

Spiritually Awakened Reiki



DNA/Chakra Activation Intentions &
Self Love Practices To Help Keep Your
Chakras In Their Ascended Blissful State!

By: Lena Attila, Reiki Master

INTRODUCTION

Let me start by sharing my personal experience with you. I am a certified Reiki Master, Lightworker, Awakening and Ascension Symptom Supporter. I was called to train in reiki energy healing not long after I received an extraordinary and powerful dream. My Divinely timed moment of Awakening, happened on March, 11 2018, a magical day I will never forget! I was surrounded by High Vibrational Light Beings, who showed me in dream state that I was a healing channel capable of holding a Higher Love Frequency. I saw Sacred Geometry flashing before my eyes with Light and Sound Tones. I woke up that morning and my body was on fire, my body was radiating with so much heat and unconditional love and my body was vibrating from head to toe for days. I had moments and days in states of Bliss, Love, Joy, Peace and I was able to see all the beauty of this world in a different light and perspective, something that I never noticed before. I was truly shook and changed to the core, there was no turning back for me! I became Awake, Aware and my Consciousness was raised in a positive and powerful way, just over night! Not long after, I struggled with my ego shadows, most people call it the dark night of the soul, but I call it ego shadows. The constant battles with my ego and my heart to old worn out habits and patterns, destructive and distorted thoughts to moments and days of complete love, bliss, joy and peace were making me feel like I was going crazy! Not long after my experience, I started getting guidance from High Vibrational Beings to use reiki energy healing and other tools and techniques to first ease my physical, mental, emotional and spiritual pain and symptoms of Awakening, then I was able to help others who are experiencing the same, but don't understand it or know how to deal with them. I have released so much of my ego shadows, pain, density, inherited ancestral karma and past life trauma etc, that I am not the same person I used to be... I am so much more, we are all so much more! I changed and transformed for the better in all aspects of my life, for myself and for all those I love around me. I am embodying so much more light and have connected, merged with my higher self, I Am Presence. This beautiful ancient art of healing is very dear to my heart, when I was shown in dream state how to heal others through a higher love frequency, I immediately remembered exactly who I am and my purpose here on earth. I am so deeply grateful to fulfill my calling, my souls purpose through practicing reiki, what a gift! I have done a lot, I mean years of soul work and I continue to work and heal through reiki, DNA and chakra activations and with self love practices to help keep my DNA and chakras in their Ascended Blissful State. I have personally experienced profound results from first practicing the DNA activation intention that has assisted me in activating my dormant DNA strands and to clear, repair and heal my DNA. I am offering these activation intentions to you as it has helped me breakthrough the chains of my ancestral lineage and past lives by clearing out and peeling away layers and layers of unwanted centuries old corrupted, distorted programs and belief systems, control, power, contracts, dark evil entities, Anunnaki energy and control grids, negativity, negative destructive repetitive thoughts, black magic, karma, debts, pain, trauma, suffering, inherited ancestral illnesses, diseases, sicknesses, all forms of abuse, broken heart and wounds, unhealthy relationships and attachments, patterns, habits and addictions, losses, tragedies, blockages, heaviness and acting out dramas of ego from my DNA. This activation intention needs to be practiced every night, preferably just before bedtime for one month or for however long it takes to clear all that is not yours and not serving you that has been holding you bondage for centuries. Once you have activated and started the beginning process of clearing your DNA, your body will go through a detoxification process. How long the detoxification process takes, depends on how your body deals with balancing itself, everyone is different and unique. Signs and symptoms of detoxification are as follows, more then usual urinating, diarrhea, stomach discomfort, cramps or pain, body aches, pain and chills, joint and muscular pain, soreness, emotional release, intense crying, headaches, migraines, dizziness, vertigo, light headedness, nausea, weakness, extreme tiredness, fatigue, lethargic, restlessness, sadness, anger, fearful,

mood swings, irritability, sluggish, anxiety, spacey, need more sleep, rest, naps, runny nose, sore throat, sneezing, fever, anxiousness, acne, rashes, itchiness, extra mucus, etc... I know this is much, but the detoxification process is a must to clear all unwanted energy, frequent reiki treatments and daily self reiki healings really helps to support all the symptoms of detoxification, so more positive space is created for all of your God/Goddess given talents, gifts and abilities, that are your birthright, flows and flourishes. This is all part of the healing process! Once you have completed the activation intention and cleared all or most unwanted energy from your DNA, you will start activating, unblocking and clearing unwanted negative, stagnant energies from all of your chakras starting with your earth star chakra first and ending at your crown chakra for one month each or for however long it takes. Once this is achieved and completed you will feel like a whole different person! You will have transformed in many positive ways! We will then follow up by bringing in love, healing and balance to all of your chakras, starting with your earth star chakra and ending with your crown chakra for seven days each or for however long it takes. When completed you will activate and anchor in the upper chakras above the crown, which are the causal, soul star and stellar gateway chakras. I also offer support with self love practices, meditations, affirmations, chakra bath soaks, essential oil massage blends, aromatherapy diffuser recipes and moon rituals for each of your chakras to help keep them balanced and in their Ascended Blissful State.

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DNA ACTIVATION INTENTION

*** DO THIS DNA ACTIVATION INTENTION PRACTICE JUST BEFORE BEDTIME EVERY NIGHT FOR ONE MONTH OR FOR HOWEVER LONG IT TAKES TO ENCOURAGE DREAM HEALING! KEEP A JOURNAL, PROTECTION AND GROUNDING CRYSTALS LIKE TOURMALINE, OBSIDIAN, ONYX, HEMATITE ETC, ON YOUR NIGHT STAND, BY YOUR FEET OR UNDER YOUR PILLOW AS YOU SLEEP. USE YOUR JOURNAL TO WRITE DOWN ANY DREAMS OR THOUGHTS, AS YOU MAY HAVE DREAMS, VISIONS AND GLIMPSES OF YOUR PAST LIFE! PAY ATTENTION TO WHAT COMES UP TO THE SURFACE FOR YOU, REMEMBER TO THANK, LOVE, FORGIVE AND LET GO WHAT COMES UP TO THE SURFACE FOR YOU TO HEAL. THIS WILL IGNITE THE PROCESS OF DETOXIFICATION FROM YOUR BODY THROUGH NORMAL BODILY FUNCTIONS AND THROUGH YOUR DREAMS. DRINK PLENTY OF PURIFIED WATER AND TEA TO HELP WITH THE DETOXIFICATION PROCESS AND DEHYDRATION. HAVE FREQUENT REIKI TREATMENTS OR SELF REIKI HEALINGS DAILY, MEDITATION AND EXERCISE, LOTS OF REST, EPSOM SALT AND ESSENTIAL OIL BATHS, DAILY WALKS IN NATURE OR ANY RELAXING ACTIVITY YOU ENJOY DOING. HAPPY DREAM HEALING!**

Mighty I Am Presence, Ascended Masters, Mighty Angelic Hosts, Mighty Legions of Light, Great Cosmic Beings and Great Cosmic Light and the Great Beings from the Healing Temple of Light. My desired intention is for all your help and assistance in unblocking, cutting and clearing all my karma, trauma, suffering, pain, debts, illnesses, diseases, sicknesses, all forms of abuse, broken heart and wounds, unhealthy relationships, attachments, patterns, habits and addictions, old belief systems, losses, negative and destructive thoughts, tragedies, blockages and heaviness (anything else you would like to add) from my soul and ancestral lines, that no longer serves me physically, mentally, emotionally, energetically and sexually that is stored deep within my DNA in all time frames, past lives, dimensions, realities and in this life right now!

I ask for assistance in cutting and deactivating all dark entities, energies and beings who are not of 100 percent pure light right now! I ask for assistance to cancel all contracts and agreements I have made, anyone in my body has made, anyone in my genetic lineage has made, with any entity, in all time frames, in any reality, in any dimension, in any of my past lives and in this life now, that were and are not in my best interest or in the interest of the light, or that were or are made with entities who are not 100 percent pure light right now!

I ask for assistance in severing all connections to Anunnaki energy or any other control grid used to exert control in this planet right now!

I ask for assistance to be healed and to be free to choose the thought forms I wish to create across the whole spectrum within this universe under the guidance of My Mighty I Am Presence (whoever else you would like to add) right now!

I declare that the cancellations of all contracts and agreements is to be irrevocable and permanent in all time frames, past lives, dimensions, realities and in this life right now! So be it, so mote it be, so let it be, it is done!

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Soulwork

Soulwork is the core need of every path and every pursuit. Without it, our lives feel empty, dead, directionless and meaningless. Without it, we remain psychologically and spiritually immature. In other words, without soulwork we can never ripen into our fullest potential.

EARTH STAR CHAKRA

Location- Approximately 12 inches below the soles of the feet.

Function- Collective experiences and connection to Mother Earth, grounded, stable.

Colour- Black and White. The colour black represents the yang energy of power, protection, control, knowledge and masculinity. The colour white represents the yin energy of softness, gentleness, higher power and femininity. Black and white paired together, creates overall balance and harmony.

Endocrine Gland- None.

Organs Influenced- Feet and legs below the knees.

Crystals- Black obsidian, black tourmaline, hematite, black onyx, jet, pyrite, smokey quartz, apache tear, labradorite, snowflake obsidian.

Ascension Crystals- Satyaloka Quartz, Tibetan Tektite, Moldavite.

Nourishing this Chakra- Root vegetables, carrots, potatoes, parsnips, garlic, onions, radishes, beets, peanut butter, tofu, beans, soy products.

Treating with Reiki- Feet, soles of feet, ankles, calves, connection to Mother Earth, grounding and stability.

Out of Harmony- Disconnected to Mother Earth and Humanity, feelings of being ungrounded, fearful, unstable, inability to connect and unhappy with current life, disconnected from your own Earthly experiences and spaciness.

In Harmony- Connected to Earth and to all of Humanity, grateful and thankful for everything we have, feeling gratitude and blessed for all crops, produce, products and beauty brought forth from Mother Earth and a positive, strengthened relationship with Planet Earth.

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EARTH STAR CHAKRA

Our Earth Star Chakra connects us to Mother Earth and to all of Humanity. The seeds to your potential are held within this chakra, which is the first primitive chakra in our energy system. It is important to recognize and work with your Earth Star Chakra as it is responsible for maintaining stability and helps us to balance ourselves in our material world. Within this chakra we experience and feel the fears and economical conditions and is also responsible for healing the archetypal traumas, genocide, colonization and cultural prejudice. Practicing gratitude and being thankful for all the produce and crops brought forth by our Earth Mother that is necessary for our survival and blessing all our food before consumption will strengthen our connection to our Earth Star Chakra and to our Earth Mother. Walking barefoot and connecting to our Earth Mother through the soles of our feet, helps us in grounding our bodies, so does hugging a tree!

Do this Earth Star Chakra intention every night just before bedtime for one month to unblock, clear and release any negative and stagnant energy held in this chakra. You may choose to work with one or more crystals for this intention that resonates with you or you may not use any crystals at all. Remember to cleanse your crystals often to rid them of any negative energy. Keep your crystals by your feet, under your pillow or on your nightstand as you sleep. Keep a journal on your nightstand to record any dreams, glimpses of your past lives or anything that may be brought up to the surface for healing. Whatever comes up acknowledge it, thank it, love it, forgive it and let it go! This intention will ignite the start of your healing journey and the detoxification process from your body through normal bodily functions. Drink plenty of purified water and tea to help flush out toxins for quicker results and from dehydration. Daily self and regular reiki treatments, meditation, frequent epsom salt and essential oil baths, walking in nature, rest and relaxation or whatever other activity or hobbies you enjoy doing will help support the healing process.

ACTIVATION AND INTENTION PRACTICE FOR CLEARING AND RELEASING YOUR EARTH STAR CHAKRA

Choose any crystals associated with the Earth Star Chakra and put them by your feet as you lay down or hold them in your hand. Take a few deep breaths in through your nose and out through your mouth slowly. When you are centred, relaxed and ready, say out loud. MIGHTY I AM PRESENCE, GREAT HOST OF ASCENDED MASTERS, MIGHTY LEGIONS OF LIGHT, GREAT ANGELIC HOST, MIGHTY COSMIC BEINGS AND THE GREAT BEINGS FROM THE HEALING TEMPLE OF LIGHT. My desired intention is for assistance in unblocking, clearing and releasing all negative and stagnant energies from my feet, ankles, calves and knees that no longer serves me, that is stored deep within my Earth Star Chakra in all time frames, past lives, dimensions, realities and in this life right now! MIGHTY I AM PRESENCE thank you for your assistance in unblocking, clearing, releasing my Earth Star Chakra and for all your love and support. And So It Is. Pay attention to what you may be feeling within your body, warmth, tingling, uplifted, floating, love, compassion, emotional release, anger, fear, light headedness, etc.

I AM CONNECTED

I AM GROUNDED

I AM STABLE

I AM DIVINE PRESENCE

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ONE MONTH COMPLETION OF CLEARING AND RELEASING YOUR EARTH STAR CHAKRA

Congratulations! You have completed one month of clearing and releasing your Earth Star Chakra. You may feel like you have released so much negative and stagnant energy already! You may feel fantastic, uplifted, lighter, more grounded and connected to earth or just the opposite and it's only the beginning of clearing and releasing your first primitive chakra in your energy system, imagine how you will feel as you continue working with all your chakras up the ladder. If you don't feel any changes within yourself, please don't be hard on yourself thinking that this is not working for you. Everyone's healing journey is unique in its own way, healing happens when we are completely ready and maybe you need more time, so continue to do this intention for another week or so and see how you feel then. Give yourself a big hug and sit with your feelings for a while, think about if healing is really what you want at this time. Don't give up! We will continue on to work with bringing healing, love and balance to your Earth Star Chakra through activation and intention during dreamtime healing. I am a huge believer of talking to my organs when I feel pain. It is with pain that our organs communicate with us, if we don't order them or give them instructions on what to do, then your organs will do whatever they want. Practicing these intentions daily by thanking, Loving and appreciating our organs and for their support through our life, not only has helped me tremendously with my own aches and pains, but this has also connected me to my organs and a new relationship with myself emerged. Don't take my word for it, try it out for yourself! As we continue to work on this chakra and raise our consciousness, our Earth Star Chakra will shift to vibrate to a radiant shimmering black and white colour frequency in the fifth dimension.

BRINGING HEALING, LOVE AND BALANCE TO YOUR EARTH STAR CHAKRA THROUGH ACTIVATION AND INTENTION DURING DREAMTIME HEALING

Do this activation and intention every night for seven days, preferably before bedtime. Choose any crystals that are associated with the Earth Star Chakra, you may put them by your feet as you lay down or hold them in your hand. Take a few deep breaths in through your nose and out through your mouth slowly. When you are relaxed, centred and ready, say out loud. MIGHTY I AM PRESENCE, GREAT HOST OF ASCENDED MASTERS, GREAT ANGELIC HOST, MIGHTY COSMIC BEINGS AND THE GREAT BEINGS FROM THE HEALING TEMPLE OF LIGHT. My desired intention is for assistance in activating and bringing love and balance to my feet, my ankles, my calves and my knees. To my feet, I love and appreciate you. To my ankles, I love and appreciate you. To my calves, I love and appreciate you. To my knees, I love and appreciate you. I have a deep loving connection and relationship to all organs associated within my Earth Star Chakra. I have a deep loving connection and relationship to Mother Earth. MIGHTY I AM PRESENCE THANK YOU FOR YOUR ASSISTANCE IN HEALING, LOVING, BALANCING MY EARTH STAR CHAKRA AND FOR YOUR SUPPORT. AND SO IT IS.

Visualize the shimmering colours of black and white as you say these affirmations to assist with activating and balancing all your organs within your Earth Star Chakra into the fifth dimension. Pay attention to what you may be feeling within your body, warmth, uplifting, floating, tingling, love, compassion, emotional release, light headedness, etc.

**I AM GROUNDED WITH THE HEALING ENERGY OF THE EARTH.
I AM THE ENERGY OF THE EARTH THAT FLOWS THROUGH ME.
I AM THE HEARTBEAT OF MOTHER EARTH. I AM NURTURING.
I AM DIVINE PRESENCE.**

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awakening is the blossoming
of the mind and
of the spirit.

PRACTICES TO HELP KEEP YOUR EARTH STAR CHAKRA IN THEIR ASCENDED BLISSFUL STATE

Practice to be more appreciative, thankful and grateful for all that we have is an important practice to do daily. Walking barefoot connecting to our Earth Mother through the soles of our feet will assist us in strengthening our connection to her. This will fully awaken us to see all the beauty Mother Earth brings us in a different light and perspective.

~ LOVE ~ HEALING ~ BALANCE ~ WITH ESSENTIAL OILS

The soles of your feet are an important Chinese meridian point, which has to do with strengthening your Chi (life force energy) and promotes longevity. Use the essential oil blend below to the soles of your feet and massage. Make sure to shake well before use.

In a 10ml dark glass bottle, pour 5ml carrier oil such as light coconut, almond or grapeseed oil etc. Blend the following pure essential oils.

2 drops rose oil.
2 drops ylang ylang oil.
4 to 5 drops of sandalwood oil.

A STIMULATING ENERGIZING FOOT BATH

2 drops pine oil.
2 drops rosemary oil.
1 drop clary sage oil.
1 drop peppermint oil.
2 tbs bath salts or other carrier oil.
Basin of cold water and a towel.

Mix the oils in the bath salts. Add the aromatic salts to the basin of cold water and stir with your hands. Sit comfortably in a chair, allowing your feet to soak for 20 mins. Sit quietly and do some breathing exercises.

AROMATIC LEG SPRAY FOR RESTLESS LEGS

1 cup cold water. 12 to 16 drops of lavender oil. 10 ml spray bottle with nozzle.
Add the water and oils to a plastic bottle and label. Shake and spray to the lower legs.

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ROOT (BASE) CHAKRA

Location- Between genitals and anus, base of spine.

Function- Seat of Kundalini energy, grounding.

Colour- Red. The colour red increases your connection to the earth and strengthens the basic will to live in the physical world. It is the colour of passion and will.

Endocrine Gland- Adrenal.

Organs Influenced- Adrenals, spinal column, upper legs, bones, lower belly, colon, pelvis, kidneys, affects the whole nervous system.

Crystals- Red jasper, garnet, ruby, bloodstone, agate.

Ascension Crystals- Azeztulite Quartz.

Nourishing this Chakra- Naturally red foods, beets, radicchio, radishes, red bell and chilli peppers, red onions, red potatoes, tomatoes, blood oranges, cherries, cranberries, guava, papaya, ruby red grapefruit, pomegranates, raspberries, red apples, red grapes, red pears, rhubarb, strawberries and watermelon.

Treating with Reiki- Reproduction system, testicles, ovaries, kidneys, adrenal glands, sexual problems, urinary problems, weight problems, tiredness, poor focus, resentment, narrow thinking.

Sense- Smell.

Element- Earth.

Out of Harmony- Inability to trust nature, focus on material possessions, need to satisfy own desires and wishes, fear of being in the world, fight or flight responses, feel like victims, insecurity, arrogance, resulting in greed and anger, withdrawal from physical reality, being active in the world and the will to live. Problems of the legs, feet, hips, buttocks and lower back.

In Harmony- Profound connection to Mother Nature, trust in nature's laws, a deep understanding of it's even ebb and flow, feelings of positive power, health, security, abundance and prosperity.

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ROOT (BASE) CHAKRA

Do this Root chakra activation intention practice every night just before bedtime for one month to unblock clear and release any negative and stagnant energy that is stored in this chakra. You may choose to work with one or more crystals for this activation and intention that resonates with you or, you may not work with any crystals at all. Remember to cleanse your crystals often to rid them of any negative energy. Keep your crystals under your pillow or on your nightstand as you sleep. Keep a journal on your nightstand to record any dreams, glimpses of your past lives or anything that may be brought up to the surface for healing. Whatever comes up, acknowledge it, thank it, love it, forgive it, and let it go! This activation and intention will ignite the start of your healing journey and the detoxification process from your body through normal bodily functions. Drink plenty of purified water and tea to help flush out toxins for quicker results and from dehydration. Daily self and regular reiki treatments, meditation, frequent epsom salt and essential oil baths, walking in nature, rest and relaxation, or whatever other activity or hobbies you enjoy doing will help support the healing process.

ACTIVATION AND INTENTION PRACTICE FOR CLEARING AND RELEASING YOUR ROOT CHAKRA

Do this Root Chakra Activation and Intention practice every night just before bedtime for one month to unblock, clear and release any negative and stagnant energy that is stored in this chakra. Choose any crystals that are associated with the Root Chakra and place them on the Root Chakra area as you lay down. You may just want to hold the crystals in your non dominant hand or you may just want to place your hands on the area instead, (crystals are optional). Take a few deep breaths in through your nose and out through your mouth slowly. When you are centred, relaxed and ready, say out loud. MIGHTY I AM PRESENCE, GREAT HOST OF ASCENDED MASTERS, MIGHTY LEGIONS OF LIGHT, GREAT ANGELIC HOST, MIGHTY COSMIC BEINGS AND THE GREAT BEINGS FROM THE HEALING TEMPLE OF LIGHT. My desired intention is for assistance in unblocking, clearing and releasing all negative and stagnant energy from my adrenals, spinal column, pelvis, upper legs, bones, lower belly, colon, kidneys and my whole nervous system that no longer serves me, that is stored within my Root Chakra in all time frames, past lives, dimensions, realities and in this life right now! MIGHTY I AM PRESENCE, thank you for your assistance in unblocking, clearing, releasing and for all your love and support. And So It Is. Pay attention to what you may be feeling within your body, warmth, tingling, uplifted, floating, love, compassion, emotional release, anger, light headedness, etc.

