

**Music
Meditations
Crystal/Spine**

1) Lie down quietly on your back as comfortably as possible in a darkened room with as few sounds and scents as possible. Try to keep your spine as straight as you can. Envision a white light about yourself, making that image as you are able. It is important that you already know where the main chakras are down your back and along your spine to its base. After a few moments of slow and measured breathing and you feel totally relaxed, imagine yourself getting up and turning around to look at your body. . Then imagine seeing your spine glowing within you (it may be good to look at charts that show the spine clearly beforehand to help you envision this). After this is firm in your mind, envision the main chakra points from the top of your head to the base of the spine. See the ones along the spine as anchored to the spine. This must be envisioned clearly before proceeding to the next step. You must see the bones of the spine and the energy of each chakra. This may take one or more meditations to accomplish. Be easy on yourself, as it is important that you see these things clearly, not how quickly you move through the procedures. The clearer the visions, the more satisfying and pleasurable the end results shall become.

2) Once you are able to envision your spin and the chakra points clearly, begin to see them turn into a crystalline structure from the bottom of the spine to the crown chakra or from the top to the bottom, whichever feels the most comfortable to you. Be able to hold this vision clearly in your mind before proceeding to the final step. At the end of this meditation, release the image of the back as crystalline, letting it be a normal back again.

Music

3) When you are able to envision the spine and the chakras as crystalline, you now can begin the pleasurable part! Any music may do, but choose your first music from what you are most attracted to. Lay down and relax as you begin the music, surrounding yourself with light. As you breath in, breath energy down your spine from the top of your head, envisioning yourself pulling in the music as you breath in and ‘playing’ it along your spine as you breath out. If you know how to breath through your kidneys, you might also apply that breath for a little while at staggered times as it helps activate the spine and clear it out so the music may rush in. Feel the notes literally play the structure of your spine/chakras and vibrate your whole being.

As you stimulate and play this wonderful instrument, you are restructuring your neurological system, you are changing your vibrational rate. It stimulates your psychic abilities and begins to create pathways into alternate reality.