

Platinum Hoop

Sue Burton-Hidalgo 734-285-7336 ©1988 New Millennium Magazine

Rough day at the office? Do you have bad vibes or feel that you've been "vibed" by someone who does? Or maybe the house or room just doesn't "feel" right. Try this simple Hoops of Light exercise. It is a quick way to effectively clear the air.

Remember that imagination is the gateway to intuition, and that your thoughts really do have substance. You will be surprised at how much better you will feel, or how much cleaner the house will feel after you do this.

For a house or room

First imagine a sheet of white light larger than the area you will be cleaning. Image the sheet appearing under the foundations, in the earth.

Slowly, using your imagination, bring the sheet up, up, up, through the foundations of the building. The white sheet will blaze in pure light, gathering dusty grey, brown, or black impurities on its surface. **Keep the edges tilted up so nothing falls off or jumps off.**

Let the sheet slowly move upwards, cleaning everything: air, woodwork, between the walls, under the stairs, furniture, electric outlets, everything. Bring the sheet up until it comes out and up through the roof. Then gather the sheet's edges as though it were a huge sack.

You may then imagine the sheet flies off into the sun, where it is burned by the solar energies and bad vibes are redeemed, turned into good.

If you need help with the process, please invite your guardian angels to do the process for you.

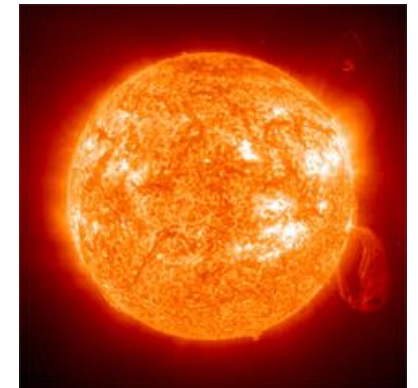
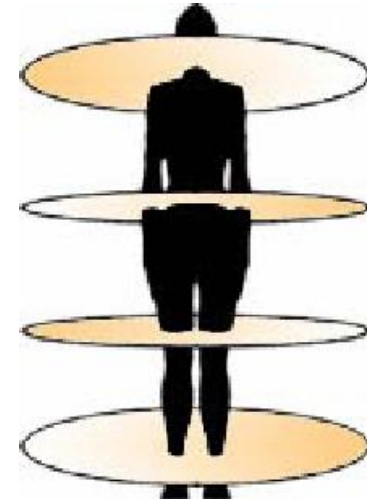
For a person

To use this technique on a person, first ask their permission. Then center yourself through prayer and through taking relaxing breaths, remembering to feel centered and balanced, connected to your body in a positive way.

