

## **An Abundance of Shakti (Energy)**

by *Margaret Astrid Phanes*

*Shakti* Meditation is a dynamic form of meditation that concentrates awareness and directs *Shakti* (*energy*) for healing and well-being. *Shakti* Meditation invokes powerful forces of *life-energy* to expand our awareness of knowing, feeling, and sensing beyond our normal ranges of experience.

Meditating with *Shakti*-force is designed to open inner energy centers, or chakras, throughout the body, especially along the spine. *Shakti* Meditation is often experienced as a descent of energy from an inner energy center above the head and an experience of a deeper energy center surrounding the heart.

Focusing healing energy can show us where our *life-force* is blocked and how *life-force-power* frees and removes these blocks. *Life-light-energy* reveals many kinds of obstructions; limitations, toxins, and trauma. Any and all of these can be released within a *light-fire-energy-cleansing Shakti*.

In Meditation, we go beyond our surface personality, our outer self, to connect with our deeper inner self. As we work with healing force, blocked energy is cleansed and released throughout mental, emotional, and physical parts of our nature. With this release, there is an opening to a presence, calm, and peace from a higher, deeper, and wider consciousness.

In addition, we become aware of support that comes from deep within us. This inner support and center offers sources of nourishment, love, and inner strength. As we resonate to the experience of clarity, balance, and renewal we can accept, apply, and express this expanded healing awareness and energy.

*Shakti Meditation* teaches us about the consciousness of who we really are and how to express this deeper self in life, work, and relationships. In this way, *conscious-force* and *life-energy* provide an abundance of opportunities for creating health and well-being.

Margaret Astrid Phanes teaches *Shakti* Meditation on Skype. For more information on sessions, articles, and visual meditations: contact her at [www.margaretphanes.com](http://www.margaretphanes.com)