**I AM CONNECTED ~ I AM SAFE ~ I AM GROUNDED ~ I AM TRUST ~ I AM WHAT I NEED ~
~ I AM LOVE ~ I AM PRESENCE ~**

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ONE MONTH COMPLETION OF CLEARING AND RELEASING YOUR ROOT CHAKRA

Congratulations! You did it! You have completed one month of clearing and releasing your Root Chakra. You may feel great, uplifted, calmer, lighter, more grounded and protected or just the opposite since you've cleared and released more negative and stagnant energy. If you don't feel like there has been any changes within yourself, please don't be hard on yourself thinking that this is not working for you. Everyone's healing journey is unique in its own way, healing begins to happen when we are completely ready and maybe you just need more time. Continue to do this activation and intention for another week or so and see how you feel then. Give yourself a big hug and sit with your feelings for a while, think about if healing is really what you want at this time. Don't give up! Let's continue to work with bringing healing, love and balance to your Root Chakra through activation and intention during dreamtime healing. As we continue to work on this chakra and raise our consciousness, our Root Chakra will shift and vibrate to a radiant shimmering red colour frequency in the fifth dimension. As the layers start to peel away, you will notice that beliefs around sex and sexuality will become less confining, proprietorial and conventional to a point that your relationships with others may change. Anything connected to family, relationships, security and the material world will get disentangled. You will begin to believe and understand that we are the Creators and that every experience that you encounter in your life is created by you.

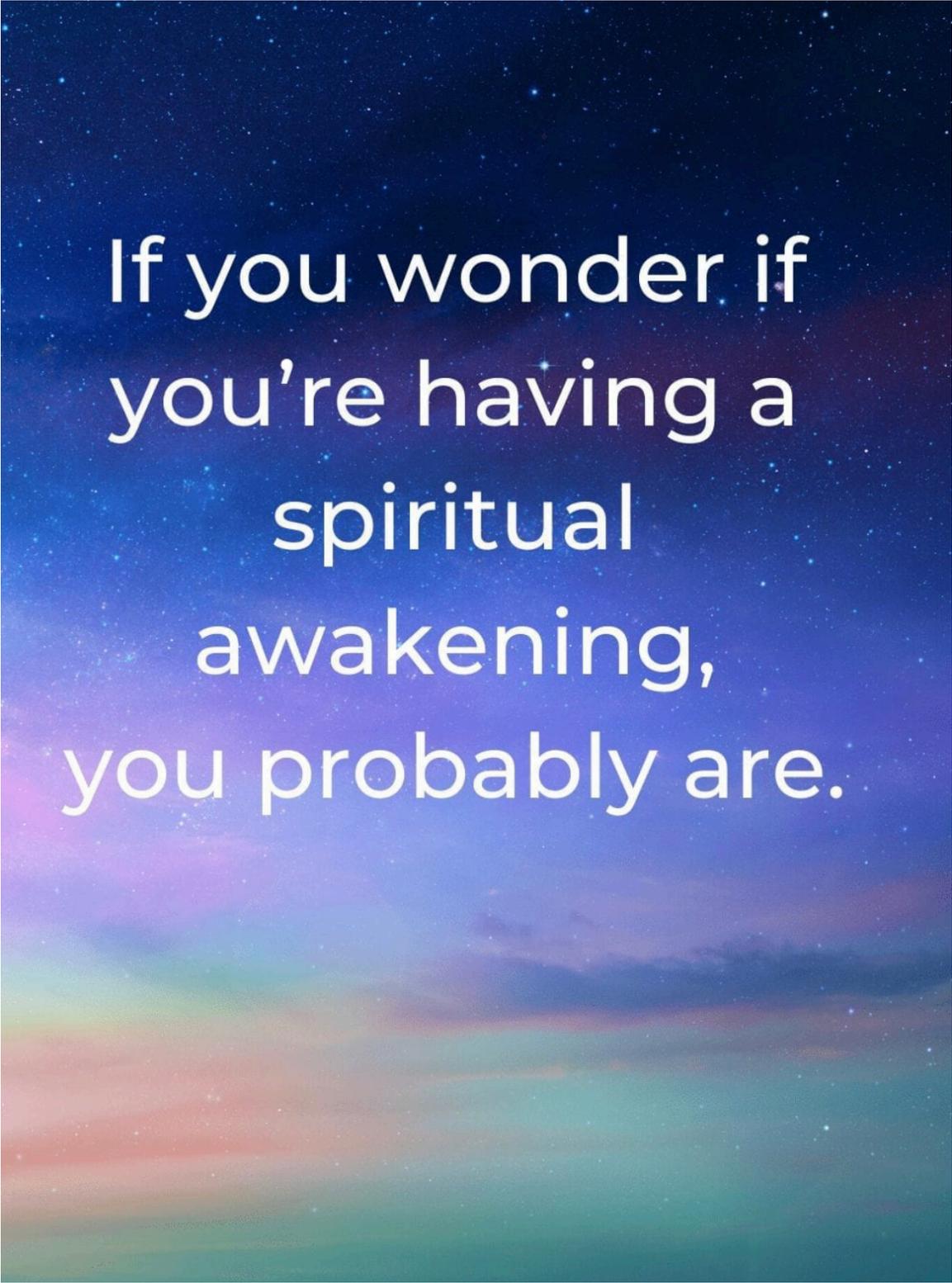
BRINGING HEALING, LOVE AND BALANCE TO YOUR ROOT CHAKRA THROUGH ACTIVATION AND INTENTION DURING DREAMTIME HEALING

Do this activation and intention every night for seven days, preferably before bedtime. Choose any crystals that are associated with the Root Chakra that resonates with you. Take the crystals of your choice and put them on your Root Chakra, or hold the crystals in your non dominant hand, if you choose not to use crystals, then simply place your hands on your chakra area instead. Take a few deep breaths in through your nose and out through your mouth slowly. When you are centred, relaxed and ready, say out loud. MIGHTY I AM PRESENCE, GREAT HOST OF ASCENDED MASTERS, GREAT ANGELIC HOST, MIGHTY COSMIC BEINGS AND THE GREAT BEINGS FROM THE HEALING TEMPLE OF LIGHT. My desired intention is for assistance in activating and bringing healing, love and balance to my adrenals, kidneys, spinal column, colon, upper legs, bones, lower belly, pelvis and to my whole nervous system. To my adrenals, I love and appreciate you. To my kidneys, I love and appreciate you. To my spinal column, I love and appreciate you. To my colon, I love and appreciate you. To my upper legs, I love and appreciate you. To my bones, I love and appreciate you. To my lower belly, I love and appreciate you. To my pelvis, I love and appreciate you. To my whole nervous system, I love and appreciate you. I have a deep loving connection and relationship to all my organs associated within my Root Chakra. MIGHTY I AM PRESENCE thank you for your assistance in healing, loving, balancing my Root Chakra and for all your support. And So It Is.

Visualize the shimmering colour red as you say these affirmations to assist with activating and balancing all your organs within your Root Chakra into the fifth dimension. Pay attention to what you may be feeling within your body, warmth, uplifting, floating, tingling, love, compassion, emotional release, light headedness, etc.

**~ I AM CONNECTED ~ I AM SAFE ~ I AM GROUNDED ~ I AM TRUST ~
~ I AM WHAT I NEED ~ I AM LOVE ~ I AM DIVINE PRESENCE ~**

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If you wonder if
you're having a
spiritual
awakening,
you probably are.

PRACTICES TO HELP KEEP YOUR ROOT CHAKRA IN THEIR ASCENDED BLISSFUL STATE

AROMATHERAPY BATH SOAK

4 drops lavender oil.
2 drops juniper oil.
2 drops rosemary oil.
2 drops peppermint oil.
1 cup epsom salt.

Add the oils to the epsom salt and mix well. Add the bath mixture into a full bath of warm to hot water and stir with your hands. Soak for at least 30 mins. Sip on some tea of your choice while in the bath to relax from the inside out.

STRESS RELEASE SOAK

1/4 - 1/2 cup of heavy cream or other carrier oil.
6 drops lavender oil.
2 drops mandarin oil.
1 drop bergamot oil.
1 drop clary sage oil.

Add the cream to a cup. Add the essential oils and mix well. As an alternative, dry powered milk can be used to the cream, simply make a thick paste with water and add the oils to it. Add the aromatic cream to a full warm to hot bath and stir with your hands. Soak for 30 mins.

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SACRAL CHAKRA

Location- Between the pubic bone and navel.

Function- Centre of sexual energy. Feeling/emotional Centre. Creativity.

Colour- Pink. The colour pink represents femininity, romance, sensitivity, tenderness, nurturing, compassionate, understanding, joyful, unconditional love and creativity.

Endocrine Gland- Ovaries, testicles.

Organs Influenced- Genitals, reproductive organs, kidneys, bladder, bowels, lower intestine, lymphatic system.

Crystals- Pink and watermelon tourmaline, rhodonite, pink opal, rose quartz, rhodochrosite, lepidolite, morganite, pink moonstone. Pink crystals can help you focus on the things that you need to achieve while allowing you to be creative and imaginative. Pink crystals promotes self acceptance, self worth, helps to overcome depression and supports you in moving on and healing from emotional wounds.

Ascension Crystals- Azeztulite Quartz.

Nourishing this Chakra- Pomegranates, pink grapefruit, watermelon, apples, dragon fruit, raspberries, guava, rhubarb, pink pineapple, mandacaru fruit, lychee, riberry, salmon, beets, radishes, turnips, radicchio, banana squash himalayan salt.

Treating with Reiki- Digestive system, liver, spleen, gallbladder, kidneys, adrenal gland, reproductive organs, lymphatic and circulatory system, skin, lower back pain and hip deterioration, bladder infections, menstrual difficulties, depression, emptiness, disability to feel happiness.

Sense- Taste.

Element- Water.

Out of Harmony- Unsure and unstable in sexual and emotional matters. Cannot express feelings and suppresses natural needs. When the Sacral Chakra is blocked, people suffer from low self esteem, depression, joint stiffness, reproductive disorders, pre-menstrual tension, irregular periods in women, impotence in both sexes, bowels and bladder problems and blood disorders may result.

In Harmony- A considerate, compassionate, open, friendly and kind person who has no troubles with sharing their emotions and feelings with others. Feeling fully alive and energetic, guilt free and in full appreciation of their bodies.



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SACRAL (SECRET) CHAKRA

Do this Sacral Chakra activation and intention every night just before bedtime for one month to unblock and clear any negative and stagnant energy that is stored in this chakra. You may choose to work with one or more crystals for this activation and intention that resonates with you, or you may not want to work with any crystals at all. Remember to cleanse your crystals often to rid them of any negative energy. After you do the activation and intention practice, keep your crystals under your pillow or on your nightstand as you sleep. Keep a journal on your nightstand to record any dreams, glimpses of your past lives or anything that may be brought up to the surface for healing. Whatever comes up, acknowledge it, thank it, love it, forgive it, and let it go! This activation and intention will ignite the start of your healing journey and the detoxification process from your body through normal bodily functions. Drink plenty of purified water and tea to help flush out toxins for quicker results and from dehydration. Daily self and regular reiki treatments, meditation, frequent epsom salt and essential oil baths, walking in nature, rest and relaxation or whatever other activity or hobbies you enjoy doing will help support the healing process.

ACTIVATION AND INTENTION PRACTICE FOR CLEARING AND RELEASING YOUR SACRAL CHAKRA

Do this Sacral Chakra activation and intention practice every night just before bedtime for one month to unblock, clear and release any negative and stagnant energy that is stored in this chakra. Choose any crystals that are associated with this chakra and place them on the Sacral Chakra area as you lay down. You may just want to hold the crystals in your non dominant hand or you may just want to place your hands on the chakra area instead, (crystals are optional). Take a few deep breaths in through your nose and out through your mouth slowly. When you are centred, relaxed and ready, say out loud. MIGHTY I AM PRESENCE, GREAT HOST OF ASCENDED MASTERS, MIGHTY LEGIONS OF LIGHT, GREAT ANGELIC HOST, MIGHTY COSMIC BEINGS AND THE GREAT BEINGS FROM THE HEALING TEMPLE OF LIGHT. My desired intention is for assistance in unblocking, clearing and releasing all negative and stagnant energy from my genitals, reproductive organs, kidneys, bladder, bowels, lower intestine and from my lymphatic system that no longer serves me, that is stored within my Sacral Chakra in all time frames, past lives, dimensions, realities and in this life right now! MIGHTY I AM PRESENCE, thank you for your assistance in unblocking, clearing, releasing and for all your love and support. And So It Is. Pay attention to what you may be feeling within your body, warmth, tingling, uplifted, floating, love, compassion, emotional release, anger, light headedness, etc.

**I AM A SEXUAL BEING AND I EMBRACE MY SEXUALITY.
I AM CONFIDENT ABOUT MY BODY AND LOOKS. I AM DESERVING. I AM BALANCED.
I AM ALIVE, AWAKE AND AWARE. I AM HEALTHY. I AM DIVINE PRESENCE.**

**Spiritually Awakened Reiki
Lena Attila, Reiki Master**

ONE MONTH COMPLETION OF CLEARING AND RELEASING YOUR SACRAL CHAKRA

Congratulations! You did it! You have completed one month of clearing and releasing your Sacral Chakra. You may feel great, uplifted, calmer, lighter and more creative or just the opposite since you've cleared and released more negative and stagnant energy. If you don't feel like there has been any changes or improvements within yourself, please don't be hard on yourself thinking that this is not working for you. Everyone's healing journey is unique in its own way, healing begins to happen when we are completely ready and maybe you just need more time. Continue to do this activation and intention for another week or so and see how you feel then. Give yourself a big hug and sit with your feelings for a while and think about if healing is really what you want at this time. Don't give up! Let's continue to work with bringing healing, love and balance to your Sacral Chakra through activation and intention during dreamtime healing. As we continue to work on this chakra and raise our consciousness, our Sacral Chakra will shift and vibrate to a radiant shimmering pink colour frequency in the fifth dimension. The Sacral Chakra acts as the centre for sexual energy, creative and pure emotions. This is where the males sexual drive combines with the females sexual response, where the feelings and emotions flow freely through, regulating the relationships between lovers and friends, balancing the free giving and receiving of feelings and emotions. To purify the Sacral Chakra, we must overcome the emotions connected to it, which are jealousy, hatred, anger, desire/lust, cruelty and pride. When we activate and balance our Sacral Chakra, our creative energy force awakens and ignites more of our GOD/DESS given abilities, gifts and talents, that is our birthright. The more work we do to heal, transform and balance ourselves, the more we heal, transform and balance all beings and our Planet. When we reach out to the higher dimensions and realms of higher consciousness and light, we bring into our lives more insight and wisdom.

Spiritually Awakened Reiki
Lena Attila, Reiki Master

BRINGING HEALING, LOVE AND BALANCE TO YOUR SACRAL CHAKRA THROUGH ACTIVATION AND INTENTION DURING DREAMTIME HEALING

Do this activation and intention every night for seven days, preferably before bedtime. Choose any crystals that are associated with the Sacral Chakra that resonates with you. Take the crystals of your choice and put them on your chakra area or hold the crystals in your non dominant hand. Crystals are optional, if you choose not to use the crystals, then simply place your hands on the chakra area instead. Take a few deep breaths in through your nose and out through your mouth slowly. When you are centred, relaxed and ready, say out loud. MIGHTY I AM PRESENCE, GREAT HOST OF ASCENDED MASTERS, GREAT ANGELIC HOST, MIGHTY COSMIC BEINGS AND THE GREAT BEINGS FROM THE HEALING TEMPLE OF LIGHT. My desired intention is for assistance in activating and bringing healing, love and balance to my genitals, reproductive organs, kidneys, bladder, bowels, lower intestine and lymphatic system. To my genitals, I love and appreciate you. To my reproductive organs, I love and appreciate you. To my kidneys, I love and appreciate you. To my bladder, I love and appreciate you. To my bowels, I love and appreciate you. To my lower intestine, I love and appreciate you. To my lymphatic system, I love and appreciate you. I have a deep loving connection and relationship to all my organs that are associated within my Sacral Chakra. MIGHTY I AM PRESENCE, thank you for your assistance in healing, loving, balancing my Sacral Chakra and for all your support. And So It Is.

Visualize the shimmering colour pink as you say these affirmations to assist with activating and balancing all your organs within your Sacral Chakra into the fifth dimension. Pay attention to what you are feeling within your body, warmth, uplifting, floating, tingling, love, compassion, emotional release, light headedness, etc.

**I AM A SEXUAL BEING AND I EMBRACE MY SEXUALITY.
I AM CONFIDENT ABOUT MY BODY AND LOOKS. I AM DESERVING. I AM BALANCED.
I AM ALIVE, AWAKE AND AWARE. I AM HEALTHY. I AM DIVINE PRESENCE.**

**Spiritually Awakened Reiki
Lena Attila, Reiki Master**

PRACTICES TO HELP KEEP YOUR SACRAL CHAKRA IN THEIR ASCENDED BLISSFUL STATE

DANCE WITH YOUR SACRAL CHAKRA

Focus on working with your Sacral Chakra by dancing and getting in touch with your pelvic area. Shake your hips! Do the twist! Do the macarena or chicken dance! Do belly dancing! Do anything you enjoy to get those hips and pelvic area moving and energy flowing!

A SENSUAL BLEND TO MAKE YOUR SACRAL CHAKRA ASCEND

2 drops ylang ylang essential oil, 2 drops Jasmine essential oil, 2 drops mandarin essential oil.

Mix 2 drops of each essential oils in a 15ml of carrier oil, such as grapeseed or sweet almond oil and massage away.

Use this blend by massaging the oils onto the Sacral Chakra area. The oils will absorb into your bloodstream and work to relax and balance your Sacral Chakra for up to one week!

QUIET TIME BATH SOAK

6 drops sandalwood essential oil.
2 drops bergamot essential oil.
2 drops ylang ylang essential oil.
2 tablespoons of honey or other carrier oil.

In a small dish, add the honey. Mix in the oils and combine well by stirring. Add to a full warm bath and soak for 20 to 30 minutes.

AROMATIC BATH FOR PMS

5 drops lavender essential oil, 2 drops geranium essential oil, 2 drops grapefruit essential oil,
1 drop clary sage essential oil.

Add the essential oils to a carrier oil of your choice and add to a full warm to hot bath.
Soak for 20 to 30 minutes.

PREMENSTRUAL POTION A MASSAGE OIL FOR PMS SYMPTOMS

2 tbs vegetable oil, 3 tbs arnica or st john's wort infusion oil, 2 tsp evening primrose or borage oil, 20 drops lavender oil, 10 drops rosemary oil, 6 drops clary sage oil, 6 drops juniper oil, 6 drops lemon oil.

Add the oils then the infusion oil and then the vegetable oils to a dark glass bottle. Shake gently to mix well and label contents with directions for future use. Add a small amount of the oil and massage to the lower abdominal and lower back area. Use gentle hand pressure working towards the heart to encourage blood return and increase lymphatic drainage. After applying, inhale the essences from your hands for added calm and comfort. Apply daily during episodes of pms symptoms or up to 2 weeks prior menses.

Spiritually Awakened Reiki Lena Attila, Reiki Master

Investigate what triggers
you.

Your triggers highlight
what inside
of you needs exploration
and healing.



NAVEL CHAKRA

Location- Personal. Navel.

Function- Life force, connection.

Colour- Orange. The colour orange is associated with warmth, sunshine, heat, strength, endurance, excitement, energetic, joy, creativity, success, encouragement, change, freedom, fun, determination, enthusiasm, fascination, expression, happiness, sexuality, good health, balance and vitality. Orange stimulates the sexual energy and enhances the immune system.

Endocrine Gland- None.

Organs Influenced- Small intestine.

Crystals- Carnelian, orange calcite, tangerine quartz point, vanadinite, crocoite, orange moonstone, orange tourmaline.

Ascension Crystals- Azeztulite Quartz.

Nourishing this Chakra- Pumpkins, kumquat, sweet potatoes, carrots, apricots, oranges, tangerines.

Treating this Chakra- Small intestine, personal power, digestion, assimilation of nutrients, low self esteem and lack of confidence.

Out of Harmony- Lack of sociability and connection with others, not respectful of other peoples differences and co-operations within the communities, unaware of our infinite connection to the Universe, feeling physically depleted.

In Harmony- Sociable, accepting and connecting with others, respects self and other peoples differences and co-operating together in communities with unconditional love, fully awake and aware of our infinite connection to the Universe, feelings of empowerment, strength, courage, feeling protective.

Spiritually Awakened Reiki
Lena Attila, Reiki Master



NAVEL CHAKRA

Do this Navel Chakra activation and intention every night just before bedtime for one month to unblock and clear any negative and stagnant energy that is stored in this chakra. You may choose to work with one or more crystals for this activation and intention that resonates with you, or you may not want to work with any crystals at all. Remember to cleanse your crystals often to rid them of any negative energy. After you do the activation and intention practice, keep your crystals under your pillow or on your nightstand as you sleep. Keep a journal on your nightstand to record any dreams, glimpses of your past lives or anything that may be brought up to the surface for healing. Whatever comes up, acknowledge it, thank it, love it, forgive it and let it go! This activation and intention will ignite the start of your healing journey and the detoxification process from your body through normal bodily functions. Drink plenty of purified water and tea to help flush out toxins for quicker results and from dehydration. Daily self and regular reiki treatments, meditation, frequent epsom salt and essential oil baths, walking in nature, rest and relaxation or whatever other activity or hobbies you enjoy doing will help support the healing process.

ACTIVATION AND INTENTION PRACTICE FOR CLEARING AND RELEASING YOUR NAVEL CHAKRA

Do this Navel Chakra activation and intention practice every night just before bedtime for one month to unblock, clear and release any negative and stagnant energy that is stored in this chakra. Choose any crystals that are associated with this chakra and place them on the Navel Chakra area as you lay down. You may just want to hold your crystals in your non dominant hand or you may just want to place your hands on the chakra area instead, (crystals are optional). Take a few deep breaths in through your nose and out through your mouth slowly. When you are centred, relaxed and ready, say out loud. MIGHTY I AM PRESENCE, GREAT HOST OF ASCENDED MASTERS, MIGHTY LEGIONS OF LIGHT, GREAT ANGELIC HOST, MIGHTY COSMIC BEINGS AND THE GREAT BEINGS FROM THE HEALING TEMPLE OF LIGHT. My desired intention is for assistance in unblocking, clearing and releasing all negative and stagnant energy from my small intestine that no longer serves me, that is stored within my Navel Chakra in all time frames, past lives, dimensions, realities and in this life right now! MIGHTY I AM PRESENCE, thank you for your assistance in unblocking, clearing, releasing and for all your love and support. And So It Is. Pay attention to what you may be feeling within your body, warmth, tingling, uplifted, floating, love, compassion, emotional release, anger, light headedness, etc.

