

Energy Alchemy

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Reality is a sea of living energy, vibrating at various levels of frequency. Any issues in your outer life reflect issues in your consciousness - physical, emotional, mental, or spiritual. Any issues in consciousness have its roots in your energy field and chakras. So changing what is 'out there' depends on clearing and healing discordance at the vibrational level of the energy system and chakras. Everything is energy and energy is transformable. So let's do a little Energy Alchemy!

Chakras are small vortexes in the etheric body whose job is to absorb and distribute Prana, the Life Force, to the etheric and physical bodies, and to link physical consciousness to higher dimensional consciousness. As Prana enters the chakras, they begin to spin. The more the chakras can assimilate Prana – the more open and unblocked they are – the faster the chakras spin, and the greater the access to higher consciousness. Once all of the chakras are open and spinning and assimilating the maximum amount of Prana, then the dormant Kundalini energy coiled at the base of the spine is awakened. Kundalini Energy is feminine Goddess energy and when it rises up to the crown chakra to unite with the unlimited potential of the masculine God energy, their union gives birth to awareness of the multidimensional you. This is the divine marriage where the union of Spirit and Matter is consummated and you become fully aware of your True Self and your Divine Purpose to the maximum extent while still incarnate in a physical body. However, in order for the latent Kundalini energy to rise up the spinal cord without harm, our male and female energies must be balanced, and our chakras must be clear.

Once the seven main chakras are awakened and are in whirling motion, kundalini energy rises. Kundalini energy is equated with the Alchemical Sulfur and the Celestial Niter, and is also called Shakti. By awakening the kundalini energy, one realizes the True Self and True Will and all of Nature's mysteries are revealed and one can see all and do all.

Root Chakra – Muladhara

The Root Chakra is located at the base of the spine and its color is red. It has the lowest vibration and is the slowest of wavelength, and so is most closely associated with our physical body and physical energies. The Hindu depiction of this chakra is the four-petalled lotus. Four is the number related to the four elements, the four directions, and the square. Esoterically, four represents the manifested world and incarnation into this space/time. Four also can represent a strong foundation, solidity, and stability, as in four walls, four legs, etc. Accordingly, the Earth Element is associated with the Root Chakra, as well as the Mineral Kingdom, our sense of smell, and the adrenal glands.

The Root Chakra is the Center of Grounding – our connection to Earth energies. It rules our survival consciousness and represents our deepest unconscious and most primitive/animal self. It also governs our physical energy and vitality, survival, basic instincts, our feelings of security and safety, familial beliefs, heredity, jobs, money, and our home. The Root Chakra is also the basis of our masculine and feminine energies. It represents our masculine will and the male sexual organs as well as the feminine energy of the Goddess Kundalini. Therefore, a man can learn to integrate his feminine power and a woman can learn to integrate her masculine power through the clearing and opening of this chakra.

When the Root Chakra energy is in balance, you are centered, grounded, healthy and vibrant, with unlimited physical energy. You love your body and love to use it and take care of it. You feel secure

in your life and display not only good common sense, but you have the ability to easily manifest abundance. If your Root Chakra is out of balance with excessive energy, you may be domineering, greedy, sadistic, and judgmental with strong biased opinions. If this chakra is blocked, you may lack confidence, have low energy, be spacey, be unable to manifest and achieve goals, feel unworthy, unloved, fearful, and insecure. A deficit of energy through the Root Chakra may also manifest as addictions to food, drugs, or material possessions, low immunity, and pain in the lower back, legs, and feet.

In addition to the chakra clearing and balancing meditation, there are several ways that you can focus your energy and intention on balancing and clearing the Root Chakra. Connect with Earth Energy: walk outside barefoot, spend time in nature, hug a tree, work in the soil, garden. Also, enjoy your physical body – engage in physical activity and be present now – experience your body using your physical senses. Eat root vegetables. Immerse your sense of smell in the scents of patchouli, cedarwood, sandalwood, musk. Surround yourself with gems that vibrate at the same level as the Root Chakra – ruby, garnet, bloodstone, red jasper, black tourmaline, obsidian, and hematite (my personal favorite for grounding!). Know that you are more powerful than you can even begin to imagine, you are Spirit in Matter, and like the Tree, when you are firmly grounded in the Earth, you are free to reach far into the sky.

