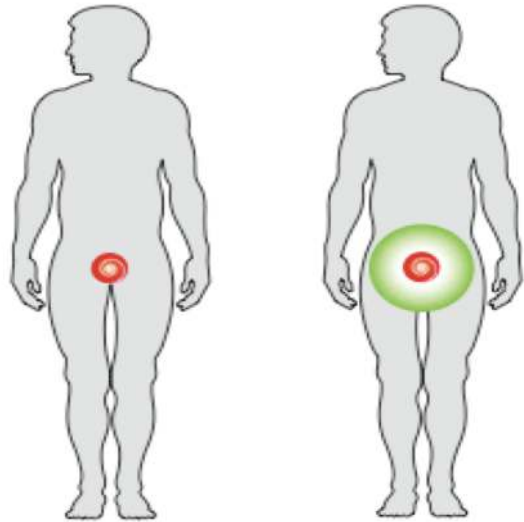


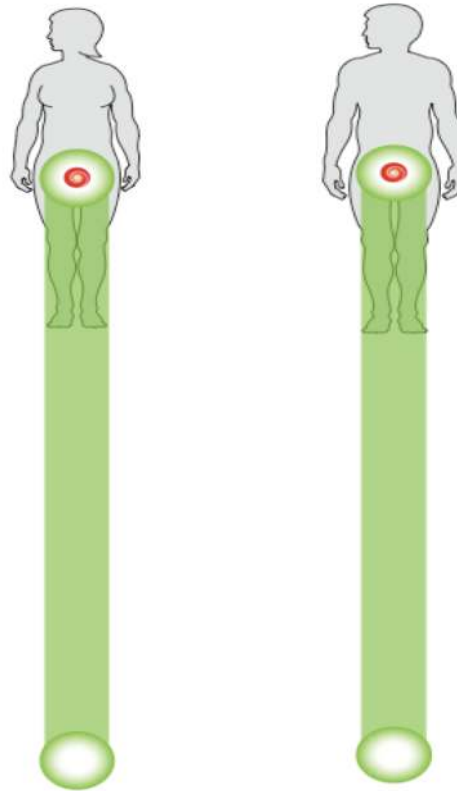
Grounding – Step 1



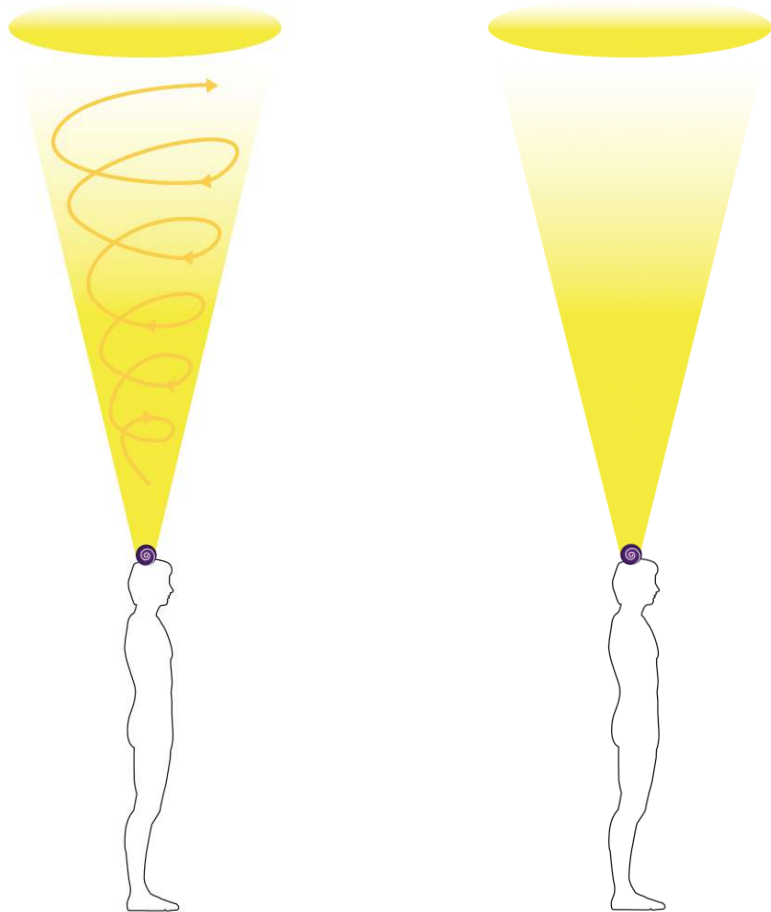
Bringing awareness to the first chakra, at the base of the spine (M) and between the ovaries (F), create a vibrating ball of bright green energy, as wide as your hips.

Grounding – Step 2

The ball drops, and gravitational pull draws a cord of energy to the center of the Earth.
Anchoring your embodied awareness in the here and now.



