

DOREEN VIRTUE, Ph.D.

The bestselling author of HEALING WITH THE ANGELS

Chakra Clearing



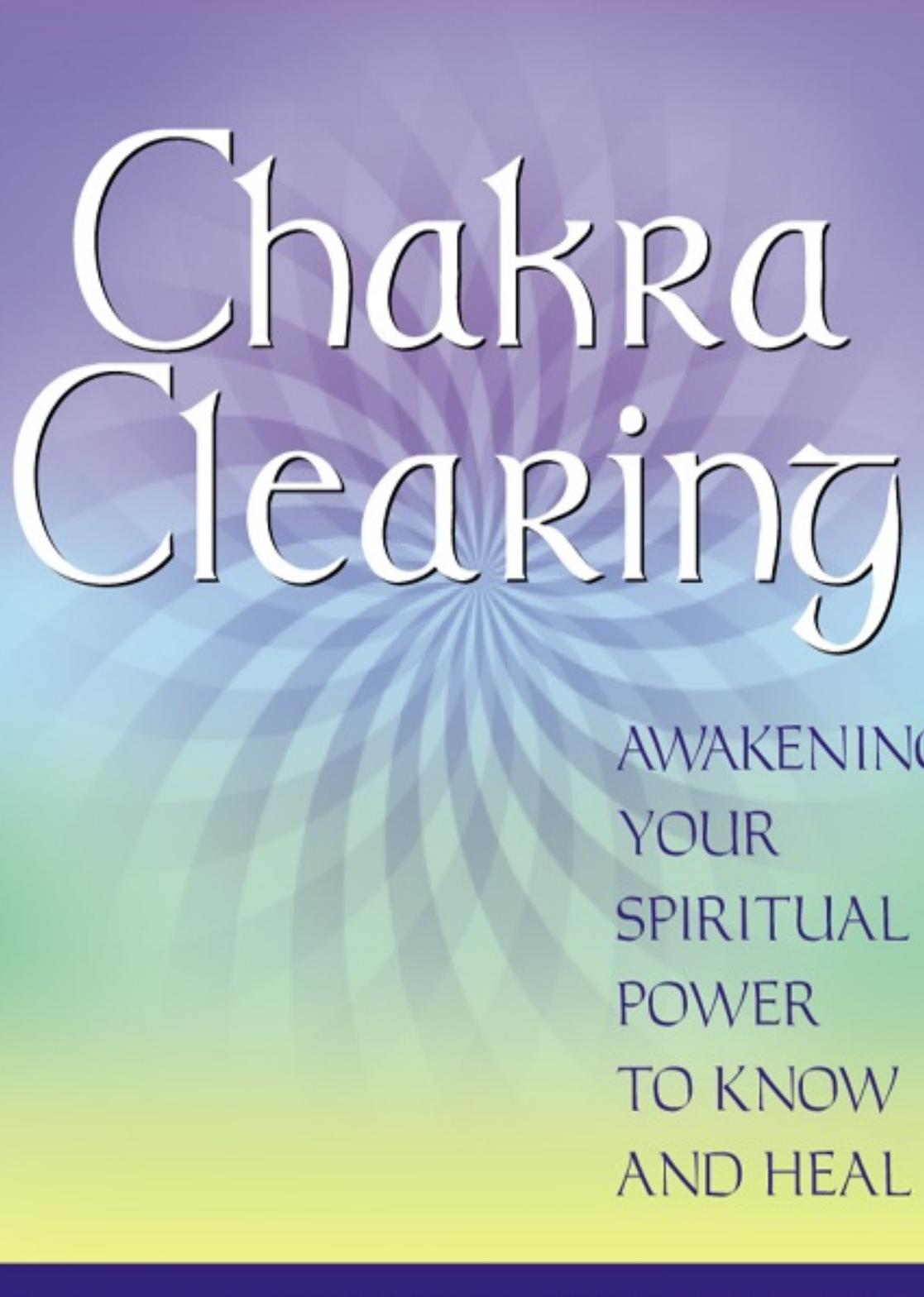
AWAKENING
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TO KNOW
AND HEAL

Includes a CHAKRA CLEARING CD!

