

Chakra Clearing – Entering the Spiral

TOM KENYON

CD 1

Track 1 Opening Heart Sound Meditation (18:42)

Track 2 The Concept of Subpersonalities (23:22)

CD 2

Track 1 The First Three Chakras: Background/Instructions (14:19)

Track 2 First Chakra (muladhara) Sound Meditation (17:41)

Track 3 Second Chakra (svadhisthana) Sound Meditation (13:05)

Track 4 Third Chakra (manipura) Sound Meditation (11:22)

CD 3

Track 1 The Upper Four Chakras: Background/Instructions (13:52)

Track 2 Fourth Chakra (anahata) Sound Meditation (16:07)

Track 3 Fifth Chakra (vissudha) Sound Meditation (9:52)

Track 4 Sixth Chakra (ajna) Sound Meditation (7:53)

Track 5 Seventh Chakra (sahasrara) Sound Meditation (10:42)

CD 4

Track 1 Clearing the Bones: Background/Instructions (8:15)

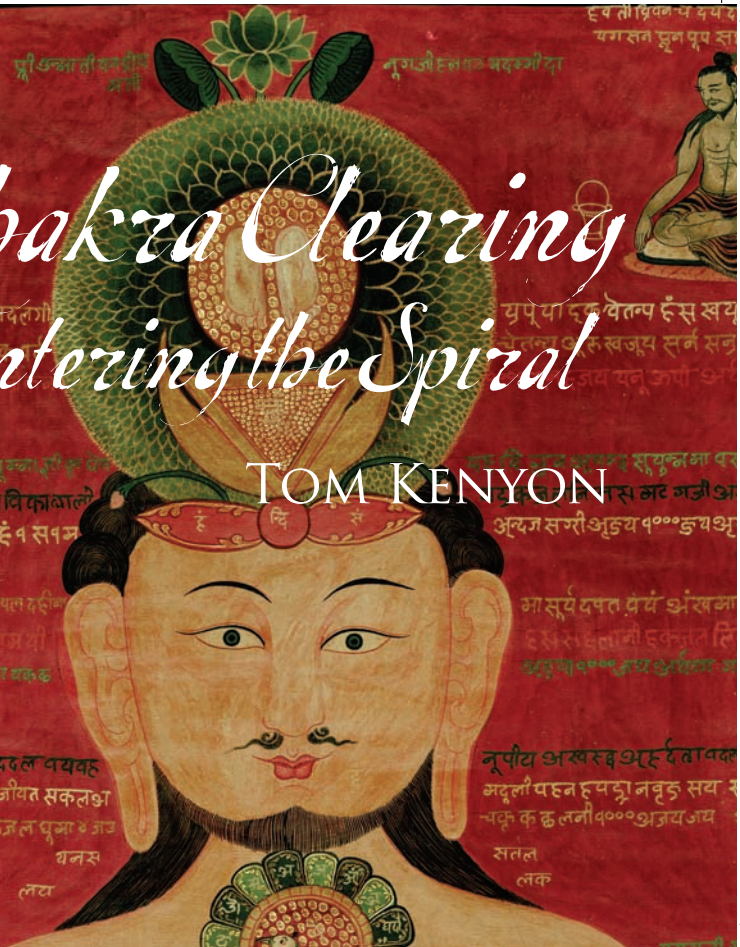
Track 2 Whacking the Bones Sound Meditation (18:24)

Track 3 The Stream of Isis (26:07)

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The word chakra is a Sanskrit term meaning both turning and wheel. According to yogic anatomy the chakras reside in a subtle energy body called the etheric body, which was known as the KA by the ancient Egyptians.

The yogas of ancient India teach that chakras are vortices of subtle energy having to do with various levels of consciousness. By becoming aware of and working with the seven major chakras, it is held that one can attain greater mastery of the seven levels of consciousness (i.e. security/safety, sexual energy, power, love, personal will, psychic knowledge and direct access to the transpersonal).