Releasing the Channeling Space – Step 1



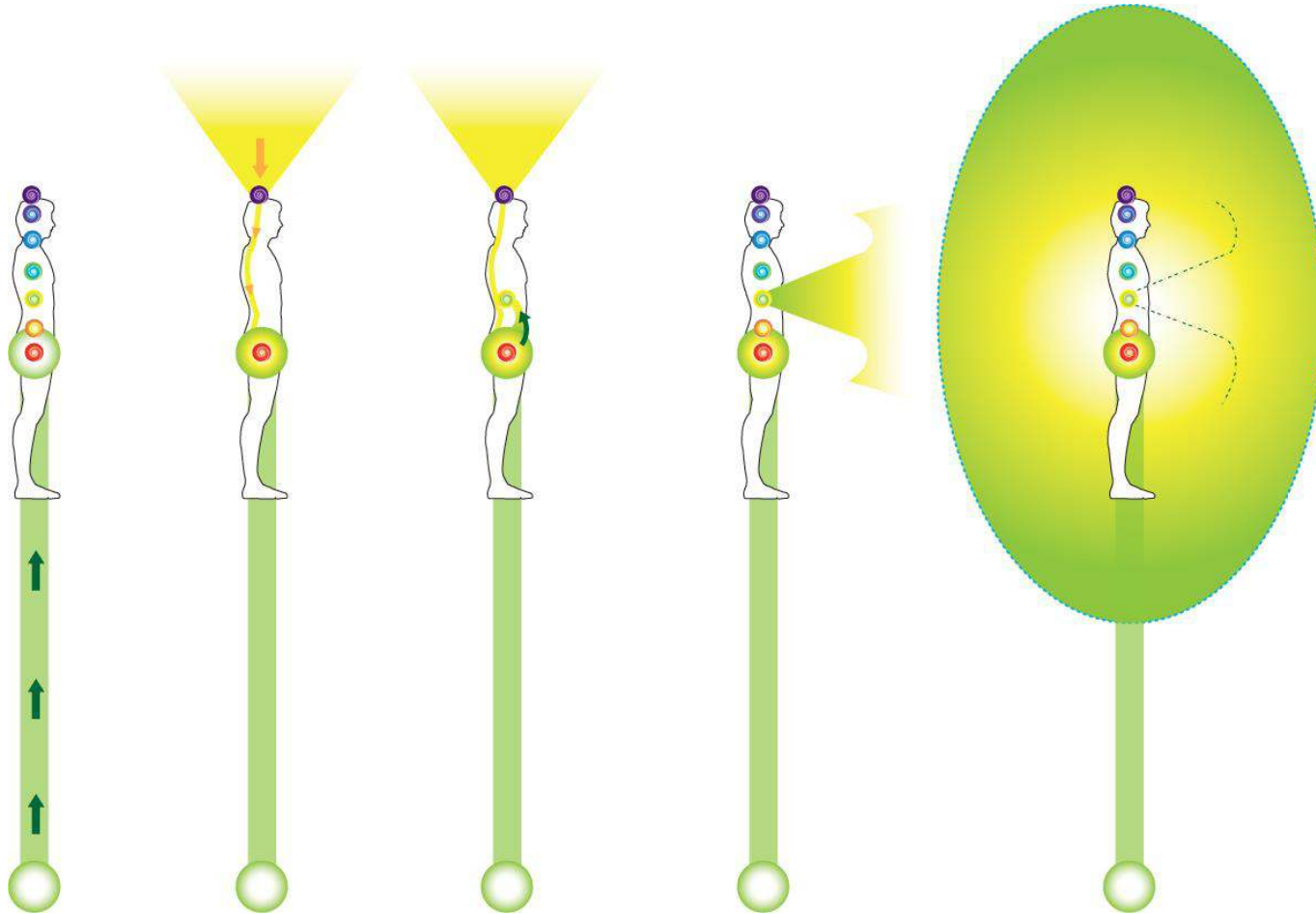
Use the golden, Cosmic energy to clear the space you owned and used for channeling.

Releasing the Channeling Space – Step 2



Then release the channeling space entirely.

Running Energy



Green Earth energy into the first chakra
Golden, Cosmic energy into the first chakra
Brought in a mixture to the third chakra and
distributed to your chakras and aura