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*Awakening Your Spiritual Power
to Know and Heal*

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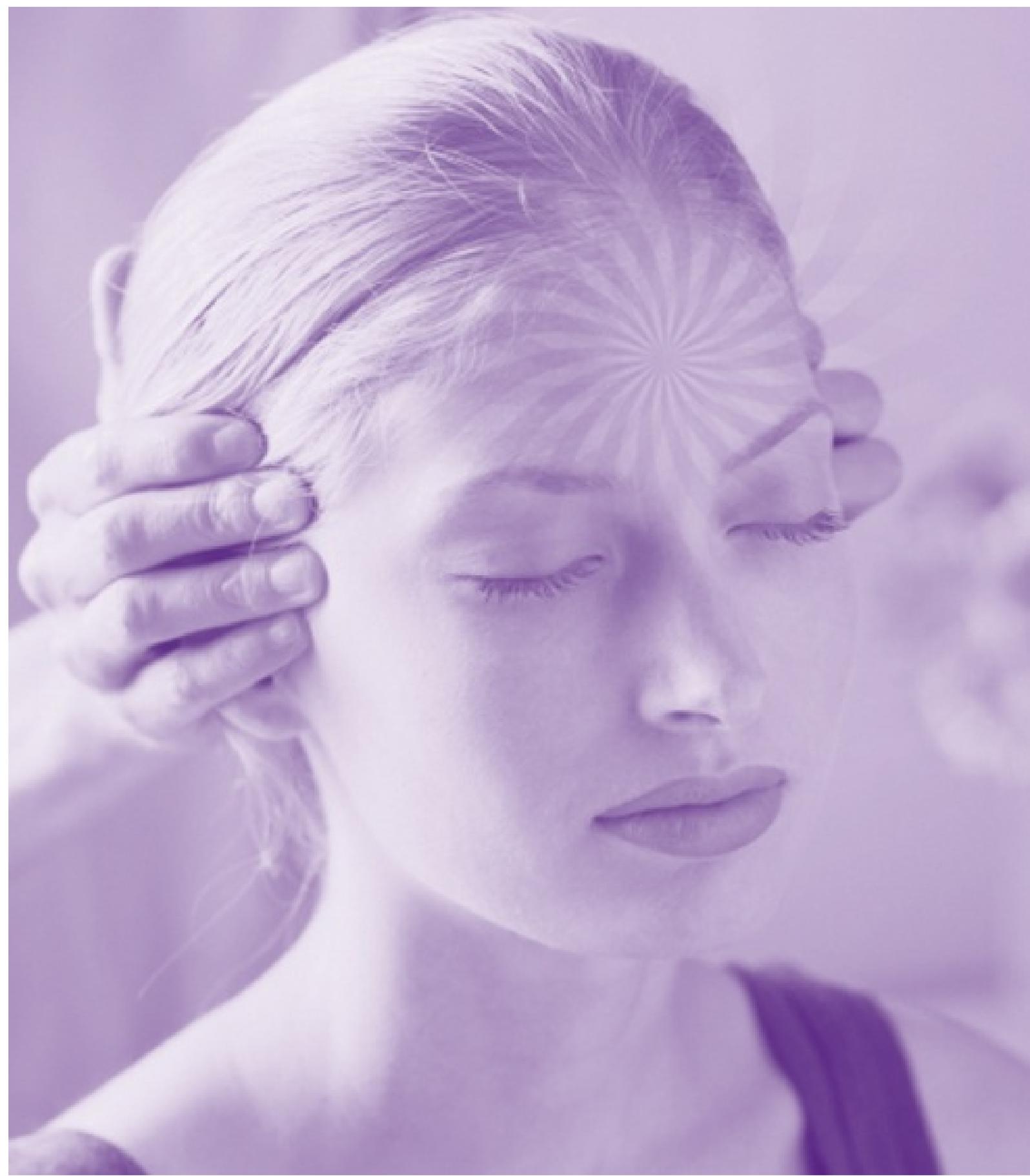
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Introduction

You Are a Being of Light

You are a being composed of light, love, and intelligence. These characteristics are the essence of pure energy. So, you are an energetic being. Sometimes, though, you may not feel that way. In fact, you might feel the complete *opposite* of energy. Still, you have unlimited energy within you right now, and this energy has remarkable gifts.

