A Soul Star Meditation

Diamond Crystalline White Energy

The soul star chakra or eighth chakra lies outside the body, about 8 – 12 inches above the crown of the head.

It vibrates with high crystalline diamond white energy.

Known also as the rainbow bridge, it integrates and links all the colours of the chakras with the mighty I AM Presence.

Its attributes lead us to attain unity consciousness, to transmute all mis-qualified energies and to move beyond the law of karma into a state of Divine Grace.

A Soul Star Meditation

Sit in a chair with your spine straight and your feet on the floor. Place your hands palms down on your thighs to enclose your energy field.

After you feel relaxed and comfortable direct your focus to a place about a hand's breadth above the centre top of your head.

This space is always calm and radiant. Envisage a point of crystal white light within this space. Whether you visualize it or not doesn't matter. Just know that it is there.

Next focus on the point of light which slowly expands into a small star.

Direct the star to open releasing a downpour of cleansing, purifying life energy - like crystal clear spring water.

Let this energy flow down through your entire body. Envisage the soles of your feet opening, releasing this energy into the Earth beneath your feet.

Wash your entire body with this energy.

Now think of the soles of your feet closing so that the energy begins to backfill, up through the areas you have cleared out. Experience it permeating every part of your body then let it overflow out through the top of your head.

Sense it completely surrounding your body and filling your aura with crystal clear white light. Take a few quiet moments to assimilate the radiant essence of this healing, revivifying light.

Whenever you think of the star and its down pouring of white light it continues on for about 30 minutes.

Use this meditation during the day if you need a stress break, when you take a shower or before you go to sleep at night.

With gratitude to Mary Mageau, spiritual teacher and writer, for generously sharing this incredibly enlightening and empowering meditation with others.