Sacral Chakra – Svadhisthana

The Sacral Chakra is located approximately 1-2 inches below your naval and its color is orange. The Sacral Chakra is very close in vibration to the Root Chakra, and so it is also concerned with survival issues, but more from an emotional/gut instinct standpoint. The Sacral Chakra is associated with our emotional body and our tribal consciousness. It rules creativity, intuition on a gut level, fertility, relationships with others, and sensuality. Whereas the Root Chakra was more associated with the masculine energy of sexuality and physical gratification, the Sacral Chakra is concerned with the more feminine aspect of sex as a sharing act and union between two people. The Sacral Chakra is also connected to our sense of taste and to food. It is no wonder then that some people deal (or rather not deal) with their emotions with food, as they both correspond to the energy vibration of the Sacral Chakra. Food, and sharing a meal, is also associated with home and spending time with friends and family, all second chakra energy. As the Sacral Chakra is connected with emotions and the emotional body, it is also associated with the element of Water, the Moon, Yesod on the Tree of Life, and the lower Astral Plane. As such, the Sacral Chakra is also connected with endings and beginnings and the illusory nature of this life.

When the Sacral Chakra is clear and the energy is in balance, you are friendly, compassionate, and empathic with a concern for others. You are nurturing of yourself and of others. You have a very strong sense of belonging – you know your role within the tribe and are well respected and liked by others. This sense of connectedness also extends to nature and the plants and animals. Your emotions are balanced and you are self-aware – you allow yourself to feel your emotions and can transform negative emotion into positive. You have a strong gut instinct and heed well that level of intuition. You have a good sense of humor and express yourself creatively.

When the Sacral Chakra is unbalanced by excessive energy, you may be prone to emotional outbursts, be overly ambitious, manipulative (if you loved me...), caught up in illusions, over indulgent, and objectify others as sex objects, or use sex to not deal with your emotions.

A blocked Sacral Chakra with too little energy running through it is often tied to childhood trauma and

abuse. You may feel unloved and unworthy, be shy and timid, immobilized by fear, overly sensitive, clingy or in contrast isolated, and burdened by undeserved guilt and shame. You may be repressed emotionally and sexually, inhibited, frigid or impotent. You may not be able to connect emotionally with others or form true intimate relationships. You may stuff your emotions down with food, and so they build up under the surface. You may feel overwhelmed - that you cannot allow yourself to feel your emotions, because your emotional well is full and just one more will cause the well to overflow, the dam to burst, and all hell to break loose.

In addition to the chakra clearing and balancing meditation, there are several ways that you can focus your energy and intention on balancing and clearing the Sacral Chakra. Indulge in a sensuous bath, surrounding yourself with the scents of jasmine, juniper, musk, rose, rosemary, sandalwood, and ylang-ylang. Eat sweet fruits, honey, and nuts. Connect with the mineral intelligence of carnelian, coral, amber, citrine, and moonstone. Swim, dance, create art, have fun, laugh. But perhaps most importantly, commune with your inner child and confront your emotions, allow yourself to feel them, and then transform them or let them go and allow the past to die. Give your inner child now the love, understanding, nurturing, protection, and safety that was needed before but did not received. Form an intimate and loving relationship with Yourself, so that you can have loving and intimate relationships with others.

Solar Plexus Chakra – Manipura

The Solar Plexus Chakra is located approximately 1-2 inches above your naval, its color is yellow/gold, and its element is Fire. This chakra is the center of your personal power and thoughts. When we have gained the “will power” to choose our thoughts, and therefore our behaviors, actions, words, and attitudes, we are consciously in control of our life. On the other hand, if our thoughts, behavior, actions, words, and attitudes are not consciously chosen, then we are reacting rather than responding. Then, we do not feel like we are "in control" of our life because we are unable to choose a response that empowers us.

The Solar Plexus Chakra represents our third dimensional consciousness, and it is also ultimately the gateway to our fourth dimensional consciousness on the Astral Plane. The third chakra represents the struggle of the currently incarnated ego system, first with ourselves and others as described above, and then ultimately with our Soul, or Higher Self. When we find our power within ourselves, we no longer need to struggle against others. Then, our ego must learn to recognize the still, small voice of our Soul and the little “I” must learn to surrender control to the greater “I”.

