

## Chakras 101

This booklet is the result of notes I have accumulated through the years.  
I hope you find them helpful in your quest for optimal health.

*You are a powerful creator and the creative power lies in the current moment.  
Pay attention to your thoughts, words and actions, choosing those that are inspiring.*

Blessings,  
*Reverend Theresa Crabtree*

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## Chakra Introduction

Chakra is a Sanskrit word that means "wheel" or "vortex" because that is how it appears to those who can view them. Each Chakra is a mass of energy within the physical body.

The Chakras are not physical; they are energy fields that are more condensed than the auric fields but not as solid as the physical body.

Chakras interact with the physical body through the endocrine system and the nervous system. Each of the seven main Chakras are associated with one of the seven Endocrine Glands and also with a particular group of nerves called a Plexus. Thus, each of the seven main Chakras can be associated with particular parts of the body and particular functions within the body controlled by their specific Endocrine Gland and Plexus.

The Endocrine system is the body's main control mechanism. This system is comprised of a number of ductless glands that produce hormones, acting as chemical messengers that are secreted into the bloodstream from particular organs to stimulate or inhibit physical processes.

When energy is congested in one of the Chakras, the functioning of the corresponding gland may be altered, therefore creating imbalance in the production of hormones. By clearing the congested energy from the Chakra, balance can be restored and the hormone's production regulated.

The Chakras correspond to main nerve Plexus located along the spine in the central nervous system. These key nodal points are clusters of huge numbers of neurotransmitter receptors. They are main centers of communication exchanged between the mind and body.

Each main Chakra is connected to several organs and glands, through the nervous system. When energy is congested in the Chakra, this communication can be partially blocked and the functioning of the organs may be affected. When mental or physical stress continues over a period of time or reaches a particular degree of intensity, symptoms on the physical level are manifested. Physical symptoms are messages from the body, warning that something is off balance, usually associated with current or past stressors, fears and unresolved emotional issues. What is happening in one's conscious and subconscious minds directly impacts the human body.

When the humans pay attention and change the way they are thinking, saying or doing things, it affects the Chakras. When stressors from the past and current issues are released, the blockages in the Chakras will dissolve. What results is a period of detoxification as the body begins to heal itself. The detox effects can be mild to severe, depending on the damage that was done and the amount of release that occurs, as well as other factors.

You are a powerful creator and where you place your focus creates your reality. When you live in a state of inner peace, then the energy in your body will flow freely, allowing for maximum health. When you shut down the natural flow of chi energy through fear, misguided beliefs, low vibrational emotional outbursts, unresolved emotional issues and non-beneficial thoughts, it affects the entire chakra system.

Depending on which chakra is involved, that in turn will affect the endocrine glands and nerve plexus associated with that chakra. This is why it is so important to monitor your thoughts, words and actions. Consciousness is directly related to the natural flow of qi energy in the body. This is often called “life force energy.” When the natural flow of qi energy is hampered or blocked, it affects physical health in specific parts of the body.

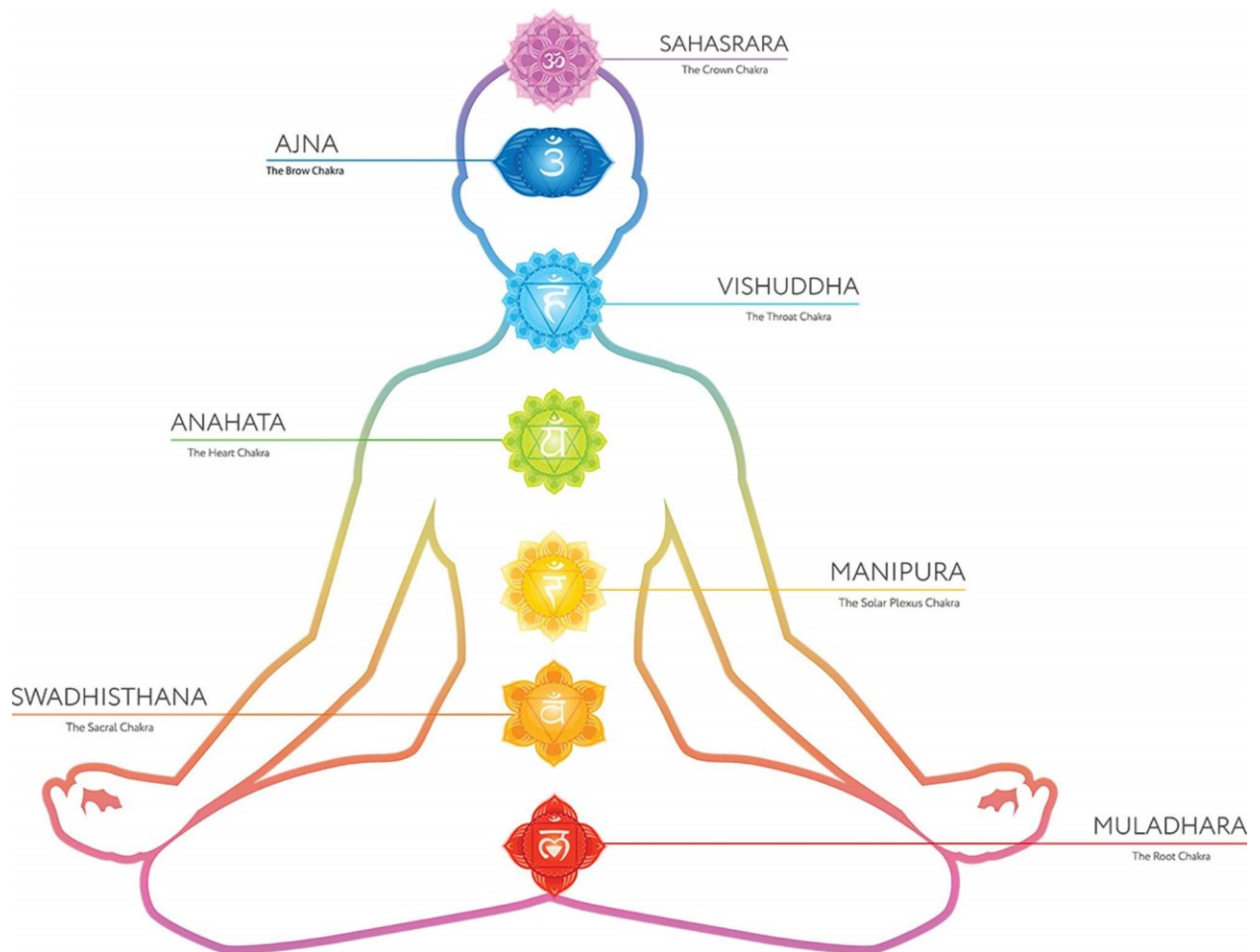
As many healers can attest, you can communicate with every cell and organ of your body. When you change anything in your consciousness, it will affect your physical, mental and energetic bodies. Changing one’s beliefs, overcoming fear, enhancing self-esteem and resolving and releasing emotional blocks will increase the vibrational level of the energy in your body. By strengthening the weak areas, physical symptoms can be stopped before they manifest and those already present can dissolve. The body will naturally begin to balance itself, attempting to reach the goal of complete restoration.

