



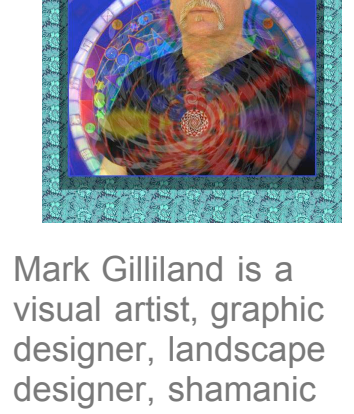
In This Issue

- [About This Issue](#)
- [What is the Light Body?](#)
- [Chakra Balancing Meditation](#)
- [DNA Healing Meditation](#)
- [Sending Healing Light](#)
- [Links of Interest](#)

Quick Links

- Related web sites:
- [ShamanDreaming.org](#)
 - [ImageMaya.org](#)
 - [Image-Maya.org](#)
 - [markg.org](#)
 - [Hearts of Light](#)

About the Author



Mark Gilliland is a visual artist, graphic designer, landscape designer, shamanic practitioner, plant lover and healer. To contact him directly, email mg@markg.org.

About Our Sponsor



Lindsey Sass is a clairvoyant healer, spiritual teacher, Nationally Certified Hypnotist and a Licensed Massage Therapist with a Bachelors degree in Social Services and Psychology.

Visit her [website](#) for more information.

The Healing Center
142 Main Street
Bloomingdale, NJ
07403

973-714-0765

The Shaman's Dream Newsletter

March 2009 - vol #3

An offering of thoughts, meditations, visualizations and other musings.

Greetings!

You are receiving this newsletter as a service of **Hearts of Light Institute** and **The Healing Center**. You are currently a subscriber to my email list. If you no longer wish to receive mailings from me, including this Shaman's Dream newsletter, please unsubscribe below (at bottom of newsletter).

Blessings and Best Regards,

Lindsey Sass-Aurand

About this Issue

THE LIGHT BODY

Since childhood, we've gone through life being taught that the material world is all that is, that we have a physical body and that our mind is merely a complex epiphenomenon of brain chemistry and neuronal firings, nothing more. Yet each of us confronts daily the cognitive dissonance of the fact that we appear to have a on-going, coherent mental existence, the ego or "I", which resides as an ever-present observer of the world around us. The center of our universe. This "I" seems to have a greater reality than the world of material forms. And within the "I", a complex hyperverses of thoughts, images, symbols, emotions, desires, fears, memories and so on ebb and flow. Even when we sleep, supposedly unconscious to the world, entire new universes open up through our dreaming.

If you are reading this newsletter now, there's a good chance that you have already awoken from this limiting reality model of the material world. You've probably already experienced flashes of alternate realities and spiritual beings which have opened your beliefs to embrace a larger model of our existence.

One key element in this growing understanding is the notion of the energy body (or as the Inka tradition refers to it: the Light Body). The notion of the Light Body pervades many ancient and modern traditional cultures - from Tibetan Buddhism to Hinduism and throughout the Americas north and south.

QUICK LINKS

A quick rundown on what you will find at the various sites listed under Quick Links (above, left column):

Shaman Dreaming.org - My newest site is a collection of shamanic related art, meditations, visualizations, links and reading materials.

Image Maya.org - My original online sacred & visionary art portfolio.

Image-Maya.org - My art blog, which gets updated more frequently than the other sites. Has the latest samples of art work, musings about the sky signs, about specific journeys and visualizations, and a special section on Ecstatic Body Postures. RSS feed enabled.

markg.org - my online portal with resumes, and links to my business sites (landscape design and graphic/web design).

Hearts of Light Institute.com - Lindsey's web site.

CONTACT ME

Thank-you for spending your time with me. I trust you will find this newsletter useful and inspiring! Please feel free to share this with your friends. Sign up to receive this monthly, at the time of the New Moon.

There is so much more to the current topic than can be covered in a short newsletter. Please feel free to email me directly with questions or for further discussion, sharing and study at mg@markg.org. I look forward to hearing from you!