I AM POWERFUL. I AM STRONG ENOUGH TO DO ANYTHING I DESIRE. I AM FREE OF JUDGMENTS OF MYSELF AND OTHERS. I AM WORTHY OF KINDNESS, LOVE AND RESPECT. I AM MANIFESTING EASILY, GRACEFULLY AND SUCCESSFULLY. I AM THE INNER FIRE THAT BURNS THROUGH ALL FEAR AND BLOCKAGES. I AM UNCONDITIONAL LOVE. I AM DIVINE PRESENCE.

**Spiritually Awakened Reiki
Lena Attila, Reiki Master**

ONE MONTH COMPLETION OF CLEARING AND RELEASING YOUR NAVEL CHAKRA

Congratulations! You did it! You have completed one month of clearing and releasing your Navel Chakra. You may feel great, uplifted, calmer, lighter, more sociable and accepting or just the opposite since you've cleared and released more negative and stagnant energy. If you don't feel like there has been any changes, improvements or transformations within yourself, please don't be hard on yourself thinking that this is not working for you. Everyone's healing journey is unique in its own way, healing begins when we are completely ready and maybe you just need more time. Continue to do this activation and intention for another week or so and see how you feel then. Give yourself a big hug and sit with your feelings for a while and think about if healing is really what you want at this time. Don't give up! Let's continue to work with bringing healing, love and balance to your Navel Chakra through activation and intention during dreamtime healing. Many people have come to think that the Navel Chakra and the Solar Plexus are the same chakra. The function of the Solar Plexus that distributes nerve signals, doesn't have anything to do with the functioning of the Navel Chakra. The location of the Navel Chakra is not at the Solar Plexus, but also not at the Navel. It is actually somewhere in between and not at the front of the body, but near the spine. As we continue to work on this chakra and raise our consciousness, our Navel Chakra will shift and vibrate to a vibrant shimmering orange colour frequency in the fifth dimension. This is the chakra we relate to others and connect with, it functions to unite energies with those of all other forms of life. It is with this chakra that we absorb, reserve and distribute the energies throughout our body. When you feel physically drained, you can channel energy into or out of this chakra by breathing into this chakra just like your own personal battery! When our Navel Chakra is activated and happily radiating and properly functioning, we will be completely awake and aware of our limitless connection to the Universe. We will also begin to see the best in each other and unite to work together within the communities with unconditional love and respect.

Spiritually Awakened Reiki
Lena Attila, Reiki Master

BRINGING HEALING, LOVE AND BALANCE TO YOUR NAVEL CHAKRA THROUGH ACTIVATION AND INTENTION DURING DREAMTIME HEALING

Do this activation and intention every night for seven days, preferably before bedtime. Choose any crystals that are associated with the Navel Chakra that resonates with you. Take the crystals of your choice and put them on your Chakra area or hold the crystals in your non dominant hand. Crystals are optional, if you choose not to use the crystals, then simply place your hands on the Chakra area instead. Take a few deep breaths in through your nose and out through your mouth slowly. When you are centred, relaxed and ready, say out loud. MIGHTY I AM PRESENCE, GREAT HOST OF ASCENDED MASTERS, GREAT ANGELIC HOST, MIGHTY COSMIC BEINGS AND THE GREAT BEINGS FROM THE HEALING TEMPLE OF LIGHT. My desired intention is for assistance in activating and bringing healing, love and balance to my small intestine. To my small intestine. I love and appreciate you. I have a deep loving connection and relationship to all my organs that are associated within my Navel Chakra. MIGHTY I AM PRESENCE, thank you for your assistance in healing, loving and balancing my Navel Chakra and for your support. And So It Is.

Visualize the shimmering colour of orange as you say these affirmations to assist with activating and balancing all your organs within your Navel Chakra into the fifth dimension. Pay attention to what you may be feeling within your body, warmth, uplifting, floating, tingling, love, compassion, emotional release, light headedness, etc.

I AM POWERFUL. I AM STRONG ENOUGH TO DO ANYTHING I DESIRE. I AM FREE OF JUDGEMENTS OF MYSELF AND OTHERS. I AM WORTHY OF KINDNESS, LOVE AND RESPECT. I AM MANIFESTING EASILY, GRACEFULLY AND SUCCESSFULLY. I AM THE INNER FIRE THAT BURNS THROUGH ALL FEAR AND BLOCKAGES. I AM UNCONDITIONAL LOVE. I AM DIVINE PRESENCE.

**Spiritually Awakened Reiki
Lena Attila, Reiki Master**

PRACTICES TO HELP KEEP YOUR NAVEL CHAKRA IN THEIR ASCENDED BLISSFUL STATE

BATTERY BREATHING MEDITATION

Stand with your knees about shoulders width apart and bend deeply in the knees. Place your hands in the battery mudra, left hand over right hand, with the tip of the left thumb on top over the tip of the right thumb. Breathe deeply into the Navel, allowing the stomach to expand while at the same time sensing the energy being channeled through the opening between the hands into the Navel, like a big hose feeding energy into your abdomen. Continue breathing like this for two minutes or more. To reverse the flow of energy, simply switch the left and right hands.

A DIFFUSER BLEND TO MAKE YOUR NAVEL CHAKRA ASCEND

Diffuse this blend into any room, day or night! Add the pure essential oils in water, in your candle burner or aromatherapy diffuser. Allow yourself time and space to sit with the scents and let your mind unwind and calmly drift away. You may combine this Navel Chakra blend with the Battery Breathing Meditation.

3 drops Bergamot essential oil
2 drops Cypress essential oil
1 drop Ginger or Cinnamon essential oil

Enjoy this warming and comforting blend!

DETOX TEA DIURETIC, AIDS IN ELIMINATION OF TOXINS

4 parts peppermint herb
1 part red clover tops
1 part ground fennel seed
1 part parsley herb
1 part dandelion herb/root

Combine the herbs and ground fennel seeds together in a jar. Label with directions for use. Use 1 teaspoon per cup of water. Simmer for 5 to 10 minutes and strain. Drink 1 to 3 cups per day, hot or cold, flavour with lemon juice if desired. You can make this tea in a larger portions and keep it in the refrigerator for future use.

Spiritually Awakened Reiki
Lena Attila, Reiki Master

SOLAR PLEXUS CHAKRA

Location- Between the navel and base of the rib cage.

Function- Power and wisdom centre.

Colour- Yellow. Yellow is an energetic colour and is associated with warmth, sunshine, happiness, enlightenment, courage and creativity. Yellow is a warming soothing colour, like sunshine and is good for mental clarity and a sense of what is just or fair.

Endocrine Gland- Pancreas.

Organs Influenced- Digestive system, pancreas, gallbladder, liver, stomach, large intestine, lungs, spleen, adrenal gland.

Crystals- Lemurian seed crystals, amber, tiger eye, topaz, citrine, yellow beryl, honey calcite, pyrite, rutile, golden apatite, yellow tourmaline.

Ascension Crystals- Libyan gold tektite, yellow apatite.

Nourishing this Chakra- Lemons, pineapple, bananas, yellow peppers, corn, honey, egg yolk, squash, siriguela, yellow kiwi, potatoes, yellow tomatoes, pears, golden honeydew, star fruit, yellow figs, passion fruit, dragon fruit, mango, loquat.

Treating with Reiki- Digestive disorders, sternum system, gallbladder, lungs, spleen, pancreas, liver, worry, stress, nervousness, control, mental courage, cynicism, low self esteem and lack of confidence, use of stimulates, feelings of shame and poor self discipline.

Sense- Sight.

Element- Fire.

Out of Harmony- No trust in the natural flow, great need for material security, emphasis on the material world, lack of self esteem and confidence, rapid mood swings, fear of failure, feeling victimized and critical of others.

In Harmony- A balance of spiritual and material world, feelings of inner calm and peace, inner tolerance and acceptance of others, energetic, clear sense of purpose and pursues dreams that others would consider impossible, confident.



Spiritually Awakened Reiki
Lena Attila, Reiki Master

SOLAR PLEXUS CHAKRA

Do this Solar Plexus Chakra activation and intention every night just before bedtime for one month to unblock, clear and release any negative and stagnant energy that is stored in this chakra. You may choose to work with one or more crystals for this activation and intention that resonates with you, or you may not want to work with any crystals at all. Remember to cleanse your crystals often to rid them of any negative energy. After you complete the activation and intention practice, keep your crystals under your pillow or on your nightstand as you sleep. Keep a journal on your nightstand to record any dreams, glimpses of your past lives or anything that may be brought up to the surface for healing. Whatever comes up, acknowledge it, thank it, love it, forgive it and let it go! This activation and intention will ignite the start of your healing journey and the detoxification process from your body through normal bodily functions. Drink plenty purified water and tea to help flush out toxins for quicker results and from dehydration. Daily self and regular reiki treatments, meditation, frequent epsom salt and essential oil baths, walking in nature, rest and relaxation or whatever other activity or hobbies you enjoy doing will help support the healing process.

ACTIVATION AND INTENTION PRACTICE FOR CLEARING AND RELEASING YOUR SOLAR PLEXUS CHAKRA

Do this Solar Plexus Chakra activation and intention practice every night just before bedtime for one month to unblock, clear and release any negative and stagnant energy that is stored in this chakra. Choose any crystals that are associated with this chakra and place them on the Solar Plexus Chakra area as you lay down. You may just want to hold the crystals in your non dominant hand or you may just want to place your hands on the chakra area instead, crystals are optional. Take a few deep breaths in through your nose and out through your mouth slowly. When you are centred, relaxed and ready, say out loud. MIGHTY I AM PRESENCE, GREAT HOST OF ASCENDED MASTERS, MIGHTY LEGIONS OF LIGHT, GREAT ANGELIC HOST, MIGHTY COSMIC BEINGS AND THE GREAT BEINGS FROM THE HEALING TEMPLE OF LIGHT. My desired intention is for assistance in unblocking, clearing and releasing all negative and stagnant energy from my digestive system, pancreas, gallbladder, liver, stomach, large intestine, lungs, spleen and adrenal glands that no longer serves me that is stored within my Solar Plexus Chakra in all time frames, past lives, dimensions, realities and in this life right now! MIGHTY I AM PRESENCE, thank you for your assistance in unblocking, clearing, releasing and for all your love and support. And So It Is. Pay attention to what you may be feeling within your body, warmth, uplifting, floating, tingling, love, compassion, emotional release, anger, light headedness, etc.

**I AM CONFIDENT, I AM AUTHENTIC, I AM STRONG, I AM PEACEFUL,
I AM EMPOWERED AND I EMPOWER OTHERS,
I AM MOTIVATED TO PURSUE MY DREAMS AND TRUE SOULS PURPOSE,
I AM IN ALIGNMENT WITH ABUNDANT FLOW OF THE UNIVERSE,
I AM DIVINE PRESENCE.**

**Spiritually Awakened Reiki
Lena Attila, Reiki Master**

ONE MONTH COMPLETION OF CLEARING AND RELEASING YOUR SOLAR PLEXUS CHAKRA

Congratulations! You did it! You have completed one month of clearing and releasing your Solar Plexus Chakra. You may feel great, uplifted, calmer, lighter, more self esteem and confidence or just the opposite since you've cleared and released so much more negative and stagnant energy. If you don't think there has been any changes, improvements or transformations within or around you, please don't be hard on yourself thinking that this is not working for you. Everyone's healing journey is unique in its own way, healing begins when we are completely ready and maybe you just need more time. Continue to do this activation and intention for another week or so and see how you feel then. Give yourself a big hug and sit with your feelings for a while and think about if healing is really what you want at this time. Don't give up! Let's continue to work with bringing healing, love and balance to your Solar Plexus Chakra through activation and intention during dreamtime healing. The light of Christ's wisdom radiates from this chakra, this is where intelligence, knowledge and wisdom unite and connect. As we continue to work on this chakra and raise our consciousness, our Solar Plexus Chakra will shift and vibrate to a radiant shimmering yellow colour frequency in the fifth dimension. We will no longer need anyone's approval or validation when it comes to making decisions. We unapologetically and courageously pursue our goals and aspirations in life. We begin to understand and trust that life is not here to get us, but rather that we are here to live it and live it well!

Spiritually Awakened Reiki
Lena Attila, Reiki Master

**BRINGING HEALING, LOVE AND BALANCE TO YOUR SOLAR PLEXUS CHAKRA
THROUGH ACTIVATION AND INTENTION DURING DREAMTIME HEALING**

Do this activation and intention every night for seven days, preferably before bedtime. Choose any crystals that are associated with this chakra that resonates with you. Take the crystals of your choice and put them on your Solar Plexus Chakra area or hold them in your non dominant hand. Crystals are optional, if you choose not to use the crystals, then simply place your hands on the chakra area instead. When you are centred, relaxed and ready, say out loud. MIGHTY I AM PRESENCE, GREAT HOST OF ASCENDED MASTERS, GREAT ANGELIC HOST, MIGHTY COSMIC BEINGS AND THE GREAT BEINGS FROM THE HEALING TEMPLE OF LIGHT. My desired intention is for your assistance in activating and bringing healing, love and balance to my digestive system, pancreas, gallbladder, liver, stomach, large intestine, lungs, spleen and to my adrenal glands. To my digestive system. I love and appreciate you. To my pancreas. I love and appreciate you. To my gallbladder. I love and appreciate you. To my liver. I love and appreciate you. To my stomach. I love and appreciate you. To my large intestine. I love and appreciate you. To my lungs. I love and appreciate you. To my spleen. I love and appreciate you. To my adrenal glands. I love and appreciate you. I have a deep loving connection and relationship to all my organs that are associated within my Solar Plexus Chakra. MIGHTY I AM PRESENCE, thank you for your assistance in activating, healing, loving and balancing my Solar Plexus Chakra and for all your support. And So It Is.

Visualize the shimmering colour of yellow as you say these affirmations to assist with activating and balancing all your organs within your Solar Plexus Chakra into the fifth dimension. Pay attention to what you are feeling within your body, warmth, uplifting, floating, tingling, love, compassion, emotional release, light headedness, etc.

**I AM CONFIDENT, I AM AUTHENTIC, I AM STRONG, I AM PEACEFUL,
I AM EMPOWERED AND I EMPOWER OTHERS,
I AM MOTIVATED TO PURSUE MY DREAMS AND TRUE SOULS PURPOSE,
I AM IN ALIGNMENT WITH ABUNDANT FLOW OF THE UNIVERSE,
I AM DIVINE PRESENCE.**

**Spiritually Awakened Reiki
Lena Attila, Reiki Master**

PRACTICES TO HELP KEEP YOUR SOLAR PLEXUS CHAKRA IN THEIR ASCENDED BLISSFUL STATE

MINDFUL SOLAR PLEXUS BREATHING EXERCISE

Stand up straight and tall and keep your feet partially apart. Keep your hands outstretched in front of your Solar Plexus Chakra area and imagine you are holding and nurturing a ball of shimmering yellow light that is your Solar Plexus Chakra. Very slowly and gently play around with this ball of shimmering yellow light, you might even consciously be aware of sensations of energy within your Solar Plexus Chakra. As you breathe, imagine the energy of your breath filling your Solar Plexus Chakra with radiating shimmering yellow light. Expand your breath with this energy filling your whole energy system, then expand the energy to the size of your entire room. When you have completed a few minutes of breathing and filling your Solar Plexus Chakra, imagine your Solar Plexus Chakra decreasing back into its normal size, squeezing all the energy of the shimmering yellow light into a snug ball. At the end of the breathing exercise let the energy of the shimmering yellow light charge and spread all around you.

SOLAR PLEXUS CHAKRA TEA

Chamomile, Fennel, Ginger.

Use dried, fresh, herbs or teabags for this chakra tea. Put one heaping teaspoon of each herb or one teabag each of herbs mentioned above in a teapot, pour one to two cups of boiling water and let it steep for three to five minutes. Pour into a cup through a strainer if using loose or fresh herbs. If using teabags, just pour steeped tea into a cup. Add honey if desired for a sweeter taste. Enjoy!

AROMATIC CHAKRA BATH SOAK

5 drops lavender essential oil, 3 drops ylang ylang essential oil,
2 drops bergamot essential oil.

Add the oils to a carrier oil of your choice and add it to a full warm to hot bath water. Soak for 20 to 30 minutes. Enjoy!

SOLAR PLEXUS DIFFUSER BLEND

3 drops patchouli essential oil, 3 drops mandarin essential oil, 2 drops grapefruit essential oil,
2 drops lemon essential oil.

Diffuse this Solar Plexus Chakra blend into any room, day or night. Add essential oils in your diffuser using the recommended amount of water for your machine or candle burner. Use this blend by inhaling the citrusy scents while practicing your Solar Plexus Chakra breathing exercise. Enjoy!

Spiritually Awakened Reiki
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HEART CHAKRA

Location- Centre of the chest.

Function- Love, loving beyond self, compassion.

Colour- Green. The colour green promotes strong active love for others. Green symbolizes, harmony, balance, healing, safety, growth, nurturing, relaxation, encouraging, revitalizes, unconditional love and support.

Endocrine Gland- Thymus gland.

Organs Influenced- Cardiac system including the heart, lungs, spleen, ribs, immunity, vagus nerve, circulatory system, arms, hands.

Crystals- Emerald, green aventurine, green jade, kunzite, malachite, rose quartz, chrysoprase rhodochrosite.

Ascension Crystals- Satyaloka Quartz, Phenacite, scolecite, Danburite.

Nourishing this Chakra- All naturally green foods, kale, spinach, leafy greens, beans, avocados, broccoli, brussels sprouts, peas, asparagus, spirulina, cucumbers, zucchini, chlorella, matcha, kiwi, green grapes, green apples.

Treating with Reiki- Heart, thymus, lungs, spleen, ribs, shoulders, arms, hands, breasts, upper back, circulatory problems, immune system, respiratory system, emotional problems, inability to love oneself or others, creating connections with others and self, jealousy, loneliness.

Sense- Skin, touch.

Element- Air.

Out of Harmony- The love given is not sincere, we feel the lack of love in our lives, looking for rewards, cannot accept the love given by others, fear of letting others in, does not trust others, protecting oneself from recurrence of past hurts, lack of emotional security. Heart conditions are the most common physical symptoms, like heart attacks, blood pressure problems, problems with the circulatory system and immune disease.

In Harmony- We give love unconditionally, we attract to ourselves those people who gives us an abundance of love. Tolerance and acceptance of life and relationships. Balance of the material and spiritual worlds.

Spiritually Awakened Reiki
Lena Attila, Reiki Master



HEART CHAKRA

Do this Heart Chakra activation and intention every night just before bedtime for one month to unblock, clear and release any negative and stagnant energy that is stored in this chakra. You may choose to work with one or more crystals for this activation and intention that resonates with you, or you may not want to work with any crystals at all. Remember to cleanse your crystals often to rid them of any negative energy. After you complete the activation and intention practice, keep your crystals under your pillow or on your nightstand as you sleep. Keep a journal on your nightstand to record any dreams, glimpses of your past lives or anything that may be brought up to the surface for healing. Whatever comes up, acknowledge it, thank it, love it, forgive it and let it go! This activation and intention will ignite the start of your healing journey and the detoxification process from your body through normal bodily functions. Drink plenty of purified water and tea to help flush out toxins for quicker results and from dehydration. Daily self and regular reiki treatments, meditation, frequent epsom salt and essential oil baths, walking in nature, rest and relaxation or whatever other activity or hobbies you enjoy doing will help support the healing process.

ACTIVATION AND INTENTION PRACTICE FOR CLEARING AND RELEASING YOUR HEART CHAKRA

Do this Heart Chakra activation and intention practice every night just before bedtime for one month to unblock, clear and release any negative and stagnant energy that is stored in this chakra. Choose any crystals that are associated with this chakra and place them on the Heart Chakra area as you lay down. You may just want to hold the crystals in your non dominant hand or you may just want to place your hands on the chakra area instead, crystals are optional. Take a few deep breaths in through your nose and out through your mouth slowly. When you are centred, relaxed and ready, say out loud. MIGHTY I AM PRESENCE, GREAT HOST OF ASCENDED MASTERS, MIGHTY LEGIONS OF LIGHT, GREAT ANGELIC HOST, MIGHTY COSMIC BEINGS AND THE GREAT BEINGS FROM THE HEALING TEMPLE OF LIGHT. My desired intention is for assistance in unblocking, clearing and releasing all negative and stagnant energy from my heart, thymus, lungs, ribs, spleen, circulatory system, arms and from my hands that no longer serves me, that is stored within my Heart Chakra in all time frames, past lives, dimensions, realities and in this life right now! MIGHTY I AM PRESENCE, thank you for your assistance in unblocking, clearing, releasing and for all your love and support. And So It Is. Pay attention to what you may be feeling within your body, warmth, tingling, uplifted, floating, love, compassion, emotional release, anger, light headedness, etc.

**I AM LOVE, I AM COMPASSION, I AM CONNECTED,
I AM PEACE, I AM PRESENCE.**

**Spiritually Awakened Reiki
Lena Attila, Reiki Master**

ONE MONTH OF COMPLETION OF CLEARING AND RELEASING YOUR HEART CHAKRA

Congratulations! You did it! You have completed one month of clearing and releasing your Heart Chakra. You may feel great, uplifted, calmer, lighter, more love, compassion and patience or just the opposite since you've cleared and released more negative and stagnant energy. If you don't feel like there has been any changes, improvements or transformations within or around yourself, please don't be hard on yourself thinking that this is not working for you. Everyone's healing journey is unique in its own way, healing begins when we are completely ready and maybe you just need more time. Continue to do this activation and intention for another week or so and see how you feel then. Give yourself a big hug and sit with your feelings for a while and think about if healing is really what you want at this time. Don't give up! Let's continue to work with bringing healing, love and balance to your Heart Chakra through activation and intention during dreamtime healing. As we continue to work on this chakra and raise our consciousness, our Heart Chakra will shift and vibrate to a radiant shimmering green colour frequency in the fifth dimension. You must have all your twelve chakras anchored, active and radiating. This happens when we live our life accordingly in a loving, harmless way and also when we hold enough light. In the old ways we lived from either our Root or Solar Plexus Chakras, now in this new modern day age we are being asked to live from our higher hearts. Our higher hearts are our true root chakra centre and in this state we love unconditionally and find profound beauty everywhere and in everything. We begin to see everything from a new perspective and light, the harmony we find from living in this centre, helps us all to peacefully welcome life in all its aspects. We respect and honour everyone's journey without any judgments as we know that whatever we are going through, has already been decided on a soul level. We feel no obligation to force our assistance onto others, we may offer support and a helping hand when it is needed, but never interfere. Our need to have compassion is related to our beliefs in suffering. There is no suffering, as this comes from the conceptualization of duality.

