



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.





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.





5. Next, take your index fingers on each hand and cross your hands placing each index finger into the opposite armpit. This is the place where you take yourself closest to God/Source. It is the most vulnerable part of the human form and where Source energy resides.



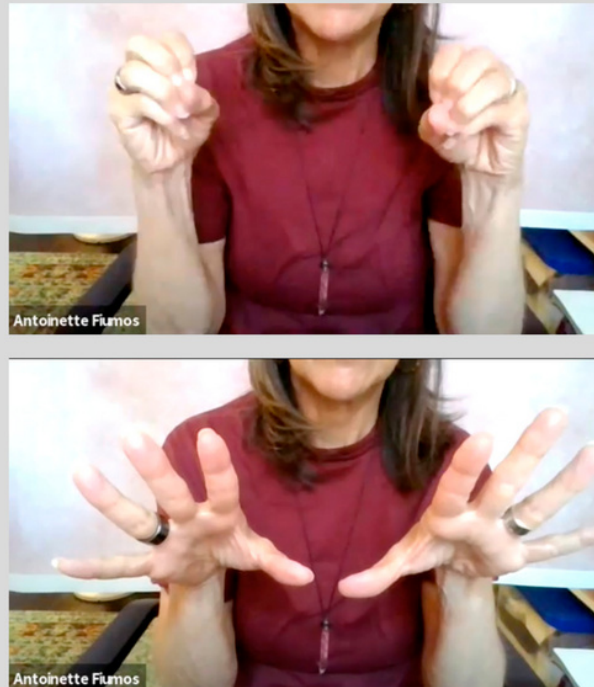
6. Take a few breaths while holding your fingers there and relax. Feel the Love and Light. Know that thousands of future lifetimes do not have to happen because you have healed the chaos and returned it to Love.

7. Next, take your palms and rub them together.





Then close your fingers and flick them out in front of you releasing any old energy.



This is a powerful loving exercise that you can do anytime you forget that you are
Love and Light. Enjoy!

Quick Version of this Meditation

When you find yourself dipping your frequency and going into fear, do this:

1. Remember that you are attaching to energy from the past.
2. Forgive yourself.
3. Release your lack of trust to the Holy Spirit or to your guides and teachers.
4. Bring the energy of fear into the vertical column of Light that you are by placing your hand over your heart. Breathe deeply.
5. Open your arms wide and gather all of the Light around you and bring it toward you by giving yourself a big hug. Rest in that embrace.