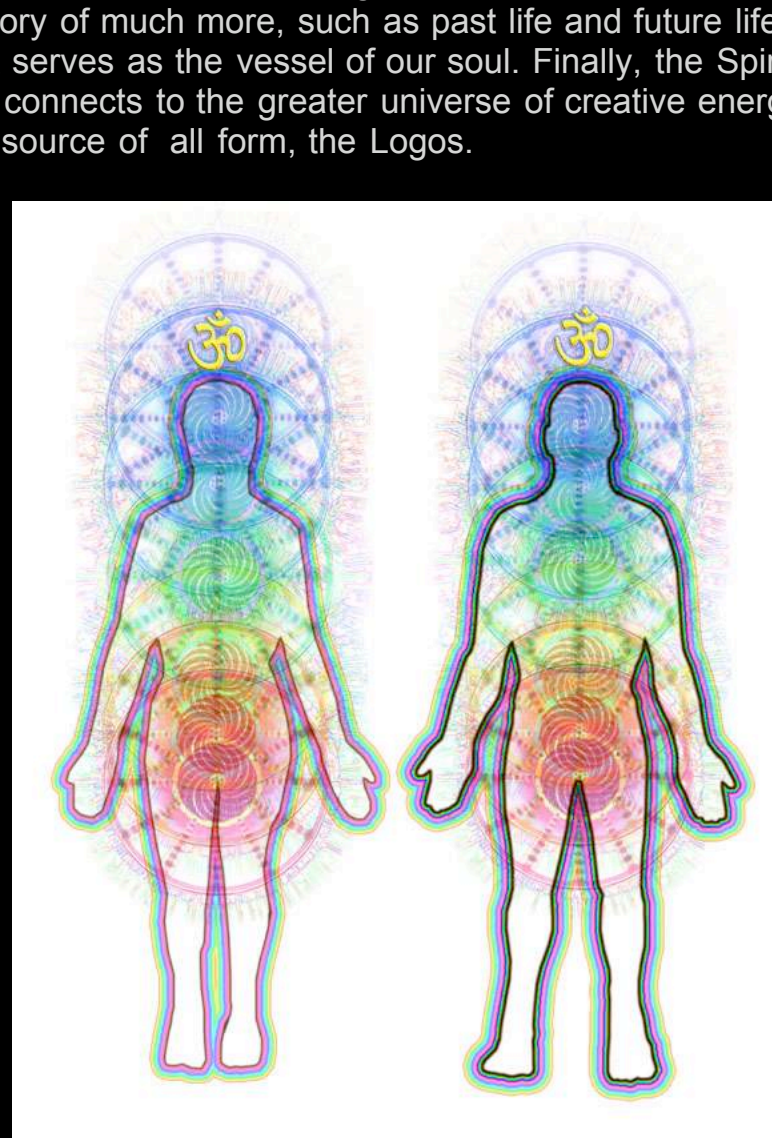
Namaste

- Mark Gilliland

What is the Light Body?

Simply stated, the Light Body is the energetic field which defines, supports and maintains our physical being. It is sometimes referred to as the Aura or perhaps as Chi - which can be sensed visually or intuitively by healers, shamanic practitioners and many others. The colors and flow of a person's aura can reveal hidden energy blocks in the flow of life energy. This is where the various practices of Energy Healing come into play.

In the Western traditions, the energy body has been described as consisting of four distinct layers: the Physical body, the Etheric body, the Mental body, the Spirit body. The Physical body is of course our blood, bones, flesh and so forth. The material body. The Etheric body is the subtle energy body which holds the energetic blueprint for our physical form. It is the life energy that animates. The Mental body is the seat of our conscious mind, the ego and the unconscious. But is also the repository of much more, such as past life and future life memories. As such, it serves as the vessel of our soul. Finally, the Spirit body is that which connects to the greater universe of creative energy and being, the source of all form, the Logos.

