



REMEMBERING I AM A SOVEREIGN BEING

Chakra Healing Technology #2

Quiet your energy and focus your attention at the BASE of your spine. Focus your attention on the vibrating RED light there and swirl it in a clockwise spin.

Now, raise your attention to the area below your belly button and above your pubic bone. Allow the RED light to transmute to ORANGE light, a higher frequency light, and spin it in a clockwise direction.

Bring that light up to the area where your 2 rib cages part, on top of your stomach, and allow the ORANGE light to become a YELLOW light spinning clockwise. Take a moment to align the RED, ORANGE, and YELLOW lights. Allow them to create a solid triangle and a base of strength.

Now, bring your YELLOW light up to the GREEN light in your heart center and spin it clockwise.

Next, take the GREEN light and move it up into your throat, where a SKY BLUE light spins in a clockwise direction.

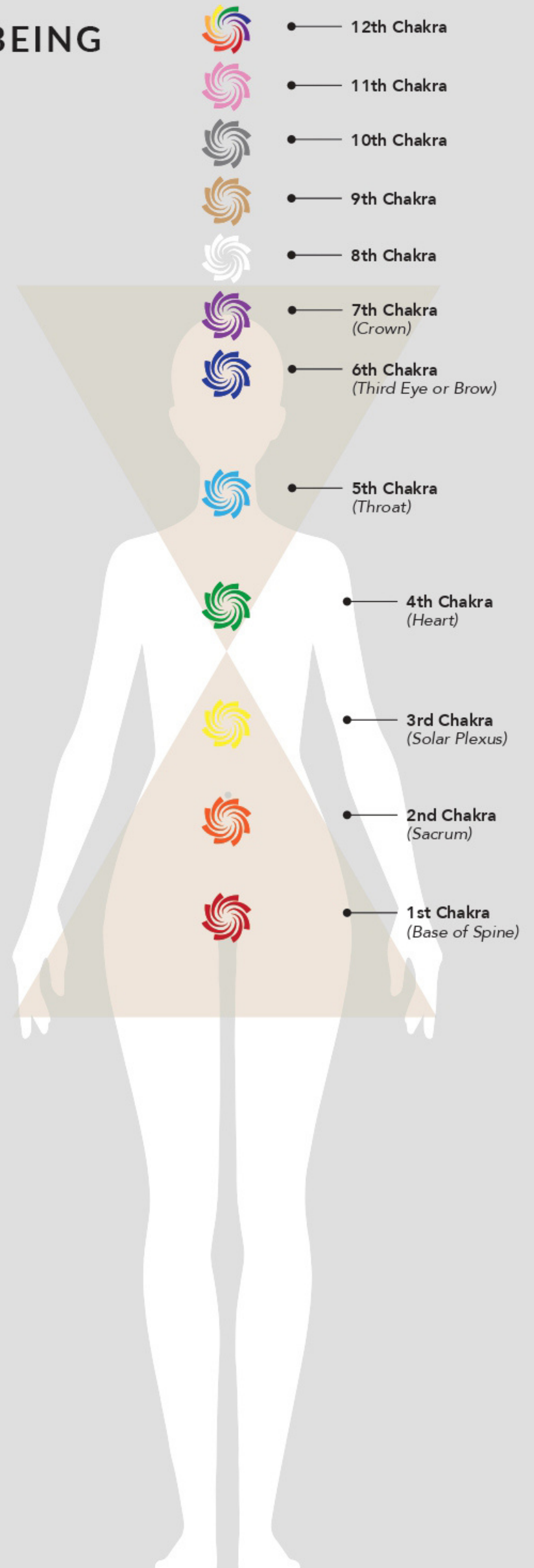
Now, move the energy up to the area on your brow between your two eyes. Spin this energy clockwise into a higher frequency of light, the INDIGO BLUE light.

Next, move the energy up to the crown on top of your head where the energy transmutes into a VIOLET light, and spin it clockwise.

Now, take your HEART, THROAT, BROW and CROWN chakras and encase them into an upside down triangle, so that your two triangles meet in the center of you, above the stomach and below the heart, creating strength in both areas.

Next, we move to the upper chakras. From the 7th or CROWN chakra, move one foot above your head and one foot back, to your 8th chakra where your energy is a WHITE light. Spin it clockwise.

Next, move your attention to the 9th chakra, which is a GOLD color, and spin it clockwise.





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Continuing on, move your energy up to the 10th chakra, which is a SILVER color, and spin the energy clockwise.

Next, move your attention to the 11th chakra, which is a ROSE GOLD color. Spin the energy clockwise. Take a moment here to connect the 11th chakra energy with the GREEN energy of the HEART chakra (4th chakra).

Next, move from the 11th chakra to the 12th chakra, which is about four feet above your head. It is a RAINBOW light spinning clockwise so fast at high frequency that it becomes pure platinum light. It is blindingly bright and filled with all the colors just described. It is connecting you to all that is, all the love and light that you are.

Now, take that 12th chakra light down through the ROSE GOLD light, then the SILVER light, then the GOLD light, and finally the WHITE light. All those metallic lights together create a beautiful CROWN above your 7th chakra.

Next, take the upper, upside down triangle that is housing the 4th-7th chakras and move it down so the point is below your 2nd chakra. Take the triangle at the Base that holds the 1st-3rd chakras and move it up so the point is at your 7th chakra.

Now, YOUR LIGHT BODY has become a six-pointed star with the CROWN on top and is connected to the earth. Your HEART and your 11th chakra are holding it all together.

Call on this sacred geometric shape whenever you want to. It represents that you are a sovereign being and nothing can harm you.

All you really have to do is connect with your 4th chakra and your 11th chakra while you have your feet on the ground and your six-pointed star with your crown above will instantly create itself.

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***I am Sovereign.
I am the Light.***