Spiritually Awakened Reiki
Lena Attila, Reiki Master

BRINGING HEALING, LOVE AND BALANCE TO YOUR HEART CHAKRA THROUGH ACTIVATION AND INTENTION DURING DREAMTIME HEALING

Do this activation and intention every night for seven days, preferably before bedtime. Choose any crystals that are associated the Heart Chakra that resonates with you. Take the crystals of your choice and put them on your chakra area or hold the crystals in your non dominant hand. Crystals are optional, if you choose not to use the crystals, then simply place your hands on the chakra area instead. Take a few deep breaths in through your nose and out through your mouth slowly. When you are centred, relaxed and ready, say out loud. MIGHTY I AM PRESENCE, GREAT HOST OF ASCENDED MASTERS, GREAT ANGELIC HOST, MIGHTY COSMIC BEINGS AND THE GREAT BEINGS FROM THE HEALING TEMPLE OF LIGHT. My desired intention is for assistance in activating and bringing love and balance to my heart, thymus, lungs, ribs, spleen, circulatory system, arms and my hands. To my heart. I love and appreciate you. To my thymus. I love and appreciate you. To my lungs. I love and appreciate you. To my ribs. I love and appreciate you. To my spleen. I love and appreciate you. To my circulatory system. I love and appreciate you. To my arms. I love and appreciate you. To my hands. I love and appreciate you. I have a deep loving connection and relationship to all of my organs that are associated within my Heart Chakra. MIGHTY I AM PRESENCE, thank you for your assistance in healing, loving and balancing my Heart Chakra and for all your support. And So It Is.

Visualize the shimmering colour of green as you say these affirmations to assist with activating and balancing all your organs within your Heart Chakra into the fifth dimension. Pay attention to what you are feeling within your body, warmth, uplifting, tingling, floating, love, compassion, emotional release, light headedness, etc.

**I AM LOVE, I AM COMPASSION, I AM CONNECTED,
I AM PEACE, I AM PRESENCE.**

**Spiritually Awakened Reiki
Lena Attila, Reiki Master**

PRACTICES TO HELP KEEP YOUR HEART CHAKRA IN THEIR ASCENDED BLISSFUL STATE

WORKING WITH YOUR HEART CHAKRA PRACTICING FORGIVENESS

When we forgive ourselves and others who have hurt us, we feel a sense of freedom and peace when we are no longer binded by our anger and sadness. This helps us to move from selfish illusions to a more positive and beautiful reality. Practicing forgiveness is hard work but with the courage of letting go, patience and letting Divine Source into the process of forgiveness, we will grow stronger and trust more. Together with Divine Source we can come to a time where forgiveness is intuitively natural and straight from our hearts. What a blessed, loving, powerful, positive and peaceful way to live.

A LOVING COMFORTING MASSAGE BLEND TO MAKE YOUR HEART CHAKRA ASCEND

Use this Heart Chakra blend below by gently massaging the oils onto the Heart Chakra. The oils will absorb into the bloodstream and work to balance the Heart Chakra for up to one week.

2 drops rose essential oil, 2 drops neroli essential oil
2 drops rosewood essential oil.

Mix two drops of each essential oils in a 15ml carrier oil of choice and massage away.

A SENSUAL FLORAL BATH SOAK

6 drops of lavender essential oil, 5 drops of Jasmine essential oil,
4 drops of sandalwood essential oil.

Add the essential oils to one cup of epsom salts. Add mixture to a full bath of warm to hot water and soak for 20 to 30 minutes. Enjoy!

LOVE OIL MASSAGE

4 tbs sweet almond oil, 12 drops sandalwood essential oil, 6 drops ylang ylang essential oil,
4 drops clary sage essential oil, 2 drops rose essential oil.

Mix the oils with warm sweet almond oil in a shallow dish. Apply small amounts to the body using a gentle pressure and working towards the Heart Chakra. Avoid the face and genital area.

ROMANTIC HERBAL TEA FOR TWO

2 tsp rose petals, 1 tsp spearmint herb, 1 tsp licorice root ground, 1 tsp hawthorn herb,
a pinch of the following, coriander, cinnamon, nutmeg, vanilla or ginger honey to taste.

Bring 3 cups of water to a boil. Place the herbs listed above in the hot water and let it simmer on low for 3 to 5 minutes. Remove from heat and allow it to steep for 5 minutes. Pour herbal tea through a strainer and drink. Enjoy!

Spiritually Awakened Reiki
Lena Attila, Reiki Master





THROAT CHAKRA

Location- Base of throat, between inner collarbone.

Function- Communication, expression of being, inner voice.

Colour- Blue. The colour blue assists us to speak our truth, strengthens the inner master and brings truth and a quiet sense of order. The colour blue symbolizes security, trust, loyalty, and responsibility. The colour blue protects, calms, relaxes, supports and brings us peace and confidence.

Endocrine Gland- Thyroid.

Organs Influenced- Throat, thyroid, trachea, esophagus, parathyroid, hypothalamus, neck vertebrae, mouth, jaw and teeth, nose, ears, shoulders, neck.

Crystals- Lapis lazuli, sodalite, blue lace agate, celestite, blue calcite, blue sapphire, hemimorphite, labradorite, apatite, aquamarine, aragonite, azurite, benitoite, dumortierite, iolite, blue kyanite, indigo kyanite, lazurite, turquoise, blue aventurine.

Ascension Crystals- Petalite, tanzanite.

Nourishing this Chakra- Foods and drinks to soothe the Throat Chakra, fruit and vegetable juices with high water content and herbal teas. Blueberries, blackberries, black currants, indigo rose tomatoes, blue marble fruits, blue elderberries, damson plums, concord grapes, bilberries, blue jarrahdale pumpkins, blue corn, ceylon blue olives, blue honeysuckle fruits

Treating with Reiki- Throat, thyroid glands, thymus, parathyroid, vocal support, bronchial system, sinuses, asthma, allergies, anxiety and disability to communicate and express oneself.

Sense- Hearing.

Element- Akasha.

Out of Harmony- Despite much talking cannot find expression, too much gossiping, fearful of being judged and rejected, sleep disorders, not a good listener, fear of speaking and afraid of silence, weak voice, shyness, tone deafness, neglects their own needs, puts others first before self, is dishonest, feels guilty or victimized, feelings of not being understood, not very creative, excessive drinking and eating, throat, mouth, teeth and gums illnesses, communication is difficult.

In Harmony- knows how to listen to the inner voice and trusts own intuition, knows balance of expression, silence and speech.

Spiritually Awakened Reiki

Lena Attila, Reiki Master



THROAT CHAKRA

Do this Throat Chakra activation and intention every night just before bedtime for one month to unblock, clear and release any negative and stagnant energy that is stored in this chakra. You may choose to work with one or more crystals for this activation and intention that resonates with you, or you may not want to work with any crystals at all. Remember to cleanse your crystals often to rid them of any negative energy. After you complete the activation and intention practice, keep your crystals under your pillow or on your nightstand as you sleep. Keep a journal on your nightstand to record any dreams, glimpses of your past lives or anything that may be brought up to the surface for healing. Whatever comes up, acknowledge it, thank it, love it, forgive it and let it go! This activation and intention will ignite the start of your healing journey and the detoxification process from your body through normal bodily functions. Drink plenty of purified water and tea to help flush out toxins for quicker results and from dehydration. Daily self and regular reiki treatments, meditation, frequent epsom salt and essential oil baths, walking in nature, rest and relaxation or whatever other activity or hobbies you enjoy doing will help support the healing process.

ACTIVATION AND INTENTION PRACTICE FOR CLEARING AND RELEASING YOUR THROAT CHAKRA

Do this Throat Chakra activation and intention every night just before bedtime for one month to unblock, clear and release any negative and stagnant energy that is stored in this chakra. Choose any crystals that are associated with this chakra and place them on the throat chakra area as you lay down. You may just want to hold the crystals in your non dominant hand or you may just want gently place your hands on or just over the chakra area instead, crystals are optional. Take a few deep breaths in through your nose and out through your mouth slowly. When you are centred, relaxed and ready, say out loud. MIGHTY I AM PRESENCE, GREAT HOST OF ASCENDED MASTERS, MIGHTY LEGIONS OF LIGHT, GREAT ANGELIC HOST, MIGHTY COSMIC BEINGS AND THE GREAT BEINGS FROM THE HEALING TEMPLE OF LIGHT. My desired intention is for assistance in unblocking, clearing and releasing all negative and stagnant energy from my throat, thyroid, trachea, esophagus, parathyroid, hypothalamus, neck vertebrae, mouth, jaw and teeth, nose, ears, shoulders and from my neck that no longer serves me, that is stored within my Throat Chakra in all time frames, past lives, dimensions, realities and in this life right now! MIGHTY I AM PRESENCE, thank you for your assistance in unblocking, clearing, releasing and for all your love and support. And So It Is. Pay attention to what you may be feeling within your body, warmth, tingling, uplifted, floating, love, compassion, emotional release, anger, light headedness, etc.

**I AM AN IMPORTANT VOICE IN THE WORLD AND MY VOICE IS HEARD.
I AM AN ACTIVE LISTENER. I AM HONEST ABOUT WHO I AM.
I AM EXPRESSIVE. I AM POSITIVE AND TRUTHFUL.
I AM DIVINE**

**Spiritually Awakened Reiki
Lena Attila, Reiki Master**

There is only one Truth, and We Are That.

For it to be realized, all that is believed and assumed to be known must be surrendered. All un-truths must be exposed and discarded entirely.

You must welcome into your heart nothing other than a blissful and profound presence of continual un-knowingness. The less you know, the closer to being truth-realized you become.

Only then can the revelation of one's true nature be self-realized. But it is nothing that is acquired, found, earned or learned. It is simply a permanent shift in perspective, one that reveals the truth of All That Is.

ONE MONTH COMPLETION OF CLEARING AND RELEASING YOUR THROAT CHAKRA

Congratulations! You did it! You have completed one month of clearing and releasing your Throat Chakra. You may feel great, uplifted, calmer, lighter, more communication with your inner voice and self expression or just the opposite since you've cleared and released so much more negative and stagnant energy. If you don't feel like there has been any changes, improvements or transformations within or around yourself, please don't be hard on yourself thinking that this is not working for you. Everyone's healing journey is unique in its own way, healing begins when we are completely ready and maybe you just need more time. Continue to do this activation and intention for another week or so and see how you feel then. Give yourself a big hug and sit down with your feelings and think about if healing is really what you want at this time. Don't give up! Let's continue to work with bringing healing, love and balance to your Throat Chakra through activation and intention during dreamtime healing. As we continue to work on this chakra and raise our consciousness, our Throat Chakra will shift and vibrate to a radiant shimmering blue colour frequency in the fifth dimension. The Throat Chakra represents our ability to express our God/Goddess given talents and gifts through a specific service to others in the world. We must embrace our own unique creativity and experiences without embarrassment, fear or judgments and without the approval of others and share them from a place of honesty and authenticity. In this state, we have discovered that God's voice is our own and that our highest expressions become manifest, where we are free to say what we mean and mean what we say. Words do have an effect on those whose ears receive them, therefore we must speak calmly, clearly and truthfully with only the highest expression and vibration of love. Nothing is more powerful than speaking our truth!

Spiritually Awakened Reiki
Lena Attila, Reiki Master

BRINGING HEALING, LOVE AND BALANCE TO YOUR THROAT CHAKRA THROUGH ACTIVATION AND INTENTION DURING DREAMTIME HEALING

Do this activation and intention every night for seven days, preferably before bedtime. Choose any crystals that are associated with the Throat Chakra that resonates with you. Take the crystals of your choice and place them gently on your chakra area or hold the crystals in your non dominant hand. Crystals are optional, if you choose not to use the crystals, then simply place your hand gently on or above the chakra area instead. Take a few deep breaths in through your nose and out through your mouth slowly. When you are centred, relaxed and ready, say out loud. MIGHTY I AM PRESENCE, GREAT HOST OF ASCENDED MASTERS, GREAT ANGELIC HOST, MIGHTY COSMIC BEINGS AND THE GREAT BEINGS FROM THE HEALING TEMPLE OF LIGHT. My desired intention is for assistance in activating and bringing healing, love and balance to my throat, thyroid, trachea, esophagus, parathyroid, hypothalamus, neck vertebrae, mouth, jaw and teeth, nose, ears, shoulders and neck. To my throat. I love and appreciate you. To my thyroid. I love and appreciate you. To my trachea. I love and appreciate you. To my esophagus. I love and appreciate you. To my parathyroid. I love and appreciate you. To my hypothalamus. I love and appreciate you. To my neck vertebrae. I love and appreciate you. To my mouth. I love and appreciate you. To my jaw and teeth. I love and appreciate you. To my nose. I love and appreciate you. To my ears. I love and appreciate you. To my shoulders. I love and appreciate you. To my neck. I love and appreciate you. I have a deep loving connection and relationship to all my organs that are associated within my Throat Chakra. MIGHTY I AM PRESENCE, thank you for your assistance in healing, loving, balancing my Throat Chakra and for all your support.

Visualize the shimmering colour blue as you say these affirmations to assist with activating and balancing all your organs within your Throat Chakra into the fifth dimension. Pay attention to what you are feeling within your body, warmth, uplifting, floating, tingling, love, compassion, emotional release, light headedness, etc.

**I AM AN IMPORTANT VOICE IN THE WORLD AND MY VOICE IS HEARD.
I AM AN ACTIVE LISTENER. I AM HONEST ABOUT WHO I AM. I AM EXPRESSIVE.
I AM POSITIVE AND TRUTHFUL.
I AM DIVINE PRESENCE.**

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PRACTICES TO HELP KEEP YOUR THROAT CHAKRA IN THEIR ASCENDED BLISSFUL STATE

WORKING WITH YOUR THROAT CHAKRA REIKI WITH SOUND TONING

Sound vibration and our bodies react and respond to different frequencies or tones. We all have our unique vibrational or base tone, as well as a tone in each of our chakras. We are surrounded by sound, some sounds support us and other sounds can create imbalances. Sound has been used for healing for centuries by people from different traditions and cultures. Many healers use toning to alter the energetic field of their clients to improve harmony and health. There are different tones and tone combinations that can be used for different purposes, such as loosening energy blocks and charging the aura of the body and chakras. When transmitting reiki energy, you can also tone into the chakras to increase the energy flow and increase the harmonizing effects. As we continue to raise our consciousness to a certain level of frequency, you will notice a new vibrational tone in your voice that you have never recognized before. This is your new personal vibrational tone, work with it by singing, chanting, toning and use it to keep your chakras active, radiating, balanced and vibrating in their ascended blissful state.

CHAMOMILE AND LAVENDER TEA BLEND TEATIME IS ANYTIME

Combine dried or fresh chamomile and lavender flowers or one of each teabags to make this wonderful soothing calming tea. This blend is perfect for winding down in the evenings.

2 tsp dried or fresh chamomile flowers or 1 chamomile teabag.
Pinch of dried or fresh lavender flowers or 1 lavender teabag.

Put the dried or fresh chamomile and lavender flowers into a teapot. Pour hot boiling water over the flowers and allow it to steep for about 5 minutes and pour over a strainer into a cup. If using the teabags, no need to strain. Add honey for added sweetness and enjoy!

AN OIL BLEND TO MAKE YOUR THROAT CHAKRA ASCEND

A CREATIVE BLEND TO AID EXPRESSION

Use this blend by gently massaging the oils onto the Throat Chakra area. The oils will absorb into the bloodstream and work to balance your Throat Chakra for up to one week!

2 drops sweet orange essential oil, 2 drops lime essential oil,
2 drops chamomile essential oil.

Mix 2 drops of each essential oils in a 15ml carrier oil of choice and massage away!

Spiritually Awakened Reiki
Lena Attila, Reiki Master

THIRD EYE CHAKRA

Location- Middle of the forehead, above the centre of the eyebrows.

Function- Intuitive Centre, seat of will and clairvoyance, inner wisdom.

Colour- Indigo. The colour indigo represents the bridge between life and it's end, right and left hemispheres heaven and earth. Indigo is the colour of intuition, integrity, intuition, structure and order. Indigo brings introspective, encouragement, responsibility and insight.

Endocrine Gland- Pituitary Gland.

Organs Influenced- Eyes, brain, base of skull, ears and nose.

Crystals- Lapis lazuli, azurite, amethyst, blue obsidian, celestite, lavender quartz, purple fluorite, tanzanite, sugilite, blue sapphire, indigo, black kyanite, clear quartz, sodalite, prasiolite, opal, blue aventurine, iolite, indigo grabbro crystals, blue howlite, angelite, turquoise, labradorite, chrysocolla, blue tiger's eye, blue quartz, apatite, amazonite, blue jade, blue lace agate, blue tourmaline, bluestone.

Ascension Crystals- Phenacite, brookite, scolecite, henderite, natrolite.

Nourishing this Chakra- Cacao, purple grapes, eggplant, purple kale, blueberries, blackberries, purple sweet potatoes, omega-3 rich foods, salmon, walnuts, avocado. Plenty of water intake will help to move stagnant energy in the body, physically and energetically.

Treating with Reiki- Eyes, sinusitis, face, ears, nose, throat, lymph, pituitary gland, brain, stress, burnouts, colds, headaches, migraines, insomnia, nightmares, confusion, dizziness, depression, hormone imbalances and lymphatic diseases.

Sense- Mind.

Element- Ether.

Out of Harmony- Lack of imagination or excessive fantasizing, rejects spiritual aspects, denial, can't see what's going on, focus on intellect and science, only sees obvious, obsessions and inability to see alternatives, afraid of intuition.

In Harmony- Invites intuition and inner awareness into everyday life, awareness of the spiritual side of being, we see more clearly and are connected to the universe.

Spiritually Awakened Reiki
Lena Attila, Reiki Master



THIRD EYE CHAKRA

Do this Third Eye Chakra activation and intention every night just before bedtime for one month to unblock, clear and release any negative energy and stagnant energy that is stored in this chakra. You may choose to work with one or more crystals for this activation and intention that resonates with you, or you may not want to work with any crystals at all. Remember to cleanse your crystals often to rid them of any negative energy. After you have completed the activation and intention practice, keep your crystals under your pillow or on your nightstand as you sleep. Keep a journal on your nightstand to record any dreams, glimpses of your past lives or anything that may be brought up to the surface for healing. Whatever comes up, acknowledge it, thank it, love it, forgive it and let it go! This activation and intention will ignite the start of your healing journey and the detoxification process from your body through normal bodily functions. Drink plenty of purified water and tea to help flush out toxins for quicker results and from dehydration. Daily self and regular reiki treatments, meditation, frequent epsom salt and essential oil baths, walking in nature, rest and relaxation or whatever other activity or hobbies you enjoy doing will help support the healing process.

ACTIVATION AND INTENTION PRACTICE FOR CLEARING AND RELEASING YOUR THIRD EYE CHAKRA

Do this Third Eye Chakra activation and intention practice every night just before bedtime for one month to unblock, clear and release any negative and stagnant energy that is stored in this chakra. Choose any crystals that are associated with this chakra and place them on the Third Eye Chakra area as you lay down. You may just want to hold the crystals in your non dominant hand or you may just want to gently place your hands on or just above the chakra area, or put your power finger gently on your Third Eye Chakra and lightly massage slowly in a clockwise motion to activate. Crystals are optional. Take a few deep breaths in through your nose and out through your mouth slowly. When you are centred, relaxed and ready, say out loud. MIGHTY I AM PRESENCE, GREAT HOST OF ASCENDED MASTERS, MIGHTY LEGIONS OF LIGHT, GREAT ANGELIC HOST, MIGHTY COSMIC BEINGS AND THE GREAT BEINGS FROM THE HEALING TEMPLE OF LIGHT. My desired intention is for assistance in unblocking, clearing and releasing all negative and stagnant energy from my eyes, brain, base of skull, ears and nose that no longer serves me, that is stored within my Third Eye Chakra in all time frames, past lives, dimensions, realities and in this life right now! MIGHTY I AM PRESENCE, thank you for your assistance in unblocking, clearing, releasing and for all your love and support. And So It Is. Pay attention to what you may be feeling within your body, warmth, tingling, uplifted, floating, love, compassion, emotional release, anger, light headedness, etc.

**I AM TIMELESS. I AM ETERNAL. I AM CONNECTED.
I AM WISDOM. I AM DIVINE PRESENCE.**

**Spiritually Awakened Reiki
Lena Attila, Reiki Master**

ONE MONTH COMPLETION OF CLEARING AND RELEASING YOUR THIRD EYE CHAKRA

Congratulations! You did it! You have completed one month of clearing and releasing your Third Eye Chakra. You may feel great, uplifted, calmer, lighter, more inner wisdom, insight, intuitive dreaming and divinely guided or just the opposite since you've cleared and released more and more negative and stagnant energy. If you don't feel like there has been any changes, improvements or transformations within or around yourself, please don't be hard on yourself thinking that this is not working for you. Everyone's healing journey is unique in its own way, healing begins when we are completely ready and maybe you just need more time. Continue to do this activation and intention practice for another week or so and see how you feel then. Give yourself a big hug and sit with your feelings for a while and think about if healing is really what you want at this time. Don't give up! Let's continue to work with bringing healing, love and balance to your Third Eye Chakra through activation and intention during dreamtime healing. As we continue to work on this chakra and raise our consciousness, our Third Eye Chakra will shift and vibrate to a radiant shimmering indigo colour frequency in the fifth dimension. The Third Eye is a revered tool of seers and mystics and is considered to be the organ of supreme universal connection. Developing the Third Eye is the gateway to all things psychic, such as clairvoyance, astral projection, lucid dreaming, telepathy, intuition, awareness, wisdom, clarity, visualization, aura viewing, creative dreaming etc. In this frequency the illusion of separation between self and spirit fades away when the Third Eye connection develops. The Third Eye also helps to determine one's reality and beliefs based on what one chooses to see in the world.