Setting the Chakras

Self-containment & Self-awareness

Connecting up your balanced, aligned energy body

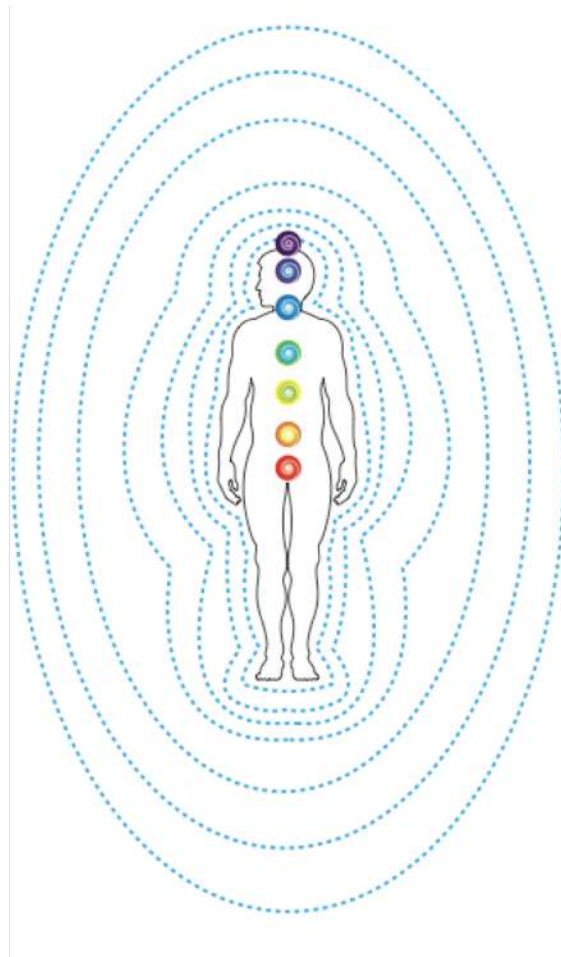


Percentage of Chakra Openness

	25-50%
	50%
	#% + 2
	50%
 M  F	40% (M), 55% (F)
	25%
	30%



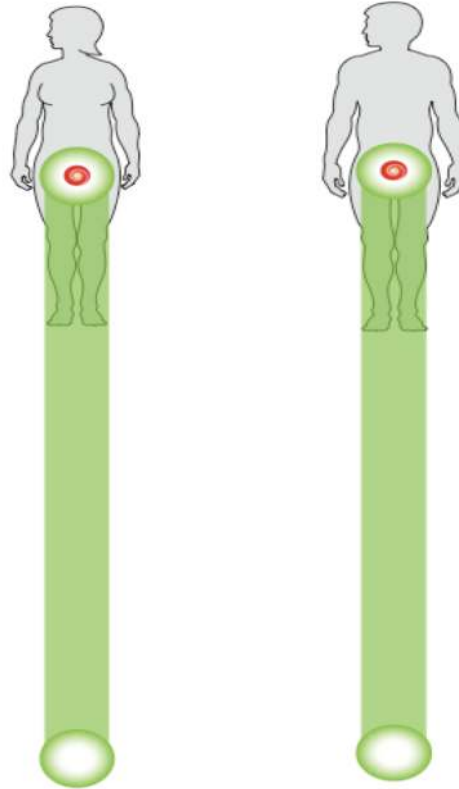
Creating Auric Boundaries



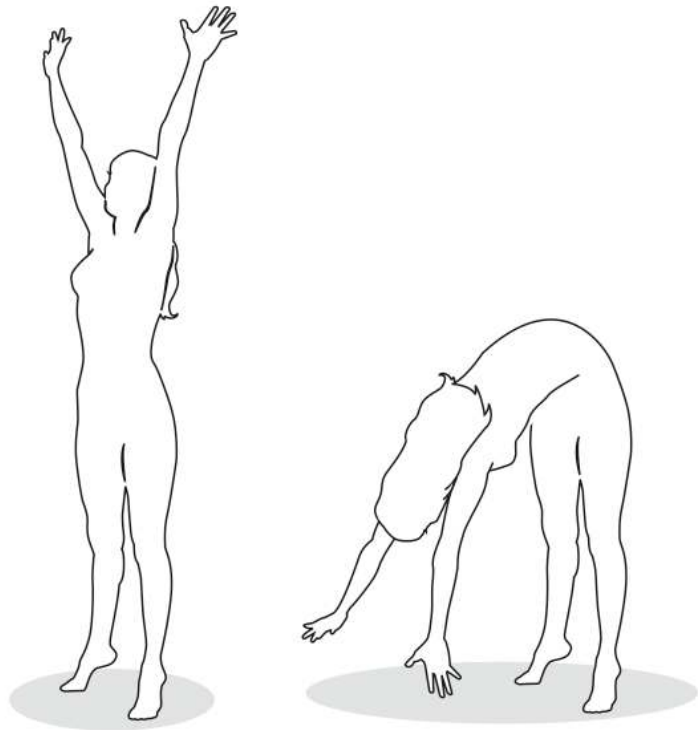
Restoring flow, containment and separation with seven permeable boundaries housing the seven auric layers.

Resetting your Grounding

Completing your re-entry,
anchoring your Astral energy
and coming into current time,
Who You Are now.



Reversing Polarities



The crown chakra may retain residual energies from the channeling session. Reversing polarities dumps the excess energy from the crown.