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|  | UNIFIED CHAKRA ACTIVATIONI Breathe into the Light Through the centre of the heart Opening the heart Into a beautiful ball of Light I Breathe into the Light Through the centre of the heart Allowing the light to expand. Encompassing the throat chakra And the solar plexus chakra In one unified field of Light Within, through and around the body I Breathe into the Light Through the centre of the heart Allowing the light to expand. Encompassing the brow chakra And the navel chakra In one unified field of Light Within, through and around the body I Breathe into the Light Through the centre of the heart Allowing the light to expand. Encompassing the crown chakra And the base chakra In one unified field of Light Within, through and around the body  I Breathe into the Light Through the centre of the heart Allowing the light to expand. Encompassing the Alpha chakra (Eight inches above the head) And the Omega chakra (Eight inches below the spine) In one unified field of Light Within, through and around the body Allow the Waves of Metatron To move between these two points I AM a unity of Light  I Breathe into the Light Through the centre of the heart Allowing the light to expand. Encompassing the eighth chakra (above the head) And the upper thighs In one unified field of Light Within, through and around the body Allow the emotional body to merge with the physical fields I AM a unity of Light  I Breathe into the Light Through the centre of the heart Allowing the light to expand. Encompassing the ninth chakra (above the head) And the lower thighs In one unified field of Light Within, through and around the body Allow the mental body to merge with the physical fields I AM a unity of Light  I Breathe into the Light Through the centre of the heart Allowing the light to expand. Encompassing the tenth chakra (above the head) And the knees In one unified field of Light Within, through and around the body Allow the spiritual body to merge with the physical fields I AM a unity of Light  I Breathe into the Light Through the centre of the heart Allowing the light to expand. Encompassing the eleventh chakra (in the higher dimensions) And the upper calves In one unified field of Light Within, through and around the body Allow the Oversoul to merge with the unified field I AM a unity of Light  I Breathe into the Light Through the centre of the heart Allowing the light to expand. Encompassing the twelfth chakra (in the higher dimensions) And the lower calves In one unified field of Light Within, through and around the body Allow the Christ Oversoul to merge with the unified field I AM a unity of Light  I Breathe into the Light Through the centre of the heart Allowing the light to expand. Encompassing the thirteenth chakra (in the higher dimensions) And the feet In one unified field of Light Within, through and around the body Allow the I AM Oversoul to merge with the unified field I AM a unity of Light  I Breathe into the Light Through the centre of the heart Allowing the light to expand. Encompassing the fourteenth chakra (in the higher dimensions) And way below the feet In one unified field of Light Within, through and around the body Allow the Source’s Presence to merge Throughout the unified field I AM a unity of Light  I Breathe into the Light Through the centre of the heart And ask that The highest level of the Spirit Radiate forth From the centre of the heart Filling this unified field completely And radiates forth throughout this day I AM a unity of Spirit |