



Preparing to embark on a Meditative Journey to build your INNER TOTEM POLE

with Scott Alexander King

Find yourself a safe, quiet space where you will not be disturbed.

Once you have claimed your space, light a white candle and, in a heat resistant pot (like a terracotta bowl), set a flame to dried white sage, or an alternative herb such as rosemary, ground cinnamon, eucalyptus leaves, sandalwood, culinary sage or lavender, and allow the smoke from the smouldering herbs to billow about and 'smudge' the area fully.

Once the space is cleansed, make sure you are comfortable. Sit on a cushion on the floor or on a straight-backed chair, making sure your back is always supported. To avoid cutting off circulation, do not cross your arms or legs. Put a blanket around your shoulders, even if it is warm out, because it isn't unusual to feel cold while meditating.

If you'd like to hold a crystal to help you focus, choose your favourite Clear Quartz, and hold it for the duration of the meditation. Ask it to protect you and guide you as you embark on the journey.

Close your eyes, relax your body and take three deep breaths, in through your nose and out through your mouth; one for the mind, one for the body and one for spirit.

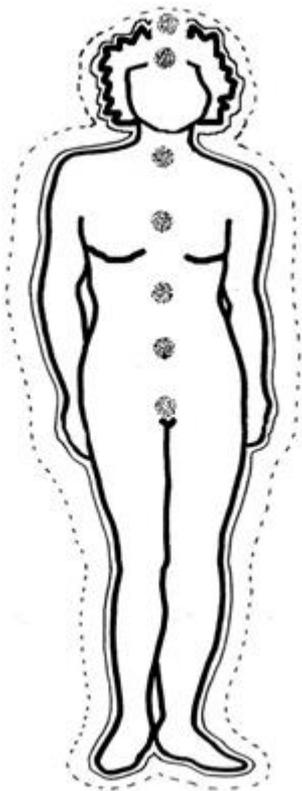
Concentrate on your body and, slowly, allow it to relax. Start by focusing on the crown of your head and feel the muscles and nerves relax. Allow them to sag and to become 'heavy'. Continue to do this down the side of your face; your brow, your eyes, cheeks, nose, mouth and chin. Allow your mouth to open a little if it wants to. Continue to relax your neck, shoulders and chest. Allow this relaxed state of being to trickle down to each of your arms and feel your shoulders begin to sag. Allow your lower arms, elbows and fingers to relax. Allow the muscles in your stomach, pelvis and buttocks to relax and feel your hips begin to sag and to feel 'heavy'. Continue to relax the muscles in your legs, before working your way down to your ankles, the soles of your feet and into your toes.

Take three more deep breaths, in through your nose and out through your mouth, and allow your mind to silence all inner chatter.

ABOUT THE CHAKRA SYSTEM

The chakra system (pronounced 'shack-ra') is made up of a series of energy or 'power' centres found within all living things. Many Eastern Religions and esoteric traditions incorporate them as fundamental aspects of their belief system. Super sensitive people claim to be able to see and sense the chakras and to determine when they're operating effectively or not. In doing so, they can identify the areas of the physical body that need physical, emotional, or spiritual attention. The term chakra comes from the Sanskrit word for 'wheel' or 'disk' because the chakras are visualised as rotating vortexes where universal life energy enters and exits the physical body. Depending on how much energy is entering or exiting the body, the diameter of each chakra may vary from one to the next. Traditionally, there are seven of these circular, spiralling centres of energy rotating within the body. Once upon a time they were linked to the (the then known) planets. Obviously, more planets have been discovered since, so in reality there could be up to 13 major chakras and over a hundred 'minor' ones dotted throughout the body. Each chakra is charged with the care and health of set human qualities and life issues. Being that seven chakras are generally agreed upon, there are seven aspects of the human makeup that are said to resonate to each.

Each of the chakras are assigned a specific colour and a set of key words, and are typically listed as follows:



1. **Base** (RED) - relates to basic survival, security and grounding
2. **Sacral** (Orange) - polarity, movement, sexuality, pleasure and emotion
3. **Solar Plexus** (Yellow) - feeling, sense of knowing, gut feeling
4. **Heart** (Pink or Green) - acceptance and love
5. **Throat** (Blue) - one's ability to communicate
6. **Forehead or Brow** (Indigo) - third eye, psychic ability and perception
7. **Crown** (Violet or White) - spiritual connection, higher levels of awareness

Drawing on bodily, planetary and Universal forces, each of the chakras relates to the ability to deal with issues on a wider, deeper level. They act as anchors, creating a stable, practical way of interacting with the different areas of life. Apparently, there are several other chakra centres found beneath the surface of the earth which 'travel' with us as we go about our day-to-day lives. 'Endurance', 'stability', 'grounding', 'strength and 'body' are just some of the key phrases used to describe these external chakras that form the foundation for the entire chakra system, beginning with the base or root chakra.