

# Intuitive Development

## Opening & Closing your Chakras

Clear & activated Chakras are a huge factor in your Intuitive & Psychic Abilities. Below is the first step to healthy Chakras, clearing the way for your intuition to flow in.

Come to meditation seat. Ideally, you have complete privacy, though once practiced regularly, you can do this anywhere.

Breathe for a few moments and draw your attention inward by scanning the body, and feeling your seat pressed into the floor.

Now, at the base of your spine, visualize a ball of bright red light. Sit with this ball for a few breaths.

Now, holding onto the vision of this red ball, move up into your womb space, and visualize a ball of bright orange light. Sit with this ball for a few breaths, while now seeing both balls of light, red and orange.

Holding onto the vision of these balls of light, move up to the area behind the belly button and visualize a ball of bright yellow light, now seeing all 3 balls of light. Take a few breaths and feel these balls of light.

Moving up to the heart center, visualize a ball of bright green light, hold this image, and also see every preceding ball of light, red, orange, yellow, and now green.

Up to the throat, visualize a ball of bright baby blue light. Breathe and solidify this ball, while holding onto the image of each ball of light below it.

Now, to the 3rd eye space between the eyebrows, visualize a ball of bright indigo light. Breathe while holding this image, and that of every previous ball of light.

Lastly, to the crown of your head, visualize a ball of bright violet light. Hold this image until it is solid.

Then feel, and see, the full 7 balls of light, red, orange, yellow, green, baby blue, indigo, and violet. Feel them pulsating and burning brightly.

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Next, starting at the crown, the violet ball of light, watch the ball become smaller and smaller until it disappears, closing this, the Crown Chakra.

Then to the 3rd Eye Chakra, the ball of indigo light, watch the ball become smaller and smaller until it disappears, closing the Chakra.

Then to the Throat Chakra, the ball of baby blue light, watch the ball become smaller and smaller until it disappears, closing the Chakra.

Then to the Heart Chakra, the ball of green light, watch the ball become smaller and smaller until it disappears, closing the Chakra.

Then to the Solar Plexus, the ball of yellow light, watch the ball become smaller and smaller until it disappears, closing the Solar Plexus.

Then to the Sacral Chakra, the ball of orange light, watch the ball become smaller and smaller until it disappears, closing the Chakra.

Then to the final Chakra, the Root Chakra, the ball of red light, watch the ball become smaller and smaller until it disappears, closing the Chakra.

It is very important to close the Chakras after working with them. Otherwise, this can cause unwanted physical reactions such as digestive issues, too much energy, lack of sleep, and burnout.

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## The Head, Heart, Gut Technique

Your body is the vessel, the vehicle, the meat bag that carries your Spirit. You are a Spirit having a human experience.

With this truth in mind, there are centers in the body, sometimes known as Chakras or Meridians, which connect to our Spirit, and the Spirit, otherwise known as God, The Universe, the Powers at Be etc.

You have the ability to tap into these different centers, as each center holds a unique wisdom. You already use these centers everyday. Though being able to understand and separate each voice within your body will give you access and awareness of a higher wisdom, while being able to separate out the ego mind that feeds your fear and doubt.

The Head asks and answers the question, is it possible?

The Head is the rational mind, and overly practical. The brain, inside the head, is on auto-pilot. It takes very little into consideration when forming an opinion. The mind does not like to take risks, go out on a limb, or put the heart on the sleeve. The Head will fill you with anxiety and self doubt, poke holes in your ideas, tell you it's not worth it, you won't succeed, you'll be embarrassed. I am sure you are very familiar with the opinions of the Head, as we all are.

The Heart asks and answers, do I want to do this?

The Heart is where we feel and experience deep longing and desire. The Heart tells us what we truly want. The Heart feels and senses through your values and beliefs. The Heart asks if what you are wanting is in alignment with your Core Values. If it is something, deep down, you know you shouldn't be involved in, the Heart will sink and attempt steer you away. The Heart is the voice of you, your Spirit, your Higher Self, whom is filled with love and truth.

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The Gut gives the permission, the, 'yes do it', or, the 'no, don't'.

The Gut is the validator, the great well of wisdom. The Gut is the connection we humans have with Spirit, The Universe, God, The Powers At Be. The Gut is what drives us forward. Mistaking a decision of the Gut is not possible.

When someone makes a mistake it will cross their mind or a mouth, 'I knew I shouldn't have done it, I went against my gut'.

While making a decision, any decision, big or small, start by separating the debating voices you hear. Hear out what each center has to say.

Begin by listening to the Head. Listening with compassion though not taking the doubt and fear of risk to heart. Although we do need practicality, risk must be taken in life in order for change to occur.

Not too worry because the Heart and Gut will not misguide you.

Listen to the Heart with the question of, "do I really want to do this?".

Then go to the Gut with, "can I do this?"

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