For optimal health, one needs to take time for “inner work” to root out unresolved emotional issues, face and overcome fears, to look deeply at one’s beliefs and behaviors and change those are not self-serving. Self-love and gratitude are important factors. As one’s vibrational level raises, the life force energy can flow freely to every part of the body and optimal health can be restored and maintained, affecting all levels of existence: physical, mental, emotional and spiritual.

## Chakra Test

What is the health of your chakras?

Take the test on the following website to see how your energy chakras are presently functioning.  
[www.eclecticenergies.com/chakras/chakratest.php](http://www.eclecticenergies.com/chakras/chakratest.php)



## Crown Chakra

Sahasrara in Sanskrit

Sound “B” 480 hz / Om / eee (me)

Essential Oils: cedarwood, frankincense, lavender, myrrh, sandalwood

Primary Gemstones: amethyst, apophyllite

Secondary: sugilite, moonstone, angelite, danburite

Location: top of head

Affected Areas: cerebrum, brain, top of spinal cord, brain stem, pain center

Endocrine: pineal gland (lies deep in the brain, aligns with hara) creates melatonin, regulates moods, growth and development, tissue function, metabolism, sexual function, reproductive process

Nervous System: Pineal Plexus, Cerebral Cortex

Violet / White

Element: Water

Sense of Feeling

Affects the Celestial Body of the Auric Field

Gateway to Universal Energy, Mystical Experiences

Center of Spiritual Wisdom, Dynamic Thought, Truth, Oneness

Elder’s Spiritual Maturity and Compassion (56- Death)

When open, one tends to be unprejudiced, aware of self and others.

When under-active, one tends to be less aware spiritually and close-minded.

When over-active, may over intellectualize, may be addicted to spirituality and possibly ignore bodily needs.

### Dis-Eases Associated with Crown Chakra

Alzheimer’s	Nails, Brittle
Brain Tumors	Paralysis
Depression	Parkinson’s Disease
Dizziness	Pineal Gland Dysfunction
Epilepsy	Psychosis
Exhaustion	Reproductive Disorders
Growth Disorder	Rheumatism
Hypertension	SAD
Insanity	Schizophrenia
Insomnia	Senile Dementia
Migraine / Headache (mainly right side)	Sexual Dysfunction
Mental Disorders	Tinnitus
Mood Swings	Tissue Function
Multiple Sclerosis	Vertigo

### Crown Chakra Imbalance Emotions and Behaviors

Anxiety	Life is Meaningless
Depression	Mob Mentality
Disconnected	Overly Imaginative
Envy	Peer Pressure
Fear of Death	Resentment
Feels Misunderstood	Self-Denial
Gloat	Self-Limiting
Gloom	Sorrow
Gossip	Spiritually Indecisive
Hatred	Uninspired
Impractical	Worry

### Balanced Crown Chakra

Aspirations	Selfless
Compassion	Soul's Purpose / Mission
Connection to Guides	Spiritual Wisdom
Empathy	Surrender One's Will
Encouragement	Unconditional Love
Humanitarianism	Understanding
Interconnectedness	Unite Cosmic Forces
Joyful	Unity With All
Purposeful	Wisdom
Release	

## Brow / Third Eye Chakra

Ajna in Sanskrit

Sound “A” 426 hz / Om, Auuummm / eeee (me) / aye (say)

Essential Oils: frankincense, sandalwood

Primary Gemstones: Moonstone, Sugilite (Extra Punch: Lapis Lazuli)

Secondary: Angelite, Danburite, Blue Citrine, Blue Calcite

Location: Middle of Forehead, Between Eyes

Affected Areas: brain, hypothalamus (links endocrine to nervous system via the pituitary gland), skull, eyes, ears, nose, senses, ANS autonomic nervous system

Endocrine: pituitary “master gland” controls: hormones influencing body chemistry, regulates temp, urine production, thyroid activity, growth hormones, follicle stimulant (near base of skull, behind eyes, the eye faces up to absorb light from crown coming down tube)

Nervous System: Pituitary and Carotid Plexus,

Dark Blue, Indigo

Element: Fire

Sense of Sight

Affects the Etheric Template Body of Auric Field

Center of Clairvoyance, Perception, Intuition, Beliefs, Psychic Powers

Awakening to Higher Consciousness (30-55ish)

When the brow chakra is open it allows for good intuition, insight and visualization.

