaction is not yet in the conscious mind, is mainly impulsive: happy situations are considered normal and deserving, while unhappy ones are wrong and unjust. See Humanity Healing's Self-Mastery Program for more information on Attitudinal Tools.*



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In traveling life, sometimes we meet someone when we are still working on discovering who we are and what our purpose in life is. Sometimes we may draw towards ourselves someone that still has a lot to learn and to discover.

The answer may be that before taking embodiment, our Souls may have made contracts and agreements whose baseline is service. Many of these soul contracts were established to hold a place on other's emotional lives until they reached a level of strength, ability, skill and self-reliance. Many times we attract people into our lives to serve a role model, an example what they could be, if they chose to be more aware of their own potentialities.

A previous past life vow made under intense emotions can also carry over into sequential past lives, the present, and future lives with no boundary on its timing. The same outcome can repeat itself through this thread of successive lives.

We can bring up, between many other vows of that nature, the particular case of an "everlasting love" vows done in past lives. This serves as an example to show how patterns in the form of destiny are carried over into our present lifetime. This example is about a "love destiny" brought from a past life love vow. Its chance aspect restricts finding love anywhere but exclusively with the avowed lover.

Someone may have lived a past life where they fell deeply in love with someone else and the love was reciprocally intense. Those ones may have done a vow for their love lasting forever excluding themselves from discovering love in another connection. This would sound like something wonderful if it did not create a potential problem arising out of the same vow; the binding of their souls limited to each other as loving couple for every following lifetime, without an expiration date.

That means that in each other's future life, when they are in relationships that are not with the avowed "true loving partner", the relationship seems lacking, as if something dearly wanted is missing. This is the way love destiny brought by everlasting love vows can manifest itself.

This situation will be carried on until a time when the vow is broken and the person can move on to a new complete loving relationship. This explanation from past lives may be the reason for the difficulty in finding love in the present.

In all relationships there are always two sides, and it is also your partner's choice to make the relationship progress or not. We may hold a place in their lives being a living example, but the success of any connection is based on an agreement of similar vibration, in order to manifest and be a co-creator of realities. It is important to keep in mind that in certain moments of our lives, we will tend to attract exactly who we are supposed to in that specific moment.

Something that the seeker has to keep in mind is the power of old commitments, vows and soul contracts. In past lives, you may have made vows which you are still locked into and these will affect your life, restraining your present relationships from flowing and prospering.



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Vows are often made with ritual or ceremony, in front of witnesses; this is what sets them so strongly in your consciousness, so that they get imprinted on your unconscious mind as memory cells or Sankara.¹⁰ . Many times during these ceremonies, individuals call in the angels to help them to keep their vows. Consequently, through many lifetimes, an angel has been assigned to oversee every vow you made.

If you are still being influenced by past marriage vows, it will be helpful to release them. A marriage is a ceremony and sometimes a divorce does not release the energy of the original contract and the energy may still remain. One should strive to release old vows and live in the present moment.

¹⁰ *Sankara is a part of the Law of Karma and is the residual life memories of very intense or traumatic experiences from past existences. These can manifest into our lives through a succession of similar events or circumstances. Sankara is also another name for memory cells.*



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Meditation and Visualization for Releasing Old Vows



"Love is an endless mystery for it has nothing else to explain it."
~ Rabindranath Tagore

- *Find a restful place and sit down in a comfortable position.*
- *Clear your mind of all the intrusive thoughts.*
- *Breathe deeply, release all the tension that may have accumulated in your body and mind.*
- *Close your eyes, sit or lie with back straight, and imagine roots reaching down from your feet into mother earth.*
- *Ask your guardian angel to support you, and breathe away any tensions in your body.*