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BRINGING HEALING, LOVE AND BALANCE TO YOUR THIRD EYE CHAKRA THROUGH ACTIVATION AND INTENTION DURING DREAMTIME HEALING

Do this activation and intention every night for seven days, preferably before bedtime. Choose any crystals that are associated with the Third Eye Chakra that resonates with you. Take the crystals of your choice and put them on your chakra area or hold the crystals in your non dominant hand. Crystals are optional, if you choose not to use the crystals, then simply place your hand on or just over the chakra area or place your power finger gently on your Third Eye Chakra and lightly massage slowly in a clockwise motion to activate instead. Take a few deep breaths in through your nose and out through your mouth slowly. When you are centred, relaxed and ready, say out loud. MIGHTY I AM PRESENCE, GREAT HOST OF ASCENDED MASTERS, GREAT ANGELIC HOST, MIGHTY COSMIC BEINGS AND THE GREAT BEINGS FROM THE HEALING TEMPLE OF LIGHT. My desired intention is for assistance in activating and bringing healing, love and balance to my eyes, brain, base of skull, ears and my nose. To my eyes. I love and appreciate you. To my brain. I love and appreciate you. To my base of skull. I love and appreciate you. To my ears. I love and appreciate you. To my nose. I love and appreciate you. I have a deep loving connection and relationship to all my organs that are associated within my Third Eye Chakra. MIGHTY I AM PRESENCE, thank you for your assistance in healing, loving, balancing and for all your support. And So It Is.

Visualize the shimmering colour of indigo as you say these affirmations to assist with activating and balancing all your organs within your Third Eye Chakra into the fifth dimension. Pay attention to what you are feeling within your body, warmth, uplifting, floating, tingling, love, compassion, emotional release, light headedness, etc.

**I AM TIMELESS. I AM ETERNAL. I AM CONNECTED.
I AM WISDOM. I AM DIVINE PRESENCE.**

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PRACTICES TO HELP KEEP YOUR THIRD EYE CHAKRA IN THEIR ASCENDED BLISSFUL STATE

WORKING WITH YOUR THIRD EYE CHAKRA MEDITATION

Meditation activates the pineal gland through vibration and intention and is the most used powerful tool for bringing the Third Eye Chakra into alignment. This can be as simple as sitting or lying in stillness getting in touch with your higher self, I AM PRESENCE and feelings. As you continue to practice meditation daily for as long as you can, this will in time lead you into awareness and clarity, as well as teach you to listen to inner guidance and intuition. You may follow a guided meditation designed specifically for the Third Eye Chakra or chanting mantras by verbalizing the seed sound AUM. The vibration energy targets the Third Eye Chakra and opens the flow of energy and also causes the tetrahedron bone in the nose to respond, which stimulates the pineal gland. Chanting mantras can also help to cultivate a feeling of appreciation and gratitude.

SUN GAZING

Sun gazing is a form of meditation that involves gazing at the sun, typically at sunrise and sunset. This improves spiritual connection and increases clarity, boosts production of the feel good hormones serotonin and melatonin, releases internal emotional blocks and personal potential, heals the mind, body, spirit and recharges the soul. The sun is a wonderful source of power and gazing gently at the sun during the first few minutes at sunrise and at the last few minutes at sunset can boost your pineal gland and also helps to open the Third Eye Chakra. The most common physical, mental, spiritual experiences reported from sun gazing were bliss, joy, peace and calmness. If you choose to sun gaze, please be sure to follow proper safety precautions, as it's possible to damage your eyes by the uv rays from the sun.

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WORKING WITH YOUR THIRD EYE CHAKRA

CANDLE GAZING

Candle gazing is an ancient form of meditation called TRATAKAM, where a person focuses their gaze on the flame of a candle. Candle gazing helps to bring energy to the Third Eye Chakra. It increases concentration, improves memory and helps with spiritual advancements by channeling our thoughts and focusing our mind where we regain wasted energy and move towards peace. Candle gazing helps to focus your attention on the flickering flame, where you become fully absorbed in the present moment. This is a wonderful and quick practice to reach an altered state of being. In this altered state, the subconscious mind is more open to the suggestion of your intentions. The focus and attention takes the mind into a heightened state of awareness, when the mind is calm and focused it brings a transcendent state of stillness and helps you to access your inner light. Candle gazing can awaken your Third Eye Chakra when you hold a steady gaze at the flame. The ciliary (blink) reflex is triggered, which in turn activates the pineal gland and stimulates your Third Eye Chakra.

HOW TO DO A CANDLE GAZING MEDITATION

Choose a quiet and dark space where you will not be interrupted. Find a place to put your candle at eye level. Use a blue candle or tea light candle to enhance imagination, insight, wisdom and clarity. Sit on a chair, floor or cushion, close your eyes and take a few deep cleansing breaths in and out slowly. When you are centred, relaxed and ready, open your eyes and stare at the flickering flame and allow it to be the only main focus of your mind. Hold your mind steady and watch the flame flicker side to side, up and down. Your eyes may begin to water, hold still, this will pass. If you end up blinking and lose your focus, just return your attention back on to the flame. As you gaze at the flame, breathe and focus on the sensation of the light flowing into you with each inhalation. As time passes, the room around you will begin to fade until your only awareness is the flame. When your meditation is over, lay down with your eyes closed for as long as you wish as this will allow your mind and body to come back to full awareness. Touching a grounding crystal will help to keep you grounded. Make sure to drink enough water as you continue with your day. As you continue to practice this candle gazing meditation daily, you will notice that mental chatter eases and the blocks of limitations fade away.

Spiritually Awakened Reiki
Lena Attila, Reiki Master

WORKING WITH YOUR THIRD EYE CHAKRA

THIRD EYE CHAKRA ANOINTING OIL

This is a wonderful Third Eye Chakra anointing oil blend to place on your Third Eye Chakra during focused meditations. Simply apply the oil blend on your Third Eye Chakra.

1 tsp carrier oil of choice, 2 drops clary sage essential oil, 1 drop palo santo essential oil, 1 drop lemongrass essential oil, lapis lazuli crystal.

Chanting AUM as you apply the oils in a clockwise motion and breathing in the aromas will enhance the effect. Add the lapis lazuli to your Third Eye Chakra. SAFETY: Clary sage is not suitable for use in the first 37 weeks of pregnancy.

SWEET DREAMS THIRD EYE CHAKRA BATH SOAK

This is a lovely dreamy bath soak blend to do before your Third Eye Chakra activation and intention practice for clearing and releasing negative and stagnant energy from your Third Eye Chakra. Keep a journal on your nightstand to record any dreams.

1 tsp of milk, 3 drops palmarosa essential oil, 1 drop kanuka essential oil, 1 drop cypress essential oil, kyanite crystal.

Add the oils to the milk, then add into a full bath of warm to hot water. The milk will help disperse the oils, drop your kyanite crystal into the bath and soak for 20 to 30 minutes. Enjoy! SAFETY: Essential oils not suitable for use in the first 16 weeks of pregnancy.

THIRD EYE CHAKRA DIFFUSER BLEND

Diffuse this Third Eye Chakra diffuser blend into any room, day or night. Add 2 drops of each three essential oils in water in your candle burner or aromatherapy diffuser with the recommendation water instructions for your machine. Allow yourself time and space to sit with the scents and let your mind calmly drift!

2 drops lemon essential oil, 2 drops lavender essential oil, 2 drops rosemary essential oil.

This is a great stimulating blend for concentration and intuition. Enjoy!

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CROWN CHAKRA

Location- Top centre of the head.

Function- Connects us to our spiritual self. Pure being, oneness, enlightenment, awakening.

Colour- Violet. Violet is the colour of wisdom and sensitivity. Violet opens up spiritual perception, feelings of ecstasy and deepens your spiritual life. Violet symbolizes creativity, wisdom, sensitivity, spirituality, inspiration, motivation, balancing, uplifting, encouragement, consideration and intuition.

Endocrine Gland- Pineal gland.

Organs Influenced- Superior sagittal sinus: central nervous system, cerebral cortex, brain.

Crystals- Herkimer diamond, charoite, lepidolite, rutilated quartz, crystal quartz, spirit quartz, white topaz, selenite, amethyst, alexandrite, sapphire, lavender quartz, purple fluorite, tanzanite, sugilite.

Ascension Crystals- Petalite, phenacite, brookite, satyaloka quartz, scolecite, natrolite.

Nourishing this Chakra- Fasting (no food), water (high alkaline and structured). Focus more on detoxing to boost energy and clear the mind. Eat the most natural, wholesome, cleanest and highest quality vegetables and fruits as possible.

Treating with Reiki- Ears, nose and throat problems, colds, balance, hearing, stress, headaches, tiredness, brain problems connected to epiphysis, pituitary gland, immune defence, hormone imbalances, nerves, mental and emotional problems.

Sense- Beyond sensory realm.

Element- No associated element.

Out of Harmony- A closed mind, rigid belief system, unable to let go of fear and anxiety, confusion, obsessional thinking, depressed and unsatisfied, no sense of belonging, loneliness, afraid of death, unable to integrate Cosmic Unity.

In Harmony- Living in the peace that comes from the knowledge of being, one with the Divine, we appreciate our uniqueness and dissolve the illusion that we are separate from other humans, abandon individual ego for the Universal Being, we feel bliss, knowledge, wisdom and spiritual connection.

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CROWN CHAKRA

Do this Crown Chakra activation and intention every night just before bedtime for one month to unblock, clear and release any negative and stagnant energy that is stored in this chakra. You may choose to work with one or more crystals for this activation and intention that resonates with you, or you may not want to work with any crystals at all. Remember to cleanse your crystals often to rid them of any negative energy. After you have completed the activation and intention practice, keep your crystals under your pillow or on your nightstand as you sleep. Also keep a journal on your nightstand to record any dreams, glimpses of your past lives or anything that may be brought up to the surface for healing. Whatever comes up, acknowledge it, thank it, love it, forgive it and let it go! This activation and intention will ignite the start of your healing journey and the detoxification process from your body through normal bodily functions. Drink plenty of purified water and tea to help flush out toxins for quicker results and from dehydration. Daily self and regular reiki treatments, meditation, frequent epsom salt and essential oil baths, walking in nature, rest and relaxation or whatever other activity or hobbies you enjoy doing will help support the healing process.

ACTIVATION AND INTENTION PRACTICE FOR CLEARING AND RELEASING YOUR CROWN CHAKRA

Do this Crown Chakra activation and intention practice every night just before bedtime for one month to unblock, clear and release any negative and stagnant energy that is stored in this chakra. Choose any crystals that are associated with this chakra and place them on the bed or floor above your head as you lay down. You may just want to hold the crystals in your non dominant hand or you may just want to place your hand on or above your Crown Chakra. Take a few deep breaths in through your nose and out through your mouth slowly. When you are centred, relaxed and ready, say out loud. MIGHTY I AM PRESENCE, GREAT HOST OF ASCENDED MASTERS, MIGHTY LEGIONS OF LIGHT, GREAT ANGELIC HOST, MIGHTY COSMIC BEINGS AND THE GREAT BEINGS FROM THE HEALING TEMPLE OF LIGHT. My desired intention is for assistance in unblocking, clearing and releasing all negative and stagnant energy from my superior sagittal sinus, central nervous system, cerebral cortex and from my brain that no longer serves me, that is stored within my Crown Chakra in all time frames, past lives, dimensions, realities and in this life right now! MIGHTY I AM PRESENCE, thank you for your assistance in unblocking, clearing, releasing and for all your love and support. And So It Is. Pay attention to what you may be feeling within your body, warmth, tingling, uplifted, floating, love, compassion, emotional release, anger, light headedness, etc.

**I AM DIVINE. I AM ALL THAT IS. I AM PEACE.
I AM DIVINE PRESENCE IN ACTION.**

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Lena Attila, Reiki Master**

ONE MONTH COMPLETION OF CLEARING AND RELEASING YOUR CROWN CHAKRA

Congratulations! You did it! You have completed one month of clearing and releasing your Crown Chakra. You may feel great, uplifted, calmer, lighter, blissful, peaceful and may have a more spiritual connection with your higher self and Divine Source or just the opposite. If you feel like there hasn't been any changes, improvements or transformations within or around yourself, please don't be hard on yourself thinking that this is not working for you. Everyone's healing journey is unique in its own way, healing begins when we are completely ready and maybe you just need more time. Continue to do this activation and intention practice for another week or so and see how you feel then. Give yourself a big hug and sit with your feelings for a while and think about if healing is really what you want at this time. Don't give up, you got this! Let's continue to work with bringing healing, love and balance to your Crown Chakra through activation and intention during dreamtime healing. As we continue to work on this chakra and raise our consciousness, our Crown Chakra will shift and vibrate to a radiant shimmering violet colour frequency in the fifth dimension. The Crown Chakra is the energy vortex that connects us to our true self, I AM PRESENCE. This is the seat of our Illumination, Godliness and Spiritual Enlightenment. This connects and feeds us the energy of love and wisdom from Source, All That Is! During the last paradigm on earth, many spiritual souls followed the promptings of their Guides and Angels, but they are now stepping back to allow us to become self reliant. Now that we are rooted in our early experiences and completely understand that we are The Divine Incarnated on earth at this time with important jobs, missions and tasks to carry through, it is necessary that our attention is focused directly on the task at hand. As our Crown Chakra becomes 5th dimensional, we draw our attention to inner knowledge, insight and instructions directly from our souls blueprint and this helps to guide us into our mastery pathways. The experiences we receive during this process are both challenging and expansive. We have had many lifetimes as masters and we all are now given the opportunity to claim this energy and access this wisdom to help our Earth Mother into the Golden Age. In truth, all we need to understand and accept is who we truly are! I AM PRESENCE, THEREFORE I AM GOD.

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BRINGING HEALING, LOVE AND BALANCE TO YOUR CROWN CHAKRA THROUGH ACTIVATION AND INTENTION DURING DREAMTIME HEALING

Do this activation and intention practice every night for seven days, preferably before bedtime. Choose any crystals that are associated with the Crown Chakra that resonates with you. Take the crystals of your choice and place them on the bed or floor where your head is as you lay down or hold them in your non dominant hand. Crystals are optional! If you choose not to work with the crystals, then simply place your hand on or above your Crown Chakra area instead. Take a few deep breaths in through your nose and out through your mouth slowly. When you are centred, relaxed and ready, say out loud. MIGHTY I AM PRESENCE, GREAT HOST OF ASCENDED MASTERS, GREAT ANGELIC HOST, MIGHTY COSMIC BEINGS AND THE GREAT BEINGS FROM THE HEALING TEMPLE OF LIGHT. My desired intention is for assistance in activating and bringing healing, love and balance to my superior sagittal sinus, my central nervous system, my cerebral cortex and to my brain. To my superior sagittal sinus. I love and appreciate you. To my central nervous system. I love and appreciate you. To my cerebral cortex. I love and appreciate you. To my brain. I love and appreciate you. I have a deep loving connection and relationship to all my organs that are associated within my Crown Chakra. MIGHTY I AM PRESENCE, thank you for your assistance in healing, loving, balancing my Crown Chakra and for all your support. And So It Is.

Visualize the shimmering violet colour as you say these affirmations to assist with activating and balancing all your organs within your Crown Chakra into the fifth dimension. Pay attention to what you are feeling within your body, warmth, uplifting, floating, tingling, love, compassion, emotional release, light headedness, etc.

**I AM DIVINE. I AM ALL THAT IS. I AM PEACE.
I AM DIVINE PRESENCE IN ACTION.**

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Lena Attila, Reiki Master**

PRACTICES TO HELP KEEP YOUR CROWN CHAKRA IN THEIR ASCENDED BLISSFUL STATE

WORKING WITH YOUR CROWN CHAKRA

There are many different spiritual practices and techniques to help keep your Crown Chakra balanced.

PRACTICE THE POWER OF PRAYER ~ Praying is very simple but also extremely beneficial. The gratitude we feel when we give thanks has been proven to have numerous health benefits. Praying also creates an energetic bridge between you and your Crown Chakra. The more you pray, the more your Crown Chakra is opened to the eternal. Prayer is the key that opens the door to higher consciousness.

PRACTICE REIKI ~ In Reiki, energy is channeled through various parts of the body. This can be a very effective way to restore pathways to the natural flow and maintain chakra balance. By consistently practicing Reiki, you will be able to develop an open pathway to a Spiritual Awakening, connection and Divine Life Force.

PRACTICE NATURE WALKS ~ Reconnecting with nature may allow you to restore flow and balance for your health and well-being. To heal and balance the Crown Chakra, which involves the head, emotions and your thinking, take a walk through awe inspiring environments that stimulates deep mental experiences.

PRACTICE FASTING ~ Unlike all the other chakras, the Crown Chakra is unique. While the opening of other chakras usually includes a specific diet and often contain colour specific fruits and vegetables. The Crown Chakra actually works best while fasting. After 48 hours of fasting, the body begins the process of autophagy which allows the body to clean and clear itself at a cellular level when in a fasted state. Fasting will begin an accelerated process of detoxifying the body and resets your DNA, while at the same time increases mental clarity, focus and awareness.

PRACTICE CLEANLINESS ~ Simply your surroundings! An excess of belongings and mess has been proven to create mental and emotional distress. Go through your home and create three piles of belongings, those you want to throw away, those you want to keep and those you want to donate. By cleaning, clearing and simplifying your surroundings you are in turn creating the same purification within. This practice of clearing your external environment energetically frees up space within your mind and greatly contributes to your Crown Chakra healing.

PRACTICE HUM AND CHANT ~ Humming or chanting the seed sound OHM or AH resonates with the vibration of the Crown Chakra. Mindfulness and mental awareness are crucial in unblocking poor energy flow. When the Crown Chakra is open and flowing freely, every cell in the body begins to tingle with energy and unconditional love. It's easy to discover fresh possibilities in every new day and welcome spiritual growth with open arms.

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CROWN CHAKRA MEDITATION DIFFUSER BLENDS

Choose one out of the three Crown Chakra meditation diffuser blends and diffuse into any room, day or night. Add the drops of the essential oils according to the instructions in water, in your candle burner or aromatherapy diffuser. Allow yourself time and space to sit with the scents and let your mind calmly drift. These Crown Chakra meditation diffuser blends are all great while meditation and encouraged!

COSMIC CONCENTRATION

2 drops lemon essential oil.
2 drops frankincense essential oil.
1 drop jasmine absolute essential oil

No Safety Concerns.

ASTRAL ASCENSION

1 drop spikenard essential oil.
2 drops ylang ylang essential oil.
3 drops angelica root essential oil

No Safety Concerns.

CROWN CHAKRA CONNECTION

2 drops star anise essential oil.
1 drop thyme essential oil.
1 drop cedarwood virginian essential oil.

Safety: Only potential issue is diffusing thyme essential oil near CATS! Keep a close eye on your furry friends!

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CROWN CHAKRA HERBAL HAIR RINSE

- ~ Place 1 cup each of fresh or dried lavender and sage herbs into a saucepan.
- ~ Pour 750 ml of water over the herbs and bring to a boil.
- ~ Boil for 2 minutes and then lower the heat to a simmer for 10 to 15 minutes.
- ~ Remove from heat and allow it to cool.
- ~ Strain mixture through a muslin cloth or strainer.
- ~ Add 5 to 10 drops of each frankincense and juniper essential oils.
- ~ Add half a cup of apple cider vinegar and half a cup of epsom salt's into the mixture and stir until the epsom salts have completely dissolved.
- ~ Decant into a sterilized glass bottle and keep it in the fridge.
- ~ Discard any remaining mixture after 1 week.

HOW TO USE

- ~ Take 1 cup of the Crown Chakra Herbal Rinse Mixture and allow it to sit at room temperature before using.
- ~ Wash and rinse hair as usual.
- ~ Do not condition your hair.
- ~ Pour the Crown Chakra Herbal Rinse Mixture slowly through damp hair and massage and work it gently into the hair and/or scalp.

NOTE: This mixture may be applied to shaven or bald heads also.

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Ego

EVERYTHING WILL
FALL INTO PLACE.
ONLY THEN WILL
I FEEL AT PEACE.

Spirit

I FIND MY
PEACE *WITHIN*
AND EVERYTHING
ELSE FALLS INTO
PLACE.

CAUSAL CHAKRA

Location- 4 inches behind the centre of the back of the head.

Function- This is where we enter silence and be completely in with peace and rest, wisdom, higher consciousness.

Colour- Milky white. The colour white symbolizes purity, clarity, innocence and perfection. White represents illumination and brings us the qualities of all knowing and seeing and allows us to open up to higher wisdom and consciousness. White brings spiritual expansion and connection to others on a spiritual plane. The colour white also reduces pain and is very good for the brain.

Crystals- White opal, white quartz, white topaz, kunzite, ulexite, white agate, howlite, selenite, white calcite, moonstone.

Ascension Crystals- Natrolite, scolecite, phenacite, petalite.

Nourishing this Chakra- No associated foods. Recipes and dishes dedicated to the phases of the moon and festivities.

Out of Harmony- Disconnected from the higher spiritual realms, higher self, I am presence, to Source, programmed to old belief systems learnt from current society and from inherited ancestral lineage, unhealthy thought patterns and mental chatter, no peace of mind.

In Harmony- Deep connection to the higher spiritual realms, higher self, I am presence, to Source, receives wisdom and guidance from higher consciousness, free from the bondages of corrupted old programmed belief systems and shadows from inherited ancestral lineages, peace of mind and mental silence.

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CAUSAL CHAKRA

The Causal Chakra is located 4 inches behind the back of the head. When all of our 12 chakras are anchored, active and holding enough light our Causal Chakra will shift and vibrate to a shimmering milky white colour frequency that holds the feminine aspects of love, compassion, intuition and purity, we can specify with this chakra as being our very own personal moon. During the full moon phases, the shimmering milky white light pours into the minds of humanity, affecting people and animals profoundly. This is creating huge shifts in enlightenment and preparing us for the New Golden Age. Gaia in herself has absorbed so much of the lunar light, enough to balance the masculine and feminine energies on earth. The Causal Chakra in this frequency, the Divine feminine and masculine come together in a more balanced even way, we enter into silence and are completely in line with peace and rest. Meditation into this chakra allows for you to enter the Cosmic quiet and you will be able to hear, receive messages, information, insight, inspiration and communication with beings who vibrate higher outside the physical plane. To facilitate this, we need to be able to detach ourselves from our learned beliefs, mental patterns and programs. Once the information comes into this chakra, it is sent down into the lower energy centres for distribution throughout the whole body. Once opened, active and balanced, it brings you comfort, peace and quiets the chatter of your mind so Divine Guidance, higher insight and wisdom can be more clearly received.