When under-active, thinking can be muddled and one may rely on authoritative people to make decisions for them. One may also be closed minded.

When over-active, one may live in a fantasy world, possibly even to the point of hallucinations.

### Dis-Eases Associated With Brow Chakra

Brain Tumors	Parkinson’s Disease
Dyslexia	Seizures
Glaucoma	Sinus / Mucous Membranes (catarrh)
Headaches / Migraines	Sleep Disorders
Hearing Issues / Deafness	Spinal Issues
Insomnia	Stress Related Symptoms
Learning Disabilities	Strokes
Meniere’s Disease (inner ear)	TMJ
Mental Fog	Vertigo / Dizzy / Lightheaded
	Vision / Eye Problems Blindness



### Brow Chakra Imbalanced Emotions and Behaviors

Anxiety	Ignorance
Blocked Intuition, Creativity, Wisdom	Injustice
Closed Minded	Prejudice
Confusion	Mental Fog
Cruel	Panic
Depression	Rigid Thoughts
Disjointed Feeling	Sadism
Dogmatic	Self-Doubt
Fear of the Unknown	Stubborn Beliefs
Forgetfulness	Superstitious
Greed	Unable to Trust Own Instincts
Guilt	

### Balanced Brow Chakra

Aware	Open Minded
Clairvoyance	Psychic Perception
Creativity	Shares Oneself
Discipline	Strength
Evolution	Truth
Experiential	Union with Heavenly Helpers
Integrates Ideas of Others	Visions, Dreams
Insight	Window Beyond Veil
Intuition	Wisdom

## Throat Chakra

Vishuddha in Sanskrit

Sound “G” 334 hz / HAM (Hahhhmng) / eye

Essential Oils: cedarwood, frankincense, lavender, myrrh

Primary Gemstones: Angelite, Blue Calcite

Special Punch: Lapis Lazuli

Location: Throat

Affected Areas: Alimentary Canal: (Mouth, Pharynx, Esophagus, Stomach, Small Intestine, Large Intestine, Anus), Throat, Teeth, Tongue, Gums, Vocal Cords, Neck, Cervical Vertebrae, Thyroid, Parathyroids, Hypothalamus, Ears, Jaw

Endocrine Glands: parathyroid and thyroid, each side of the larynx, produces thyroxine, which controls the rate at which the body converts food into useful energy

Nervous System: Pharyngeal, Laryngeal, Cervical Plexus

Blue, Light Blue

Element: Air

Sense of Hearing

Affects the Astral Body of the Auric Field

Center of Communication, Sound, Truth, Speech, Writing, Thought Expression

Establish Connections Outside the Family (18 – 20s)

When open, one is able to express oneself, often in a creative manner.

When this Chakra is under-active, one tends to not speak as much and may be introverted and shy. Not speaking the truth may block this Chakra.

If this Chakra is over-active, one tends to speak too much, usually to domineer and keep people at a distance. One is likely to be a bad listener in this case.

### Dis-Eases Associated with Throat Chakra

Allergies	Laryngitis
Anemia	Metabolism
Asthma	Migraine
Bronchitis	Mouth Ulcers
Colitis	Sinus Infections
Digestive Tract, Upper	Skin Lesions, Eczema
Drug Addiction	Sore Throat
Ear Infections	Speech Disorders
Fatigue	Taste, Loss of
Fever	Temporal Mandibular Jaw (TMJ)
Flu	Thyroid Problems
Glands, Swollen	Tinnitus
Growth Issues	Tonsilitis
Hearing Problems	Vertigo
Ileocecal Valve (sm, lg intestine junction)	Vocal Disorders
Irritable Bowel Syndrome	

### Throat Chakra Imbalanced Emotions and Behaviors

Communication Problems	Judgmental
Consumerism	Lying
Critical	Negative Speaking
Domineering Words	Obsessive
Doubt	Overeating
Emotional Excess	Overly Talkative
Expressionless	Paranoia
Fear of Judgment	Poor Listener
Fear of Rejection	Resentful
Feel Unheard	Self-Express Difficulties
Gluttony	Shame
Greed	Shopping Addiction
Hides Ones Truth	Shyness
Hyperactive Attitude	Stagnation
Hypocrisy	Stubborn Beliefs
Introversion	Truth, Able to Speak One's Truth

### Balanced Throat Chakra

Articulate	Intuition
Aspirations	Knows One's Self
Connection to Guides	Manifests Intentions
Creative Impules	Speaks Ones Truth
Expressive	Strength in One's Convictions
Inner Peace	Telepathy – Inner Voice and Ear
Inspiration	Truthful
Interactive	

## Heart Chakra

Anahata in Sanskrit

Sound “F” 341-343 hz / YAM (yahhhhmng) / ahhh

Essential Oils: cedarwood, frankincense, lavender, myrrh

Primary Gemstones: rose quartz, dark jade, jadeite

Location: Middle of Chest/Right of the Heart

Affected Areas: Respiratory, Circulatory and Immune System, Upper Back, Thymus, Cardiac Plexus, Lungs

Endocrine: Thymus, located above the heart, produces lymphocytes, which form a vital part of the body's immune response

Nervous System: Cardiac and Pulmonary Plexus

Center of the Chakra System: Balance Between Upper & Lower Chakras

Center of Compassion, Love, Group Consciousness and Spirituality

Green/Pink

Element: Air

Sense of Touch

Affects the Mental Body of the Auric Field

Love of Self and Others

First Love and Sexual Relationships (13-18)

When the Heart Chakra is open, one tends to be compassionate, friendly, kind, affectionate, able to love, works at harmonious relationships.

When the Heart Chakra is under-active, one can be cold and distant.

When this Chakra is over-active, one may suffocate people with Love, which may be for selfish reasons.

