

Crystal/Music Meditations Crystal

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) When you've come to the time that you are able to envision this, begin to gather crystals to you in meditative state. Create a little pile in front of you, put them in a dish, go on long journeys to find the 'right' ones, whatever you wish to do. Make it a little adventure, as long as you take the time to 'see' each crystal and be pleased by them. If you want, you may even choose material crystals you have to envision, realizing that they shall become tuned and active to you. Choose seven 'best' crystals for the seven chakras. You must also realize thoroughly that each and all crystals shall become part of your being, difficult and painful to ever dislodge. Be happy and satisfied with each crystal you choose, especially the chakra ones.

3) When you are done choosing your crystals, go back to your body and your envisioned spine with the chakras. Take your time! Take each crystal and place it into each bone of your spine, merging it with the bone by cupping your hands around both the crystal and the bone, merging it with your own energy. Do the chakras last. Realize that you may experience some discomfort and/or pain as you do this. Do not push yourself with this. Do as you can. Return to meditation over a course of time to do this if you need to. If you blank out when you do the chakras, do not be frightened or disturbed by it, but go back again and continue to fix it to you. Just always see white light around yourself as you do these things.

Music

4) When you have fixed these crystals in place, now can begin the pleasurable part! Any music may do, but the work of a catalyst Bard is best at first to stimulate this new instrument you have made. Choose your music also 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 crystals of your spine and vibrate your whole being.

And is there are purpose beyond pleasure, you may ask? Well, are not all acts of love and pleasure Her rituals? And do you know why? 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. And Bardic music is best because it may also take you within the very fibre of the music itself.