

UNIFIED CHAKRA

This technique is brought to us by Archangel Ariel and was channeled by Tashira Tashi-Ren.

- It is designed to train your chakras to stay open and connected multi-dimensionally
- The Unified Chakra creates a bubble of Light that allows you to handle vaster and vaster frequencies, and acts like a force field. When all your energies are aligned and connected, it is much easier to live Heaven on Earth.
- It also helps to screen out other people's pictures of reality.
- By practicing the Unified Chakra regularly, you will train the different parts of yourself to merge, making you more present and able to follow your Spirit with each breath and each step. It takes 2 to 3 weeks of regular practice for this to start occurring.
- It is best done in a sitting position with the seven body chakras aligned vertically.
- I suggest you do it daily.
- Unlike most meditations, you do not leave your body; you stay conscious. It is an altered state but it is one that you can live in.
- It is sometimes helpful when first using it to make a tape of it and play it when learning until you get more familiar with the process.
- It is also important to feel what is going on in your fields. This is not a visualization technique. As you progress in the meditation, you will feel your consciousness expanding as the Higher parts of you connect into your personality.

Breathe in Light
Through the center of the heart
Opening the heart
Into a beautiful ball of Light

Breathe in Light
Through the center of the heart
Allowing the light to expand.
Encompassing the throat chakra
And the solar plexus chakra
In one unified field of Light
Within, through and around the body

Breathe in Light
Through the center of the heart
Allowing the light to expand.
Encompassing the brow chakra
And the navel chakra
In one unified field of Light
Within, through and around the body

Breathe in Light
Through the center of the heart
Allowing the light to expand.
Encompassing the crown chakra
And the base chakra
In one unified field of Light
Within, through and around the body

Breathe in Light
Through the center of the heart
Allowing the light to expand.
Encompassing the Alpha chakra
(Eight inches above the head)
And the Omega chakra
(Eight inches below the spine)
In one unified field of Light
Within, through and around the body
Allow the Waves of Metatron
To move between these two points
I AM a unity of Light

Breathe in Light
Through the center of the heart
Allowing the light to expand.
Encompassing the eighth chakra
(above the head)
And the upper thighs
In one unified field of Light
Within, through and around the body
Allow the emotional body to merge
with the physical fields
I AM a unity of Light

Breathe in Light
Through the center of the heart
Allowing the light to expand.
Encompassing the ninth chakra
(above the head)
And the lower thighs
In one unified field of Light
Within, through and around the body
Allow the mental body to merge
with the physical fields
I AM a unity of Light

Breathe in Light
Through the center of the heart
Allowing the light to expand.
Encompassing the tenth chakra
(above the head)
And the knees
In one unified field of Light
Within, through and around the body
Allow the spiritual body to merge
with the physical fields
I AM a unity of Light

Breathe in Light
Through the center of the heart
Allowing the light to expand.
Encompassing the eleventh chakra
(in the higher dimensions)
And the upper calves
In one unified field of Light
Within, through and around the body
Allow the Oversoul to merge
with the unified field
I AM a unity of Light

Breathe in Light
Through the center of the heart
Allowing the light to expand.
Encompassing the twelfth chakra
(in the higher dimensions)
And the lower calves
In one unified field of Light
Within, through and around the body
Allow the Christ Oversoul to merge
with the unified field
I AM a unity of Light

Breathe in Light
Through the center of the heart
Allowing the light to expand.
Encompassing the thirteenth chakra
(in the higher dimensions)
And the feet
In one unified field of Light
Within, through and around the body
Allow the I AM Oversoul to merge
with the unified field
I AM a unity of Light

Breathe in Light
Through the center of the heart
Allowing the light to expand.
Encompassing the fourteenth chakra
(in the higher dimensions)
And way below the feet
In one unified field of Light
Within, through and around the body
Allow the Source's Presence to merge
Throughout the unified field
I AM a unity of Light

Breathe in Light
Through the center of the heart
And ask that
The highest level of the Spirit
Radiate forth
From the center of the heart
Filling this unified field completely
And radiates forth throughout this day
I AM a unity of Spirit