### Dis-Eases Associated with Heart Chakra

AIDS	Fatigue
Allergies	Headaches from Anxiety
Arthritis	Immune Disorders
Asthma	Lung Issues
Blood Issues	Muscle: Cramps, Involuntary Motion
Blood Pressure	Pneumonia
Breast Cancer	Respiratory Ailments
Bronchitis	Sleep Disorders
Cancer	Stroke
Cardiac Issues	Thoracic Scoliosis
Circulatory System	Thymus Issues
Emotional Disorders	Tissue Degeneration
	Tumors, Growths, Benign

### Heart Chakra Imbalanced Emotions and Behaviors

Abandonment	Jealousy
Anxiety	Love Issues
Betrayal	Low Self-Esteem
Blame	Martyr / Victim
Caretaking Issues	Paranoia
Co-Dependency	Pessimism
Deceit	Pride
Depression	Relationship Problems
Emotional Disorders	Resentment
Fear of Emotional or Sexual Intimacy	Sadness
Fear of Rejection	Sarcasm
Fraud	Self-Criticism
Greed	Self-Doubt
Hard-Hearted	Self-Pity
Indecisive	Stinginess
Insecurity	Tearfulness
Insularity	Treachery
Introversion	Unlovable
	Yearning

### Balanced Heart Chakra

Acceptance	Love of Others
Affection	Love of Self
Companionship	Mercy
Compassion	Moral Outrage
Empathy	Relationships
Forgiveness	Satisfaction
Giving and Receiving	Trust
Gratitude	Unconditional Love
Kindness	

## Solar Plexus / Navel Chakra

Manipura in Sanskrit

Sound “E” 320 hz / Ram (rahhhmng) / oh (go) / ahm

Essential Oils: cedarwood, frankincense, myrrh, sandalwood

Primary Gemstones: yellow jasper, yellow citrine

Location: Below Base of Sternum/Above Navel

Areas Affected: Muscular System, Adrenal Organs (root/secretions), Upper Back and Spine, Digestive System (Stomach, Small and Large Intestines, Spleen, Pancreas, Liver, Gallbladder)

Endocrine: Pancreas, secretes substances for the digestion of food, such as insulin

Nervous System: Solar Plexus

Yellow

Element: Fire

Sense of Sight: Eyes

Affects Emotional Body of the Auric Field

Center of power and control

Holds our Formed Personality, Center of the Will and Personal Power

Individuality in the World, Finding Sense of Self (5-13)

When this chakra is open, one feels in control with sufficient self-esteem, able to assert self in a group.

When under stimulated, can lead to ulcers and one tends to be passive, indecisive, timid and not getting what one wants.

When over-stimulated it can cause problems with excess blood sugar, the major cause of diabetes. May be domineering and probably even aggressive.

### Dis-Eases Associated with Solar Plexus/Navel Chakra

Acne	Hepatitis
Adrenal Organ Illness (secretions / Root)	Hypoglycemia
Allergies Diabetes	Indigestion / Dyspepsia
Celiac Disease	Intestinal Problems
Digestive Problems	Irritable Bowel Syndrome
Eczema	Jaundice
Fatigue	Liver Diseases
Food Addictions	Pancreas
Food Allergies	Skin Problems / Disorders
Gall Bladder / Stones	Stomach Issues
Glandular Infections	Ulcers
Hay Fever	

### Solar Plexus/Navel Chakra Imbalanced Emotions and Behaviors

Alcoholism	Insecurity
Analytical	Internal Conflict
Anger	Isolation
Anxiety	Lethargy
Bickering	Materialistic
Bitterness	Nervousness
Confusion About Life Path	Over-Thinker
Depression	Passive Aggressive
Destructive Behaviors	Pessimistic
Distrustful	Power Hungry
Dominator	Powerlessness
Doubtful	Psychic Overload
Egotistical	Rage
Foggy Head	Self-Critical
Fury	Suspicious
Frustrated	Victimization
Greed	Violent
Guilt	Worry
Hopeless	Wrath

### Balanced Solar Plexus/Navel Chakra

Confidence	Manifestation
Fun	Responsible
Inner Calm	Self-Control
Intuition / Gut Instincts	Self-Motivation
Joy	Self-Worth
Life Decisions	Tolerant

## Sacral Chakra

Svadisthana in Sanskrit

Sound: “D” 288 hz / Vam (vahhmng) /ooo (you)

Essential Oils: sandalwood

Primary Gemstones: orange carnelian, orange calcite

Secondary: rose quartz, citrine

Location: Base of spine, above groin and below navel

Areas Affected: Bladder, Bowels, Lower Intestines, Digestive System, Kidneys, Liver, Muscular System, Pancreas, Pelvis, Reproductive System, Spleen (men)

Endocrine Glands: **ovaries**: produce estrogen and progesterone, produce eggs, influence female characteristics, **testicles**: secrete testosterone, sperm production, development of male characteristics

Nervous System: Sacral, Splenic, Prostatic, Lumbar Plexus

Orange

Element: Water

Sense of Taste

Affects Etheric Body in Auric Field

Center of Sexuality, Passion/Desires, Creativity/Imagination

Dependent, Beginning to Gain Independence

Many Core Beliefs are Formed or Held Here (3-4 years old)

When this chakra is open, feelings flow freely, expressed without being overly emotional. Open to intimacy, passionate, sexual and lively.

If you tend to be stiff and unemotional or have a poker face, the Sacral Chakra is under-active. You are not very open to people.

If this Chakra is over active, you tend to be emotional all the time. You will feel emotionally attached to people and can be very sexual.