These sound meditations are acoustic catalysts that will allow you to explore and transform the inner worlds that reside within your own chakras. Many of the sound meditations in these recordings have a primal or shamanic quality to them. Thus, they carry a potent transformational energy. Treat the sound meditations with respect and explore their effects on your chakras within your own comfort zone.

These sound meditations are live recordings from chakra clearing sessions during a Hathor Intensive with Tom Kenyon in 2010.

The only instruments used were a shamanic drum, singing crystal bowl, various percussion instruments and his voice. The Stream of Isis (CD 4, Track 3) is a combination of a pre-recorded stream with Tom toning live, in the moment.

Cautions: Due to the fact that these sound meditations are to be listened to with attention to your inner mental/emotional realities, do not listen to them in situations requiring alertness such as driving a car or operating machinery.

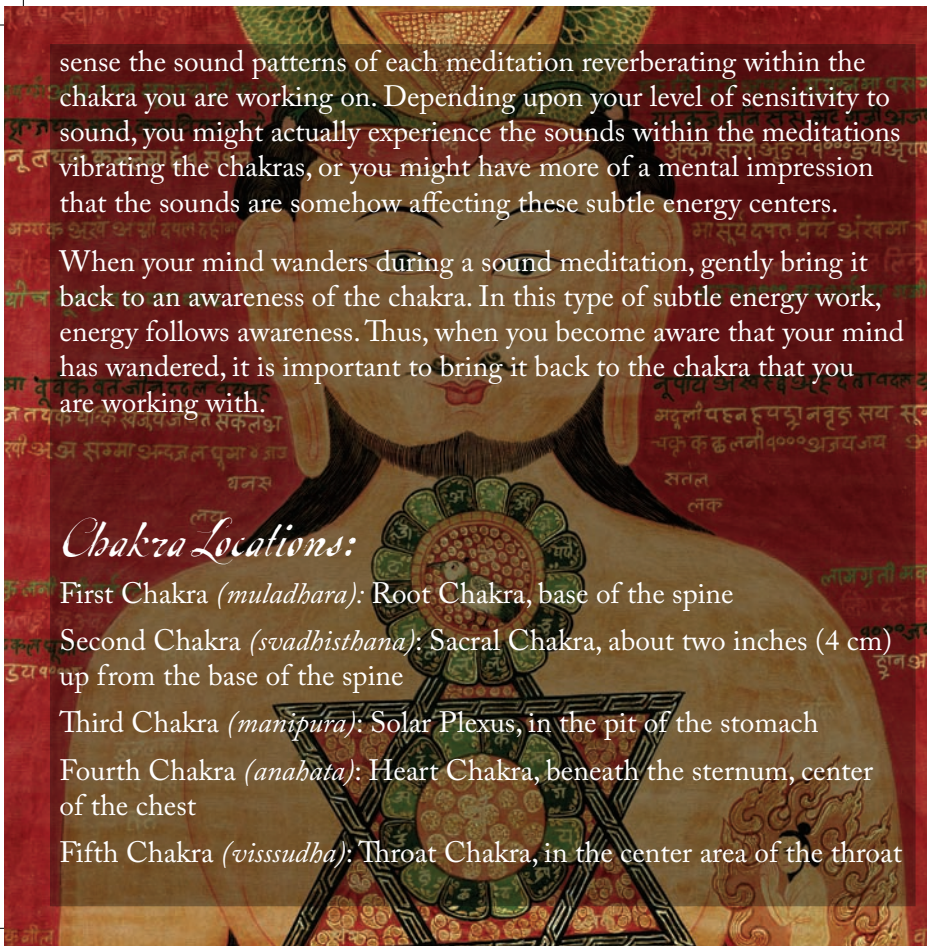
These sound meditations are solely for the purpose of self-exploration and self-discovery.

For further information about the chakras and their relationships to personal empowerment as well as higher states of consciousness, go to www.tomkenyon.com and in the Articles section you can read an article entitled *The Chakras: Some Psycho-spiritual Observations*.

