



RELEASING AN UNPEACEFUL THOUGHT OR LIMITING BELIEF

Chakra Healing Technology #1

BEGIN HERE: Before you begin the process **below**, imagine a solid and strong red pyramid in your **1st or root chakra**, as in the picture. It will create a firm foundation for you to do the process **below**.

FIRST, imagine the **7th or crown chakra** as a purple sphere and enclose the unpeaceful thought or limiting belief in the sphere at the top of your head.



SECOND, descend the thought energy down into your **6th or third eye chakra**, which is an indigo blue vortex spinning clockwise. This amplifies the energy.



THIRD, descend the energy further, gaining momentum, and contain it in the bright blue cube of the **5th or throat chakra**.



FOURTH, send the thought contained in the blue cube down to the **4th or heart chakra**, which is a green infinity symbol. Place the cube at the zero point where the 2 loops meet in the middle. Here the thought is purified and the cube thought disappears.



NEXT, descend the *purified* thought form into the yellow 3-dimensional rectangle of the **3rd or solar plexus chakra**. This is where we "walk our walk and talk our talk," so contain the purified thought here and resolve to release it with fortitude.



FINALLY, descend the now *purified* and contained energy to the orange **2nd or sacral chakra** where you will release it. Place it inside the chakra and in a counter-clockwise movement, spin it out. The benevolent force that is God/the Universe will resolve it from there.

NOTE: The energy or thought is contained in the 7th, 5th, and 3rd chakras and transformed/released in the 6th, 4th, and 2nd chakras.

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