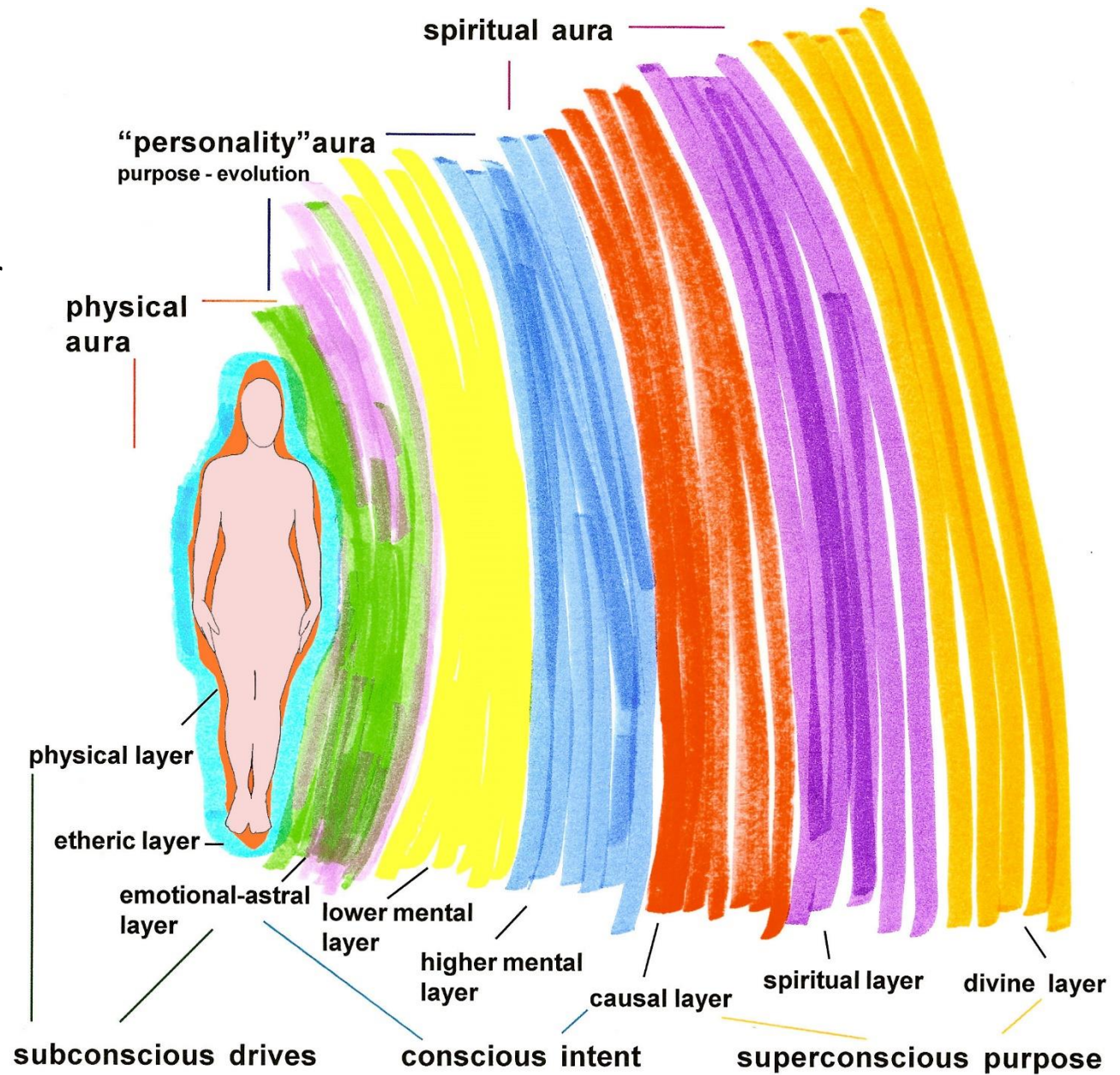
Imagine a hoop or sheet of light under the person and make the hoop about ten feet wide or so, to include their aura as well as their body. Just as you did with the house bring the hoop up, up, up, slowly. Image the sheet of light penetrating every nerve, every organ, every muscle.. all parts of the physical body and the general aura itself. (But not the individual chakras as this can cause a feedback similar to a microphone being misused.)

After you have come out the top of their head remember to seal the sheet well, turning it into a gathered sack that goes into the sun.

The recipient will probably feel much lighter physically and may even feel or look taller.



Your aura is multi-layers, colors, and energy patterns. It contains the history of your entire Soul: body, mind & Spirit.



Physical: the actual body, God's manifestation
 Etheric: body battery, a "working copy" of the "blueprint" in the spiritual body
 Lower Astral: our habitual, every day feeling nature, 'genetic line learning'
 Higher Astral: more inspired, positive feelings, higher morals, everyday thinking
 Higher Mental: higher thoughts and ideals, inspiration, spiritual morals
 Causal: soul evolution, past lives
 Spiritual: connection to eternity, houses the blueprint for individuation
 Divine: eternal forces outside of time, solar beings, cosmic souls, deities

Color is Language

The chakras are funnel-like whirlpools of energy which penetrate the physical, etheric, emotional, and mental bodies. They are most clear to the inner eye and to auric vision in the emotional body. The chakras, too, are highly colored. Their colors are close in meaning to the colors listed below. Different colors and shades of colors have associated meanings, even the shade of a color has a meaning. Colors have both positive & negative emotional/spiritual meanings.

