

Grapefruit

This is a good tool to use when you are in groups, family, malls, or driving.

Also good to use when you notice you are carrying someone else's energy. When the feelings are larger than what they 'should' be. This is often an indicator that you are carrying someone else's energy.

1. Take 3 deep breaths to relax and connect with your inner self
2. Now connect with the 3rd chakra at the solar plexus, it is yellow
3. You will notice that it is extending out several feet from your body - it is not the size of a grapefruit
4. Take in 3 QUICK breaths through the mouth (like sucking up a straw), bringing the chakra in close to the body

You may need to to this a few times until 3rd chakra is the size of a grapefruit and not extending more than 6-8" from the body