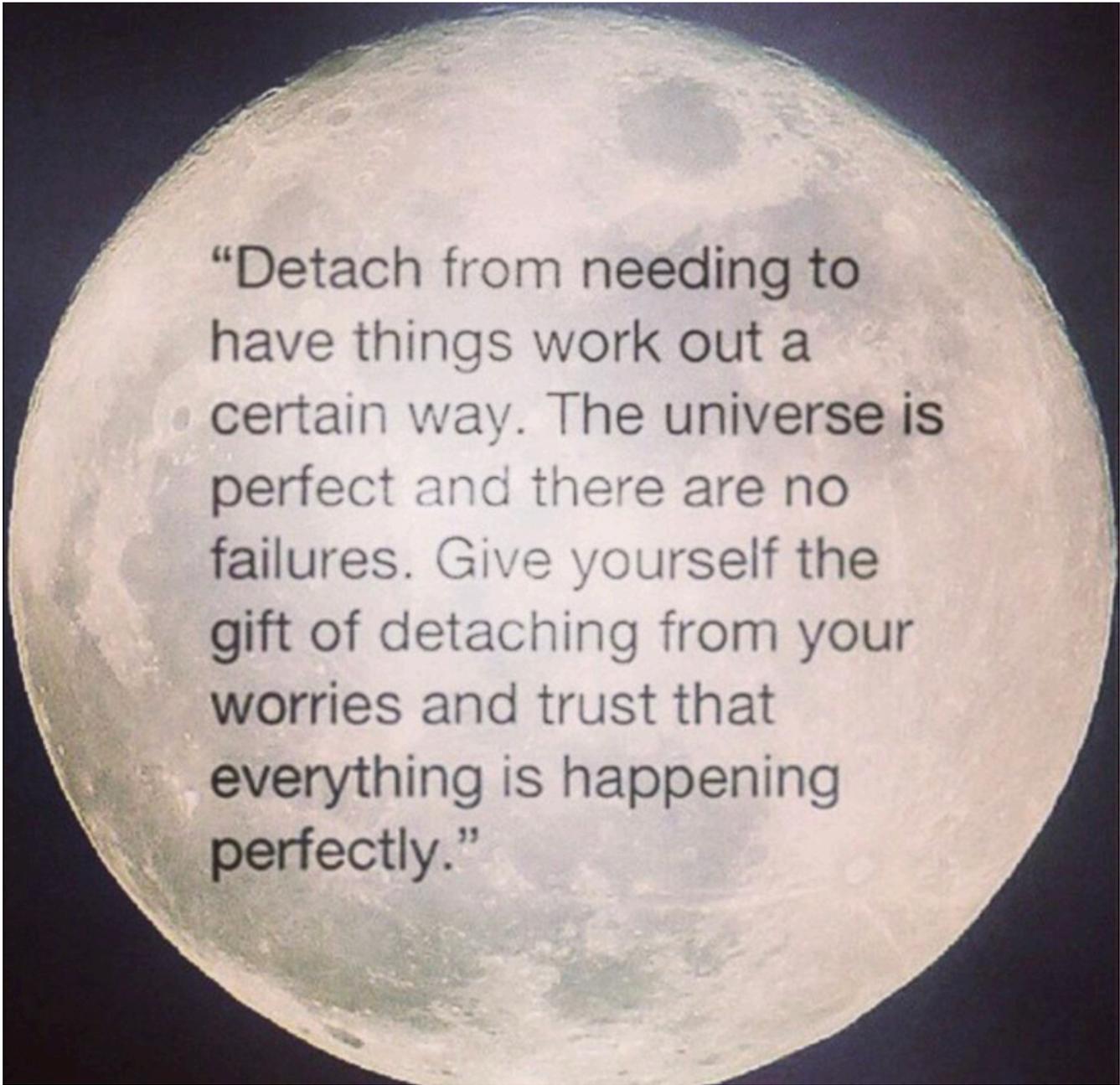
ACTIVATION TO BRING DOWN AND ANCHOR YOUR CAUSAL CHAKRA

Do this activation to bring down and anchor your Causal Chakra every night for seven days, preferably before bedtime. Choose any crystals that are associated with this chakra that resonates with you. Take the crystals of your choice and hold them in your non dominant hand, crystals are optional. Take a few deep breaths in through your nose and out through your mouth slowly. When you are centred, relaxed and ready, say out loud. MIGHTY I AM PRESENCE, GREAT HOST OF ASCENDED MASTERS, GREAT ANGELIC HOST, MIGHTY COSMIC BEINGS AND THE GREAT BEINGS FROM THE HEALING TEMPLE OF LIGHT. My desired intention is for assistance in bringing down the pure white light and to anchor down my fifth dimensional Causal Chakra. MIGHTY I AM PRESENCE, my desired intention is for the milky white Causal Chakra slightly behind my head to unwind and release any dense stagnant energy and to raise the frequency to the fifth dimensional state. MIGHTY I AM PRESENCE, bring through the Christ Light slightly behind my head and fill it with pure white Christ Light of unconditional love. Hold, bless and bring the personal moon of my Causal Chakra and the Divine feminine within me and anchor it in. I am now connected and anchored to my Causal Chakra and I am now holding fifth dimensional pure Christ Light. MIGHTY I AM PRESENCE, thank you for your assistance. And so It Is.

Visualize the shimmering white light as you say these affirmations to assist with anchoring and activating your Causal Chakra into the fifth dimension. Pay attention to what you are feeling within your body, warmth, uplifting, floating, tingling, love, compassion, emotional release, light headedness, etc.

I AM CONNECTED. I AM ANCHORED. I AM PURE CHRIST LIGHT.
I AM DIVINE PRESENCE.

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A full moon is shown against a dark background. The moon's surface is covered in craters and has a light tan color. A quote is overlaid on the moon's surface.

“Detach from needing to have things work out a certain way. The universe is perfect and there are no failures. Give yourself the gift of detaching from your worries and trust that everything is happening perfectly.”

**PRACTICES TO HELP KEEP YOUR CAUSAL CHAKRA IN THEIR
ASCENDED BLISSFUL STATE**

WORKING WITH YOUR CAUSAL CHAKRA

**STAIRWAY TO THE FULL MOON
JOURNEYING**

There are plenty of ways to journey to set your magical intentions free to manifest! The stairs to the moon is a beautiful optical illusion, only created when the full moon reflects on exposed mudflats at extremely low tide, it forms a magical staircase reaching up to the moon. It is a wonderful natural event to journey on the staircase to the moon. Prepare for your journey, calling to the moon. Focus your attention on your intention and for a moment, picture the scene. There is a bountiful full moon rising from the ocean. You are standing on the edge of the water. The moonlight is shining across the water. There are gentle ripples so that the light shining across the water almost looks like a series of steps. This is the staircase to the moon. That's how it might begin for you. While you are musing about that, allow the vision to flood your imagination, see your sacred body comfortable, swaying to its and the moon's rhythm. Ask your MIGHTY I AM PRESENCE for assistance, blessings and protection for the journey up the beautifully lit stairway to the moon. You are in the void, preparing to journey with your I AM PRESENCE in love on the wings of the moonlight.

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FULL MOON ROSE WATER RECIPE

Moon water has many purposes and uses. It can be used as a blessing potion, a healing cocktail, added to your bath for relaxation or places on pressure points or chakras during meditation.

Take a clear container (glass jar) and fill it with spring or filtered water. If you like, add food grade rose petals to make Rose Moon Water. Cover with a lid and bring it outside or on your window sill under the full moon. Close your eyes for a moment and energetically imagine adding your intentions to the jar. What do you desire? You may make your jar as pretty as you wish by surrounding your jar with flowers, crystals, feathers, shells or anything else you like. Leave the jar in an undisturbed space and allow it to charge with the energies of the full moon. Retrieve the jar before sunrise the next morning, your moon water is charged and ready! Label the jar and put it in the fridge. The rose moon water should be used within 2 to 3 days, while regular moon water can last as long as you wish! Compare regular water to moon water and feel/taste the difference. My moon water turns out sweet and delicious every time!

MOON WATER CHANT

Dear Mother Moon, thank you for this Sacred Water.
This water that is already working and helping me with
(state your intention).
Mother Moon thy guiding light, please shine down on thee tonight.
Charge this water with health and vitality.
And bless with love and light for thee.
In perfect love and perfect trust.
I thank thee, blessed be!
And So It Is!

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CHANNELING THE ENERGY OF THE MOON ROLL ON BLEND

Stop battling with the lunar forces and try channeling all that energy goodness with this roll on blend instead.

5 drops sage essential oil.
2 drops jasmine essential oil.
2 drops ylang ylang essential oil.
1 drop rose essential oil.
3 drops vanilla essential oil or vanilla extract.
Moonstone crystal pieces, (optional).
For enhanced effects, add some carnelian or garnet crystal pieces to your blend.

Combine pure essential oils in a 10 ml roller bottle and swirl gently. Top it off with carrier oil of your choice and roll on wrists, neck and behind the ears. Enjoy!

FULL MOON ANOINTING OIL

BALANCING THERAPY

This is a traditional anointing oil that you can use for your Causal Chakra.

13 drops sandalwood essential oil.
9 drops vanilla essential oil or vanilla extract.
3 drops jasmine essential oil.
1 drop rose essential oil.
10 - 15 ml carrier of choice.

Mix prior to a full moon. Charge in a clear container or vial in the light of the full moon, use to anoint candles or yourself for full moon rituals or just when you feel like you need the moon's energy. Place any of the associated crystals next to the vial while charging the oil for enhanced effects.

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MILKY ROSE DIVINE FEMININE NEW MOON BATH SOAK RITUAL RECIPE

Connect with your Divine Feminine Goddess within. Inner beauty rituals are wonderful at any lunar phase. This lovely bath soak will give you a boost of self love and at the same time nourish your body. Simply light a white candle or tea lights, add some soft music and relax! New moons are for rest, introspection, intention setting and protection. As you soak and relax in your bath, set your intentions and feel the energies of the moon with you.

3 tablespoons almond carrier oil.
10 drops rose essential oil.
1 cup powdered milk.
1/2 cup epsom salt.
1/2 cup dried or fresh rose petals or flowers.
Moonstone crystal.

- ~ Mix the almond carrier oil and rose essential oil together in a small glass bowl or jar and set aside.
- ~ In a non reactive bowl, add the milk powder and epsom salt together and stir.
- ~ Add the essential oil blend to the dry mix and stir together.
- ~ Add the dried or fresh rose petals or flowers at the end and stir gently.
- ~ Allow the mixture to sit and infuse for 24 hrs.
- ~ Add 1/2 to 1 cup of the mixture into your bath of warm to hot running water, drop your moonstone in the bath and enjoy!

New Moon, bring me new energy. Set me on a path or redirect the old, so that I might move towards positive results, progress, prosperity, healing and balance.
And So It Is!

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MOON MILK BEDTIME RECIPE

Warm milk is a common remedy for sleeplessness. This moon milk recipe is a natural sleeping aid and helps your body deal with stress. Cozy up with this moon milk blend during the full moon or at anytime your heart desires.

- 1 cup whole milk or unsweetened nut milk, such as hemp, almond or cashew.
- 1/2 teaspoon ground cinnamon.
- 1/2 teaspoon ground turmeric.
- 1/4 teaspoon ground ashwagandha or another adaptogen like shatavari or astragalus.
- 2 pinches of ground cardamon.
- Pinch of ginger, (optional).
- Pinch of ground nutmeg.
- Freshly ground black pepper.
- 1 teaspoon virgin coconut oil or ghee.
- 1 teaspoon honey, preferably raw.

Bring milk to a simmer in a small saucepan over medium low heat. Whisk in cinnamon, turmeric, ashwagandha, cardamon, ginger if using, and nutmeg. Season with black pepper. Whisk vigorously to incorporate any clumps, add coconut oil, reduce heat to low and continue to simmer until warmed through for about 5 to 10 minutes. The longer you go the stronger the dose. Remove from heat and let it cool slightly. Stir in honey (do not cook the honey, that will destroy it's healing goodness). Pour into a mug, sip it warm and climb into bed if you make it! Goodnight! Sweet Dreams!

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FULL MOON LIGHTS OUT DIFFUSER BLEND

The full moon may leave you feeling a little bit off. Some people experience a variety of symptoms during a full moon phase, such as irritability, anger, insomnia, fatigue and confusion. If this describes you, then try this sleep enhancing essential oil blend. Add oils in water, in your candle burner or aromatherapy diffuser at bedtime.

5 drops sandalwood essential oil.
4 drops cedarwood essential oil.
3 drops vetiver essential oil.
3 drops frankincense essential oil.

Allow yourself time and space to sit with the scents and let your mind calmly drift off to sleep!
Goodnight! Sweet Dreams!

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SOUL STAR CHAKRA

Location- 6 inches above the crown of the head.

Function- Divine knowledge, Cosmic Wisdom. The seat of the soul.

Colour- Magenta. The colour magenta indicates a deep profound spiritual awareness and connection. Magenta is the colour of Divine feminine, earthly wisdom and spiritual knowledge combined. Magenta symbolizes harmony, unconditional love, change, kindness, character and understanding. Magenta promotes kindness, compassion, uplifts and is very supportive.

Crystals- Ruby, magenta aura, magenta fluorite, rosalite, cobaltoan calcite, herkimer diamond, dream quartz, ajoite, azeztulite, metamorphosis quartz, tanzine aura, selenite, indigo kyanite, zircon, yellow or golden labradorite.

Ascension Crystals- Natrolite, moldavite, scolecite, danburite.

Nourishing this Chakra- The Soul Star Chakra is not a physical chakra, but the vibration that is associated with the colour of these foods may connect and enhance to all the benefits this chakra brings to us. Raspberries, pomegranates, dragon fruit, watermelon, rhubarb, blueberries, figs, passion fruit, radishes, beets, purple kale, sweet potatoes, tuna, salmon.

Out of Harmony- Disconnected from the Divine feminine within, disconnected to Divine knowledge and Cosmic wisdom, does not know one's purpose in life.

In Harmony- Awakened to the truth and remembrance of one's direct connection to Source and to one's ability to communicate with higher vibrational light beings all around the galaxy. We understand and accept that our gifts, talents and abilities are God/Goddess given and our birthright. We understand, accept and appreciate that all things share the same space. We remember our purpose. Our Yin and Yang from within ourselves are balanced.

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Lena Attila, Reiki Master



SOUL STAR CHAKRA

Our Soul Star Chakra is located 6 inches above the crown of the head. This is the link between the Stellar Gateway, Causal and the Crown Chakras. When anchored and active, this chakra will shift to vibrate to the fifth dimensional frequency colour Magenta. Magenta is the colour of Divine feminine that has a deep profound spiritual awareness, connection, earthly wisdom and spiritual knowledge combined. For many, we spend our time on a quest to learn our purpose in life. If we are invested in accessing our more spiritual realms freeing our soul matrix, it might be a more successful endeavour. Each of our consciousness originated from the Eternal God/ Goddess Source but carries a completely unique code, which encodes our individual purpose. During a successful lifetime we learn, evolve and experience as many opportunities as we can to understand what might make up our own souls blueprint. The soul acts as a repository for all knowledge and experiences gained through its many incarnations and records the memories of the consciousness. The Soul Star Chakra is known to be the Seat of the Soul and our connection to this chakra can help us to access our innate wisdom. Wisdom is knowledge with experience and not just from this lifetime, but from all our other incarnations too! The Soul Star Chakra is where our soul energy is stored including all our akashic records, ancestral and family karma, our chakras forms the bridge between the spiritual and physical realms. Upon death, this is the chakra where the soul passes from, this chakra works in two ways. The ancestral karma that is stored undergoes transmutation and when this chakra is open, this brings forward the wisdom of our soul, which can be accessed in our life daily. When this chakra is actively open, we will remember our direct connection with Source and our ability to communicate with higher vibrational light beings from all around the galaxy. The full extent of our souls gifts, talents and abilities are also available for us to access and with the realization of our expansive ability to create will empower through our direct connection to Source. Our Yin and Yang from within ourselves will be balanced and will radiate into the world and the widening gap of separateness between us will close. When we understand, accept and appreciate that all things share the same space, the spiritual essence of unconditional love will return to humanity.

ACTIVATION TO BRING DOWN AND ANCHOR YOUR SOUL STAR CHAKRA

Crystals are optional! You may choose one or more crystals that are associated with this chakra that resonates with you. Do this activation to bring down and anchor your Soul Star Chakra every night for seven days, preferably before bedtime.

Take a few deep breaths in through your nose and out through your mouth slowly. When you are centred, relaxed and ready, say out loud. MIGHTY I AM PRESENCE, GREAT HOST OF ASCENDED MASTERS, MIGHTY LEGIONS OF LIGHT, GREAT ANGELIC HOST, MIGHTY COSMIC BEINGS AND THE GREAT BEINGS FROM THE HEALING TEMPLE OF LIGHT. My desired intention is for assistance to bring down and fully anchor my magenta Soul Star Chakra, so that I may access my ancestral wisdom. MIGHTY I AM PRESENCE, bring down my magenta Soul Star Chakra and anchor it into the fifth dimension, so that I may access more of my souls wisdom. MIGHTY I AM PRESENCE, hold and bless my Soul Star Chakra so that it lights up and is radiating light. I am now anchored and connected to my Soul Star Chakra and I am now holding fifth dimensional pure light and I am radiant! MIGHTY I AM PRESENCE, thank you. And So It Is.

Visualize the shimmering colour of magenta as you say these affirmations to assist with anchoring and activating your Soul Star Chakra into the fifth dimension. Pay attention to what you are feeling within your body, warmth, uplifting, floating, tingling, love, compassion, emotional release, light headedness, etc.

**I AM CONNECTED. I AM ANCHORED. I AM PURE LIGHT. I AM RADIANT.
I AM DIVINE PRESENCE. Spiritually Awakened Reiki. Lena Attila, Reiki Master**



PRACTICES TO HELP KEEP YOUR SOUL STAR CHAKRA IN THEIR ASCENDED BLISSFUL STATE

WORKING WITH YOUR SOUL STAR CHAKRA

Sit for a few minutes gazing at a magenta coloured image, you may have some magenta paint or you can simply hold the magenta colour visually in your mind. Close your eyes and start the meditation by calmly breathing in through your nose and out through your mouth slowly until your body and mind is quiet. Starting from your toes, draw your consciousness up and out of your body through your Causal and into your Soul Star Chakra. Feel yourself embraced by the powerful magenta frequency as you calmly breathe slowly and visualize or imagine the colour of magenta filling out over your entire energy field and flushing all spaces of your consciousness with this delightful frequency of the beautiful magenta colour. Allow the energies of the beautiful magenta colour to flow into each and every molecule of your being and allow it to fill and flow to the deepest parts of your body, your aura and your breath. Carry on with this meditation for as long as you desire and when you are ready, bring your consciousness back into your physical body and take notice on how your body is feeling. To help with grounding yourself, simply reach deep into Mother Earth by drawing the energies from deep within the earth and up through your Earth Star Chakra all the way up into your heart. Bring in the light from the centre of the Cosmos all the way down into your heart. When you are feeling relaxed, centred, grounded and ready, open your eyes. Be sure to rest and drink plenty of water as you continue with your day.

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Lena Attila, Reiki Master**

DIVINE FEMININE SPIRITUAL BATH SOAK BLEND

Connect with your Divine Feminine Goddess within by soaking in this beautiful luxurious scented bath and relax with some candles and heavenly music.

1/4 cup himalayan salt.
1/4 cup epsom salt.
1 teaspoon carrier oil of choice.
3 to 5 drops lavender essential oil.
2 tablespoons dried rose petals or buds.
2 tablespoons dried hibiscus petals.
Rose quartz crystal (optional).

- ~ In a mixing bowl combine together 1/4 cup himalayan salt with 1/4 cup epsom salt.
- ~ Add 3 to 5 drops of lavender essential oil into the salts and stir well.
- ~ Add 1 teaspoon of carrier oil of your choice and mix well.
- ~ Add 2 tablespoons of each dried rose petals or buds and dried hibiscus petals.
- ~ If not using mixture immediately, transfer the mixture to an airtight jar or container and store in a cool, dry place.
- ~ If using right away, pour the mixture directly into your warm to hot running bath water, drop in the rose quartz crystals or place them around your bath tub.
- ~ Add your bath mixture into a muslin bag or nylon sock to let the dried herbs infuse in the the bath to avoid bath mess. Enjoy!

SOUL STAR CHAKRA DIFFUSER BLEND

This is a great blend for connecting to your Soul Star Chakra while meditating.

3 drops neroli essential oil.
3 drops geranium essential oil.
3 drops frankincense essential oil.

Add the essential oils in water, to your candle burner or aromatherapy diffuser. Allow time and space to sit with the scents and let your mind peacefully drift away. Enjoy!

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HOW TO BALANCE YOUR SOUL STAR CHAKRA AND EXPAND YOUR AWARENESS

FASTING- Water only fasting, 72 hours or more regenerates the entire immune system. Activates a mystical experience of Divine love and connectivity.

CRYSTAL HEALING- Activate with intention and affirmations. Use Ascension Crystals associated with the Soul Star Chakra.

SOUND HEALING- Shamanic drumming, higher C harmonics, chimes, crystal bowls, etc.

VIBRATION ESSENCES- Vibrational essences carry the energetic blue print and information that are highly vibrational solutions that are imprinted with Divine wisdom. The blueprint of the flower and minerals offer vibrational benefits of wellness that allows for self healing and rebalancing to occur. This also assists in deep transformations of the body, mind, soul and spirit. Water Violet, Rescue Remedy, Gentian Gorse, Black Eyed Susan, Dog Rose, Sturt Desert Pea, Morning Glory, Primrose, Valerian, Nurturing Mother, Vervain, Well of Wholeness, Divine Balance, etc.

SHAMANIC PRACTICE- Practice rituals with Sacred Cacao, deep breath work, dream journaling and intention work for soul retrieval and journeying.

COLOUR THERAPY- Visualize the colour of magenta travelling down from above the Crown Chakra into the centre of the hara towards the heart.

SYMBOL HEALING- Visualize, gaze or hold Merkaba, flower of life, yin/yang, hamsa, pyramid, ankh, tetrahedron, infinity and Sri yantra.