When the Solar Plexus Chakra is balanced, you are confident and empowered with a healthy level of self-esteem. You have respect for yourself as well as the respect of others. You have a strong sense of self and your personal power and you use it responsibly. You are a good decision maker, skillful and intelligent, and are most likely doing what it is that you were meant to do in this life. You are outgoing, cheerful, expressive, and eager to take on new challenges. You live consciously. Your power struggles with others are minimal because you accept responsibility for the creation of our own reality. Therefore, you do not feel victimized or controlled by others.

The Solar Plexus Chakra rules the pancreas, stomach, liver, gallbladder, and spleen so when this chakra is out of balance, you may experience problems with these organs and with digestion. When there is excessive energy running through this chakra, you may be judgmental, domineering, a perfectionist, overly intellectual, uptight, and a workaholic. When the Solar Plexus Chakra is blocked,

you may lack confidence and have low self-esteem, lack direction, have confused thinking, be indecisive, and constantly worry about what others think.

In addition to the chakra clearing and balancing meditation, there are several ways that you can focus your energy and intention on balancing and clearing the Solar Plexus Chakra. Connect with the mineral energies of citrine, yellow or gold topaz, tiger's eye, amber, and gold. Use spices that are warming and aid digestion, such as ginger, peppermint, turmeric, cumin, and fennel. Drink ginger, peppermint, or chamomile tea. Gift yourself a sunflower. Practice exercises that strengthen the core muscles. Become aware of your thoughts, particularly those you have about yourself, and consciously choose to transform negative thoughts into positive ones. Begin a meditation practice, if you have not done so already, in order to still the mind of the ego in order to hear the voice of the Soul. Realize that you are your own Creator, you are the Architect of your reality, and as such you are the most powerful person in your world.

The Lower Self

Now that I have talked about each of the first three chakras individually, I would like to take a moment to talk about them collectively. All of the chakras are connected to each other, their actions and energies building one upon the other. The first three chakras – Root, Sacral, and Solar Plexus – together comprise the unit of your present incarnation. In other words, the three together are your Lower Self, your Personality, your ego self, the little “i”. It is when these three lower chakras are clear and in balance, that we can then realize our Higher Self, our True Self, our Quintessential Self.

The psychologist Abraham Maslow actually explained this well, although I am not sure if he meant to be describing chakras and the Lower Self. He came up with what is called the Hierarchy of Needs. He said that a person had a hierarchy of needs that needed to be fulfilled before one could become self-actualized (in my terms, realize their Quintessential Self). The first need that had to be met was physiological – food, water, sleep. This is basic survival of the physical body (Root Chakra issues). Once that need has been met, the next can be attended to. The next need that must be met is for safety and security, not only safety for the body, but also financial safety - knowing that there are plenty of resources, secure job, as well as support of family and friends, etc. These are also Root Chakra issues. Next, one needs to have a sense of belonging and of being loved and loving others. Relationships are important in order to have a rich emotional life, which are Sacral Chakra issues. Finally, one must have a healthy self-esteem, to know that they are valuable and to have others acknowledge this too. These are Solar Plexus Chakra issues. It is only when all of these needs have been met, that one can then focus on becoming self-actualized. Maslow described self-actualization as achieving one's full potential. The fullest potential anyone can achieve is to realize their Quintessential Self and live from that place. “What a man can be, he must be.”

So, you can see that if any or all of the lower chakras are blocked, energy will not be able to flow to the higher chakras. Our Soul, our Quintessential Self, agreed to be incarnated as our Lower Self in this time and place in order to learn and grow and become conscious – to realize our true nature – to self-actualize. One cannot create a kingdom in heaven if the foundation is shaky.

Heart Chakra – Anahata

The Heart Chakra is located in the center of the chest, its element is Air, and it rules the heart and lungs. The Heart Chakra is where we integrate our masculine and feminine energy as well as our

human self and True Self. Within our Heart Chakra, we can raise our consciousness through the power of love or lower our consciousness through the power of fear. Many cultures think of our Heart Chakra as the Seat of our Soul. We have a lower Heart Chakra, whose color is green, and a higher Heart Chakra, whose color is pink. The Higher Heart Chakra rules unconditional love for all, and the Lower Heart Chakra rules human love. Therefore, the Heart Chakra rules all of our relationships, our perception of love, and our ability to give and receive it, with others and with ourselves and with our Higher Self. Ultimately, the primary focus of the Heart Chakra is to balance Wisdom, Power, and Love, in our relationships and in our actions.

