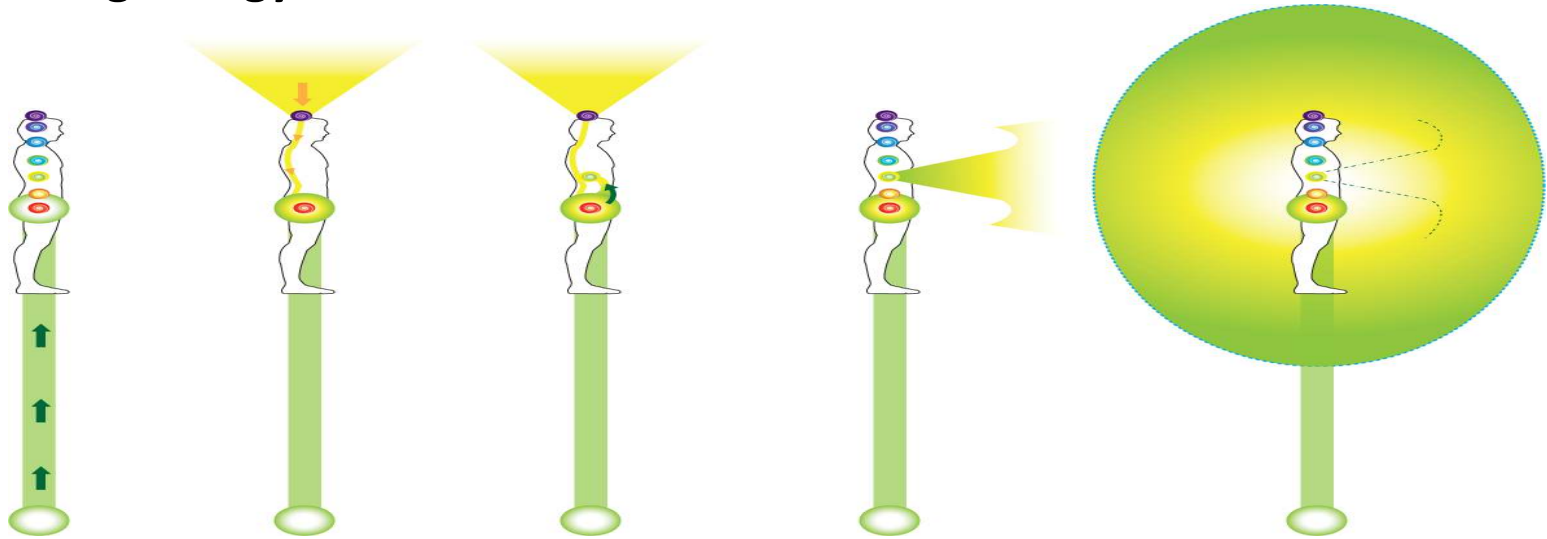




## Running Energy



Bring a ball of green Earth energy up your Grounding Cord and into your 1<sup>st</sup> Chakra.

Bring 10-15 times as much Golden, Cosmic Energy into your Crown, down your back, mixing it with the Green energy in your 1<sup>st</sup> Chakra.

Bring the energy up the front of your body to your 3<sup>rd</sup> Chakra, and using the volition energy of the 3<sup>rd</sup>, distribute the energy throughout your Chakras and Aura.