Here are some rule of thumb guidelines:

- **Pink is part of the red spectrum. Pink in the aura shows innocence, happiness, sweetness. As the pink grows more towards red it symbolizes enthusiasm, love. Red is a color for will and energy.**
- **Orange is a color for creativity and vitality.**
- **Yellow is for thinking and planning.**
- **Green reflects balance and sharing. It is also a color for emotional stability. When there is an excess of green in the aura it can represent stubbornness and inflexibility.**
- **Light blue is a color for peace, for openness, acceptance. Deeper blues, like indigo blue, symbolize being reflective, inward, seeking understanding.**
- **Amethyst and violet colors symbolize transmutation of thought and growing towards compassion.**
- **White symbolizes the ability to sense and create feelings of union, connection to God and to the good in others.**
- **Beiges symbolize change.**
- **Brown stands for stagnation, envy, addictions to material things.**
- **Black stands for repression of feelings and thoughts, denial. Also a person who doesn't like paradoxes - they want it in 'black and white' no shades of gray for them!**
- **Gold symbolizes deep spiritual love and connection.**

Why work with the Human Energy Field?

Your Chakras pull in and push out Energy. How well this process goes affects how well you are on physical, emotional, mental, and soul levels.

Psychospiritual and Physical Aspects of the Chakras

7 Pineal or Crown

Imagination, ability to perceive cosmic order and seek higher planes

972 violet or white vortices
upper brain, right eye, pineal gland



6 Ajna, Brow, Third Eye, Pituitary

Intuitive, Psychic and abstract mentality

96 indigo vortices
lower brain, left eye, ears, nose, nervous system, pituitary, carotid, medulla oblongata



5 Throat

Conceptual, devotion to higher authority, mental idealism

16 blue vortices
throat, bronchial & vocal apparatus, lungs, alimentary canal, thyroid, parathyroid, pharynx



4 Heart

Self-assertive, acquisitive, security

12 green vortices
heart, blood, vagus nerve, circulatory system, cardiac issues,



3 Solar Plexus, Power

Intellectual, penetrating insights, making distinctions

10 yellow vortices
stomach, liver, gallbladder, nervous system, spleen, adrenal, pancreas, coeliac, epigastric



2 Sacral, Reproductive

Social, dependence, relatedness

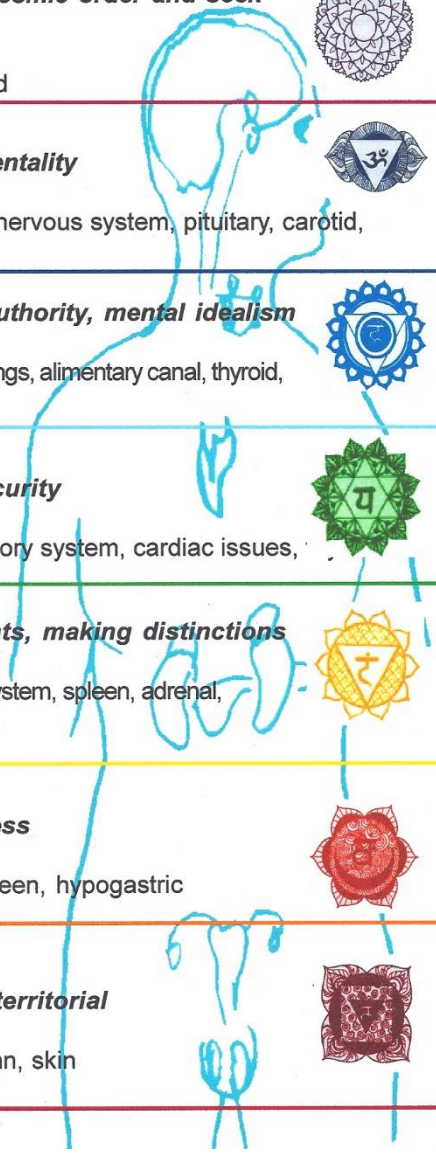
6 orange vortices
reproductive system, kidneys, spleen, hypogastric



1 Root, Base

Physical survival, sensation, territorial

4 red vortices
reproductive system, spinal column, skin



Chakras & Emotional/Spiritual Development

I AM white - the 8th chakra

contains the entire visible light spectrum, also called the Transpersonal Point, Universal Light & Life that is purifying and uplifting ... when this is closed the person is negative minded, belittling of self or others, closed off to God