ESSENTIAL OILS- Use any essential oils mentioned or associated to work with balancing and harmonizing your Soul Star Chakra.

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Lena Attila, Reiki Master

**SOUL STAR CHAKRA MIST SPRAY
BALANCING THERAPY**

Mix the following ingredients in a 100 ml spritz bottle, (preferably amber glass, but clear will do)

10 drops sandalwood essential oil.
3 drops cedarwood essential oil.
3 drops peppermint essential oil.
5 drops ylang ylang essential oil.
3 drops black pepper essential oil.
100 ml distilled water.

Place in a cool, dark place when not in use. Shake the mixture thoroughly before use. Spritz above your head to keep your Soul Star Chakra balanced, aligned and in harmony.

SAFETY: DO NOT SPRAY IN YOUR EYES OR MOUTH.

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DIVINE FEMININE SACRED MOON TEA

Moon tea can be made any day under the light of the moon, but takes on extra energy and potency if made during the full moon phase (the night before, the night of, or the night after). The important thing to remember is the intention you set as you prepare and later partake of your moon tea.

Large glass container or mason jar.
Muslin bag for tying up the herbs.
Lemon balm.
Motherwort.
Blessed thistle.
Cramp bark.
Mint.

- ~ Fill a large glass container or mason jar with 32 oz water.
- ~ Add 1 oz of each of the herbs and tie in a muslin bag and hang it so it floats in the water at the top of the jar.
- ~ Set the filled jar of water outdoors in a safe place or indoors on a windowsill in a place that will receive the glow of the moon.
- ~ Set your intentions, what do you desire?
- ~ Enjoy your sleep while the moon shines and charges your sacred water with all her energy goodness.
- ~ Retrieve your jar the next morning before the sun rises and bring your jar indoors to keep it cool and fresh.
- ~ Thank Dear Mother Moon for this Sacred Water.
- ~ Sip your cool and fresh Sacred Moon Tea throughout the day. If you are making a full moon blend, you may want to savour it over several days. Enjoy!

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STELLAR GATEWAY CHAKRA

Location- Transpersonal: 12 inches above the top of the head.

Function- This chakra connects us to the Grand Central Sun and ultimately to Source. This enables us to expand beyond our ordinary capacity of comprehension into Universal Unity with All That Is.

Colour- Gold. The colour gold enhances the higher mind and your connection to God and the spiritual strength in you. Gold is inherently optimistic, uplifting, enlightening and it inspires us and gives us the confidence to reach our potential. Gold represents inspiration and activation of spiritual energy, increases compassion, love and boosts generosity and makes you want to share your wisdom. Gold also represents completion, our spiritual attainments and achievements are gained through many lifetimes and are celebrated. We have made our journey and earned our place at the highest peak attainable.

Crystals- Golden beryl, yellow star lemon quartz, golden rutile quartz, yellow cats eye apatite, selenite, azeztulite, indigo kyanite, tiger eye.

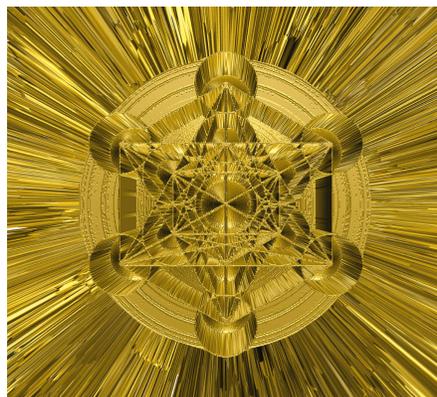
Ascension Crystals- Tibetan tektite, natrolite.

Nourishing this Chakra- There are no associated foods in the physical.

Out of Harmony- Disconnected from Source, Universe, All That Is. Attached to everything that is connected to the ego and personality. All 12 chakras, including the Earth Star Chakra are unbalanced and not functioning properly. Unable to hold and handle the frequency of light through your system.

In Harmony- Connected to Source and Universe. The knowing of Oneness, All That Is, is ingrained inside of us. Knows that we are the child of the Divine. Detached from everything that is connected with ego and personality. We are able to hold and tolerate the frequency of light that dives in through our system. All our 12 chakras are connected, activated, aligned, balanced and radiating light. Our dormant strands of DNA are activated and our new abilities are enhanced.

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STELLAR GATEWAY CHAKRA

The Stellar Gateway Chakra sits high above the head, above the Crown and above the Soul Star Chakras. When this chakra is anchored and active, this chakra will shift to vibrate to the fifth dimensional golden frequency colour, Stellar means related to the stars and gateway refers to an opening that can be closed by a gate. This chakra is the gateway to the stars or higher vibration. The Mighty Magnificent Archangel Metatron is in charge of the entire Ascension program and process and his presence is both intensely powerful and incredibly gentle, loving and healing. Archangel Metatron is a high vibrational being, that represents the link to our Monad and Source. Archangel Metatron, the Lord of Light is the Creator of all known Light in our Universe. When and if you are blessed to witness and be in his powerful presence, you may see Sacred Geometry with light and sound tones flashing before your eyes. When all twelve chakras including the Earth Star Chakra are anchored, aligned, activated, balanced and radiating with light, our dormant strands of DNA are also activated. This will in turn enhance your current state as well as open up new skills, talents, gifts and abilities such as, out of body experiences outside of the solar system, out of body travelling beyond hundreds of years of healing ourselves and others, instantaneous healing, telekinesis and teleportation, control over natural elements etc. In Atlantis this chakra was referred to as "The Point", it is our personal wormhole or dimension portal to the core and nucleus of our soul, known as the I Am Presence. This is the part of our being, the part of our Higher Self which is Eternal and Infinite. The core and seed of our soul, the part of us which is Divine. When we access our I Am Presence through the Stellar Gateway, this is where we access our Divine Power, our miraculous energy, the power of our divinity and eternity. Only when we are in accordance with Divine Will and the Will of our Higher Self, I Am Presence can this provide us with potentially limitless miraculous power that can be used to effect our body, our consciousness and our reality and sometimes the reality of others too, though never against their Free Will. During the entire period in Atlantis, extraterrestrials and inter-dimensional civilizations came to visit earth, since then they have been sending their love, support and light to us from their distant planes. They do all this to those who are open and ready through our energy fields, the blueprints of all this incredible knowledge is stored within the higher aspects of all the Stellar Gateway Chakras on earth. This will be released when we are ready to utilize them again. Since the Cosmic moment in 2012, the Stellar Gateway has been responsible for receiving the first waves of light accessible to us from the Great Central Sun. The ninth dimensional spiritual sun is the Source of light that feeds our own physical star. Our sun, which we can clearly see and feel here on earth has a much higher purpose, it physically steps down to ninth dimensional light to a level with which the earth can cope, acting as a transformer for the higher light codes as they are distributed constantly to us. The Stellar Gateway Chakra in the Arctic, this planetary portal rises in frequency to match the energy fields of the earth. When they rise in frequency, so do we! Only now are we truly seeing how deeply rooted and connected we really are to our planet and to All That Is!

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ACTIVATION TO BRING DOWN AND ANCHOR YOUR STELLAR GATEWAY CHAKRA

Crystals are optional! You may choose one or more crystals that are associated with this chakra that resonates with you. Keep the crystals around you or hold them in your non dominant hand. Do this activation to bring down and anchor your Stellar Gateway chakra every night for seven days, preferably before bedtime. Take a few deep breaths in through your nose and out through your mouth slowly. When you are centred, relaxed and ready, say out loud. MIGHTY I AM PRESENCE, GREAT HOST OF ASCENDED MASTERS, MIGHTY LEGIONS OF LIGHT, GREAT ANGELIC HOST, MIGHTY COSMIC BEINGS AND THE GREAT BEINGS FROM THE HEALING TEMPLE OF LIGHT. My desired intention is for assistance to bring down and permanently anchor my Golden Stellar Gateway Chakra so that I may easily access higher frequency. ARCHANGEL METATRON, MIGHTY I AM PRESENCE allow for my golden chalice to open up and pour high frequency light down into my Stellar Gateway Chakra. Reach your hands up above your head and just feel that ball of energy right there waiting to be fully anchored into your fifth dimensional column and stand in your power and glory as you are now a fifth dimensional Master, knowing that all of your chakras are properly radiating at this moment. Archangel Metatron himself is standing in front of you and is placing his loving hands around your Stellar Gateway and is granting you an Ascension Blessing. All your fifth dimensional chakras including your Earth Star Chakra are now opened, aligned and radiating with light. MIGHTY I AM PRESENCE, ARCHANGEL METATRON THANK YOU FOR GRANTING ME AN ASCENSION BLESSING! AND SO IT IS!

Visualize shimmering golden colour as you say these affirmations as all of your chakras are now opened, in alignment and radiating pure light in the fifth dimension. Pay attention to what you are feeling within your body, warmth, uplifting, floating, tingling, higher love consciousness, compassion, emotional release, light headedness etc.

**I AM ANCHORED. I AM ALIGNED. I AM RADIATING. I AM FIFTH DIMENSIONAL.
I AM DIVINE PRESENCE.**

**Spiritually Awakened Reiki
Lena Attila, Reiki Master**

VIOLET CONSUMING FLAME

For thousands of years the Violet Consuming Flame was a secret, experienced by mystics and known to spiritual teachers who taught it only to their closest disciples. The Violet Consuming Flame is St. Germain's gift to the planet and is available to all. The Violet Consuming Flame is high frequency light that you can use to change and transform your life. It dissolves negative energy and thoughts, actions, emotions and restores it to positive energy and also transmutes karma. This is the missing key to our vitality, health and inner wholeness. The Violet Consuming Flame can transform and enrich your relationships and it can free the unlimited power that exists within you.

SPIRITUALLY AWAKENED REIKI
LENA ATTILA

Violet Flame Invocation

This Alchemical Violet Flame Meditation will transmute your karma and negative thoughts, actions and emotions. It will turn them from negative to positive - As Lead into Gold.

It will raise your vibration which is necessary to prepare yourself for Ascension.

This Invocation is merely a suggestion of what to say during the meditation.
Use words from your heart and say them with great feeling and intention.



Mighty I AM Presence, Beloved God, My Heavenly Source, Please make manifest in me now the Sacred Violet Flame of Transmutation. Bring the Violet Flame into every cell, molecule and atom of my body filling me totally and completely.

Blessed Violet Flame blaze into my Heart and expand out and around all of my bodies, physical, emotional, mental and spiritual, surrounding my entire Being with your Divine Grace, Love, Mercy and Forgiveness.

Transmute all karma, negative thoughts, actions, deeds and energy that I have ever created at any time, in all dimensions, on all levels, in all bodies, through all time and space, past, present and future, for all Eternity. Transmute anything and everything that stands in my way of embodying the Ascended Christ Being That I AM.

Beloved Violet Flame turn all that has been transmuted Into the Golden Light of God, the Christ Consciousness, The Light of God that never fails.

Send this Golden Light to me now, filling and surrounding my entire body with its Divine Radiance, raising my vibration and frequency to the highest level possible for me at this time.

So Be It and So It Is. Thank You God. Ahmen.

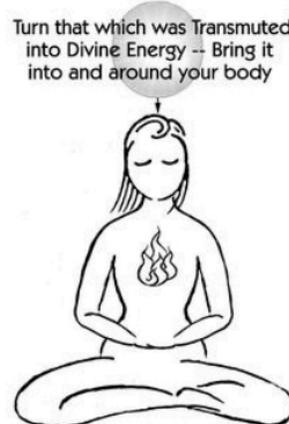
Send Violet Flame out Heart Chakra to surround your body

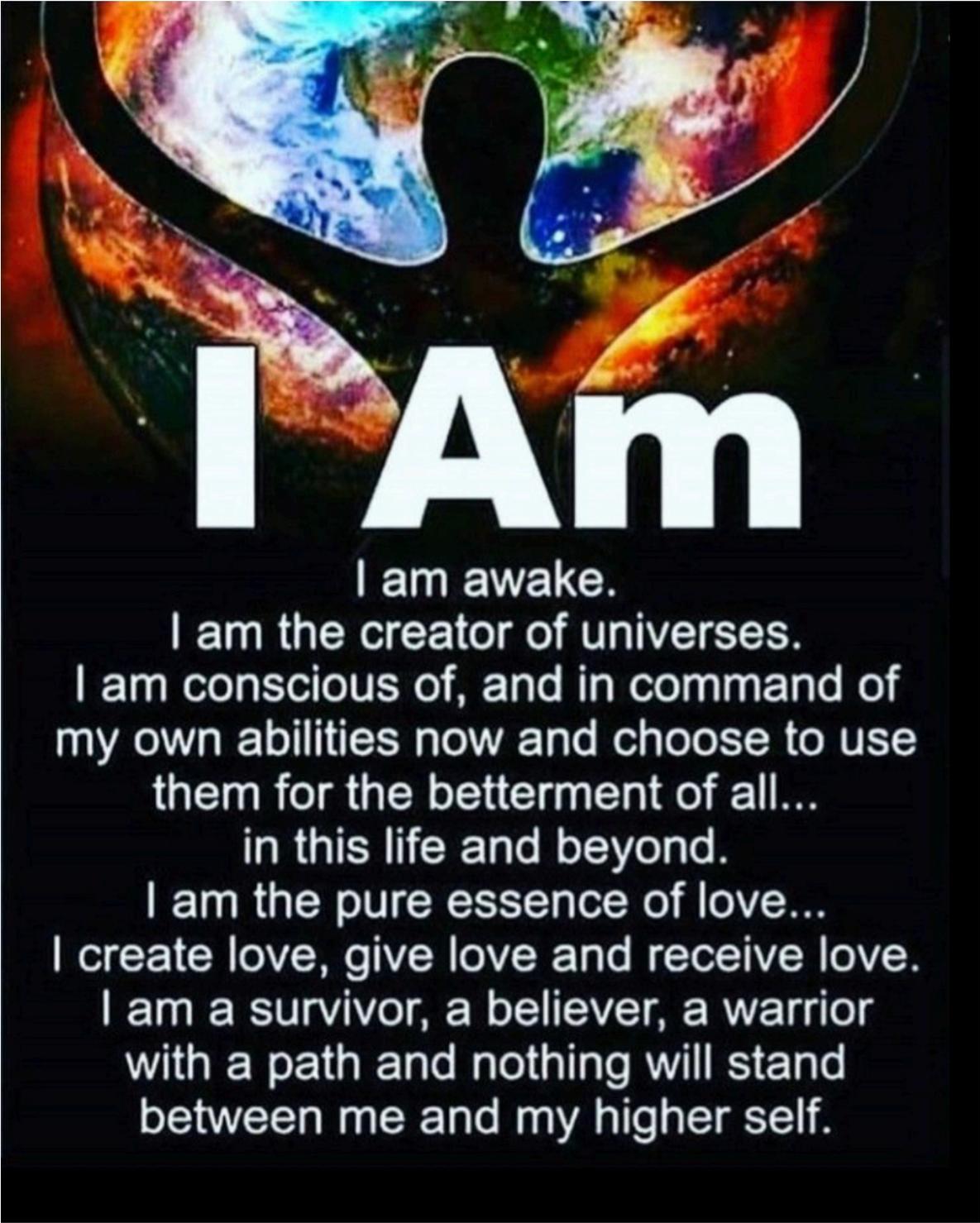


Ask Violet Flame to Transmute blocking ALL that is Ascension



Turn that which was Transmuted into Divine Energy - Bring it into and around your body





I Am

I am awake.

I am the creator of universes.

I am conscious of, and in command of
my own abilities now and choose to use
them for the betterment of all...

in this life and beyond.

I am the pure essence of love...

I create love, give love and receive love.

I am a survivor, a believer, a warrior
with a path and nothing will stand
between me and my higher self.

**PRACTICES TO HELP KEEP YOUR STELLAR GATEWAY CHAKRA IN THEIR
ASCENDED BLISSFUL STATE**

**VIOLET FLAME OIL
TRANSMUTATION/INVOKING VIOLET FLAME**

This blend is reformulated to include Hinoki Wood and the Angelic vibrations of Neroli and Melissa essential oils, for a more sweet heavenly vibrational fragrance.

2 drops Japanese hinoki wood essential oil.
2 drops davana essential oil.
2 drops frankincense essential oil.
2 drops neroli essential oil.
2 drops melissa essential oil.
Carrier of choice.
Amethyst and clear quartz crystal pieces (optional).

In a 10 ml glass roller bottle, add the crystal pieces if using. Combine the essential oils and swirl gently. Top the 10 ml glass bottle with carrier of choice and shake gently. Roll the blend on the palms of your hands, rub your palms together and Inhale the scents. Apply to palms for use in Reiki for yourself or others. Use while invoking the Violet Consuming Flame. Enjoy!

**Spiritually Awakened Reiki
Lena Attila, Reiki Master**

SACRED SMOKE CEREMONY BALANCING THERAPY

The materials needed:

- ~ A Abalone shell or clay bowl, represents water.
- ~ Herbs or resins such as, white sage, sweetgrass, tobacco, cedar, frankincense, myrrh or palo palo santo wood chips, represents the earth.
- ~ A feather and wind it creates, represents air.
- ~ The flame used to ignite the herbs, represents fire.

Have a pure and focused intention while you preform a smoke ceremony. Before you begin any purification ritual like this, make sure you are fully present.

You will need a abalone shell or clay bowl. Stick of wrapped herbs or a few leaves of your choice or dried herbs or blend, a flame and an open hand or feather.

Gently separate any stems or buds from the leaves of your dried herbs. (Only the leaves or blades are used in this process). If using loose leaves, place the leaves into your smoking vessel.

If you are inside, open the windows in the space you are in, creating a flow of air from outside.

Using a candle already lit, ignite the herbs and allow them to flame for 20 to 30 seconds before sweeping your hand above them to extinguish any fire. Tendrils of smoke should be steadily rising from the smouldering herbs by now.

It is customary to cleanse oneself first before moving on to others and the surrounding space. Using a cupped hand, draw the smoke around you. Starting from the top, bring the smoke over and around your head, down your torso, all the way down to your feet. Make sure to pay attention to your breathing while doing this. Be slow and relaxed.

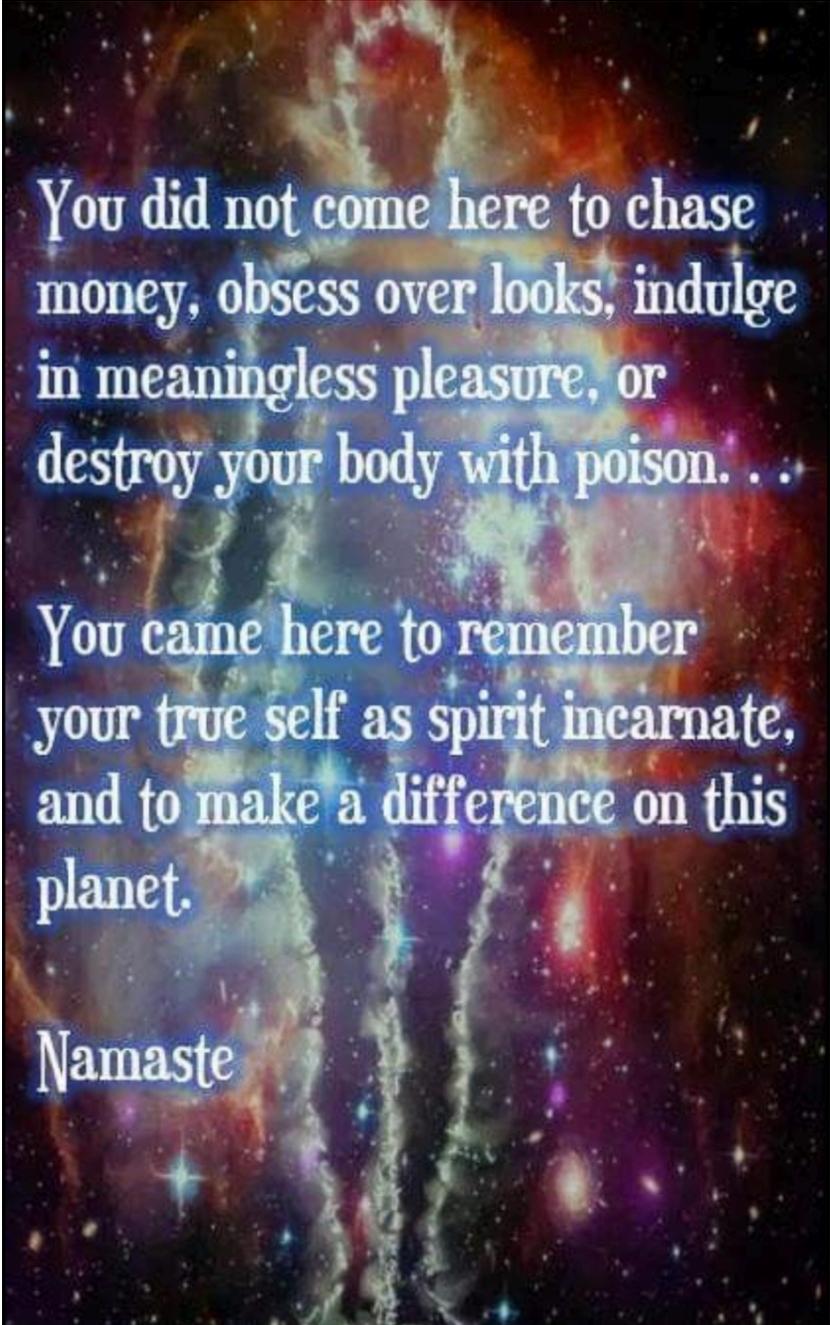
Once you have completed your, use your feather or your hand to waft the smoke gently into the corners of the room and over any plants or pieces of furniture. As we light spirit smoke, we need to be present and aware of how it moves from one place to the next.

Once you have completed your ceremony, tradition tells us that the ashes of the spent herbs should be brought outside and returned to the soil. Many tribes belt that the charred residue carries its own energy and must be given back to the earth.

A NATIVE PRAYER FOR YOU WHILE SMUDGING

Creator, great mystery. Source of all knowing and comfort. Cleanse the spaces of all negative. Open our pathways to peace and understanding. Love and light fills each of us and our sacred space. Our work here shall be beautiful and meaningful. Banish all energies that would mean us harm. Our Eternal Gratitude.

