|  |  |
| --- | --- |
|  | UNIFIED CHAKRA ACTIVATION  I 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 |