

## **Harmonising the elements with the body using meditation**

...very gently I go within.

I become aware of the conscious energy that I am...I think...I feel.

I am the living energy within this body and resting in this body are the energies of each different element of matter. Earth, water, fire, air and ether

For a moment I will focus on using the energy of awareness to create a new relationship with matter; instead of taking from matter, I'll share with matter the conscious spiritual energy of my awareness.

The different elements of matter are present and can be perceived through the different chakras that are present in the body.

The root chakra is the door to the element of 'earth' in my body; from where, I, the conscious energy, the soul, am rooted in matter.

This is the relationship, I, the soul, established with matter through the actions I perform.

I create, act and influence matter...

Now I send a pure message of love.

And I connect with the Source in the pure world...with the sparkling diamond of the supreme region...the living diamond...ever pure...ever loving.

And I capture His energy and allow it to work as an instrument to bring strength and restore harmony to the elements of the Earth.

The Earth has been nourishing me and now I am serving it. Returning power that was taken.

I will do this at every step that I place on the Earth from today onwards.

...This is the need of time...

...to re-establish the roots of love with matter.

## **Now I become aware of the second chakra located under the navel**

I become aware of the spinning energy of water. Water is the element of the ocean - the element of rain - of rivers - of blood. Everything that functions in waves in my body happens through water.

The movement of water within me allows life to circle around. This is creative and constant energy. Through becoming aware of this element within the body a little under the navel, I serve this flowing element of water and creativity within me.

I have used water countless times, lived out of water.

I also remember all the creatures who are living in the water.

Water has sustained me.

And in this silent, inner space of purity I allow love to flow and heal and clean within and without in nature... the water in the sky... in the ground... in the body of all other humans, sisters and brothers and animals.

I allow the Source, Ocean of Bliss to use the instrument of my thoughts and feelings to recharge water and restore it its cleanliness, freeing it from contamination and pollution...

Just like a father who would be grateful to the neighbours who nurtured his children...God also has such love and respect for matter that allows all children, the human family, to play their part...

With the new awareness of this chakra as the space of creativity, I feel a special connection with water...I allow playfulness to emerge in my life...

I allow waves of love and bliss to flow from me towards this element 'water'.

Now going further up in the "solar plexus", **the third chakra** relates to the element of 'fire', to the emotions we create. Fire is such an energy that it creates enthusiasm in life within us, it allows us to concentrate and to be interested, allows us to exchange our beauty, our warmth.

I allow my attention to concentrate on this part of my body, the home of this chakra...cleaning out old, tired energy that has become so contaminated with feelings, memories and opinions.

As the fire outside is creating so much violence...the emotions that are ignored fuel the fire of anger and bring obstructions.

So in silence, I give this fire of enthusiasm to the Supreme, Baba, to purify it.

In its purest form it does not burn, it just produces a healing heat.

The fire of the sun gives life and fire of the sun of knowledge brings life back to our lives...

**Now the heart chakra** where the element of 'air' rules, the heart chakra.

The air within the lungs, full of oxygen ...pumping life in my life and heart.

Breathing out and breathing in...

I cannot survive even one minute without breathing.

Our breath and the air inside needs to be cleaned.

By creating the purest relationship with God...our heart learns to love peacefully.

I learn to give with no limits, learn to be stable and big.

Offering an open space for all.

Baba opens up our heart and gives us His heart to rest in.

With Him we know there is nothing to fear, nothing will go wrong ...

I feel called to just love more and more and more...

There is no danger in loving this way again, the way we are being taught by the Supreme Beloved.

Now I become aware of the throat chakra

This chakra is connected with the element of ether, that is, the space between molecules and atoms

Ether is the most subtle of all the elements and it is present within each one of them...

In silence I allowed myself to perceive the power within this element

Connecting with my inner spiritual power and with the source, the >Ocean of Purity I allow my thoughts to become full of the power of purity and I emanate this energy in order to purify this element from all the negative influence and the contamination that we have spread the voice of the human person, producing the sound coming out of his mouth thought out the Universe

The more I become aware of this element the more I feel the importance of each word, each silence

In order to restore its beauty to sound in silence

Now let's go upwards towards the chakra of the Third Eye

This is the energetic door of spiritual outlook

Through it we look and understand the world that surround us

The intention of each human being has power over each of the elements, it shapes them according to its vision, it leaves them colour by the different aspects of its awareness

In silence I clean out my vision, I clean out the different aspects of my intentions and my way of perceiving the reality around me because I am becoming aware of how much this has affected the elements, matter, climate

Coming closer to the Supreme Spiritual Intelligence I start perceiving what is having a pure accurate, benevolent and positive outlook

What it would be like to spread beauty with my eyes?

We have got used to take with our eyes, but thorough them we can also learn to give

Now let's move up towards the crown chakra

This is the spiritual door where each one of us can open itself to the Divine Energy, allowing it to flow, allowing it to become present in our life and our awareness

In solitude I can perceive the thousand of petals of all the different tones of the beauty of the Divine