Your thoughts control the energy flow within and around you. Whatever you think about determines how you feel and what you experience. Different energy centers within and around your body are influenced by your thinking habits. In other words, the things you concentrate on the most—money, spirituality, relationships, and so on—affect your energy centers. These energy centers look like fans with their blades overlapping. We call them “chakras” (pronounced *SHOCKRUHS*), which means “wheel” in the ancient Eastern language of Sanskrit.

Although the body has many chakras, psychics and healers generally only concern themselves with the *major* ones. These chakras are each found next to a hormonal gland. They push vital life energy (also called “ki,” “chi,” or “prana”) through the body to ensure vitality. They’re like pinball-game paddles pushing balls along their course. This life energy springs from the Divine and gives us access to all wisdom, or psychic information.

Your chakras radiate and receive energy constantly. If you hold negative thoughts, your chakras become dirty with dense, dark energy. Dirty chakras can’t push through sufficient energy, and you feel sluggish and out of balance. You also lose touch with your natural psychic abilities.

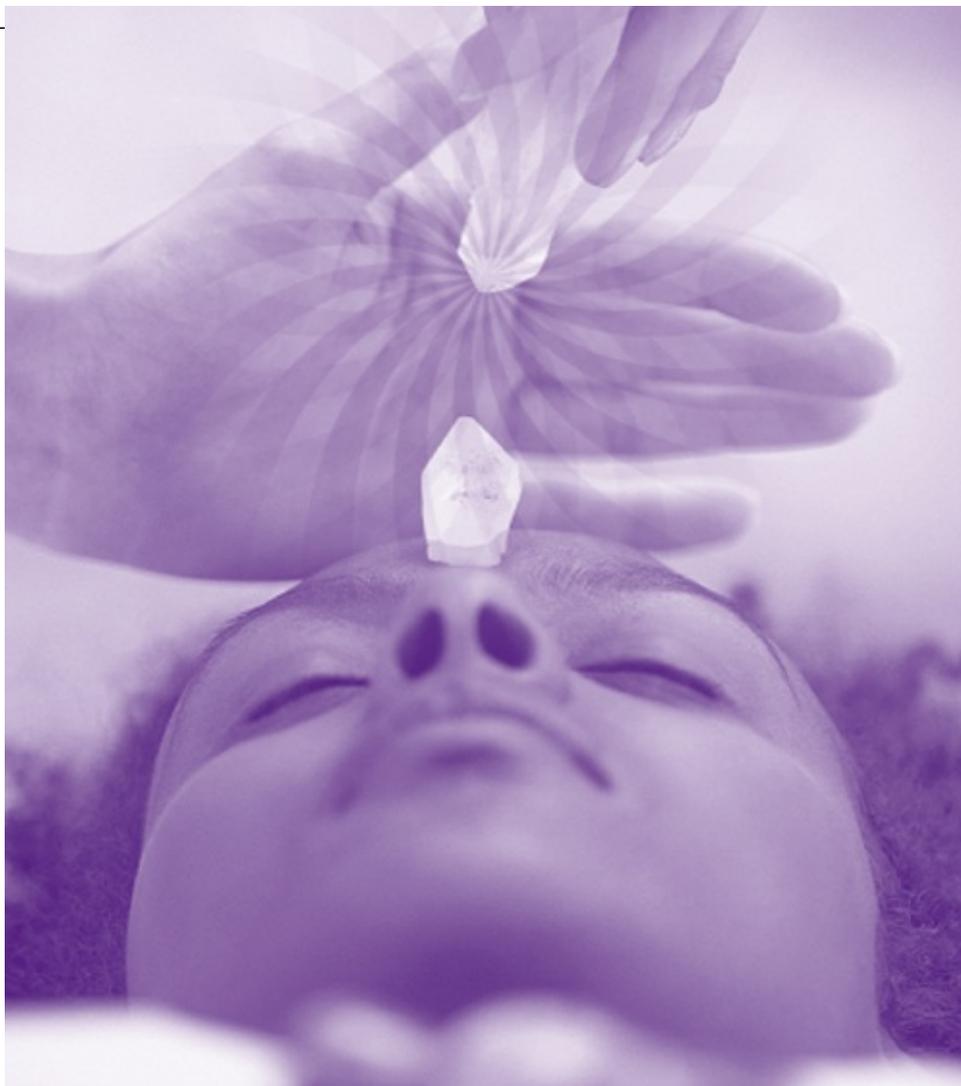
You have a chakra for each “issue” that you commonly think about. There’s a chakra related to thoughts about money and career, relationships, your future, appetite and lifestyle habits, and goals and aspirations. If you completely base your thoughts in love and faith, these chakras operate at a perfectly healthy rate. Your energy and life flow smoothly, and you experience harmony and bliss.