Crown Chakra

positive expression: The GURU - cultivation of grace, bliss, gratitude &

acknowledging divine intervention. Unity, connection to the Divine, harmony, self realization, uplifting... sets example of goodness, selfless, group activities, imagination, ecstasy, order, beauty, follows will of God,

negative expression: The EGOTIST - arrogance, self-absorption, inflexibility, martyrdom, righteousness, prideful, conceit, obstinate, shame, no compromise, does not have relationships at a deep & enduring level, chaos

Third Eye Chakra

positive expression: The WISE PERSON - flexibility, humor, cultivation of

wisdom, visionary, intuitive, high level of ESP, sensitive to others & tasteful, future oriented & believes in potentials, inspired & inspiring, faith, perception, art, wonder, understanding

negative expression: The INTELLECTUAL- rational, factual, rigid, dry, too sensitive to real or imagined judgments of others, impractical, easily fascinated by or envious of others, impatient, behaving as though unconscious of others

Throat Chakra

positive expression: The COMMUNICATOR - outspoken, truthful, open, right use of will, communication, high ideals, peace & serenity, commitment, reverent, justice, family values, ethical, sense of history, oriented to the past, diplomacy, purity, devotion, music

negative expression: The SILENT CHILD - suppressed communication,

unexpressed emotions, dissatisfied, authoritative, too fixed ideas, stubborn, overly willful, worry, fear, needs to learn when & how to say "no"



Heart Chakra

positive expression: The LOVER - generous, open, loving, kind, compassion, true caring, both love for others & things, feelings of emotional security, communion: finding the deeper meaning of relating, able to plan & save...

negative expression: The ACTOR/ACTRESS - conditional love, bound by conventions, narcissist, envy, jealousy, blaming, selfish, conflict oriented, self pity, possessive (too much love of things or another), denial

Solar Plexus Chakra

positive expression: The WARRIOR - confident, creative, courageous, purpose, empowerment/cooperation/teamwork, saving, integration, right sense of self, wisdom, discernment, sympathetic, detail oriented

negative expression: The SERVANT - needy, seeking approval, unempowered, mind races, controlling: dominator or victim, depression, critical, opinionated, cynical, bigoted, frivolous, changeable, aloof, dogmatic

Sacral Chakra

positive expression: The EMPEROR/EMPRESS - pleasure, abundance, enjoyment, creative, productive, adaptable... open to the new, service, love of fellow beings... social/political, group identity (belonging)good ambition, uninhibited

negative expression: The MARTYR - critical, sour, condemning, separatist, undisciplined, sarcasm, overconfident, destructive, lethargic, too proud, feels left out & mistrusts others, too ambitious, elbows way in, unstable, flighty

Root Chakra

positive expression: The MOTHER - nurturing, self-sufficient, responsible,

secure, healthy, stable & grounded, realistic, steady nature, positive sexual/sensual behaviors, calm, oriented to the now, action oriented, courage, strength, stamina

negative expression: The VICTIM - lacking energy, empowerment and life force, overly sensual, loner, cannot take disapproval, expects others to act on demand, territorial or aggressive, uncertain, unhealthy, fearful, ungrounded, dependent, negative, angry, tyrannical, defiant, ruthless

Chakra Generalities

It is best if the chakras are all closer in size to one another. Optimal size is about 6 to 7 inches in diameter.

While it is true, in the most strict sense, that the rotation of the chakras switches from one to the next, i.e., the root is counterclockwise, the sacral clockwise, then the solar plexus counterclockwise, it is most functional to work with the idea that all chakras should be moving in a clockwise fashion from the point of view of someone looking at the body from the front. So, all chakras moving clockwise is optimal for opening, counterclockwise for closing or pulling out.

Another generality is that it is best to work on the chakras with clockwise motions, to put energy into the chakra system, or to gently open the chakra. Counterclockwise motions tend to close the chakras, or to draw energies out of the centers. Counterclockwise motions are best left to work with after one gains experience with energy sensing, or if a proven technique states counterclockwise is the best motion to use for a procedure. Bottom line, ego aside, serve the client best by working with clockwise movements.

