

Bridging Heaven and Earth Alignment

With Shanta Gabriel

Archangel Gabriel gave me the Bridging Heaven and Earth exercise in 1990. Each energy center, or *chakra*, holds a quality of consciousness that you can integrate into your body and awareness. In this exercise, we affirm each of the chakras.

Holding the space for a pure **Alignment** through your entire body, imagine that you call in the Light from the Highest Source ~ *God, Goddess, All That Is*.

Visualizing your *Soul Star* above your head, invite the **Inner Guidance** from your soul to empower your personal energy system.

Imagine the Violet light of pure **Wisdom** coming through your Crown chakra.

In the Third Eye, bring Lavender Blue light to this vision center in your forehead, remembering that it awakens **Expanded Perspective, Equanimity, and Illumination** for your vision of Life.

Now at your Throat Chakra, imagine Lapis Blue light and invite **Compassion and pure Creative Expression** to work through you.

Place your hand on your Heart, imagine the Green light of **Gratitude, Love and connection to your Heart's Wisdom**.

Bring your attention to your Solar Plexus, invite the warm Golden light of the sun to empower more **Strength, Confidence, and Protection** there in this vulnerable space.

Just below your navel, imagine precious Orange light and remember your requirement for **Unity and Creative Solutions** in every area of your life.

Now at the base of the spine, spread beautiful rich Ruby Red light through your energy field and strengthen a new sense of **Wellbeing** in your base chakra.

Let this powerful quality of Wellbeing drop like a stone down beneath your feet to the Earth Star, the bottom of your energy field. Here is your **connection to the nourishing feminine qualities of the Earth**.

As you stand back, notice that **you are a living rainbow of Light bridging Heaven and Earth** through your beautiful being. Let that vision empower you knowing it is creating an empowered field of Light, where a living vortex of energy creates the sacred geometry you need in order to transmute old patterns and hold exalted frequencies of Light for yourself and for the Earth so all may ascend.

Learn more about my work at ShantaGabriel.com