However, almost everyone is prone to worrying or obsessing about life occasionally. Fear thoughts affect the chakra, that corresponds to the issue you are thinking about. That particular chakra then becomes dirty, shrunken, or swollen. Consequently, you may experience fatigue or listlessness without realizing why.

Your chakras also affect your intuitive abilities. With cleansed and balanced chakras, you can easily discern information about your future and about other people, and hear the voices of God and the angels.

In this book, you will learn the functions of the major chakras, and esoteric methods for clearing them of fear. Your natural state is one of high energy, intuition, and creativity. You don’t need to add anything to yourself to enjoy these characteristics—you already own them within yourself. Just like a sculptor needs to chip away the parts of the statue that aren’t part of the ultimate creation, you only need to clear away fear to reveal your innate qualities.





Chapter One

The Functions of Your Chakras

You have hundreds of chakras within and around you. In fact, every living being, including the earth, has chakras. Let's focus on the major chakras that affect your daily life. These are located deep within the center of your physical body. The chakras in the lower part of your body spin slower than those in your upper body and head. Also, your lower chakras correspond to issues of the material world, while your upper chakras are focused upon more spiritual issues.

Chakras spin in a clockwise direction. Imagine yourself looking at a spinning oscillator fan, similar to the silver ventilating fans you see on top of industrial buildings. While you're looking directly at a person, their chakras appear as fans that you're seeing from the side. From above, their chakras would look like an aerial view of spinning fans.

Just as slow-moving light waves appear as warm hues of color, so do the lower and slower chakras appear in shades of red, orange, and yellow. The upper chakras, which spin faster, have cool shades of green, blue, violet, and purple. Once you clear your chakras, you will reawaken your ability to see chakras within your own body and within others. In addition, you can see auras, as explained a little later in this book.

The Root Chakra

Located at the base of your spine, the *root* chakra spins at the slowest rate of all the major chakras. Its slow rate creates a brilliant ruby-red color. When the root chakra is clean, it sparkles with white crystal lights, mingled with a rich, clear shade of red. A clear root chakra looks like a brilliant ruby held under a bright spotlight. However, when it gets dirty, the root chakra has a muddy, dark red color to it.

Your root chakra is related to issues of physical security and is affected by your thoughts and feelings about:

- *Finances*: money, savings, bills, retirement accounts, the economy, gambling, the lottery, and finances.
- *Career*: making enough money, being in the “right” job for you, issues of benefits and retirement, commuting, concerns about layoffs or promotions, and thoughts about your financial future.
- *Home*: desires to move, feelings of safety, the condition and energy of your home, the arrangement of items in your home (Feng Shui), maintaining your home, and thoughts about buying a home.
- *Physical Safety*: feeling safe or unsafe.
- *Needs*: having enough to eat, and sufficient clothing for yourself and your loved ones.
- *Possessions*: vehicles, furniture, jewelry, and work-related equipment.

