

**The Healing Traditions of Yoga Shakti (Energy)**  
by *Margaret Astrid Phanes*

Meditation enhances healing by improving cognitive function and immune strength. It also increases awareness, concentration, energy balance, and relaxation.

**Shakti** Meditation is a dynamic concentration of awareness that directs **Shakti** (the divine feminine) force for transformation and healing. It is often experienced as an energy descending through the *chakras*, or inner centers, from within, or above.

The following meditation focuses **Shakti**-force for healing. Concentrate thought, awareness, and energy and direct **Shakti**-energy into the brain to expand knowing. Experience and let go of the build-up of mental stress. Focus pure, clear awareness in the heart to support and nourish the emotional center and drop away emotional distress. Extend pure, calm awareness into the nervous system and send a message of life-force to soothe sensory overload. Directing awareness in this way, allows more energy to be received.

From a calm, clear center above the head, invoke an inner sun of light-fire and experience **Shakti**-force, energy washing through the entire body, especially, the energy centers along the spine. Limitations, toxins, and trauma are released into these cleansing light-fires. Fill and overflow with this healing energy of repair, renewal, and balance. Energy waves of love, and nourishment are absorbed, as receptivity increases and blocks are released. With a continuous flow of inspiration and peace, open to a higher, deeper, and wider consciousness.

Invoke soul-force energy from the center behind the heart. This brings clarity, inner strength, and love to all parts of our nature, especially, those in need of healing. Surrender into the light-fires of soul-force, any resistance to transformation. **Shakti** and soul-force energy harmonizes our inner self with our outer self. Continue to invoke and receive an abundance of conscious-force, creativity, and life-energy. Enjoy these powerful currents of energy for optimum health and wholeness.

Margaret Astrid Phanes, M.A., LMFT #7999 teaches **Shakti** Meditation on site, on Skype, and on the web. Please contact her at [www.margaretphanes.com](http://www.margaretphanes.com)