**Chakra Clearing (Summer Solstice 2015)**

(Women take off shoes, and stand around a table that has a bowl with clay balls in it. (wet towel over the bowl to keep clay moist.) (They take a ball of clay. Break it in two pieces and hold one in each hand.

“Clay is created when minerals leach through weathered rock over long periods of time. What you hold in your hands embodies time, history, and the Mother herself. Those who build pots from this substance call it “Clay Body”. It is the body of Mother Earth, changing and transforming. Today we will tap into this primal power to call forth the power that resides within you as you change and transform. Volcanoes erupt when pressure builds close to the surface and seeks to escape. If clay has an air pocket within it, when it is fired, it too will explode.

To allow our power to flow freely, we will release any toxic areas residing within us so our power flows freely through a Chakra cleansing. During this exercise, if it helps to move your hands to an area, feel free to do so. With Mother Earth’s support our energies will be able to flow smoothly and easily.

Close your eyes and feel how the Earth is supporting you. Visualize dropping a silver cord from your perineum down into the Earth. The cord seeks the fire in the center, drop it down, down, down. This is home to the silver cord, where all things transform.

Now focus on your Base or **Root Chakra**, that area where your legs connect. This Chakra is the grounding force that allows us to connect to the earth energies and empower our beings. It should be the color of a cherry popsicle. Feel the vibration of this Chakra. Explore it to see if anything is blocking the area; notice anything discordant, then name it if you can, and if you can’t name it, trust in Spirit to know what no longer serves you, and release it to flow down the cord into the Mother. Allow the color of this Chakra glow and swirl glow bright rosy red.

Move your attention up to the **Sacral Chakra**, located below the belly button. The energy here orange, and holds the energy of creativity, our gut feelings and wisdom. It is very sensual, and nurturing. It is the color of autumn, and letting go. Sacral chakra color orange reminds us that a part of us must die in order to create space for something new. Feel the vibration here. Is there any area that is dull? If so, focus on that area and consciously allow the muddiness to flow down the silver cord, allowing a bright orange glow to remain.

Allow your attention to flow up into the **Solar Plexus** where the color of sunshine resides. The energy of this chakra is intellect. This is where the “I” shines from, where you feel strength, will and personal power. As you clear this chakra, you will find a fire that burns within you, that gives you power and energy to stand for yourself and to assert yourself. Observe this area… let any murky yellow swirl down the silver cord to be composted in Earth. Notice how strong you feel as the bright color yellow fills your solar plexus.

Now move your attention up to the green **Heart Chakra**. It is composed of yellow and blue of equal parts. This is the color of love, and transformation. It allows you to transform your ego and the needs of your lower chakras and open up to love. It is the color of growth, life and balance. The energy of green is soothing and calming. Here you will find the seat of compassion, for others and for yourself. Explore this chakra, release any blocks and as the bright green fills your heart, sense the interconnectedness of all of life.

Allow your attention to move up to your **Throat Chakra** which is bright blue. This color connects you with the Divine and it’s the color that we associate with Heaven. This Chakra allows you to listen to your own voice, listen to the stillness within and to express your authentic self. Observe the area in the Throat Chakra and cleanse any blocks. Allow the silver cord to swallow anything that holds you back from voicing yourself. See your Throat Chakra shining bright as the sky, peaceful and serene.

Indigo, also called Royal Blue is the **third eye chakra**. It is a color of wisdom and a deep inner knowing. It opens the door to the Divine and is the color we associate with night. It is a bridge between heaven and earth, life and death. This chakra allows you to transform the energies of lower chakras into higher spiritual vibrations. It is here you recognize patterns, where you have been, where you are stuck, and where you are going. It is your “Aha” place. It is here you begin to perceive the workings of the Divine and you begin to become one with it. Notice any lightening of color here, and fill it with the deep Royal blue of the Divine.

Move your energy to right above your head, your **Crown Chakra,** the color of violet. Violet is the color of spirituality. It is here we feel the connection with other beings, with heaven, earth and the entire Universe. There is no separation, no duality, we are whole. With wholeness comes a sense of ending, completion of a process, and a promise of something new, illumination, & rebirth. It is here we accept the journey of life here on earth. Focus on the glowing violet in your Crown Chakra. Follow the silver cord flowing down through all the chakras that are beautiful, bright and glowing. Touch the Mother Earth and thank her for her gift today.

Pull the silver cord back up, releasing your connection; yet knowing it’s always there. Feel your feet grounded, connected to Her Source. Open your eyes when you’re ready and breathe in the health and vitality of your body and spirit.

When you’re ready, move to sit at the round table