

Core Star Healing Mediation

Link to Tara Brach Video discussed regarding Tonglen meditation:

https://youtu.be/j1q36_Ac7sw?si=nsu3CzKpRKq6Ohpb

https://youtu.be/amrGu1oHsvQ?si=JnQKkCwVEk8H_Hzg

Colors that can be used to clear areas being healed.

Rose to dissolve anything that is not love.

Blue to clean anything that is not who you really are.

Lavender for the vibration of joy and for clearing any attachments to the trauma.

Platinum for a higher frequency if needed for clearing energies that have attached to the trauma.

Nine Veins of the root chakra shared by Jeanne Cherner:

I use these colors for filling in spaces that have been cleared.

Vein of gold - The honey gold nectar of life

Nourishes like mother's milk, feelings of well-being and fullness.

Soothes and heals the nervous system and calms the adrenal stress response.

Helps rebalance brain chemistry/elicits endorphin response.

Restores trust that all your physical needs will be met.

Vein of blood red - Physical vitality and chi

Informs heart and lungs, blood and circulation

Increases physical energy and stamina

Animates feelings of aliveness and confidence

Vein of vibrant green - Abundance and Assimilation

Assists digestion and assimilation of nutrients and life-force from food.

Opens capacities to experience and receive natural abundance

Heals and releases fears of nature or life.

Vein of red rock - Structure, stability and strength

Strengthens muscular-skeletal system

Assists body to hold and utilize minerals

Establishes sense of foundation and strong place to stand your ground

Assists in creating life support structures, home, daily rhythms, consistency

Vein of deep green - Regeneration and Memory

Restores living memory to etheric-physical body for repatterining

Activates the blueprint for optimal health

Assists healing and regeneration of cells

Helps body remember what health is after unfreezing from trauma

Vein of copper - Magnetism and resonance

Informs the capacity to attract what is needed while repelling all that is not

Relates to the body's natural immunity and the organ systems that support immunity.

Seals energy drains and helps identify where cording exists.

Vein of marine turquoise - Creative potency and passion

Informs passion and potency for growing and birthing new life into form.

Partners with sacral (pelvic) chakra to gauge how much current to draw upon.

Relates to reproductive system and thyroid gland.

Vein of burgundy magenta - Consciousness of the earth mother

Forms a relationship with Earth as Mother and Source of Life.

Midwives the soul's descent and integration into the body and Life.

Acknowledges the Earth as teacher and guide.

Opens capacity for conscious communication with all aspects of life (ex: devas)

Vein of mother of pearl - Matrix of living light

Soul and essence of the Earth Mother.

Connects individual with new template of Living Light.

Sources the informing current for realizing your next steps in life.

Activates capacity for creating one's life in conscious partnership with other co-creators within all of life.