



SECURING AND CALMING YOUR ENERGY BODY

Chakra Healing Technology #5

Use this exercise whenever you need to secure and calm your energy during chaotic moments. You can also use it to not take the energies personally when they are stirred up around you. When you feel stressed, choose love instead of fear.

EXERCISE

1. Place your hands on the center of your upper chest, one on top of the other.

Connect with your heart.

Say “I want to be more in touch with the direction of Love.”

Tell your inner child that all is well. It’s ok.

Say to yourself: “Life is kind and generous.”

2. Then give yourself a light hug.

Say “I’m going to relax and enjoy life because it is why I am here.”

3. See yourself at the edge of a pond throwing a stone.

Say “I’m having positive ripple effects on the world and the world’s

energy. I am not in any way affected by all the chaos and craziness that is swirling around me because I am God, I am Love, I am Light.”