Another generality, the colors of the chakras are the ascending colors of the rainbow: red, orange, yellow, green, blue, indigo, red violet, and white. While these colors are the most healthy to use, each chakra is often a mixture of colors, and chakra color can sometimes change according to the layer of the aura the chakra/vortex is passing through. The rainbow colors of root - red, sacral - orange, solar plexus - yellow, heart - green, throat - blue, forehead - red violet, and crown - white, are the colors most easy for each of their associated chakras to absorb and to convert to characteristics that will allow the chakra to balance. Indeed, rarely are they the sole or primary color of the chakra(s).

All animals and plants and minerals have an energy body - even the Earth has an aura. The aura is a type of electromagnetic sheath around us and within us. Just as the electromagnetic computer on my desk stores retrievable information, your electromagnetic sheath stores data that you accrue from the time of your birth. It even stores information from before your birth, and parts of it will continue to store long after your physical sheath has returned to dust.

The chakras are areas of concentrated energy “movement” in the human energy field (HEF). The chakras relate to layers of the aura, so when working on a chakra, we are also working on a layer. It is not important to know for this technique, but I will list the correspondences of chakras to aura layers and where they are linked for your future benefit:

root - physical - bones, specifically the marrow of the femur

sacral - etheric - collarbone

solar plexus - emotional/astral - ankles

heart - mental - wrists

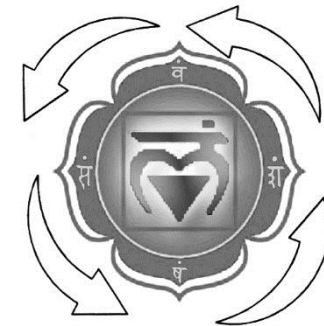
throat - causal/soul - heart

third eye - spiritual - brain

crown - divine - skin



Clockwise



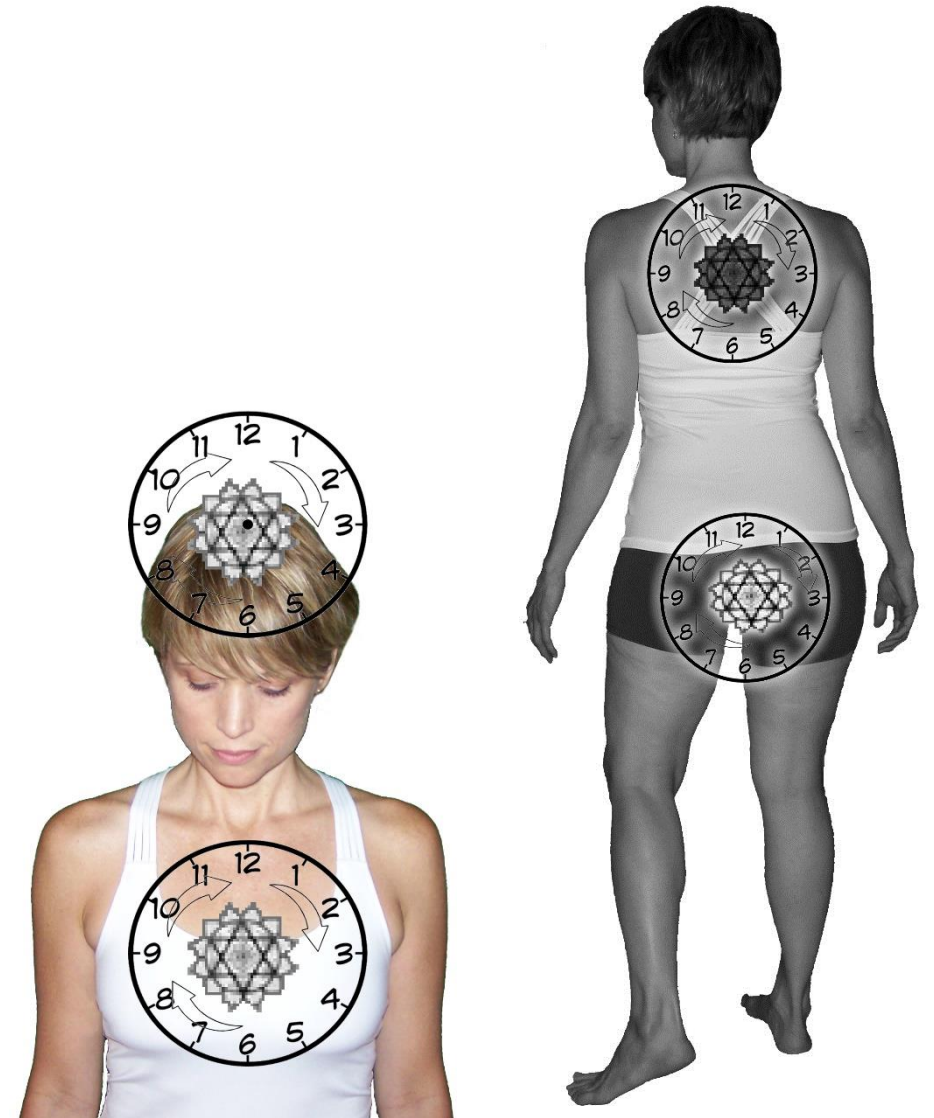
Counter clockwise

Clockwise opens Counterclockwise closes

Opening or closing only takes a few turns of the hand- 4 or 5!
More is not better.

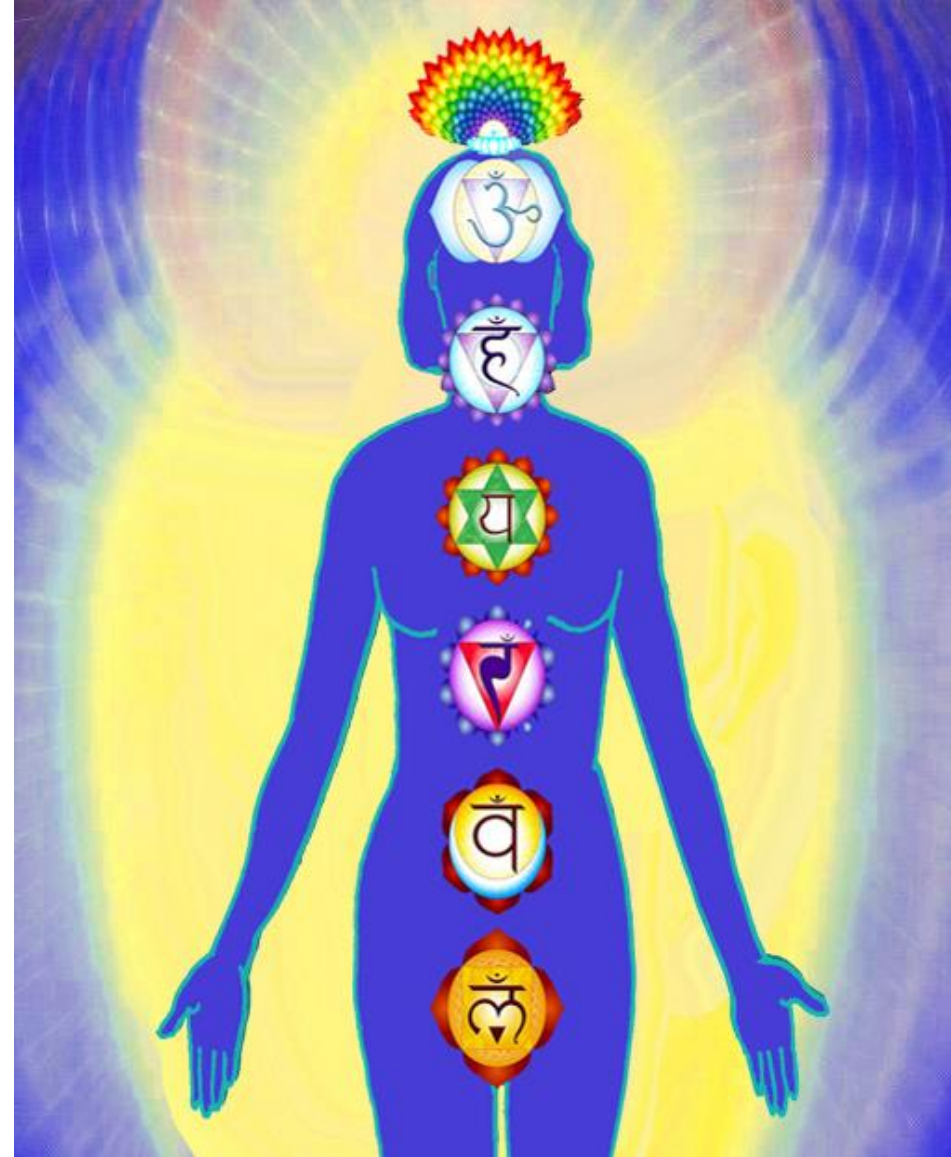
Move your hand, palms parallel to their body, using your
palm chakra.