### Dis-eases Associated with Sacral Chakra

Bladder Issues: Incontinence	Kidney Problems
Celiac Disease	Liver Disease
Diabetes	Menstrual / Menopausal Disorders
Digestive Problems	Muscular System: Cramps, Spasms
Eating Disorders	Pancreatitis
Edema	Peptic Ulcer
Endometriosis	Prostatitis
Feet, Cold	Reproductive Uterine / Vaginal Disorders
Fertility Issues	Sexual Problems / Frigidity / Impotency
Food Allergies	Spleen (Men)
Gall Stones	Stomach
Irritable Bowel Syndrome	Temperature Fluctuations



### Sacral Chakra Imbalance Emotions and Behaviors

Addiction	Loneliness
Anger	Lustful
Anti-Social Behaviors	Possessive
Arrogance	Prideful
Control: Self, Others, Situations	Repressed Emotions
Despair of the Future	Relationship Issues
Disobedience	Sadism /Masochism
Egoism	Selfish
Envy	Self-Criticism
Fear	Self-Regret
Guilt	Self-Worth
Hatred	Shame
Homophobia	Suppresses Natural Needs
Humorless	Thoughtless
Inadequacy	Victimization
Jealousy	Violence

### Balanced Sacral Chakra

Creativity	Physically Stable
Healthy Sexuality	Positive Body Awareness
Inner Strength	Positive Self-Esteem
Loving Relationships	Shares Emotions
Passionate	Share Needs of Others
Increases Overall Immunity	

## Root / Base Chakra

Muladhara in Sanskrit

Sound: "C" 256 hz / LAM (Lahmng) / Uh (huh)

Essential Oils: Cedarwood, Myrrh, Sandalwood

Primary Gemstones: Red Garnet, Smokey Quartz

Bloodstone (lie on stomach, place on root chakra, aligns all immediately)

Special Duty: Black Tourmaline, Black Obsidian, Rose Quartz

Location: Perineum

Areas Affected: Coccyges Plexus, Large Intestine, Lower Intestines, Hips, Legs, Knees, Calves, Feet, Toes, Ankles, Prostate, Testicles, Rectum, Lower Back, Bladder, Bones

Endocrine: Adrenals, located at the top of the kidneys, produces several hormones including adrenalin, stimulates "fight or flight" response, directly tied to survival drive

Nervous System: Sacro-coccygeal Plexus, Pelvic Plexus

Red

Element: Fire

Sense of Smell

Place of Birth and Rebirth

Affects Physical Body in Auric Field

Center of physical energy, grounding, self-preservation, connection to nature.

Basic Needs of Survival, Security and Safety

Sense of Belonging: Clan, Tribe, Ethnic Group, Family, Seat of the Ego

Becoming aware of self as an individual (birth to 3)

When the Root Chakra is open, you feel grounded, stable and secure. You don't unnecessarily distrust people. You feel physically present and connected to your body. You feel you have sufficient territory and feel at home in situations.

When under-active, you may tend to be fearful or nervous. You would easily feel unwelcome. If this Chakra is over-active, you may be very materialistic and greedy. You are probably obsessed with being secure and resist change.

### Dis-eases Associated With Root Chakra

Addictions	Glaucoma
AIDS	Hemorrhoids
Arthritis	Hypertension
Autism	Impotence
Bone Disorders	Kidney Stones
Cancer	Mental Fuzziness
Crohn's Disease	Nephritis
Circulation	Paranoia & Neurosis
Colitis	Prostatitis
Cystitis	Restlessness
Depression (Crown)	Sciatica

Eating Disorders / Weight Gain or Loss	Spinal Column
Elimination: Constipation, Diarrhea	Urination Difficulties
Frequent Illnesses	Varicose Veins

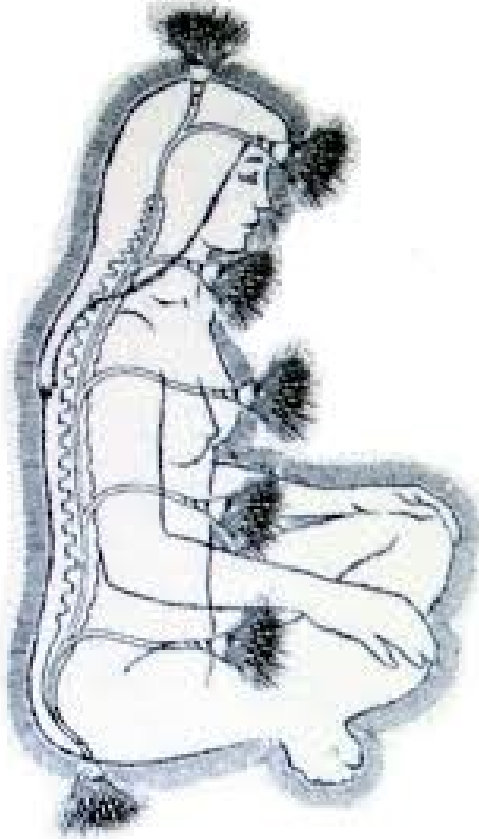
### Root Chakra Imbalanced Emotions and Behaviors

Alienated	Malicious
Anger	Materialistic
Anxiety	Mental Clarity
Boredom	Nervous
Complacency	Obsessive
Depression	Phobias (Some)
Dishonesty	Racism
Edginess	Resists Change
Envy	Restlessness
Fearful	Revenge
Greedy	Self-Loathing
Giving Up	Slothful
Hatred	Sluggish
Hesitant	Stuck
Inaction	Survival Issues
Impulsive	Trust Issues
Insecure	Unwanted or Unwelcome
Lazy	Violent Nature
Lethargy	Worry: Finances and Health
Listless	

### Balanced Root Chakra

Active	Grounded
Charitable	Independent
Community Oriented	Justice
Dependable	Leadership Skills
Energetic	Love
Equality	Physically Sound
Fair Play	Present – In the Now
Financially Secure	Self-Esteem
Fortitude	Spontaneous
Gratitude	Thriving
	Trust

## Chakra Balancing and Shielding Technique



This chakra balancing technique can be used on yourself or to help balance the energies of another individual. This method can be just as effective whether the client is with you or not in your presence. First and foremost, one must have permission either from the individual or from that person's Soul or Higher Self before any energy work ensues.

