



The Bio Self-Emergence Institute

Creating Solar Flares; The Miracle Of Full-Spectrum Light

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Within the knowledge of our power in being human, is the quality of our ability to facilitate our emergence. We are experiencing a time wherein there is a focus on bringing light to earth. This focus has its origins in our fear of the state of the human race. The truth of emergence falters when, in the collapsed posture of fear, we look for something to save us from outside ourselves. The power to save our selves (in the true sense) must emerge from within our self – it cannot come from outside of us, or from the definitions and parameters of others.

Emergence of our self from within us empowers us to know more, to control our own sphere of influence, and to learn to facilitate further emergence of light from within our being.

To aid in the understanding of this process of emergence, examine a solar flare. Space weather originates on the Sun. Solar winds moving in the core of the Sun cause nuclear fusion. Fusion is the collision of atoms at high temperature and speed causing them to become one atom and releasing energy in the process of becoming one, both in plasma form and in electromagnetic radiation (including light), occurring within a container of the flow of matter on the sun. I invite each of you to connect to your inner winds in your core that will combine and emerge as light – a light of pure attraction for your soul essence purpose, to admit our pure vibrational form into the electromagnetic field of earth.

To begin the inner movement towards creating our solar flares, we must first understand our seven chakras (capable of operating separately), yet when knowing and operating as one, the power of emergence begins. Our container the fusion of vibration occurs in the core of each chakra. In Bio Self-Emergence theory, we understand that that the core of the chakra houses the aspect of sensing. It is through this chakra core that the life giving organizing light emerges. Picture each chakra shaped as a flattened cone. The understanding of the chakra system as one union shows us that each chakra's base and apex line up vertically, the base calls to earth and the apex calling to sky (see diagram). Mostly, our chakras closely resemble a vibrating disc, flattening and coning, to meet what is being asked of them.

The ancient understanding that the chakra base was oriented towards our back and the apex oriented towards our front is from a time in our history and development, where we needed to master each chakra individually. The time for this concept is now past. Today, it is imperative that we master our chakras as one – it is this mechanism with which we create our solar flares, the emergence of our soul light vibration into the world. The Solar Flare meditation begins our walk on the path of experiencing our chakras as



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one.

Solar Flare Practice:

Guidelines For Meditative Practice (Remember Throughout The Meditation):

- This is powerful meditation. You may have to work with Step 1 for a long time before you are ready to move to the next steps. If the meditation is forced, something will happen, but it will not be the emergence of light.
- The swirling of energies needs to remain only in the core of your chakra. If the energies expand into the rest of your chakra, you may become overwhelmed and the light that is ultimately admitted will not be full-spectrum but chaotic, and missing some of the colors.

Begin by sitting comfortably in a chair and take three long, deep breaths. If it is difficult for you to initiate a belly breath, you can use the simple tool of placing your hands on your lower abdomen and thinking not of breathing in, but simply of pushing your hands out with your abdomen, and then allowing the air to move into your lungs, while working with your breath. Settle and ease, while focusing on your breath. As you breathe, notice your first chakra (five inches below your navel). Recognize and notice the center of your first chakra. Focus is increased through understanding, so recognize that communication occurs through the flow of our senses - this communication sustains our life and will support us in common to our sensing core. Should you have old knowledge about your first chakras being of lower order, release that knowledge through breath. Know that our first chakra is in secret communication with the Earth and allow that this is the function of the center of the first chakra.

Step 1

Take your time, be with yourself, and invite the energy of the West Wind into the sensing core of your first chakra. It will come in and swirl, much as a tornado would swirl, but not so violently. It is a refreshing air, a cool wind that supports all life. Allow it to continue to swirl in your first chakra. Feel the energy build (the cone base and apex will become further apart).

Step 2

Shift your focus to your second chakra, located about two fingers below your navel. Focus on the center of the sensing core of your second chakra. Invite the energy of the South Wind, allowing it to swirl in your second chakra, like a calm tornado bringing heat and the stimulation of the conception of new life. Focus on your breath. Allow the swirling energies to move, meet, and communicate with each other - the West Wind in your first chakra and the South Wind in your second chakra coming to connect.

Step 3

Shift your focus to your third chakra, located about two fingers above your navel. Allow



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your breath to fuel the center of your third chakra, the powerhouse of being in body. Invite the energy of the East Wind into the center of your third chakra, allowing it to swirl. Sit and be with your being in body. Allow the swirling cones of your first 3 chakras to become one, connected swirling force.

Step 4

Focus on the center of your fourth chakra, your heart chakra (located at the base of your breast bone). Welcome the energy of the North Wind into your fourth chakra, an astringent, crystallizing, cooling effect, an openness. If you choose for your heart chakra to be open, allow the North Wind to swirl through again, taking as much time as needed to feel the energy swirling in all of your chakras. Remember to not allow the energy to move into the whole chakra, as it may engender discomfort. Allow the energy to remain in the center and charge each chakra, staying connected to your breath.

Step 5

Focus on your fifth chakra (located at the base of the throat). Give voice to an “ee” tone, relaxing the back of your tongue, and allowing it to connect to the roof of your mouth. Once it is pulsing with vibration, invite in a dust particle of a little bit of each aspect of the North, South, West, and East Winds.

If you feel lightheaded or even nauseous, stop the meditation and work with the previous steps longer, before moving on. Each time you practice these steps, your body will gain strength and focus.

Step 6

When you are ready, the energies will stream up like one strand of a spider web and connect to your sixth chakra (located in the middle of your brow). The center of your sixth chakra is in the center of your hypothalamus/pituitary axis. Over time, a clearing in your prefrontal lobe will be established, allowing for the communication and clear seeing of energy vibration.

Step 7

The West Wind in your first chakra to the South Wind in the second, the East Wind in the third, the North Wind in the fourth, and all four winds in the fifth, opening up to sensing in the sixth chakra. Be with the possibility of opening up to the sensing flow in the center of your seventh chakra (the crown chakra, in the top of your head) and the flow will tunnel up, when ready. Never force this step.

When the charge of the elements is contained, you will create a solar flare, an energy stream of your perfect soul essence. The world will receive this light and a shift will occur.



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Work with emergence flow 1-2 times per week, it will bring amazing things and people to you and into your life. You will open to the realm of possibility, which has been hidden from you in your journey.

If you would like to listen to this healing meditation, it is available to be downloaded for free at EmbodiedMeditation.com, referenced as the solar flare healing meditation.