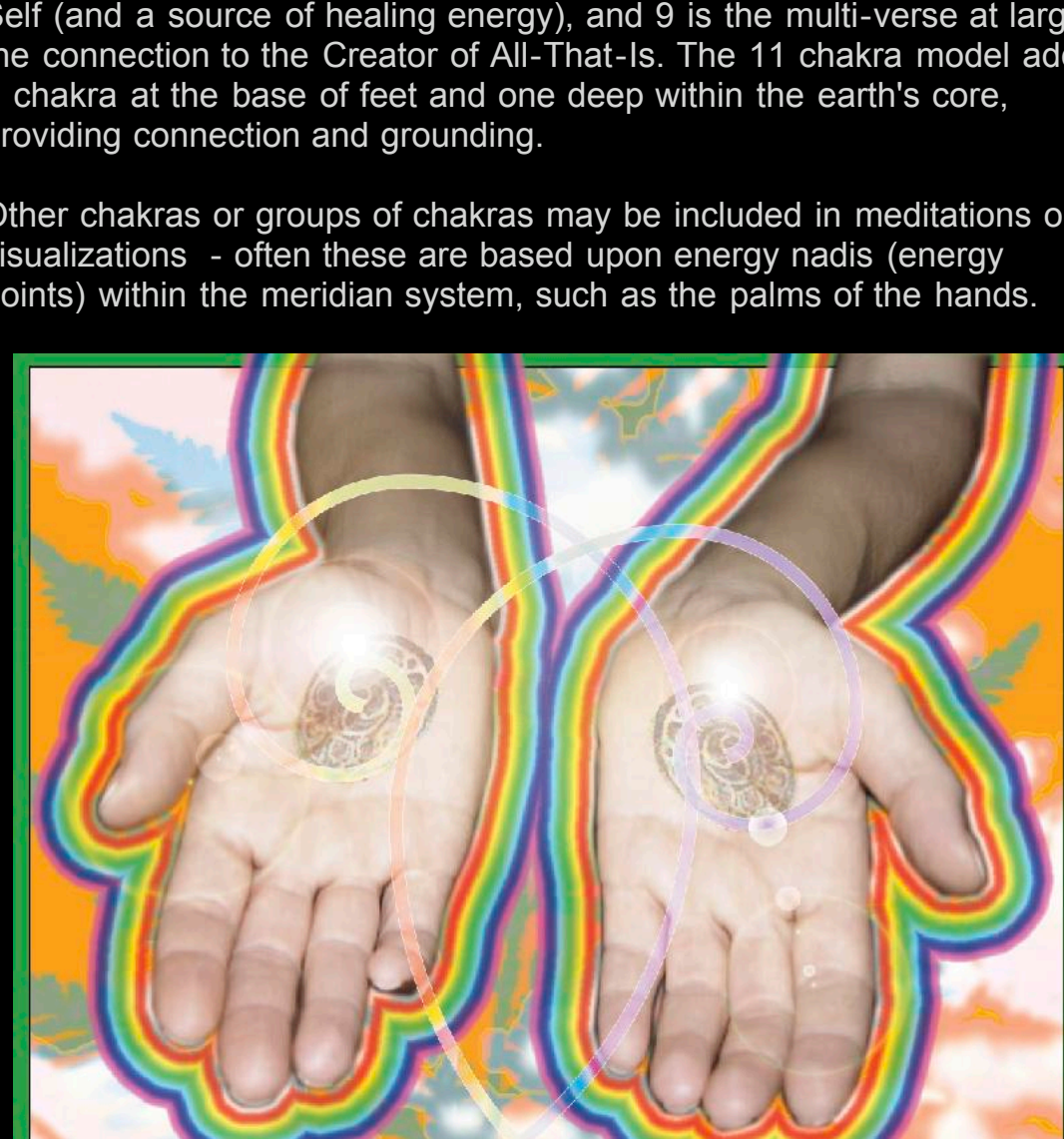


In Eastern and Native American traditions, the energy body is described as consisting of 7 chakras (energy vortexes) and a myriad of channels through which life energy flows. (Think of the acupuncture meridians.)

The charkas run from the base of the spine up to the crown of the head. (For details of the chakras, their positions, emotional and mental attributes, etc. simply do a Google search - a vast amount of information exists online.) What is important to note for now is that the flow of life force energy may become disrupted or blocked if the chakras are damaged or compromised. Mental or physical sickness may ensue.

