

Opening Our Energy Centers



Mushiba: When you are quiet and focusing within Self, do you sometimes feel intense temperature changes ~ from very hot to very cold? If so, are you curious about why? While there can be many reasons, Waith gives us an interesting perspective that relates to what he refers to as Energy Centers (sometimes also known as Chakras):

Waith had the following exchange with a member of the class:

Question: “Sometimes when I am focusing, I become very warm. Then, all of a sudden, my temperature lowers, almost to a chilling effect of raising goosebumps and just feeling icy cold. What is happening?”

Waith: *“This relates to the opening of your Energy Centers ~ they open for a short time and then they close again. This is necessary for your eventual cleansing ~ they open a bit and then they close. And the next time, they open a bit further and then close again. What you feel is heat when it opens, and then a lowering of the body temperature to below normal, and then it adapts as it moves into its new balance. This can be continuous, and thus, each time that it levels, it is raised ever so slightly more than it was before.”*

Question: “Is this geared to certain Energy Centers, or to all of them?”

Waith: *“This is for each of the Energy Centers, depending on which one you happen to be working on at the time.”*

Question: “Then eventually, will that just stop and I won’t experience it?”

Waith: *“It will, depending on the Energy Center. You may go through the process in one Center, and complete the process at that particular attunement level, and then, move into another Center. You may give yourself a little time in between and then go into another Center and you will go through the process again ~ you open it and you close it, and open it and close it. And when you have reached a certain level of attunement across the board with your Energy Centers, then you can start all over again.”*

While feeling hot and cold can be a sign of our Opening and Closing our Energy Centers, there can be other signs also. Waith is known for not placing periods at the end of his sentences. Thus, there are other sensations we can feel when our Energy Centers are opening and closing. One of my signs is lightheadedness and dizziness.