

### **Chakra and other Affirmations**

I AM seeing all of (person's name) chakras spinning, emitting light, receiving light, in perfect harmony with each other and in perfect harmony with Universal Love.

I AM seeing the rainbow energy coming in through the crown chakra. This energy through the perfection of color is singing, vibrating, loving all cells into perfect harmony, bringing in the perfect LOVE of the I AM that IAM.

I AM surrounding myself with an armor of LOVE, LIGHT and PROTECTION. I AM not taking on anyone's energy and no one is taking on my energy unless it is for our souls highest good and purpose.

A wonderful way to end the session is to thank and honor the person you are assisting as well as the energy that is assisting in that healing. If you are working on yourself, offer yourself love and gratitude for the perfection of the process.

#### **Other caveats:**

The chakra stones you received are a lovely and gentle way to align your chakras. When lying down, place the stones by color of the appropriate chakra. The amethyst (purple stone) can rest on the surface you are lying on at the top of your head. Hold the pink rose quartz in your right (receiving hand) for a beautiful dose of unconditional LOVE. Starting with a prayer/affirmation of gratitude is a wonderful way to start the process. Ending with gratitude and filling yourself with LOVE will create Peace/Calmness that we are all needing at the end of a busy day.

Charge your water with the stones you received (hard and polished) and placing affirmations into the water is highly effective. When I make tea for my guests with this water they always comment on how good the tea tastes. Hummmm.....

I added a little fun Chakra test in your packets of information last night. It is for you to understand where energy may become blocked. Make some copies so you can retake the test when you are feeling out of balance.

The sounds associated with each chakra (vowel sounds) are also on the last page of your packet. If you are feeling particularly stressed or out of whack, vocalize these sounds. They will bring your attention back to a centered place. When in doubt of which sound to sing, Ahhhhh or Ommmm are a good option. You will feel the vibration in your body after doing 7.