The seven chakra model has variants, of which the **9 chakra** and **11 chakra** models will be described next. The 7 chakra model: Base, Sacral, Solar Plexus, Heart, Throat, 3rd Eye, Crown. To this, the 9 chakra model (used in Central and South America) adds two chakras above the crown - 8 is the Wirrichocca, the seat of the divine Higher Self (and a source of healing energy), and 9 is the multi-verse at large, the connection to the Creator of All-That-Is. The 11 chakra model adds a chakra at the base of feet and one deep within the earth's core, providing connection and grounding.

Other chakras or groups of chakras may be included in meditations or visualizations - often these are based upon energy nadis (energy points) within the meridian system, such as the palms of the hands.



Chakra Balancing Meditation

This meditation visualization practice is used to clear and re-balance one's chakras and energy body.

The basic visualization is to breathe light in simultaneously from above (the heavens) and below (the earth) - through your crown and feet - meeting at the specific chakra you are currently clearing. Begin with the Root chakra and work your way up to the Crown chakra, one by one. As you breathe, visualize the flow passing along your central energy channels, meeting at the specific chakra and intermixing in a clockwise spiral rotation. As you exhale, let the mixed light fill your body while the chakra continues to spin.

Use your intuitive vision to sense when the chakra is no longer cloudy, but begins to radiate a pure color. When cleared, move on to the next higher chakra. (It could take several breaths or even a few minutes per chakra to achieve clarity.)

Most people vision the chakras using the standard Hindu/Tibetan/Inka "ROY G. BIV" scheme (Base=red, Sacral=orange, Solar Plexus=yellow, Heart=green, Throat=blue, Third Eye=Indigo, Crown=violet, or alternatively, white). Feel free to use whatever colors are natural to your existing practice.

Many folks have asked about the proper way to visualize rotation of the chakra energies. In Inka Light Body work, clockwise rotation is for energizing and counter-clockwise is for clearing. However, in this meditation, I recommend keeping it simple and sticking with clockwise (energizing) rotation. Note, this rotation is envisioned from the perspective of facing the chakra head-on from in front of yourself - as if someone was working externally on your chakras. (This creates a counter-intuitive counter-clockwise rotation as "seen" from within your body. But recall, this is but a mirror inversion image of the actual movement.)