Begin by making a heart connection. This is done by visualizing the divine spark of Creator which is located above your physical heart. If you are working on yourself, simply focus on your spark. Many feel heat, a sense of love or calmness or nothing at all. Then imagine your divine spark connecting with the divine spark of Creator. Well up feelings of love and gratitude.

To make a heart connection with another person, face him or her. If you are working remotely, visualize the person as though he or she is standing or sitting in front of you. Imagine your divine spark connecting with their spark. You will likely feel a sensation in your upper heart when the connection is made. See the Heart Connection chapter for more information.

As you perform the technique, keep your thoughts focused on your intentions, believing that what is occurring is real. This highly energizes the work you are doing.

Surrounding the body are several energy fields commonly called the aura. Due to physical, mental or emotional traumas, the auric field can be damaged resulting in holes or tears. You can ask your Higher Self or ArchAngel Michael to repair any damage to your aura.

For the chakra clearing, if you choose, you may use energized water. My preference is to use water that I have asked my Guides to bless and energize as it marinates overnight under the rays of the full moon. I also set the carafes of blessed water on pictures of pristine water molecules taken by Dr. Masuro Emoto for an added energy boost.

Imagine the aura being filled with a pure white light, which has the highest frequency of all colors. Visualize any debris from low frequency thoughts, words, actions or emotions being removed or dissolved from your entire auric field.

This method can be used on yourself or to help balance the energies of another individual, stand or sit in an upright position. The main focus is to keep the spine as straight as possible. The hara tube is located from the top of the head, slightly rear from center. The hara follows the spine, coming out at the perineum, which is located between the genitals and the anal cavity. This area is called the root chakra.

Begin by holding your left hand palm up, inviting the high frequency energies of Spirit to enter your palm, rise up through your arm, flow through your heart, down the right arm and come out of the fingertips. Be specific on which Spirits you wish to work with. There are ornery spirits who can come in if you are not mindful.

For each chakra, I dip two fingers from my right hand into the energized water. I hold the intention that the main chakra tubes will be cleared of any debris, similar to blowing air through a straw. This debris is comprised of low energy thought forms, fear and belief codes. When left unchecked, clogged tubes inhibit the flow of chi, which is the life force energy needed for perfect health. This restriction of chi is what leads to physical, mental, emotional and ultimately, spiritual dis-ease.

There are two advantages for beginning with the crown chakra and moving down the chakras rather than beginning with the root and moving upwards towards the crown. First, by clearing the hara tube from top to bottom, it creates a grounding effect. When reversed, the client can become dizzy or feel spacey. Secondly, using this technique avoids touching or focusing on the perineum which is likely to cause the client to feel emotionally uncomfortable.

Begin with the left hand palm up; dip two or three fingers from the right hand into the water. Place the fingers on the crown chakra, with slight pressure, visualize forcing the energy from your fingertips straight down the hara tube, extending deep into the earth to ground the individual or yourself.

Then rotate your fingers clockwise, making small circles while visualizing the energy flowing down the hara tube. Ask your Spirit helpers to clear any debris that is no longer needed by the individual. If you would like to infuse color as you work, the crown chakra is associated with the color violet.

Re-dip your fingers in the water and place them at the back of the head where the hara and third eye tubes horizontally intersect. Applying light pressure, visualize blowing air through the tube, coming out of the forehead. You may prefer to orally make a blowing noise with each chakra.

Then using the fingers of the right hand, make small circular rotations on the forehead while stating your intentions that the chakra is cleared, balanced and rotating in the direction that is optimal for the individual. Indigo is the color associated with the third eye chakra.

Repeat this procedure for the throat chakra, blowing the energy from the intersection of the hara and throat tube. Then stating the intention to clear, balance and set the correct rotation while lightly massaging the front of the throat chakra. The color blue is associated with the throat chakra.

Special note should be made when using this technique on other individuals. For many, touching the throat is an invasion, often bringing up current or past life traumatic events. For the throat and any of the chakras, there is no need to physically touch the individual, this technique can be accomplished by holding the fingers a few inches from the body.

Proceed by dipping your fingers once again and placing them horizontally where the hara and heart chakra intersect. If you are unable to reach this point on yourself, simply visualize it clearly in your mind.

Then rotate the fingers on the chest where the heart chakra is located. You may then re-dip the fingers and energetically brush the energy from the heart, over to the left shoulder and down the arm. With your fingers, make small circles in the palms of the individual's hand while visualizing the arm being cleared of debris and ask that the individual's natural healing powers be restored through their palms. Repeat on the right shoulder and arm. Green is the color associated with the heart chakra, as well as pink.

Once again, dip your fingers into the water, place them on the horizontal intersection of the hara and solar plexus chakra tube. Blow the air through the tube, then on the front of the body at the location of the solar plexus, rotate your fingers in small circles while visualizing the tube being cleared, balanced and in perfect rotation. Yellow is associated with the solar plexus chakra.

Repeat the procedure for the sacral chakra, again being conscious of the comfort zone when touching any area of another individual's body. Orange is the color associated with the sacral chakra.

In this technique, the root chakra has already been cleared as part of the initial blowing of energy from the crown chakra through the hara tube and out the root chakra, extending to the earth for grounding purposes. Red is the color associated with the root chakra.

The root chakra can be further cleared by brushing the energy from the horizontal latitude of the genitals, down each leg and extending out beyond the feet. Special attention can be given to the soles of the feet with a prayer that each step along one's journey be taken with the conscious intention of peace, love and service. There are no set rules, be creative with your imaginings!

