

Drawing in Energy

Once you are advanced, you no longer have to actually breathe in energy; you can just direct it with your will, using your mind. The easiest way to start out is by willing energy through the front of your body as you would by breathing with the energy meditation. The following meditations are excellent for training yourself to absorb energy using only your mind. Just focus and follow the meditation, but do not include the breathing in to draw in the energy. Just enter into a trance, breathe normally and be relaxed:

[Energy Meditation](#)

[Pineal Meditation](#)

Energy Meditation

This meditation is excellent for beginners as it helps to give one a feel for energy. This meditation also strengthens the aura when done regularly.

1. Begin by relaxing your entire body. The deeper the trance, the more effective, but this meditation can be done at any time and a trance is not necessary.
2. Breathe in and at the same time, draw in energy from all sides of your body, front, back, top of your head and bottom of your feet. For beginners, you should visualize white brilliant light, like the sun. Working with colors is more advanced and most effective when you are a bit more experienced.
3. Exhale and visualize the energy expanding your aura
4. Breathe in again and visualize the energy getting brighter and more powerful, radiating from your entire being.
5. Exhale again and visualize the energy expanding your aura, and the center of your body shining brilliantly like the sun.
6. Repeat this several times, each time visualizing the energy becoming brighter and brighter as it increases in intensity.

When working with colors, visualize the color becoming more and more powerful and vibrant. You will notice each color has a different feel to it. Colors can be used to attract according to their nature.

You can also breathe in energy from the front and back sides of your body at the same time to meet in the middle, then do the sides and top and bottom. After this, let your aura expand outwards.

With this meditation, you can also practice expanding and contracting your aura.

Pineal Meditation

This meditation expands intuitiveness and creativity and helps to open one's mind to comprehend information much easier.

1. Relax and go into a trance state
2. Inhale and visualize white-gold energy entering through your third eye into your pineal gland.
3. Draw the energy in with each inhale, then brighten, and expand your pineal gland with the energy with each exhale.
4. The first few times you do this, affirm to yourself: "I am breathing in powerful white-gold energy that is safely stimulating my pineal gland."
5. When you are finished, feel the energy for a few minutes and meditate on it. It should be very pleasurable.

This meditation activates and empowers the pineal gland. The pineal gland is the psychic powerhouse of the brain. White-gold is the most powerful of all of the colors. It is the color of the Sun and this is one of the reasons the original religions worshipped the Sun.

Chakra Breathing by Azazel

To perform this meditation, you should already be experienced with the [Foundation Meditation](#).

Relax and enter into a trance state, then, instead of breathing in energy into your entire body as with the energy meditation, breathe in energy into each one of your chakras, for seven breaths each. Seven breaths is only a guideline; you can do more or less, but it is important to keep your chakras in balance. It is important to not only breathe in the energy, but also to visualize it.

You can breathe in white-gold energy (the most powerful) or the color energy of the chakra.

When you are finished breathing each of the chakras, breathe in energy through all of your seven chakras, front and back to meet in the middle.

After this, perform the [Foundation Meditation](#).

Tips:

This meditation can also be done on just one chakra that is lacking in energy or that is blocked. Just apply the breathing one or more times a day. The rest of the meditation is unnecessary if you are working on a specific weak chakra.

Azazel showed me the power of the sun. Most of us are familiar with drawing down energy from the moon and other planets. The sun is hundreds of times more powerful. The energy of the sun contains all of the colors of the spectrum in their purest forms. Performing this full meditation out of doors under the sun can give you incredible energy and is also very healing. Just affirm "I am breathing in powerful white-gold (or whatever color) energy from the sun, into my _____ chakra." Repeat this several times and then visualize yourself absorbing the energy and brightening your chakras with it.