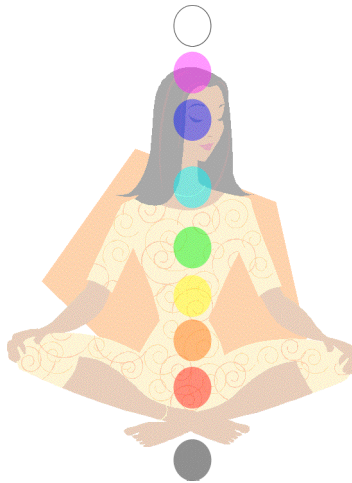


## Fire Exercises:

### *Chakra Blooming*

At least three times weekly, preferably each day, spend time opening your primary and secondary (major joints) chakras.



**Figure 1: Katrina's Nine Primary Chakras**

Beginning with what I call the Ancestral chakra, the black chakra below your feet, open each chakra by imagining it is a flower and fill it with the appropriate color as it blooms. Moving from the Ancestral, through the soles of your feet, to your ankle, then knees and hips; imagine the flowers turning redder till it meets your root chakra and becomes what ever red fills you with desire. Then follow the normal route from your root, to your sex and will chakras. Then take a detour through the chakras within your palms, wrists, elbows and shoulders; allowing the green flowers to deepen in color till it finally reaches your heart chakra. Open your heart chakra to the energy streaming from your arms and the energy rising from your ancestral source. Then move normally to your throat, third eye and crown charkas. Remember to bloom the flower in each chakra in turn. Once you are at your crown, move upward to your transpersonal chakra and sense its power. While you are there, move your attention to what I call your reptilian chakra at the nape of your neck and allow it to bloom, using whatever color makes sense to you.

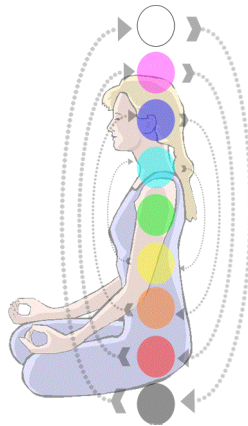
When you feel as open as you can stand, start at your transpersonal and

imagine a magnet sitting in your ancestral chakra. Allow the energy to be drawn down. Then reverse the procedure, placing the magnet in your transpersonal. Repeat this several times till you cease being able to discern the two flows and instead sense what I sometimes call the fountain. Do this daily. (I do this entire practice in less than three minutes; so do not make this an ordeal. If you find yourself spending more than thirty minutes or you are somewhat unfamiliar with chakras, focus on the traditional seven chakras of root, sex, will, heart, throat, third eye and crown only. Google "chakra" to find out more.)

From time to time, whenever you feel achy, dull, upset or happy; in fact feeling any strong emotion or physical sensation, check to see which chakra is involved. Also check in with the chakras in your arms, legs and the back your neck. See if there is a corollary between specific chakras and any physical ailment or sensation. Write about your experiences within your journal. At the end of each week offer whatever you experienced to the gods.

### ***Cyclic Chakra Breathing:***

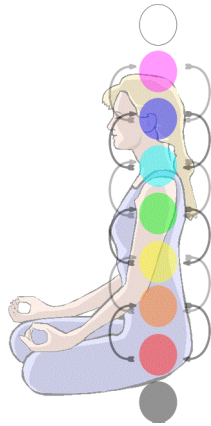
There is a value in learning to breathe in cycles through your chakras. Consider the following cycle patterns.



**Figure 2: Chakra Cyclic Breathing - 1**

1. Using the heart chakra as center, breath in and out of the following chakra pairs: throat/will, third eye/sex and root/crown. This practice will assist you to become aware of the chakras on the back of your body. A typical round would be do breathe in through the will chakra and out through

the throat chakra for a few minutes, then reverse the flow. Then move to the next set, third eye/sex charkas.



**Figure 3: Chakra Cyclic Breathing - 2**

2. Breathe in and out through each chakra pair in sequential order. Breathe out through root and into the sex for a few cycles, then reverse. Then breathe out through sex and in through will for another few cycles and so on.

### ***Emerald Heart Technique***

In "Of Spirits", Ivo describes his emerald heart technique to strengthen one's central column of energy. (See pps 17-22.) He recommends using it once weekly in addition to any daily spiritual practice.

### ***Pranayama or Yoga Breathing***

There are numerous forms of pranayama or breath control practices. Here are some links to surf on pranayama.

- <http://www.yogasite.com/pranayama.htm>
- <http://www.yogapoint.com/info/pranayama.htm>
- [http://www.healthandyoga.com/html/pran/pran\\_type.html](http://www.healthandyoga.com/html/pran/pran_type.html)
- <http://www.abc-of-yoga.com/pranayama/home.asp>