Fears related to having your physical needs met make your root chakra shrink in size and grow dark and dirty. You literally choke your root chakra with worries about money, career, or possessions. This creates feelings of lack and limitation, as if there's "never enough to go around." A clogged root chakra usually creates self-fulfilling prophecies involving money challenges.

Obsessions about money, career, and possessions—the workaholic mind-set—create a dirty root chakra that is extremely large. Now, there's nothing wrong with having a large root chakra. In fact, later on in this book we will work on enlarging all of your chakras. The only problem is when your chakras are all different sizes. Obsessions create imbalances, because they make one or more chakras bigger than the other chakras. Chakra clearing helps you balance all of your chakras so that they are equally large and clean.

Sacral Chakra

The second major root chakra is found midway between your navel and the base of your spine. The *sacral* (pronounced *SAY-KRULL*) chakra spins slightly faster than the red root chakra, so it appears as a beautiful shade of orange. A balanced and clear sacral chakra glows with a pale, clean white interior. A dirty sacral chakra has a burnt orange coloring.

The sacral chakra is affected by your thoughts and feelings with respect to:

- *Cravings for physical pleasures*: food, drink, sex, or thrill-seeking.
- *Addictions*: drugs, alcohol, food, and other substances.
- *Your body*: exercise habits, sleep patterns, weight, health, and thoughts about your appearance.

If you are worried or stressed about any issue concerning your body, your sacral chakra will appear shrunken and dirty. You may experience fatigue or listlessness as a result. On the other hand, if you are obsessed with your body, your sacral chakra will look dirty and oversized. Again, there is nothing wrong with having a large chakra. We just want to make sure that all of your chakras are clean and equal in size.

Solar Plexus Chakra

The third major chakra, called the *solar plexus* chakra, is found right behind the navel. This chakra spins at a faster rate than the root and the sacral chakras, so it appears in shades of bright yellow. A clean and balanced solar plexus chakra looks like a ball of sunshine, with yellow and bright white sparkling light. When a solar plexus chakra gets dirty, it appears as a muddy shade of yellow, mixed with patches of brown and black.

The solar plexus chakra is affected by thoughts and feelings about:

- *Power*: the fear of being, or desire to be, a powerful person; fear of authority figures; obsessions with power; concerns about people or nations that wield a lot of power; current or past experiences in which you felt overpowered by another person.
- *Control*: fears of being controlled by others; fear of losing control; desires for control over

yourself, situations, or other people; current or past experiences in which you felt controlled or out of control.

If you fear that others are trying to overpower or control you, then your solar plexus chakra will appear dark yellow and small. If you have obsessions about *gaining* power and control, your solar plexus chakra will enlarge and look muddy yellow in color.

During the chakra clearing exercises described in this book, you can release fears or obsessions from the solar plexus and your other chakras.

Heart Chakra

We call the fourth major chakra, located in the center of the chest, the *heart* chakra. This chakra represents the beginning of the upper chakras, which all correspond to spiritual issues. The lower chakras are primarily concerned with physical and material issues. The heart chakra, which spins at a medium-fast speed, is a beautiful shade of green. A cleansed and balanced heart chakra looks like a brilliant emerald jewel, sparkling under a bright white spotlight. A dirty heart chakra appears dark forest green in color.

The heart chakra is affected by thoughts and feelings concerning:

- **Relationships:** with mother, father, stepparents, grandparents, siblings, and other family members; past lovers or spouses; friends; co-workers; employers; teachers; strangers; and peers.

- **Love:** Divine love from God and your higher self; romantic, platonic, and familial love.

- **People attachments:** codependency, dysfunctional relationship addictions, or obsessions about a person.

- **Forgiveness or unforgiveness:** toward oneself; another person (living, deceased, famous, friend, or family member); or toward a country, group of people, governmental agency, or organization.

- **Clairsentience:** clear-feeling. Intuition or Divine guidance coming through physical and/or emotional feelings.