It is just as important and healthy for a chakra to be able to
close as it is for it to be open. When we cannot close we can
be too open, too sensitive or vulnerable. There is also a
tendency for energy to “bleed out”.



7 factors of a chakra

1. Size
2. Shape
3. Speed
4. Direction
5. Color
6. Alignment
7. Meaning



Chakras as parts of the Kundalini Core

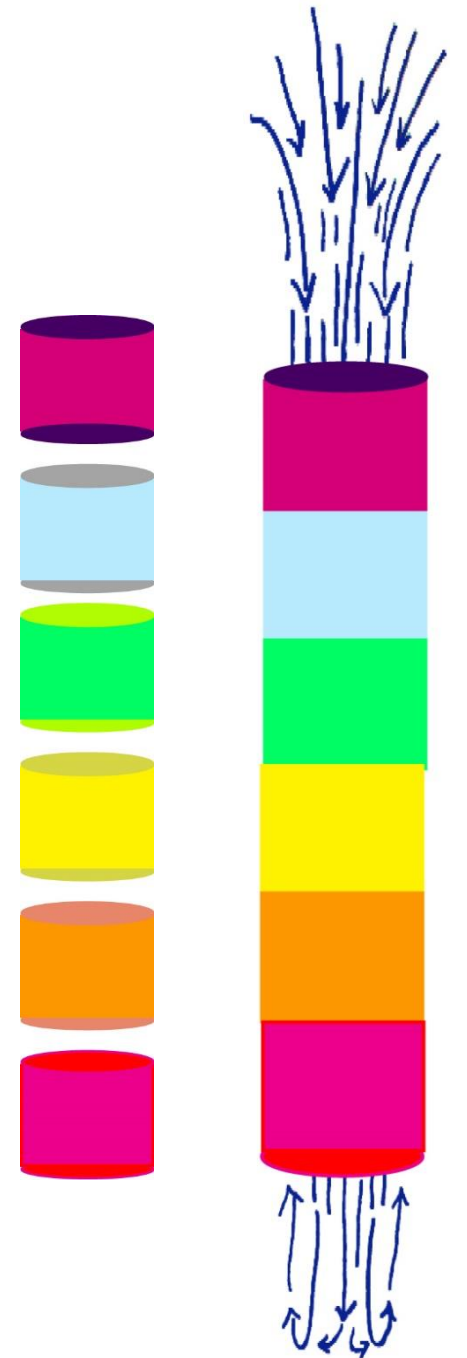
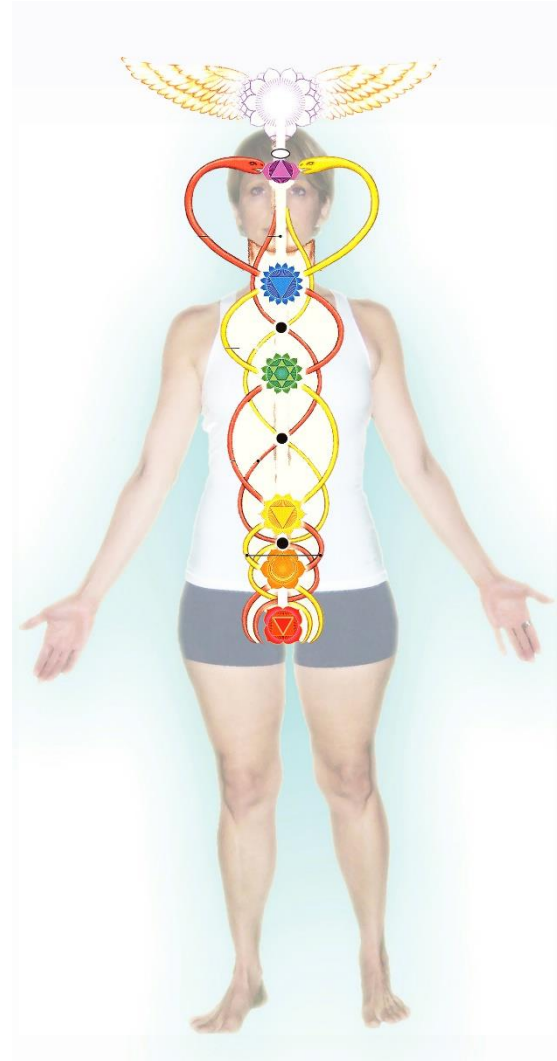
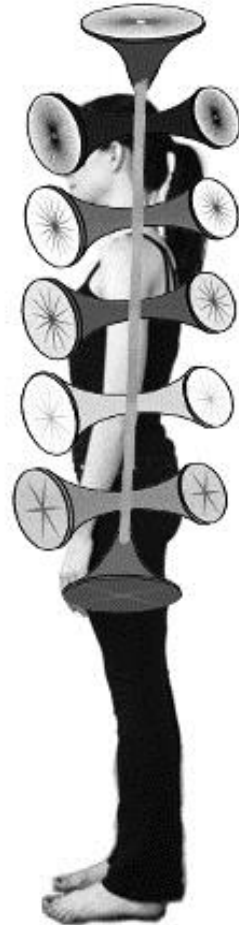
Chakras should be similar size, speed, shape/round.