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- *Surround yourself with pink light, think yourself back to the place where you made the original vow, be aware of anyone taking the vow with you, and of the person conducting the ceremony. Use your faculty of imagination to help you reach this multi-dimensional place.*
- *Look at the congregation, who are supporting your vow, try to keep your mind's eye attentive to their energy vibration. If you have had many past lives where you took vows, there may be hundreds or thousands of people from other lives still holding your vow in place with their energy.*
- *Hand over any ring or symbol of a vow back to the person who gave it to you, and with a humble and grateful attitude, thank the person for all the learning experiences they allowed you to have and forgive any residual energy not worked during the period you both held this vow.*
- *Clearly tell the person who conducted the ceremony and to everyone who you were bound to and the congregation, that you are now releasing yourself from the vow and all its commitments and consequences; and that you are also releasing the other person to embrace a new path. Allow them to clap and applaud the decision.*
- *Feel the lightness that comes from the freedom of letting go.*
- *Light a candle in your mind to symbolize your freedom, and when possible, declare to yourself a blessing for this moment of personal freedom and release.*
- *Thank the angels who have continued to support your vow and with gratitude, release them.*
- *Walk out of the place where you are into the sunshine, have a party or do something to celebrate your new life, and open your eyes. You are now free.*

Note: If you feel agitated after this meditation, try to relax with a warmth bath and add a teaspoon of apple cider vinegar in the bath water. Also, make a point to do some grounding techniques.



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Tantra: the Transformation of Desire



“At the time of the Union of the male and female, all the worlds are in love and happiness”

~ Zohar¹¹

According to the Tantric teachings of Buddhism, every human being has the potential to achieve profound and lasting happiness; and this remarkable transformation can be realized very quickly if we utilize all aspects of our human energy, especially the energy of our desires.

What Tantra¹² teaches us is a way of breaking free from all the conditioning that limits our understanding of who we are and what we can become. It is a way of expanding the power of the life-force within us from the compartment called sexuality to its rightful place as the creative energy of the universe.

All this conflict will dissolve as we train in the tantric point of view and recognize that each man is a complete man and each woman a complete woman. Furthermore, every man and woman contains both male and female energy.

¹¹ 291b

¹² The word Tantra is Sanskrit and comes from the root word tan - to extend, expand, spread, continue, put forth or manifest.



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In fact, each one of us is a union of all universal energy. Everything that we need in order to be complete is within us right at this very moment. It is simply a matter of being able to recognize it. This is the Tantric approach.

The Tantric Attitudes



The following are the fundamental Tantric Attitudes¹³

- *Learn Self-Love. Listen to your heart and trust your intuition. Know that ecstasy is your birthright.*
- *Drop Guilt. Celebrate sexuality as a sacred life-giving force intended to nourish and vitalize you.*
- *Enjoy Spontaneity. Prepare well. Then let go of techniques and explore freely what draws you.*
- *Cultivate Pleasure. Learn to receive pleasure freely, totally and unconditionally.*
- *Discover Meditation. Quiet the mind and listen. Bring your awareness to your body and its sensations.*

¹³ *By Shavana Fineberg, Ph.D., Licensed Clinical Psychologist & Certified Tantric Educator
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- *Give up Goal Orientation. Allow yourself to be swept up in each moment for it's own sake.*
- *Allow Surrender. In the true spirit of the word, allow yourself to melt (render) into that which is higher than yourself.*

The Opening of the Inner Flute



According with Doctor Fineberg,¹⁴ a Tantric meditation can be a practice for anyone, whether partnered or single, which will heighten your awareness of the energy in your body and your ability to move it through your system at will, and open what Margot Anand¹⁵ calls "The Inner Flute,": balancing your energy centers or chakras.

Here is the suggested meditation:

- *Settle into a slow, deep pattern of breathing.*

¹⁴ *Shavana Fineberg, Ph.D., Licensed Clinical Psychologist & Certified Tantric Educator*

¹⁵ *Margot Anand is an internationally acclaimed authority on Tantra*



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- *Inhale while squeezing your PC¹⁶ muscle. Imagine that you are pulling energy up from the Earth into your first (base) chakra as you visualize it bathed in red.*
- *Exhale and allow the energy to flow back down into the Earth, and repeat five times.*
- *Repeat, bringing the energy into your second chakra, with the color orange.*
- *Repeat into the third chakra, with the color yellow.*
- *The Fourth (heart) chakra, and green.*
- *The Fifth chakra, visualizing blue.*
- *The Sixth chakra, and indigo.*
- *The Seventh (crown) chakra, and violet.*
- *Repeat one last time, pulling the energy all the way up through and out the crown chakra, allowing it to flow down and around your body.*

¹⁶ *The pubococcygeus muscle is found in both sexes and stretches from the pubic bone to the coccyx, or tail bone.*