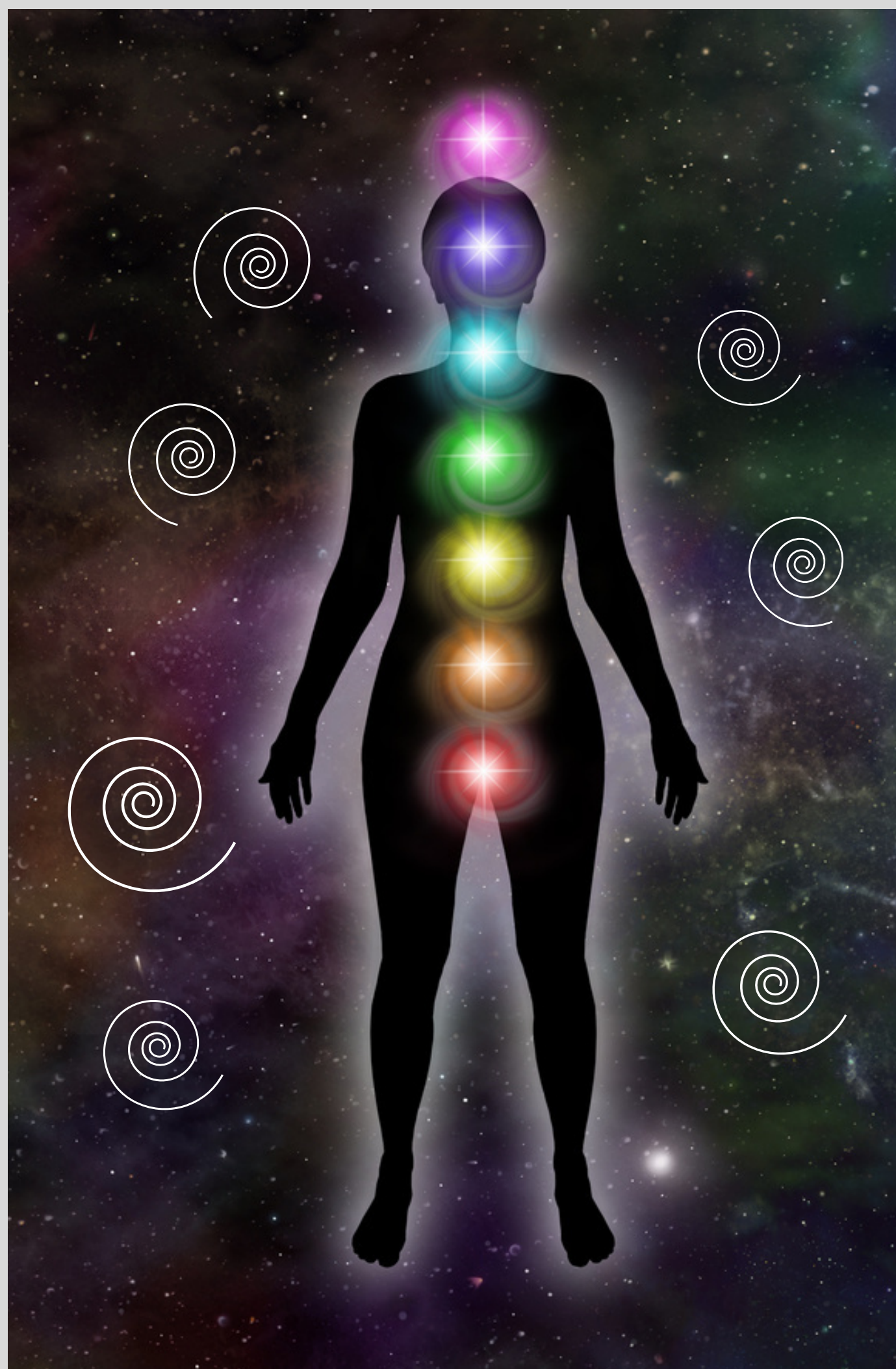




EMBRACING OUR CHAOTIC FRACTALS OF ENERGY

Chakra Healing Technology #3

You are a beautiful vertical column of Light. This column houses all of your healed energy and the lessons you take with you to the heavenly realm when you return home between lifetimes.



In every human, fractals of energy get frayed off from the column of Light. They become fractionated fractals or bits of energy that spin in a counterclockwise fashion like a hurricane. They are of various sizes and create chaos, getting bigger and bigger.



Healing Exercise

This exercise will help you bring your amplified chaotic fractal energies back into your column of Light and return them to Peace and Love.

1. To begin, place your hands over the center of your chest with one hand on top of the other. Take a few deep breaths and connect with your heart center and its zero point energy, which is Pure Love and Pure Light.



2. Next, move the palms of your hands across the front of the body and then open your arms wide turning palms outward. Extend your arms out and begin to accumulate all the chaotic fractals and their energy surrounding your vertical column of Light.





Healing Exercise

3. Bring your arms together in an embrace of the fractals that includes your Love, all of God Love, all of Source Love, bringing them into your vertical healed column of Light.



4. Wrap your arms around yourself in an embrace with palms on either side of your chest. Hold the fractal energy in the embrace of Source Light. Reassure the fractal energy it will be ok and it is time to return to Love.