Listening Suggestions

How to focus your attention during the sound meditations.

During each of the sound meditations, simply focus your attention on the chakra that is being addressed by the meditation. Allow yourself to



sense the sound patterns of each meditation reverberating within the chakra you are working on. Depending upon your level of sensitivity to sound, you might actually experience the sounds within the meditations vibrating the chakras, or you might have more of a mental impression that the sounds are somehow affecting these subtle energy centers.

When your mind wanders during a sound meditation, gently bring it back to an awareness of the chakra. In this type of subtle energy work, energy follows awareness. Thus, when you become aware that your mind has wandered, it is important to bring it back to the chakra that you are working with.

Chakra Locations:

First Chakra (*muladhara*): Root Chakra, base of the spine

Second Chakra (*svadhisthana*): Sacral Chakra, about two inches (4 cm) up from the base of the spine

Third Chakra (*manipura*): Solar Plexus, in the pit of the stomach

Fourth Chakra (*anahata*): Heart Chakra, beneath the sternum, center of the chest

Fifth Chakra (*vissudha*): Throat Chakra, in the center area of the throat

Sixth Chakra (*ajna*): Third Eye, between the eyes and behind the bridge of the nose

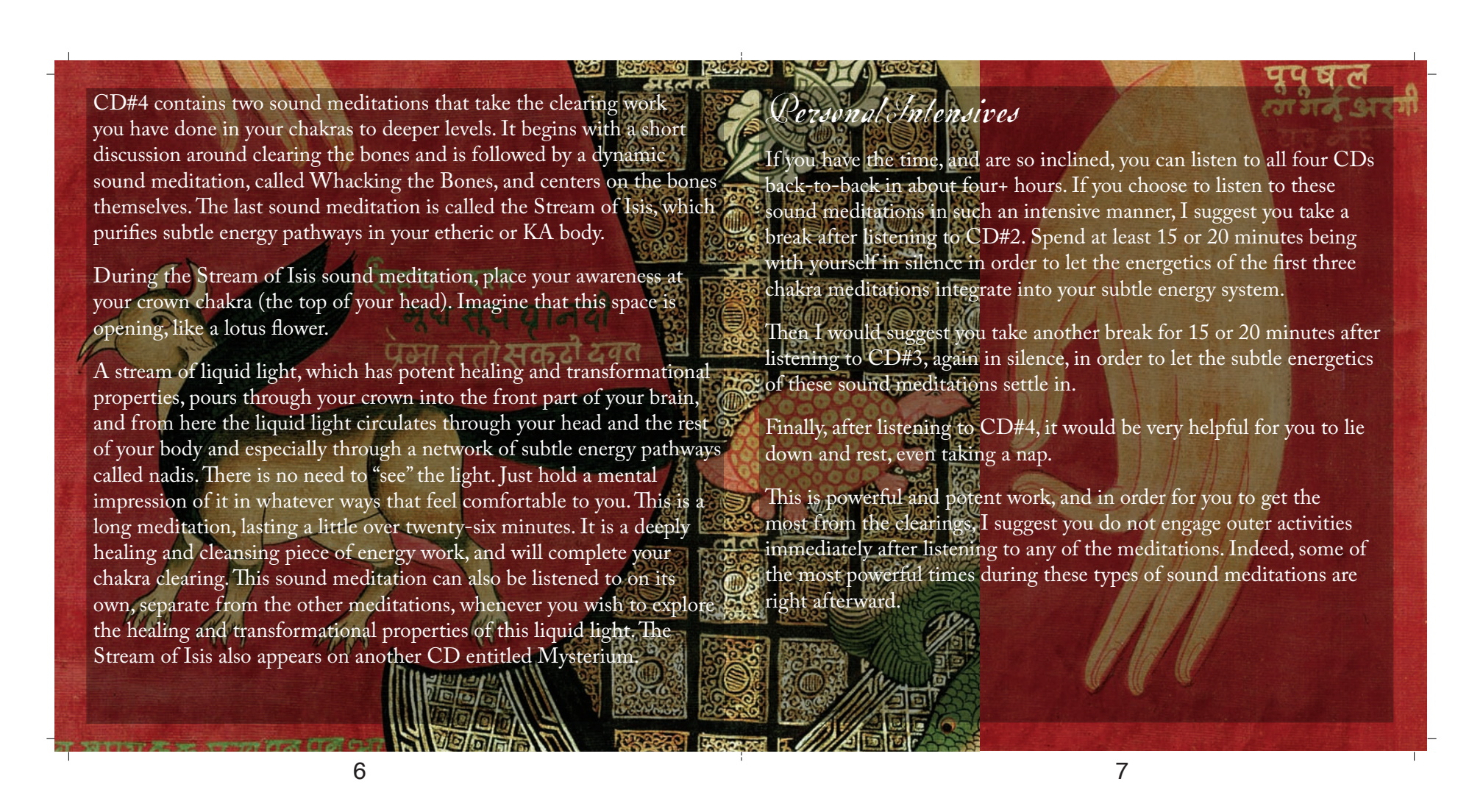
Seventh Chakra (*sahasrara*): Crown Chakra, located at the crown, the top of the head