Any fears about receiving or giving love will shrink and dirty the heart chakra. Relationship addictions and obsessions create an enlarged and clogged heart chakra. In either case, an unclear heart chakra prevents a person from experiencing the deep bliss of true love.

Just about everyone has some fears about experiencing true communion and intimacy with another person, primarily because most individuals have experienced pain in a love relationship. As a result, we eventually associate love with pain. We then create barriers in our heart chakra to prevent ourselves from losing control and feeling love deeply (lest we be hurt again). However, our Divine origin is spiritual love. Love is the source of all of our power, of everything we need and desire. To block love's awareness is to block *everything*. In the chakra-clearing work that follows, we'll work with the angelic realm to heal these fears.

The heart chakra is a central component in the development of your intuition or clairsentience, which means "clear feeling." The more we cleanse and open our heart chakras, the greater intensity and accuracy our clairsentience has.

Throat Chakra

The fifth major chakra is in the Adam's apple area and is called the *throat* chakra. It spins at a fast rate and is skyblue in color. A clean throat chakra looks like a sparkling clear sunny day, while a dirty throat chakra looks like a dreary, dismal day.

The throat chakra is affected by thoughts and feelings related to:

- *Speaking your truth to:* yourself, your loved ones, acquaintances, your clients and customers, co-workers and employers, and your audiences.
- *Communication projects:* involving singing, writing, speaking, artistic works, channeling, and teaching other people.
- *Asking for your needs to be met:* by God, your loved ones, your employers and co-workers, and yourself.

Fears about communicating shrink the throat chakra and often create physical discomfort in that area. Obsessions about communicating can overstimulate your throat chakra, resulting in an imbalanced and disproportionately large chakra.

Ear Chakras

The sixth and seventh chakras are inside your head, just above your left and right ears. Resting at a 30-degree angle, the *ear* chakras radiate a beautiful shade of reddish-violet. Clean ear chakras look like sparkling maroon jewels, mingled with flashes of white and pale violet. Dirty ear chakras look opaque, with no light coming through them. They are muddy and dark colored.

The ear chakras relate to your thoughts and feelings about:

- *Divine communication:* your reluctance or desire to hear the voice of God and the spiritual realm.
- *What you hear or have heard:* mentally replaying loving or fear-based phrases in your mind, unforgiveness toward someone who seems to have verbally abused you, negative or positive messages that you have picked up from the media, the content and energy of music, and noises in your environment.

Ear chakras are an important element in developing clairaudience, which means "clear hearing." Clairaudience allows you to clearly hear the voice of God, your higher self, angels, and ascended masters such as Jesus, Quan Yin, Buddha, Moses, Krishna, and Saint-Germain. Ear chakras most often become clogged if we hold unforgiveness toward a person who said something that felt painful to hear. They also become dark, dirty, and shrunken if we fear hearing God's guidance for any reason.

Third Eye

The eighth major chakra is between the two eyes. We often call it the *brow* or the *ajna* (pronounced AHZH-NAH) chakra. However, we most commonly call it the *third eye*, and for good reason. If you close your eyes, take a few deep breaths, and place your attention on the area between your two physical eyes, you will begin to see or feel an oval-shaped object lying on its side. This is your third

eye, and it is looking directly at you. It is the eye of your true self or your higher self. The reason why the eye is turned toward you is because everything is within you. There is nothing else except what is in your heart and mind. It is only an illusion that a material world exists outside of and separate from you.

Your third eye records a movie of your entire life, including everything you think, feel, and do. It also records all of the emotions felt by everyone with whom you come in contact. After you pass on to the other side, you will watch this movie during a life review.

The third eye is a little different from the other chakras because of the eye in its center. Surrounding the eye is an energy center radiating a deep color of indigo blue, with sparkles of white and flashes of purple lights.

The third eye chakra is affected by thoughts and feelings relating to:

- *The future*: your desire or reluctance to clearly see what is in store for you.
- *The past*: if a vision that you had frightened you, or if you were persecuted in this life or a past one for being psychic (psychics were frequently killed for being “witches” in past times; and children who are told that psychic abilities and clairvoyance are “evil” often shut their third eyes).
- *Beliefs about spirits*: your desire to see, or fear of seeing, angels or apparitions.

