

The following journey is an excerpt from the book *Dance into an Inner Light* and will help you/your child(ren) to open their chakras and to balance their energies. You can record the journey if you want, or adapt your tone and talking speed to the listener (watching the body language helps). More tips and balancing techniques in the book [*Dance into an Inner Light*](#).

Energy Journey

Find a nice object from nature: a stone or crystal, a shell, a piece of wood – whatever attracts you and speaks to you. This object will be your guide for this energy journey. Stay as long as you want on your body's individual points of energy.

Get comfortable; it is best if you lie down. If you want to, close your eyes.

Place your special guide between your legs. Let your breath flow slowly and deeply in and out. Imagine a glowing red wheel of light where your guide is lying. It is turning clockwise. When you breathe in, red light flows into the wheel... when you breathe out, red light flows out of the wheel along your legs into the ground... red light in... and out, into the ground... see how the gleaming red of the wheel glows...

When you are ready, place your guide on your stomach, about a hand's width below your belly button. Breathe deep into your stomach. Now imagine a turning wheel of orange light where your guide is. Like a carousel, it spins around and shines in a warm orange color. When you breathe in, orange light flows from the wheel into your body, when you breathe out, you let the orange light flow back out. It flushes everything out of you that you don't need or want. Breathe in orange light... breathe out orange light...

When you are ready, you can now place your guide on your belly button. Imagine a wheel of golden light there that radiates

merrily dancing sparks as it turns. When you breathe in, you ignite a golden, glowing light in your stomach, when you breathe out you burn off everything that isn't good for you in the yellow beacon of fire. Yellow in... yellow out...

When you are ready, lay your guide on the next station; on your breastbone at heart-level. Now imagine a wheel that radiates a life-giving green light. When you breathe in, draw the pleasant green light deep into you and when you breathe out let everything that you do not need blow out of you on the breeze of green light. Do you see how the green wheel of light turns evenly and powerfully in a circle?

When you are ready, you can lay your guide in the little hollow between your collar bone and your neck. Imagine a glowing wheel of blue light. Breathe in and out deeply and let the blue light flow into you when you breathe in. When you breathe out, the blue light takes away everything that weighs on you and cleanses you through and through.

When you are ready, place your guide between your eyebrows; some people call this point the third eye. Imagine a blue-violet wheel of light that shines through your whole head. Breathe the quiet blue-violet in deeply. Feel how the blue flame cleanses your entire being and when you breathe out, let everything that you do not want flow out of you.

When you are ready, lay your guide now on the middle of the top of your head. This is a very sensitive place and may still be open on small babies in the first months of their lives. Imagine a spinning wheel of light whose rays spread out like a giant

umbrella over your head. In the middle of the wheel, there is a glowing violet light that pours out over you in all the colors of the rainbow. Breathe this vibrant arc of light deep into you. Let it flow over you with your breath, like a warm comforting shower. In... and out... The light shines around you and through you. Breathe deeply and evenly...

You can now take your guide in your hand and imagine that glowing white moonlight is entering the highest point of your head from above flowing through the center of the spinning wheels of light before it flows into Mother Earth. See how all the wheels of light with their different colors turn within you and your whole being is flooded with glittering white light...

Give yourself time and, at your own pace, come back to the outside world.

