

Chakra Balancing

I like to use this tool at bedtime to clean up my energy from the day before moving on to the Releasing Energy exercise.

1. Close your eyes and take 3 Deep Breaths
2. Picture/Think of Red ball about size of an orange at your groin
3. Ask it to spin out all toxic waste, attachments
4. Watch it begin to change the colour to bright red
5. Continue this process up to and including the 7th chakra
 - a. 2nd - Orange - Between naval and pubic bone
 - b. 3rd - Yellow - Solar Plexus
 - c. 4th - Green - Heart
 - d. 5th - Blue - Throat
 - e. 6th - Purple - Third eye (between eyebrows)
 - f. 7th - Indigo/White - Crown of Head
6. When all 7 chakras have been cleansed
 - a. Take a deep breath to center yourself
 - b. Take another breath up through all chakras and allow rainbow light to flow out the top of the 7th chakra
 - c. Let it overflow like a waterfall around your physical body
 - d. Repeat the rainbow breath 3 times