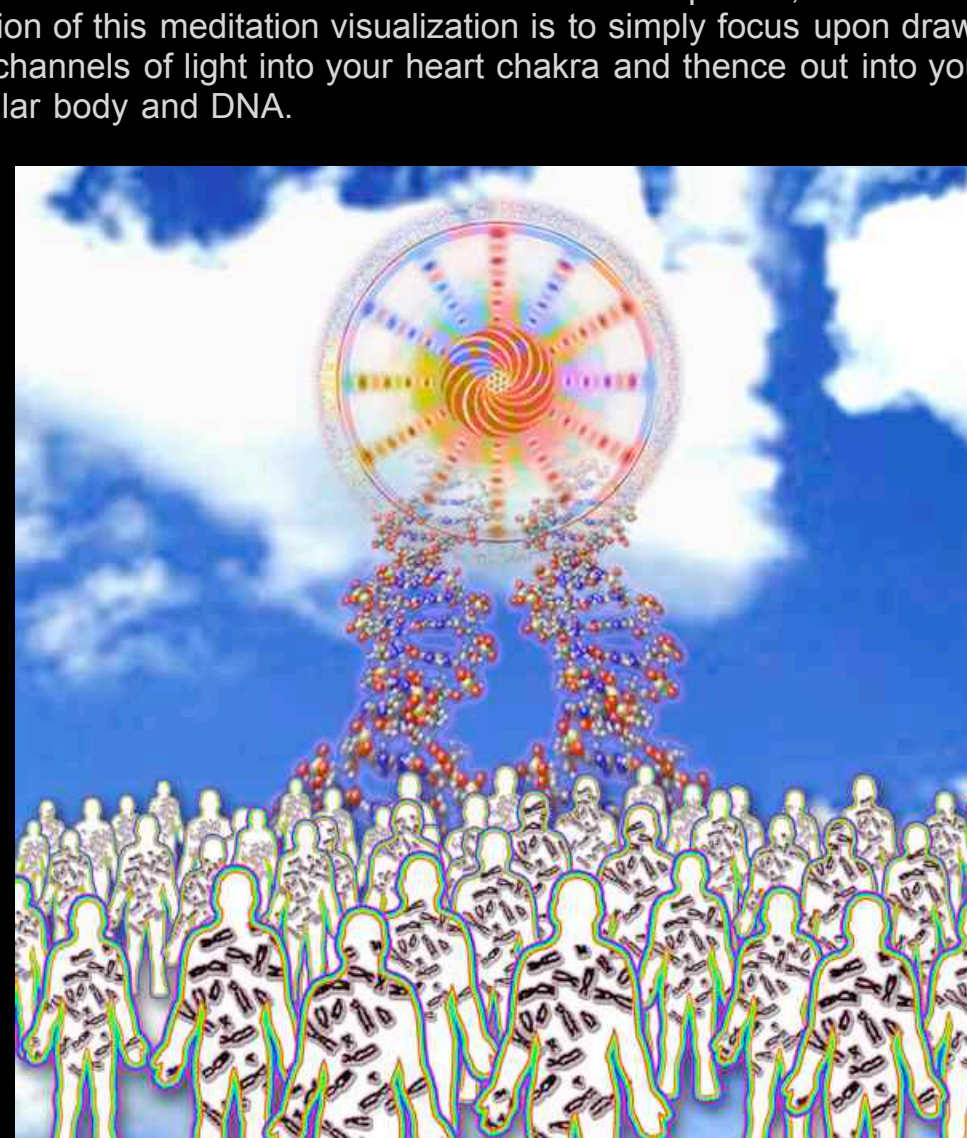
In my own practice, the energy from the heavens is envisioned to be blue. The energy from Mother Earth is envisioned to be red. They mix into an iridescent white light within the chakra, acting to energize and clean the chakra's own vibratory color.

Energy Body / DNA Healing Meditation

This meditation is similar to the Chakra Balancing meditation, except for the visualization which occurs on the out breath.

When breathing out, envision the iridescent mixed light as flowing from the Chakra into the nearby Chi channels, then into the surrounding cells, and thence into the nucleus and the DNA itself. At the end of the out-breath, all of your DNA are glowing, vibrating and fully activated.

If you don't have time for the full chakra tree sequence, a shorter version of this meditation visualization is to simply focus upon drawing the channels of light into your heart chakra and thence out into your cellular body and DNA.



Sending Healing Light

This visualization is used to send healing light to specific people, organizations, geographic areas and so forth which may be in need of en-lightening and compassion.

Begin by breathing in the light (from above and below, as in the Chakra Breathing) into your heart center. Allow this to merge and rotate clockwise. On the out breath, project this spinning disk of light out from your heart chakra and towards the "target". The light disk can be rotated en-route horizontally (like a spinning galaxy edge-on) so that it's spiraling arms embrace and sweep around the destination.

Repeat this breath-by-breath for as long as you feel is appropriate. Always hold the intention of "gifting" Divine light and healing energy.

Destinations can be changed between breaths. Sometimes, working from the local area and "spreading out" larger/farther with succeeding breaths seems to a natural path to undertake.

You may wish to "strengthen" this meditation by means of a simple mantra: on the in-breath intone "HUM", on the out-breath "SA".

Remember that there is no time or space for inter-dimensional energy work. So your out breath should be able to "reach" any destination (on Earth or in the heavens) with ease.

Light Body / Chakra - Links of Interest

Four Winds Society - Alberto Viloldo's Healing the Light Body School
<http://www.thefourwinds.com/>

Alex Grey - visionary artist - view the Sacred Mirrors paintings, esp. the images of Psychic Energy system & Spiritual Energy system.
<http://www.alexgrey.com/>

Shaman Dreaming - my own website with Chakra images and a section on Meditations & Visualizations.
<http://www.shamandreaming.org>

Forward email

✉ [SafeUnsubscribe@](#)
This email was sent to mg@markg.org by lindseysass@hotmail.com.
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by

Constant Contact
TRY IT FREE