CD Content and Suggestions:

Ideally you would listen to CD#1 first, which includes a Heart Sound Meditation at the very beginning, followed by a talk about sub-personalities. This psychological background will assist you as you enter into the chakra work and clearing.

CD#2 starts with a discussion about the first three chakras and is then immediately followed by three sound meditations, which focus sequentially on the root chakra (*muladhara*), the sacral/sex chakra (*svadhisthana*) and the third chakra (solar plexus or *manipura*).

CD#3 starts with a discussion about the upper four chakras, and is then followed by four sound meditations, which deal sequentially with the fourth chakra (heart or *anahata*), fifth chakra (throat or *vissudha*), sixth chakra (third eye or *ajna*) and the seventh chakra (the crown or *sahasrara*).



CD#4 contains two sound meditations that take the clearing work you have done in your chakras to deeper levels. It begins with a short discussion around clearing the bones and is followed by a dynamic sound meditation, called Whacking the Bones, and centers on the bones themselves. The last sound meditation is called the Stream of Isis, which purifies subtle energy pathways in your etheric or KA body.

During the Stream of Isis sound meditation, place your awareness at your crown chakra (the top of your head). Imagine that this space is opening, like a lotus flower.

A stream of liquid light, which has potent healing and transformational properties, pours through your crown into the front part of your brain, and from here the liquid light circulates through your head and the rest of your body and especially through a network of subtle energy pathways called nadis. There is no need to “see” the light. Just hold a mental impression of it in whatever ways that feel comfortable to you. This is a long meditation, lasting a little over twenty-six minutes. It is a deeply healing and cleansing piece of energy work, and will complete your chakra clearing. This sound meditation can also be listened to on its own, separate from the other meditations, whenever you wish to explore the healing and transformational properties of this liquid light. The Stream of Isis also appears on another CD entitled Mysterium.

Personal Intensives

If you have the time, and are so inclined, you can listen to all four CDs back-to-back in about four+ hours. If you choose to listen to these sound meditations in such an intensive manner, I suggest you take a break after listening to CD#2. Spend at least 15 or 20 minutes being with yourself in silence in order to let the energetics of the first three chakra meditations integrate into your subtle energy system.

Then I would suggest you take another break for 15 or 20 minutes after listening to CD#3, again in silence, in order to let the subtle energetics of these sound meditations settle in.

Finally, after listening to CD#4, it would be very helpful for you to lie down and rest, even taking a nap.

This is powerful and potent work, and in order for you to get the most from the clearings, I suggest you do not engage outer activities immediately after listening to any of the meditations. Indeed, some of the most powerful times during these types of sound meditations are right afterward.