When the Heart chakra is clear and in balance, we have compassion for all life, we are empathic, and we can see the Divine in other people. We are humanitarian and nurturing, and we can express and receive abundant love. We are happy and fulfilled because we are fulfilling our Divine Purpose in service to humanity. Our sense of self is not limited to the ego, our consciousness is expanded, and we realize that to love others is to love ourselves, because we are all one.

When the Heart Chakra is unbalanced with excessive energy, we may feel critical and judgmental of others. We may be demanding, moody, possessive, melodramatic, and manipulative. If the Heart Chakra is blocked, we may feel joyless and bitter with life, closed emotionally, unable to express love or to receive it from ourselves or others. We may feel isolated, unfulfilled, and uncertain of our role in this world, because we are cut off from the Wisdom, Love, and Power of our Higher Self. We may act from a place of fear, and not from love.

In addition to the chakra clearing meditation I gave before, there are several ways that you can focus your energy and intention on balancing and clearing the Heart Chakra. Utilize the mineral wisdom of emerald, green and pink tourmaline, jade, malachite, green aventurine, and rose quartz. Since the Heart Chakra rules the sense of touch, indulge in a massage, give yourself or someone else a hug, hold someone's hand. Meditate on a loving pink light entering your heart, bathing it in love, and then radiating back out to spread throughout the world. Practice pranayama. Find a way to give freely of yourself in service to others by doing some volunteer work. Write down ten things that you are grateful for right now.

Our human love can often be filled with negativity, fear, hatred and cruelty. However, if we can function from our Higher Heart, our love is Unconditional and we are accepting and free of judgment. It is the challenge of our hearts to connect with and receive the love of our Higher Self so that we can heal the harm that others have done to us. Then, from the heart space of healing and self-love, we can love others as well.

Throat Chakra – Vishuddha

The Throat Chakra is located in the neck, its color is sky blue, its element is the Aether, and it rules our sense of hearing. The Throat Chakra is the center of communication, self-expression, and creativity. Its highest function is listening to our Highest Self and communicating our Truth to others, expressing our True Selves honestly and openly. This chakra urges us to find our True Self, communicate it through our creativity, and use the creative force of our higher emotions to move our consciousness into the higher dimensions. And just as we need to learn to listen to our Higher Self, we must also learn to listen to others. Through the Throat Chakra, we learn how to direct and express our creative force in all areas of our life, manifesting what we desire through our Word.

When the Throat Chakra is clear and in balance, we are good communicators, speaking honestly and from the heart, as well as being good listeners. We are able to ask for what we want/need from others. We are able to express ourselves uniquely and creatively. Our relationships are based on truthful communication and true intimacy. The God/Goddess in you connects with the God/Goddess in others.

When the Throat Chakra is unbalanced by excessive energy, we may be too talkative, demanding, speak too loud, and be less than truthful. When the Throat Chakra is blocked, we may be timid and shy, unable to express ourselves and unable to ask for what we need. We may believe that we are not creative and we may seem boring or bored to others. We may feel uninspired and disconnected from Spirit. Because we may not be able to express ourselves and ask for what we need, we may feel very frustrated and powerless.

In addition to the chakra clearing meditation I gave before, there are several ways that you can focus your energy and intention on balancing and clearing the Throat Chakra. Carry or wear turquoise, blue topaz, aquamarine, or chalcedony gemstones. Begin a meditation practice so that you can learn to still the mind so that you can hear and connect with your Higher Self and your guides. Use mantras. Spend time singing, chanting, or toning. Find ways to express yourself creatively, in whatever way you feel called. Intend to truly listen to yourself and others, and to only speak your Truth. It is the ability to go inside to connect with our inner guidance before we communicate with another that creates true intimacy because it is based on our deepest inner truth.

Third Eye Chakra – Ajna

The Third Eye Chakra is located between the eyes in the center of the forehead and it is associated with the pineal gland, and with the Crown Chakra, the pituitary gland. Its color is indigo and its element is Light. The Third Eye Chakra is the center of psychic powers, higher intuition, and wisdom. It is through the Third Eye Chakra that we are able to embark on inner journeys and receive guidance, inspiration, and higher intuitions. We are then able to integrate that knowledge into our everyday lives because we are able to see the big picture from a place of higher consciousness.

