



Clearing Emotional Energy

Visualize a bamboo pole extending from the crown Chakra, down the body and into your Grounding Cord.

The pole is visualized directly in front of your spine.

Engage and activate Emotional Energy and with your intention and attention, direct it out of the Chakra and into the bamboo pole.

Release the bamboo pole and residual energies by visualizing a bright golden ball of energy (Cosmic flow) entering the bamboo pole at the top of the head. The Cosmic flow releases the pole and the energies from your field.