Alignment: the Kundalini Core should not “leak” energy that comes from above our crown chakra or below our feet chakras.

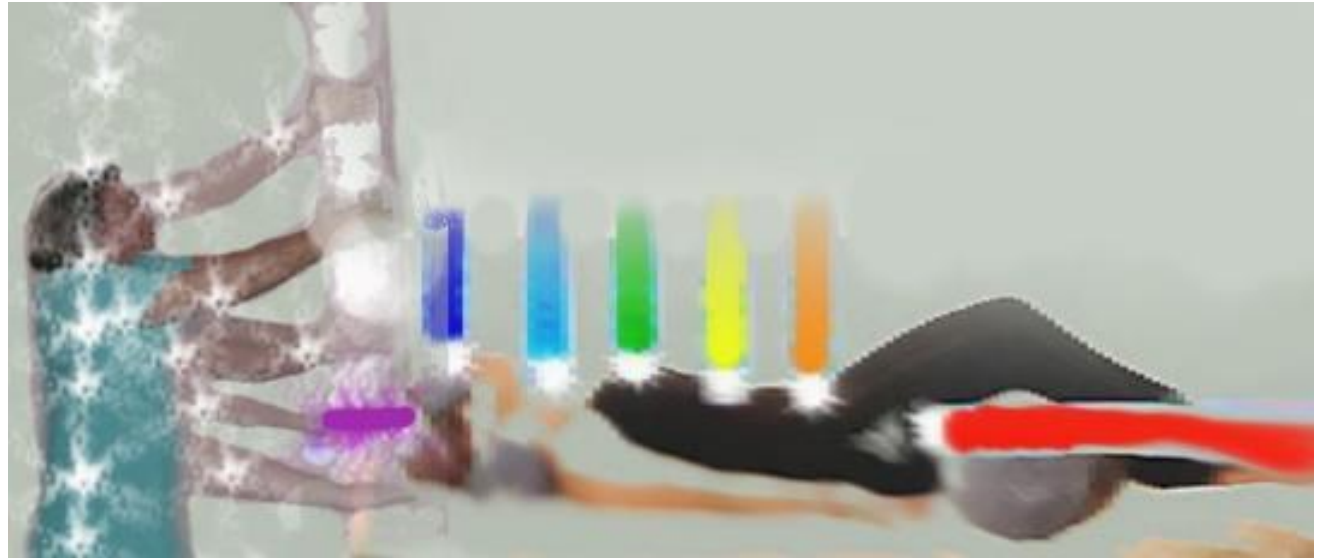
The direction in this method should be all clockwise.

Colors are rainbow oriented.

Meanings are symbolic, much like dream imagery, and are unique messages.



Enhancing the Light Flow



Just as light can be beamed in to any chakra, a technique systematically connecting the practitioner to Light can be utilized. The practitioner “grasps” the Light and pulls it into each of the client’s chakras.