When the Third Eye Chakra is clear and in balance, we are at the stage where we are self-realized. We have learned to live in harmony with our expanded True Self and with others. This does not mean that we never have problems, but rather that we do not see them as “problems”. Instead, we experience life’s difficulties as initiations through which we can grow and expand our consciousness. We feel in unity with All That Is and are aware of the responsibilities of that unity. To others we are charismatic, empathic, and highly intuitive. We are intelligent with good imagination and accurate perceptions.

When the Third Eye Chakra is unbalanced with excessive energy, we may be egotistical (“I am more evolved than you, so you better listen to me”), manipulative, dogmatic, and authoritarian. When the Third Eye Chakra is blocked, we may be undisciplined, non-assertive, oversensitive to the feelings of others, afraid of success, dreamy, and prone to escape into illusions and fantasy. We may suffer from headaches, fuzzy thinking, and mental health problems.

In addition to the chakra clearing and balancing meditation, there are several ways that you can focus your energy and intention on balancing and clearing the Third Eye Chakra. Gemstones that may be helpful are lapis lazuli, sodalite, apatite, sapphire, and amethyst. The energy of this chakra is associated with theta wave consciousness, so meditation, visualizations, shamanic drumming, lucid dreaming, and listening to Tibetan Buddhist chants are all activities that will clear and strengthen the Third Eye Chakra. Develop a consistent meditation practice and strive to remember and write down

your dreams. As we move into this year of Transformation, this new Golden Age, more and more of us will be opening our Third Eye, and awakening to our True Selves.

Crown Chakra – Sahasrara

The Crown Chakra is located on the top of the head, its element is Cosmic Energy, and its color is violet or white. Its symbol is the 1000-petalled lotus. When the lotus is open, it represents spiritual enlightenment and pure consciousness. It is the center of our connection with the Divine, the Source, the Absolute, God – whatever word you like to use. It is our gateway to the higher dimensions and where we can download spiritual energy to be used by our Higher Self to direct our physical incarnation, according to our Divine Purpose and Will. Once kundalini energy rises to the crown chakra, the feminine Goddess Shakti unites with masculine God Shiva, and their joining results in Samadhi – unity consciousness. From this perspective, we see ourselves as a spark of consciousness creating all and being all. We are the dreamer dreaming a dream and realizing that all that is perceived is an extension of our True Self. We understand that this physical reality is but one small segment of our total Self and we have the ability to see the myriad forms of our existence in the many different planes and realities, past, present, and future. We are connected to the energy of pure potentiality and limitlessness.

When the Crown Chakra is clear, we are tranquil, complete, compassionate, empathetic, and self-aware. We are living our life from the place of our True Self. When the Crown Chakra is unbalanced with too much energy or opened before we are ready, we may be in a constant state of frustration because we have all of this unrealized power that we do not know what to do with, resulting in destructive behavior. When the Crown Chakra is blocked, we may also feel frustrated, but because of our sense of powerlessness and disconnectedness. We may be confused, indecisive, and feel at a loss with no direction, which causes fear and depression.

The more we download our higher dimensional powers into our physical body through an open Crown Chakra, the more important it is to be centered and grounded. With great power, comes great responsibility, and so we must prepare ourselves for using it wisely and for the greater good. Therefore, it is important to maintain the openness and balance of all of our other chakras, and to work on clearing and balancing the lower chakras before the higher ones. Just as you practice personal hygiene daily, you must also practice spiritual hygiene every day. A great way to do this is to practice the chakra clearing meditation I posted before, or one like it. Feel free to modify it or any other to where it feels natural to you. Continue with a consistent mediation practice and call on the wisdom of amethyst, diamond, iolite, quartz crystal, or purple fluorite to help you to open the Crown Chakra and then mediate the energy received thereof. Once the lotus of our consciousness unfurls, we become enLIGHTened, so that we can illuminate the path for others, helping them, helping ourselves, helping the planet, to vibrate at the higher frequency of Love.

Chakra Clearing Meditation

This is a meditation to help you energetically clear, balance, and open all of the chakras. There are variations on the technique and you can modify this to what feels natural and right for you. You may want to do this meditation daily as a practice of good spiritual hygiene. The more often you do it, the less time it takes.