Complete the chakra balance by smoothing the aura. One method is to imagine your fingers as teeth in a comb. Starting from above the crown, slowly comb the aura down past the feet. Comb the front, sides and back of the energy field. This helps to calm and smooth the energy field and relaxes the individual. During this process, focus on seeing the divinity within yourself and the client, adding unconditional love to your intentions to amplify the energies.

Continue to visualize your entire auric field bathed in golden white light. Not only around your body by several feet above your head and below your feet. Ask that any debris be removed or dissolved by the white light. Request that any holes or tears be repaired.

At this time, ask your Spirit Guide to protect and shield your aura from any negative outside influences. You will want this shield to allow “positive” energies of love to flow in and out of your field. State that this shield not impair your natural flow of chi or life force energy. You will also want any negative thoughts and emotions you create to be dissolved by the light or released out of your field.

Always remember to thank the Spirit Helpers for their assistance. They are always available, simply waiting your invitation to help. Keep in mind that this is just one method of balancing one’s chakras. There are no set right or wrong rules. Your strong and focused intention is what matters. Be creative, follow your intuition, send a little love and watch the magic unfold!

## Quick and Powerful Auric Shield Technique

Similar to an eggshell, your body is surrounded by an energy field commonly called the aura. Due to physical, mental or emotional traumas, the auric field can be damaged resulting in holes or tears. These breaches can cause dis-ease and stress to the physical body.

Any time when either you become emotionally imbalanced or another directs towards you low vibrational thoughts, words or actions, the shield can be damaged and weakened. When you remain in a state of peace, love, joy and gratitude, these high vibrational energies protect you from outside interference. Once you reach that level of being, you will not need to pay attention to your shield. For you ARE your aura and shield.

The following is a simple and effective method to keep your auric shield strong. Visualize yourself thoroughly encased in an eggshell. State and feel the following intentions.

1. Shield my auric field in such a way as to prevent negative thoughts, energies and entities from entering.
2. Allow any negative thoughts, emotions and energies emanating or generating within my auric field to go to the Light or be transmuted to Light.
3. Allow love and light to flow freely through this shield.
4. Please fill my aura with the golden white light of Source Love and sprinkle with pink orbs of unconditional love. Thank you.”

The intentions you set with the shield is like a battery. It will leak energy and needs to be recharged from time to time. Do not get obsessed with protecting yourself. Keep your focus on raising your vibration of love, compassion, kindness and gratitude. This is just one method of maintaining your aura. There are no set right or wrong rules. Be creative, follow your intuition, express love and gratitude, then watch the magic unfold!

### Additional Shield

The following is an additional shield you can use under the following or similar circumstances.

- \* You often feel harassed or under attack during your dreams.
- \* You are in an ongoing conflict with someone who may be sending you angry or malicious thoughts, especially if there is a court battle, recent breakup, custody issues, etc.
- \* You constantly feel under attack by outside forces (human or other dimensional) touching you, projecting thoughts or harassing you in any manner.
- \* You have the belief that someone has cursed you or other types of black magic directed at you.

Know that you have complete sovereignty and all of these issues can be dealt with through awareness, love and forgiveness. Until you realize this and raise yourself to a higher vibration of love, the following is an extra shield you can use. Use the same method above, however, this time visualize the eggshell as being a seamless mirror that reflects outward. State the intention that any non-beneficial energy directed at you by any being, human or otherwise, is reflected directly back to the sender, without affecting you.



## Tree Grounding Technique

Stand with your feet at least 6" apart.

Envision yourself standing tall like a tree with feet flat on the ground.

Feel as though you are a tree, solid and strong.

Feel your arms as sound, strong branches.

Visualize roots coming out of the bottom of your feet.

Grow the roots deeper and deeper as they tunnel to the center of the earth.

Feel how solid your legs and feet feel as they are planted deep in the earth.



### Draw Up Earth Energy

Close your eyes. Inhale deeply.

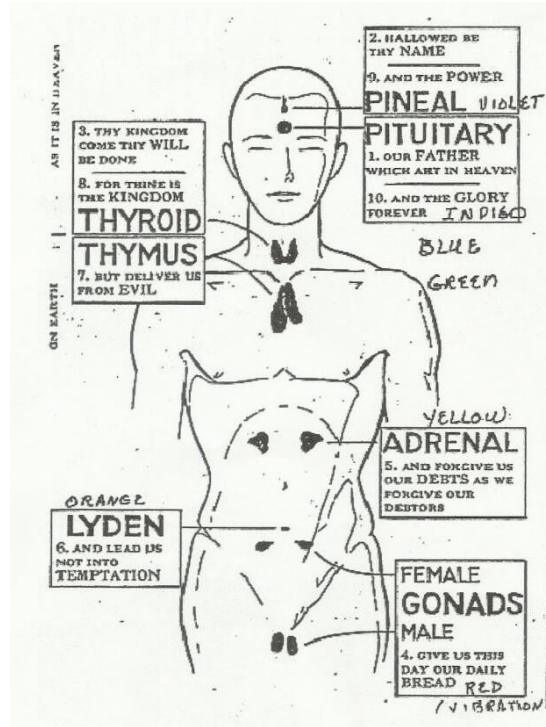
Pull the energy of the earth up the roots of both of your feet, up your legs and spinal cord until it reaches the top of your head.

Slowly exhale and allow the energy to cascade down the front of your, down your legs, then through the soles of your feet, while continuing down the roots to the center of the earth.

Repeat at least two more times, more as needed until you feel grounded and centered.

When ready, open your eyes.

## Chakra Meditation Using the Lord's Prayer



Edgar Cayce, during his trance channelings, showed how each line of the Lord's Prayer correlated with one of the seven main chakras in the human body. He proposed that through meditation with the Lord's Prayer, the chakras could be brought back into balance.

Our Father which art in heaven, (Visualize the color indigo surrounding the pituitary gland.)

Hallowed be thy name. (Visualize the color violet surrounding the pineal gland.)

