

## Pyramid of Light

A pyramid, even an imaginary one, greatly enhances the chakra system and the flow of energy through the body. The power of pyramids has been demonstrated through experiments with raw foods that spoil when left out but simply dehydrate and are well preserved when placed in a pyramid. I have witnessed this myself with experiments done in my own kitchen.

The pyramid magnifies all thought, word and deed so it behooves us to have clarity of thought, impeccability of word and right purpose of deed while it is up.

This sacred geometry was offered to me as I walked the halls of The Arthur Findlay School in England. A teacher, walking the opposite way down the hall stopped me to say 'You have a pyramid on your hip.' She explained that I was going to use this visualization to enhance meditations, to offer to others as a tool to feel safe and well protected and that I was supposed to share it. Often. So here you go...

Imagine you are seated on a base of white marble. Around you are four large triangles of crystal that are on the ground, waiting to receive the command to rise up and form a 4 sided pyramid around you.

You look to the right and lift up the first side that emanates a beautiful red light. You look to the left and pick up the second side which emanates a deep, royal purple color. You visualize the third side behind you and as you command it to rise up and join the other two sides which are joined above your head, you realize this side is a lovely light blue. You pick up the fourth side in front of you. It is a majestic gold color. All four sides meet at their apex and fit together perfectly to form a 4 sided pyramid of light. You visualize yourself within it, well protected and well surrounded.

Then the dance of light begins and this part is yours for the creating. If you are comfortable visualizing the light moving around the body, mixing and rising up then visualize that. If you see the light swirling up the body, the crown chakra opening and the light descending the body to create roots of light in the earth, then do that. Perhaps you see something else in your mind's eye. Go with whatever feels most natural and in your highest and best good. Allow yourself to be one with the light.

When you are ready to lower the pyramid, lower the four sides in the reverse order – gold then blue then purple then red. Then you can see yourself step away and resume your day.

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