1. Sit with your back straight and feet on the floor.
2. Breathe in for 4 counts, hold for four, breathe out for four, hold for four, repeat. Relax and clear your mind. Relax your body.
3. Visualize green or brown Earth energy coming up from the center of the earth, through the soles of your feet, and through the Prana tube along your spine. Imagine the Earth energy spilling out to fill in the spaces of your physical body and out into your aura and the excess going back into the earth, taking away negative and excess energy with it.
4. While continuing to run the Earth energy (remember to allow the excess to go back to the earth), imagine a gold or white ball of light – Cosmic energy - above your head and this energy pouring into you through the crown. Imagine it running down the Prana tube to the solar plexus (naval) region, mixing with the earth energy, and spreading out throughout the body and aura.
5. Now visualize a red ball of energy at the base of your spine. This is your root chakra, center of your strength and individuality. In your mind's eye, look to see if it has any dark spots or cords hanging from it. Cords are energy from others that have attached to you. Run the earth energy into the red ball to clean it, and clear away any cords and allow all of the negative and foreign energy to wash back into the earth. If any emotions or pictures come up for you, bathe that with the earth energy too, or blow it up and let the energy wash back into the earth. When you are done, keep running the earth energy into it, and visualize the chakra gleaming red, spinning, and open. Say to yourself "I ground myself, I am very strong and capable, I live in a safe universe, I nurture and own my first chakra."
6. Next visualize an orange ball about three inches above. This is the sacral chakra and is the seat of your physical desires and senses and base emotions. Do the same with this chakra with running the earth energy through it until it is clean, gleaming orange, spinning, and open. Say to yourself "My feelings, my appropriate boundaries, I nurture and own my second chakra."
7. Move up to a yellow ball behind and slightly below the naval. This is the solar plexus chakra, the seat of personal power and control. Do the same, but this time use the mix of earth and cosmic energy (the gold/white energy from above). Keep running the energy through, clearing away the dark energy, cords, pictures, and emotions until the chakra is gleaming yellow, spinning, and open. Say to yourself "I know my own will, I am empowered, I nurture and own my third chakra."
8. Move to the heart chakra - it is green and in the center of your chest. Do the same to clean, but using mostly cosmic energy from above. Remember to always allow all of the negative and excess energy to flow out into the earth - do not hold onto any of it. Keep cleaning and polishing your heart chakra until it is gleaming green, spinning, and open. Say to yourself "I know my own heart, I am loved, I love myself, I nurture my own heart chakra."
9. Move your attention to the throat chakra at the adam's apple area. It is sky blue and is the center of self-expression. Again, clear it of all dark energy and cords, using the gold/white cosmic energy from above. Let all excess run down into the earth to be transformed. Keep cleaning and polishing your throat chakra until it is gleaming blue, spinning, and open. Say to yourself "I speak for myself, I listen openly, deeply, and playfully, I speak clearly and truthfully, I nurture and own my fifth chakra."
10. Move your attention to the area between the eyebrows - the third eye chakra. It is indigo in color and it is the center of psychic powers and inner intuition. Clean it with the cosmic energy, removing all

dark energy and cords, allowing the excess and negative energy to run down into the earth to be transformed. Keep cleaning and polishing your third eye chakra until it is gleaming indigo, spinning, and open. Say to yourself "I can see for myself, I can let myself be seen, I nurture and own my sixth chakra."

11. For now, keep your attention on your third eye chakra, and visualize an oval shape or an actual eye. Is the eye open or closed? If it is closed, ask it to open and establish eye contact with you. Experience any messages it has for you.

12. Move your attention to the crown chakra, which is a violet. This chakra is your connection to unity consciousness. Clean this chakra with the cosmic energy from above, removing all dark spots and cords, allowing the excess and negative energy to run into the earth, until the chakra is gleaming purple, spinning, and open. Say to yourself "I know, I have my own certainty, I nurture and own my crown chakra."

13. Go back to running the earth energy through your feet, the cosmic energy through your crown, having the energies mix in the area of your solar plexus and spread out through your body, to every cell, and out to your aura, while all of your chakras are spinning and open. Allow excess to run into the earth. Do this for as long as you want. Intend that the chakras will stay clean and open to the right amount for you, adjusting as appropriate throughout the day.

14. Go back to putting your attention on your breath - breath in for four counts, hold for four counts, breathe out for four counts, hold for four counts. Slowly come back to awareness of your surroundings.