Specific Chakra Sound Meditations

If you know you are dealing with issues around a specific chakra(s), you can work with the sound meditation(s) that deal with that specific chakra(s). If you choose to work in this way, I suggest you listen to the entire sequence of sound meditations (all four CDs) at least once—either back-to-back or in several listening sessions—as you wish. Then begin to focus on the specific chakra(s) you are interested in by listening to the relevant sound meditation(s) on multiple occasions. Many people find it helpful to keep a type of journal to record their thoughts and impressions after each listening session. This is because the mental/emotional content that arises during these sound meditations are often dream-like and easily forgotten after some time goes by. You might also experiment with listening to a specific sound meditation just before you go to sleep in order to extend the work into dreamtime.

Dealing with Disturbing Content

These sound meditations are, by their very nature, catalytic and transformational. And sometimes they stir things up. On rare occasions mental and emotional impressions may be difficult to contend with for some people. The important thing to remember is that these thoughts,

feelings and images may or may not be true. They are psycho-spiritual content and should be taken with a grain of salt, to use a colloquialism. By that I mean you should consider your experiences during these meditations to be dream-like in nature rather than literal. Sometimes it seems that the memories are just that—memories—while sometimes what seems to be memories are more metaphorical in nature.


It is helpful to realize that the sound meditations not only open doorways into the chakras; they also clear them. Thus, it is a dynamic process of paying attention to a specific chakra and the sounds while allowing mental and emotional content to arise without any attraction or aversion to what is “coming up.”

If, at any time, the content is too difficult for you to deal with, simply stop listening to the sounds and open your eyes. This will help you to shift your attention from your inner realities to the outer world. If you ever have difficulty shifting from inner to outer awareness even after opening your eyes, it will help to rub your earlobes with your finger tips, using a firm pressure with your fingers, as this will stimulate your meridian system helping you to shift your awareness from the inner realms to the outer realms of perception. Finally, if this does not completely bring an end to the experience, make sure your feet are on the floor or the ground, and imagine that there are warm stones under the soles of your feet. Sense the warmth of these imaginary stones for a few minutes. And finally, get up and walk around.



Psycho-spiritual Detox

People sometimes, though rarely, experience psychological, spiritual or even physical detoxification when working with a chakra that is particularly blocked. If this occurs for you, slow down your pace. Spend more time between listening sessions. Keep a journal of your thoughts and impressions immediately after the sound sessions as this may reveal much information about the nature of the block and its resolution. If you have a bitter taste in your mouth, drink more water in order to help with the detox. For more information on the phenomenon of psycho-spiritual detox, you can go to the Articles section at www.tomkenyon.com and read an article I wrote entitled *Psycho-spiritual Detox*.



Tom Kenyon is a brain researcher, a therapist, a musician and pioneer in sound healing. He teaches each of the major systems of internal alchemy (transformation): Tibetan Buddhism, Hinduism, Taoism, Egyptian High Alchemy and esoteric mystical Christianity. For over 30 years his organization, Acoustic Brain Research, has been a leader in the utilization of sound, language and music to facilitate the discovery of the creative energy of the inner being. Tom teaches workshops and leads tours all over the world. Tom is the author of the acclaimed book: *Brain States* and also *Mind Thieves* and *The Hathor Material*. He co-authored the *Magdalen Manuscript* with his wife, Judi Sion. He is a featured author in *The Great Shift* and has produced over 100 compact discs and cassette recordings.

Vocals: Tom Kenyon
Field Recording Engineer (Stream of Isis): Tom Kenyon
Live Recording Engineer: John Paul Michaels
Mastering Engineer: Brandon Busch, Sound Media Pro, Seattle, Washington
Artwork: Chakra Man ©2003 Tom Kenyon and Judi Koteen
Graphic Design: Adrienne Koteen

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www.tomkenyon.com
office@tomkenyon.com

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