

instrument provides. This method helps with tuning in to each of the seven chakras.

Chakras are the spiritual energy centers of our bodies. Each chakra provides energy to a particular part of the body and a particular organ so that they can function. Because they connect with our well-being — psychological, emotional, and spiritual — it's important to maintain balance. All meditation and yoga systems seek to balance the energy of the chakras.

For "Legion of Light" (see Leyla perform it at www.youtube.com/watch?v=tQ6SeGohoVc), Katherine

Hamer, a New York-based sound healer, plays ancient Tibetan singing bowls. This opens the flow of energy by touching every part of the physical, emotional, mental, and spiritual bodies. The "Legion of Light" song is written in a specific musical key that corresponds with the crown chakra. Associated with the cerebral cortex, central nervous system, and the pituitary gland, the crown chakra is concerned with information, understanding, acceptance, and bliss. It is said to be your place of connection to God, the chakra of divine purpose and personal destiny.

"Legion of Light" is about connecting with your inner power, connecting with the person you truly are — your divine blueprint. It's about remembering that you have the power inside you to change the world. It's about self-love and self-acceptance, owning your voice, and healing the world with your true authentic self.

Leyla is a Swiss born artist who believes in love, compassion, unity, and equality — the core elements of her music, yoga pop. Her journey and interest to learn about the healing power of music have led her to study sound healing, Reiki, kundalini yoga, and musical theater. For more information, see LightofLeyla.com, or contact her at lightofleyla@gmail.com.

Assess Your Energy Expression

Jenine Beecher

Thanks to the efficiency of social media and news outlets, we now have immediate access to information from events in our local community and around the world. Being part of this global society can be trying on the mind, body, and spirit, particularly when we are also trying to make the best of our personal lives. At times like these, it is helpful to assess how we use our energy to ensure we are acting as positive forces within our society.

Emotion Emits Vibration

When we are grounded and have good boundaries, our emotions are manageable. We flow in and out of various situations and conversations and have generally good interactions with others. When caught in a situation that tempts us with anger or frustration, it is important to remember that emotion emits vibration.

Consider the scene of a crowded restaurant. A couple engaged in discussion slowly start to raise their voices. After a time, one stands

in argument, smacks his napkin on the table, and walks away. This exchange has not only affected the two in conversation. The energy from the arguing couple's emotions vibrates from them at 360 degrees, creating a collective emotional experience.

Onlookers will need to adjust to the unexpected vibration that has permeated their space. Each will digest, evaluate, and move forward in a different manner. Our emotional expression emits vibrations that mingle within the collective energy of society.

Many of us practice prayer and sending peace, love, and light to those affected by tragedies in our society. These are beautiful, high-vibration emotions. To connect with them, do the following:

- First get quiet.
- Find a memory inside you that allows you to experience one or all of those emotions.
- Fill yourself up with that feeling.
- Then let the feeling go, allowing it to permeate every person who



is asking to receive that healing vibration.

This method allows us to practice group distance healing, which benefits the individual and the whole of society. Following are some additional ways you can direct positive energy.

Choose your words mindfully:

Each sentence carries the intention for a response or more information, or it creates a point, a reaction, or an experience. Acting through conscious positive intention in our communication with others, through our daily actions, and with social media allows us to contribute to society's collective energy in a healthy manner.

When we find our feelings are becoming elevated or we are in a