

LOTUS RISING ATTUNEMENT

Petal Guide, Sacred Symbol & Bonus Meditations

The Lotus Rising Symbol



A lotus bloom holding seven concentric rings, radiating from a single point of light at the center. It represents the soul rising through each energy layer into full bloom.

Use it: Draw or visualize it before a self healing or distance session to activate the Lotus Rising current. Trace it in the air over each chakra during the meditation below.

Petal Guide

The 7 Sacred Petals

Petal	Location	Color	Focus
Root	Base of spine	Red	Safety, grounding
Sacral	Lower belly	Orange	Creativity, flow
Solar Plexus	Upper belly	Yellow	Power, confidence
Heart	Center chest	Green / Pink	Love, connection
Throat	Throat	Blue	Truth, expression
Third Eye	Between brows	Indigo	Intuition, clarity
Crown	Top of head	Violet / White	Divine connection

Each petal opens by tracing the Lotus Rising symbol above it while stating the affirmation “I rise and I bloom.”

Chakra Chart



Keep this chart nearby during self healing and distance sessions as a quick visual reference for the 7 petals.

Bonus Meditation

A 7 Minute Rising Practice

Ground: Sit comfortably, feet flat, spine tall. Take three slow breaths in through the nose, out through the mouth.

Activate: Picture a seed of light at your root, red and warm. Say silently “I rise.” Feel it bloom into a petal and rise to the sacral, orange and flowing. “I rise.” Continue this rising light through the solar plexus, heart, throat, third eye, and crown, pausing 15 to 20 seconds at each and repeating “I rise.”

Bloom: At the crown, see the full lotus open above your head, gold light pouring down through every petal at once.

Integration: Rest here for one minute. Then say aloud “I have risen. I am the lotus. I bloom in my own light.” Open your eyes.

Krystal, A.K.A. Free Spirit | Usui Dai Shihan | Kundalini Reiki Grandmaster Teacher | Ordained Minister | Kemetic Healer | Sekhem Practitioner | Intuitive Reader | Founder, The Energy Reset