When the third eye chakra is cleansed, you will see the eye of your higher self clearly looking at you. Seeing an eyelid over the third eye signifies a closed third eye. This eyelid may be completely shut, partially open, or blinking open and shut. Or, the third eye could have a screen over it, blocking full spiritual vision.

Crown Chakra

The ninth major chakra is found near the inside of the top of the head, and it looks like a ceiling fan colored in vivid royal purple. The *crown* chakra crowns the chakras within our bodies. It is essential to claircognizance, or “clear knowing,” which is the ability to receive thoughts, information, and ideas from the Divine mind or collective unconscious. Those who are highly claircognizant can tap into the wealth of creativity and inventions that abound in the spiritual plane.

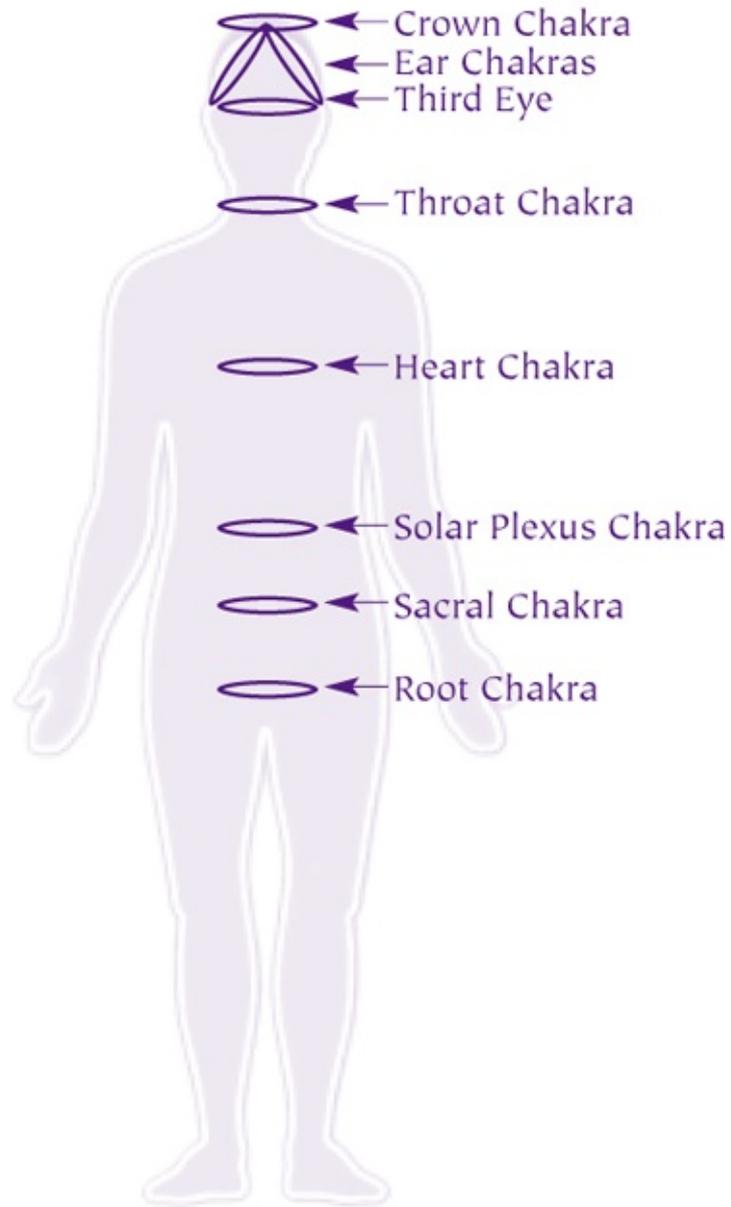
The crown chakra is affected by thoughts and feelings relating to:

- *God*: whether we feel close, estranged from, indifferent to, or angry at our Creator.
- *Religion or spirituality*: if we have had negative experiences with formal religion, our anger or unforgiveness can clog our crown chakra.
- *Divine guidance*: our feelings about receiving direction or ideas from the universal Source. Some people are threatened by the idea of “someone” telling them what to do, even if this someone is God or the collective unconscious.
- *Trust*: our willingness or unwillingness to receive information or facts from the etheric plane, without knowing “how” we know.

