



ENERGY HEALING INSTITUTE

Education for The Consciously Curious

Running Energy

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

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

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