Thy kingdom come. Thy will be done on earth, as it is in heaven.  
(Visualize the color blue surrounding the thyroid.)

Give us this day our daily bread. (Visualize the color red surrounding the gonads.)

Forgive us our debts, as we forgive our debtors. (Visualize the color yellow surrounding the adenals.)

Lead us not into temptation. (Visualize the color orange surrounding the Lyden gland.)

Deliver us from evil. (Visualize the color green surrounding the thymus gland.)

For thine is the kingdom, (Visualize the color blue surrounding the thyroid gland.)

the power, (Visualize the color violet surrounding the pineal gland.)

and the glory forever and ever. (Visualize the color indigo surrounding the pituitary gland.)

## HEART CONNECTIONS

### A Powerful Tool for Healing and to Raise Your Vibration

The following are several ways to increase your vibration through the “heart connection.” You may have seen pictures of Jesus or other religious icons as having a Divine Flame or sun in the heart region. Every conscious being has this Divine Flame, this connection to the Source of All.



### HOW TO DO THE HEART CONNECTION

The heart connection is a powerful method of making a conscious connection with the Source and any other being. Place your left hand on your upper heart region. Then place your right hand on top of that. Then well up feelings of love and gratitude. Your hands become an electrical circuit and will create an energetic loop coming from the front side of your Divine Flame, going into your left palm, up your arm, through the back side of your heart/flame, down your right arm, out of your palm and back into your heart. Feel the energy and warmth of your heart/flame. Allow the energy to flow through your entire body and auric field.

### INCREASE SELF-LOVE

The Heart Connection is a powerful method to increase self-love and remain emotionally balanced. Do the Heart Connection as mentioned above. Connect with your Divine Flame. Fan your Flame with feelings of love and gratitude. Bring to mind happy memories and acts of kindness you have performed.

Send love and gratitude to your body, mind and soul. Receive the love coming back to you. Know that you are loved beyond measure. Be grateful for the opportunity to be on earth at this moment. Relax and enjoy the love connection.

This is a great way to start and end every day. You can do this while resting in bed with your eyes closed. As you groom for the day, make the heart connection while looking in the mirror. Amp up your self-love throughout the day while you are driving, walking or going about your busy day. Simply visualize your hands on your heart while giving yourself a dose of self-love whenever you feel unbalanced or need to be uplifted.

## **CONNECT DEEPLY WITH THE SOURCE OF ALL**

Most humans have been taught that they are separate from Source. However, this is not true. All conscious beings, in every dimension, are a hologram of the Source of All. Each are unique, yet an aspect of the whole. Use the heart connection to consciously send and receive love with the Source of All. Amp up your level of love and gratitude until you feel the energy going to and from the Source. Bask in this love for several moments. It is important to realize that you are one with the Source. The Source is not something that resides outside of you. The Divine Flame within you is part of the Source. Connecting with Source in this manner is an excellent way to start and end each day.

## **CONNECT DEEPLY WITH YOUR SOUL**

Also important is to do the heart connection with your Soul. This is the other dimensional being that created you in this human form. Your Soul has too high of a frequency to live in a human body, so it creates a flame or aspect of itself in order to have a human experience. Thus, you have this Divine Flame connection with your Soul. You are an Ambassador of your Soul. See yourself as one with your Soul, without separation. It is imperative to gain a close, conscious connection with your Soul, for it holds the blueprint and knows the reason of your incarnation and will help Guide you through every area of your life.

Make the heart connection with yourself, then extend it to connect with your Soul. This may be difficult at first. You can create the setting to meet in a garden or other serene place. Until you feel connected, simply send the love to your Soul, extending gratitude for this time on Earth. Ask what your purpose is. Each day, ask how you can serve your Soul. Ask what the day's priorities are. Listen for the answers. Feel the love that returns to you. Practice until you can feel that the Divine Flame in you is the same as the Divine Flame of your Soul/Higher Self... until you know that you are one.

## **HEAL THE ENERGIES WITH PEOPLE, PLACES, EVENTS**

The heart connection is a powerful tool to heal stuck energies created with people you are off balance with. With this exercise, you are communicating at a Soul level, transcending the experiences you had with each other at the human level. Visualize the person standing in front of you. If the pain is too great with this person, then simply send them the energy without visualizing them in front of you. Set a strong intention that you want to heal the wounds with this person. This can be done whether it occurred in this life or another lifetime.

You do not have to direct the energy in any way, just send and receive the love. If you prefer, you can ask their forgiveness, forgive them, accept responsibility for your actions or forgive them for their actions. Recognize that they and you both operate from the pain that you have incurred throughout life. Also, be aware that many times, their behavior was exacerbated by entity interference. This could have been true for you, as well. If you are not ready to forgive or feel uncomfortable working with this person, then focus on connecting with the Soul of the other person and doing the energy exchange from this level.

The main thing is to let the love flow and release any emotions that arise. You can do this with people who are alive or who have crossed over. You can also do this for any entities that have been harassing you. Perhaps it was not a person, but a place or an event where the imbalance occurred. Focus your attention there with the intention to heal. Great healing can happen using this practice. What you are experiencing is giving and receiving unconditional love for yourself.

## **ENHANCE YOUR RELATIONSHIP WITH THOSE YOU LOVE**

You can use the heart connection with those you love or would like to have an enhanced relationship with. First, amp up love and gratitude in your heart. Then imagine the person standing in front of you. Begin to send love to this person and allow your heart to open and receive the love that will flow back to you. They will receive this love and thoughts of you may come into their mind. How much they receive your love is dependent on how open their heart is. Telepathically, they will receive it on some level.

Caution: This exercise is not meant to be used to get someone to become romantically interested in you. That is manipulation, not unconditional love. Rather, send this person love and an intention that you are interested in getting to know him/her better. Then let that energy flow as it will.