A clean crown chakra glows in a beautiful, rich shade of purple, interspersed with sparkles of diamond-white light. Crown chakras clogged with unhealed emotions and bitter thoughts about Divine guidance, God, or negative religious experiences look as dark as the night sky. Fortunately, the chakras respond quickly to cleansing techniques such as those described later in this book.



CHAKRA CHART



Here is a summary of the names, locations, functions, and colors of the major chakras:

THE MAJOR CHAKRAS

CHAKRA	LOCATION
<i>Crown</i>	Inside the top of the head
<i>Third eye</i>	Between the eyes
<i>Ear chakras</i>	Above the physical ears, inside the head
<i>Throat</i>	Adam's apple
<i>Heart</i>	Chest
<i>Solar plexus</i>	Stomach area
<i>Sacral</i>	3 to 4 inches below the solar plexus
<i>Root</i>	Base of spine

CORRESPONDING ISSUES	COLOR
Claircognizance and Divine guidance	Royal purple
Clairvoyance	Dark blue
Clairaudience	Red-violet
Communication, speaking your truth	Light blue
Love, clairsentience	Emerald green
Power and control	Yellow
Physical desires and appetites, addictions	Orange
Survival and sustenance concerns, such as money, shelter, and basic material needs	Red



Chapter Two

Meditations to Clear Your Chakras

Almost every day we have fear-based thoughts. We frequently encounter people or situations that inspire fear of some kind. Consequently, we may absorb fearful energy into our chakras. For that reason, it's a good idea to clear your chakras every day. Just as you bathe and wash your face daily, so does your energy body benefit from consistent cleansing.

Chakra clearing involves two steps:

1. *Clearing*: releasing negative thought-forms and etheric cords from our chakras; and
2. *Balancing*: enlarging the chakras so that they are all the same size.

Chakras shrink in size when we hold fearful thoughts about the issues corresponding to the shrunken chakra. They enlarge out of proportion to the other chakras when we have obsessions about the issue related to a particular one. For example, fears about money would create a shrunken root chakra. Obsessions about acquiring money would create a disproportionately large one.

There is nothing inherently wrong with having a large chakra; in fact, it is healthy. We just need to keep them equally large so that energy flows through them without interruption.

Dirty or imbalanced chakras result in feelings of lethargy, fatigue, and apparent blocks in one's creativity and flow of abundance. Clean and balanced chakras open up our flow of energy, new ideas, and synchronicities.

There are dozens of methods to clear your chakras, and I am grateful that so many options are available to us. It's enjoyable to be able to vary our chakra-cleansing routine. If I'm in a hurry, I'll use the shorter methods, and then reserve the thorough and lengthy methods for times when I have an open schedule.

In this book, I will describe several of my favorite methods. I encourage you to try each of them so you will have experiences with them in your repertoire. Then, of course, you'll use whichever method feels most efficient and comfortable.

Probably the method most widely used to clear chakras is meditation. I use the following meditation for myself, my students, and clients. It is also recorded, with background music, by angelologist/pianist Randall Leonard on my CD *Chakra Clearing* (Hay House, 1997), accompanying this book.

These meditations are 12 and 15 minutes each in length. I have found that most of us can fit this amount of time into our busy schedules. There is a morning meditation, which starts the day off on a bright note with positive and empowering intentions. Then, the evening meditation clears away any negative energy that you may have absorbed during the day, and invokes angels into your dreams.

Basic Meditation Guidance

If you haven't meditated before, here are some guidelines to help you. Of course, your most important source of instruction in meditating—or for doing *anything*, for that matter—is your inner

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