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You did not come here to chase
money, obsess over looks, indulge
in meaningless pleasure, or
destroy your body with poison. . .

You came here to remember
your true self as spirit incarnate,
and to make a difference on this
planet.

Namaste

WORKING WITH YOUR STELLAR GATEWAY CHAKRA METATRON'S CUBE ENERGIZING MEDITATION

Metatron's Cube can be used as a means to connect with Archangel Metatron to balance and amplify the energy throughout your chakra system. Meditating on Metatron's Cube is a great way to access this energy.

FOLLOW THIS GUIDE TO PREFORM THIS MEDITATION:

- ~ Find a comfortable sitting position.
- ~ Place an image of Metatron's Cube in front of you or on the floor so you can gaze at it as you meditate.
- ~ Close your eyes, breathe slowly, relax and centre yourself.
- ~ Call on Archangel Metatron, your Higher Self, I Am Presence for assistance in cleansing, aligning, balancing and to amplify all levels of your energy and chakra system.
- ~ Open your eyes and continue to meditate as you gaze at Metatron's Cube.
- ~ You may feel or experience a buzzing or vibration up your spine as your energy and chakra system awakens and that's great! If you don't, that's okay too! You may want to visualize each of your chakras spinning and radiating in alignment up your spine.
- ~ Continue in your meditation for as long as you can. Before you end your meditation, thank Archangel Metatron, your Higher Self, I Am Presence for assisting you. Allow yourself to rest and drink plenty of purified water as you continue on with your day!

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BALANCING YOUR CHAKRAS BATH RITUAL

To add more relaxation and balance to your life, consider taking weekly chakra baths by soaking in water that is infused with pure essential oils, herbs, crystals and show your chakras some love.

- ~ Do separate bath rituals for each chakra per week, one chakra per day or choose the chakras that you feel could use more love and balance.
- ~ Use crystals, essential oils and carriers, herbs, affirmations that are associated to the chakras you are working with. Use candles or tealights that match the colour of the chakras and have some heavenly music playing in the background, if you desire. If using herbs and small crystals, you can put them in a muslin bag or nylon sock to your bath water to avoid bath mess.
- ~ Run your bath water and drop in your crystals or have them around your bath tub. Add 1 cup of epsom salts, 2 to 4 drops of essential oils and carrier oil that are appropriate and don't irritate your skin, light some candles, play some soothing music and get into your hot to warm bath water.
- ~ When you are relaxed and ready, visualize and concentrate on the colour of the chakras you are balancing and repeat affirmations that are associated to the chakras or set intentions instead. This is how we program our bath water and create a healing effect that reap in all the benefits.
- ~ Optional~ You can make a soothing magical herbal tea beforehand and add it to your bath water or you can sip it slowly while you soak. Enjoy!

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COMPLETE CHAKRA BALANCING DIFFUSER BLEND

Keep all your chakras in alignment, balanced and in harmony with this complete chakra diffuser blend. This blend is great for connecting to all of your chakras while meditating.

3 drops lavender essential oil.
3 drops bergamot essential oil.
3 drops clary sage essential oil.
3 drops frankincense essential oil.
3 drops lemon essential oil.
3 drops patchouli essential oil
3 drops pine essential oil.

Simply add the oils in water, in your candle burner or aromatherapy diffuser. Allow yourself time and space to sit with the scents and calmly drift. Enjoy!

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SMUDGE STICKS



For thousands of years the use of smoke, vapour, herbs and incense have been used by various cultures to connect humans with the Spirit World. Sage smudge sticks are perfect for those wanting to purify their space or self of negative energies and create an uplifting atmosphere. Burning sage is an Ancient Ceremonial Ritual that keeps yourself and the environment energetically balanced. Sage promotes healing, harmonious and peaceful states of being, spiritual awareness, intuition, clears negative energy, anger, illness, conflict, bad spirits, heals emotional trauma, clears negative environments, stresses of life from moving, break ups, loss and studies show that it cleans the air of bacteria. Sage smudging is especially helpful when you've been around people that are low in vibration or under extreme stress and creates a wonderful lightness in the atmosphere. When you smudge on a regular basis, harmony prevails, the Latin word Sage is Salvia, from Salvus healthy meaning "to heal". Other benefits to burning sage are, it brings wisdom (old sage/wise), clarity, energy cleansing and increased spiritual awareness and intuition. All one needs to do to gain these benefits is to burn the sage in their home or any place that is in need of a cleanse. If people have imbalances (physical, emotional, mental, spiritual) in their lives, it can negatively affect their overall health and well-being. The theory behind this burning ritual is that the smoke will attach itself to negative energy, releasing it into another space where it is recycled into positive energy. Some ideal times for smudging rituals are, when moving into a new home, when beginning a new job or starting a new business, before and after a guest enters your home or vehicle, before and after a healing session, meditation or yoga, upon returning home from crowded and noisy situations, after an argument, illness, loss or break up.

Spiritually Awakened Reiki
Lena Attila, Reiki Master

Crystals have the ability to absorb and hold both positive and negative energies, it's very important to cleanse your crystals often to get rid of any unwanted energy that they may be holding. Full Moons and smudging with Sage sticks are both powerful ways to clear the crystal's energy and also recharges the positive energies and natural healing properties that they hold. To do this, simply lay your crystals outside in a safe place and leave them overnight to bathe in the light of the Full Moon. The ideal place to lay the crystals is on a natural surface like grass, but sometimes that's not possible especially if you live in an apartment or because of weather conditions. Placing them on your windowsill will do the trick too! Don't worry if your crystals are not in direct moonlight, especially if your window doesn't face the moon, the crystals will still be charged with the full moons energy! Be sure to collect your crystals before the sun rises the next morning, as some crystals like Amethyst, Aquamarine, Citrine, Flourite, Rose Quartz and Smoky Quartz are all sensitive to sunlight and will fade away. If you decide to have your crystals spend the night outdoors under the Full Moonlight, it's helpful to check the weather forecast for rain or heavy mist as the crystals like Selenite and Calcite are sensitive to water and can get damaged if exposed to rain. Once you have all your crystals back inside, program them with your intentions. Programming crystals with your energy helps them to stay focused. Remember to cleanse, charge and program your crystals and healing tools the night before, the night of or the night after a Full Moon. Thank Luna for cleansing and purifying your crystals with her powerful Full Moonlight energy. Thank Mother Earth for all the ways she supports your life and a Humble Bow to your Beautiful Healing Crystals for all the work that they do for you. Acknowledging all of the Elements that come together to make your crystals and Healing Tools seal in their vibrational energy helps to remind us to stay focused on what matters the most to our Hearts.

CLEANSING AND CHARGING YOUR CRYSTALS WITH SAGE

You can cleanse and charge your crystals and healing tools using a sage stick or loose sage leaves. Simply light the tip of your sage stick or loose sage with matches or a lighter, blow out the flame and allow it to smoke. Have a abalone shell or bowl to catch the ashes! Take your crystals (you can sage all crystals and healing tools together at the same time) and in a circular clockwise motion cleanse, charge and program your crystals etc. Silently or out loud add any positive thoughts, prayers or intentions (for example) Mighty I Am Presence, release and cleanse all negative energy from my crystals and fill them with love and light energy. Thank You, And so It Is.

Extinguish your sage stick or loose leaves completely of smoke and store your sage in a warm dry safe place. Throw the ashes outside preferably off your property.

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AMBER ~ Sacral & Solar Plexus Chakras ~ Amber is a resin that fossilized millions of years ago. It balances the emotions, reduces worries and protects against negative energies, powerful healer for physical as well as mental suffering. Assists you to release phobias and fears. Eases teething pain, reduces depression, encourages inner peace and comfort. Absorbs toxins, pain and diseases from the body.

AMAZONITE ~ Heart & Throat Chakras ~ A communication crystal. Helps one to speak honestly and respectfully, relieves stress and muscle spasms. Soothes emotional trauma and promotes all forms of creativity. Opens the heart chakra.

AMETHYST ~ Third Eye & Crown Chakras ~ Awakener of the Third Eye Chakra, develops intuition and awareness. Facilitates meditation, calming and tranquility. Protection, cleansing, intuition, balance, higher wisdom, imagination, trust and psychic ability. Supports headaches, blood sugar imbalance, brain imbalances, edginess, aids in healing, inner peace, psychic insight, spiritual opening and internal surrender.

AJOITE ~ Higher Heart & Throat Chakras ~ Helps to speak from the heart and to release past traumas. Releases karmic ties from past lives and brings change and growth. Encourages unconditional love and offers Divine guidance. Assists in female reproduction and hormonal imbalances and carries strong feminine energy. Enhances communication with higher beings in meditation.

AGATES ~ All Chakras ~ Warrior Stone, enhances grounding, nourishment, stability, calming, balance, confidence, courage, strength and connection to nature. Assists insomnia when placed under pillow to inspire varied and interesting dreams. Natural colours are milky white, white to grey, light blue, orange to red, lilac, yellow, pink and black.

ALEXANDRITE ~ Heart, Throat & Crown Chakras ~ Balances one's emotional state and supports change in one's life. Brings happiness and success, intensifies feelings of love and sensuality. Alexandrite is regarded as having regenerative powers, brings balance in the interaction between the physical manifest world and the unmanifest spiritual or astral world.

AMETRINE ~ Solar Plexus, Third Eye & Crown Chakras ~ Fusion of citrine and amethyst. Manifestation of one's visions and brings the deepest dreams into reality.

ANGELITE ~ Throat, Third Eye & Crown Chakras ~ Promotes spirituality and spiritual consciousness awareness. Enhances peaceful energy that is calming and soothing. Promotes communication and self expression, while dispelling fear, anger and anxiety. Aids in contact with your Angels and Spirit Guides and helps to connect with your higher self. Enhances psychic healing and telepathic communication and enables astral travel and spirit journeying.

APATITE GOLDEN ~ Navel & Solar Plexus Chakras ~ Golden/Yellow Apatite is the most potent crystal of the golden ray. It opens the solar plexus chakra and helps you to step into your personal power, while you work to turn your dreams into reality.

APACHE TEAR ~ Earth Star & Root Chakras ~ Enhances assimilation of important vitamins and minerals such as, vitamin C and D. It also helps to remove toxins from the body and calms muscle spasms.

AVENTURINE GREEN ~ Heart Chakra ~ Strong healing energy for body, mind and spirit. Balances erratic emotions. Enhances vitality, confidence and optimism.

AVENTURINE BLUE ~ Throat & Third Eye Chakras ~ Stone of awareness, empathy, communication, calming and inner strength. Access to Akashic Records through dream work.

AVENTURINE YELLOW ~ Sacral & Solar Plexus Chakras ~ Stone of psychic gifts, positive energy and feelings, creativity and balance. Assists anxiety, calms the soul and assists emotional detox.

AVENTURINE ORANGE ~ Sacral & Navel Chakras ~ All around healer to bring joy into one's life. Works to dissolve creative blocks and healing sexual trauma. Aids in independence and originality, stimulates and enhances personal power.

AQUAMARINE ~ Throat Chakra ~ Encourages the expression of one's truth. Reduces fears and mental tension. Assists communication, empowerment and peace. Supports fluid retention, coughs, fear, thymus glands, calms the nerves, problems with eyes, ears, jaw, teeth, neck, stomach, mental clarity and aids in meditation.

APATITE ~ Higher Heart & Throat Chakras ~ Higher heart centre opener. Assists one to be more kind, helpful and friendly.

APATITE CATS EYE ~ Navel & Solar Plexus Chakras ~ Enhances spiritual awareness, financial gains, bone health and positive energy. Increases concentration, stimulates intuition and enhances awareness and interpretation of one's dreams.

APATITE YELLOW ~ Sacral, Navel & Solar Plexus Chakras ~ A manifestation crystal that helps you to stay focused, positive and motivated. The strongest yellow ray of all crystals that brings increased creativity, focus and confidence. Encourages and enhances faith and releases fear.

AZEZTULITE ~ All Chakras, Especially the Crown Chakra ~ A very high energy crystal that connects one to Angels and other Divine Beings like, extraterrestrials. Grounds Divine light into the physical body and cleanses all the chakras in our energy field. Enhances higher consciousness and psychic gifts, especially visions of the future in psychic readings. Stimulates at a cellular level, cleanses negative emotions and defuses negative situations, blesses and purifies. A very high vibrational Ascension crystal.

AZURITE ~ Throat & Third Eye Chakras ~ Dissolves fear and helps transform it into understanding. Helps one to let go of old belief systems, supports arthritis and joints. Aids in migraines, tinnitus, inner ear, vertigo, clears toxins from the body, heals the liver, kidneys and gall bladder. Releases stress, anxiety, worry, grief and sadness.

BLOODSTONE ~ Root Chakra ~ Excellent blood cleanser and a powerful healing crystal. Heightens intuition and increases creativity. Grounding and protecting. Supports circulation, stomach and bowel pain. All purpose healer and cleanser, purify the bloodstream, bladder and strengthens blood purifying organs.

BLUE LACE AGATE ~ Throat & Third Eye Chakras ~ A supportive and nurturing crystal that neutralizes anger, infection, inflammation and fever. Helps to strengthen and accelerate the repair of bones, thyroid deficiencies, throat and lymph infections. Boosts your ability to communicate thoughts and feelings.

BERYL YELLOW ~ Navel & Solar Plexus Chakras ~ Beryl is metaphysically attributed with the ability to cure a number of intestinal and stomach ills, such as nausea, ulcers, and seasickness. Also effective at treating disorders of the heart and spine.

BROOKITE ~ Third Eye, Crown & Higher Chakras ~ One of the primary power crystals that expands your awareness beyond the physical body. Promotes higher chakra awakenings, alignment and inter dimensional communication. Supports in integrating higher frequencies

into the body and encourages calm, stable self awareness and expanded states. Brookite enables one to reach an expanded state where one can communicate and commune with beings on a higher vibrational level. Brookite is inspirational and energizing, assisting one in overcoming old patterns and moving ahead to greater developments. Brookite works in harmony with all the high vibrational Ascension crystals. For grounding, use Zincite or Black Tourmaline. A very high vibrational Ascension crystal.

CALCITE BLUE ~ Throat & Third Eye Chakras ~ A calming crystal that is very helpful for passing on messages in psychic work. Assists in psychic development with intuition, clairvoyance, telepathic abilities. Great crystal for assisting students with their studies. Soothes the nerves and helps with anxiety. Releases negative emotions and had the ability to absorb energy, filter it and return it to sender.

CALCITE COBALTIAN ~ Higher Heart, & Soul Star Chakras ~ Excellent crystal to use with the higher heart chakra to release buried emotions. Uplifting and encourages us to think positively and to let go of negative feelings that we may have been holding on to. Brings joy and enhances awareness of our own body language and brings harmony to people or groups working with each other. Enhances in raising one's consciousness, bringing positive energy of love, compassion and the understanding of unity within diversity.

CALCITE HONEY ~ Navel & Solar Plexus Chakras ~ A spiritual crystal linked to higher consciousness that helps us to open up to our psychic potential. Alleviates emotional stress and replaces it with serenity.

CALCITE ORANGE ~ Sacral & Navel Chakras ~ Increases confidence and boosts motivation. Positive energies are being raised and steered into the respective areas of the body that need them the most.

CARNELIAN ~ Sacral Chakra ~ Enhances creativity, sexuality, vitality, confidence, passion and sexual energy. Recycles past life experiences and speeds up law of karma.

CELESTITE ~ Throat & Third Eye Chakras ~ A very high vibrational crystal, provides calming and soothing vibrations that radiates into the aura and emotional body. Carries a gentle uplifting energy and invites Angels into a space that strengthens your connection to the higher realms. Perfect crystal to keep in your bedroom, especially for children and babies for restful sleeps.

CITRINE ~ Solar Plexus Chakra ~ Stone of success, money, abundance, prosperity, self esteem, imagination, positive energy and clarity. Good luck for business, manifestation and projects.

CHAROITE ~ Heart, Third Eye & Crown Chakras ~ The crystal of complete transformation. It cleanses the aura and chakras by transmuting negative energy into healing. Opens the heart chakra and stimulates unconditional love, promotes inspiration, power and assists in finding our life's purpose. Helps to focus and break unwanted cycles and facilitates living in the moment. Helps to release old habits and relationships that are no longer serving your highest good. Deepens meditations and enhances intuition.

CHRYSOCOLLA ~ Heart, Throat & Third Eye Chakras ~ A calming and reassuring crystal. Shields and encourages the mind during negotiations and discussions. Promotes prosperity, luck and strength, improves communication of feelings and unleashes creativity. Increases tolerance and patience, treats arthritis, bone disease and muscle spasms. Detoxifies the liver, kidneys and intestines. Re-oxygenates and balances the blood. Regenerates the pancreas and regulates insulin, treats PMS and menstrual cramps for women.

CHRYSOPTASE ~ Heart Chakra ~ Attracts love into one's life and assists in forgiveness of one's self and others. A strong detoxifying crystal that can increase creativity and is said to attract financial abundance. Promotes joy and happiness.

CLEAR QUARTZ ~ All Chakras ~ Provides clarity of mind and thought. Raises vibration, balances auric field, assists meditation and state of mind and amplifies other crystals. Stone of protection, manifesting and healing and clarity. All purpose healer, programmable, balancing and protection crystal.

CROCOITE ~ Root & Sacral Chakras ~ Great for creativity and sexuality. A highly energizing fertile and vital crystal. Provides the push for a breakthrough on all levels. Supports everything you feel passionate about and assists the flow of Kundalini energy in tantric lovemaking.

DALMATIAN ~ Root Chakra ~ Stone of Loyalty, family bonds, composure, grounding, nurturing, strength and connection with Animals.

DANBURITE ~ Heart, Crown, Causal, Soul Star & Stellar Gateway Chakras ~ Promotes Angelic communication, channeling, inter dimensional travel, peace, freedom from stress and supports recovery from stress related illnesses. Assists in finding inner peace, calming worries and fears, assists those who have trouble sleeping by putting a crystal under the pillow or inside the pillowcase, to bring peace to the subconscious self. Calms down mental chatter that is created by stress. Danburite is one of the synergy twelve crystals, including Moldavite, Phenacite, Herderite, Tibetan Tektite, Brookite, Natrolite, Scolerite and Satyaloka. It works well with Lilac Lepidolite, Amblygonite and Lithium Quartz, for stress relief and Merkabite and Elestial Calcite for inter dimensional travel. A very high vibrational Ascension crystals.

EMERALD ~ Heart Chakra ~ Opens and activates the Heart Chakra. Brings harmony to all areas of one's life. Stone of love, compassion, abundance and loyalty. Aids in radiation toxicity, supports mental illnesses, circulatory and neurological disorders, transmits balance, healing and patience, increases psychic and clairvoyant abilities, aids in meditation, keener insights into dreams.

FLOURITE ~ Heart & Third Eye Chakras ~ Enhances memory, intellect, discernment and concentration. Brings wisdom, clarity, focus, order, intuition and universal consciousness. Rejuvenates auras and absorbs negative energy. Supports bone disorders, transmits balance, healing and patience, increases psychic and clairvoyant abilities, aids in meditation, keener insights into dreams.

GARNET ~ Root Chakra ~ Stimulates Kundalini. Raises internal fire, bringing the creative powers to manifest. Stone of wealth, manifesting, self worth, healing, eternal love, self esteem and victory. Stone of health, supports bad dreams, depression, anger, self esteem, hemorrhages, hormone imbalances, inflammation and sexual disease.

GOLDSTONE BLUE ~ Root, Sacral, Throat & Third Eye Chakras ~ Stone of protection, inspiration, optimism, dreaming, uplifting, ambition, soothing, distressing, energizing and revitalizing.

GOLDSTONE RED ~ Root & Sacral Chakras ~ Assists in long distance healings. Builds energy, courage and positive attitude, revitalizes energy field and promotes vitality. Stone of protection, happiness, ingenuity, boldness, positivity, drive and confidence.

HEMATITE ~ Earth Star & Root Chakras ~ Seals auric field against negative energy. Stone of protection, grounding, clarity, manifestation, strength and power. Blood cleanser and purifier, aids in astral projection.

HEMIMORPHITE ~ Throat Chakra ~ A wonderful crystal to assist with healing and communication. Enhances communication of your truth and is excellent for enhancing the talents of healers and spiritual Counsellors. Assists to banish anger, selfishness and egotism.

HERDERITE ~ Third Eye, Crown, Causal, Soul Star & Stellar Gateway Chakras ~ Activates the latent capacities, awakening the higher brain functions. Supports balanced and increased brain functions and recommended for headaches. Helps one to view emotional situations with higher perspective and activates the latent spiritual and psychic capacities of the brain. A incredibly powerful crystal for inter dimensional travel, communication with spirit guides and light beings and embracing enlightened awareness as a full time state of being. Herderite opens the third eye, crown and higher chakras above the head, expanding one's sense of self. Herderite powerfully resonates with all other high vibrational Ascension crystals.

HERKIMER DIAMOND ~ Third Eye & Crown Chakras ~ Emits their own energies while also magnifying the frequencies of other crystals. Helps to purify your energetic fields, while attuning you to the white light. Activates the crown chakra, stimulating inner visions and dreams. Stimulates and enhances clairvoyant and clairaudient abilities. Enhances meditations and stimulates all the chakras to raise the kundalini energy.

HOWLITE ~ Third Eye & Crown Chakras ~ Eliminates rage and anger. Calms violent uncontrolled anger. Strengthens teeth and bones, helps insomnia and calming. Stone of surrender and letting go of attachments.

HOWLITE BLUE ~ Throat & Third Eye Chakras ~ Boosts patience, aids insomnia and stress, calms anger, helps to alleviate stress and helps to calm fits of anger and bad temper. Helps to deal with belligerent or aggressive people. Helps with anxiety and racing thoughts.

INDIGO GRABBO ~ Root & Third Eye Chakras ~ A very high vibrational crystal. Highly protective and balances the past and the present. Very grounding and amplifies psychic powers and energy for healing work. Increases intensity of other crystals.

IOLITE ~ Third Eye & Crown Chakras ~ Vision crystal, clears thought forms, opens intuition, aids in understanding and releasing the causes of addiction. Helps you to express your true self.

JADE ~ Heart Chakra ~ Inspires and induces ambitions towards the accomplishment of objectives. Stone of luck, abundance, nature energy, understanding, relaxation and well-being. Supports kidneys, heart, larynx, liver, parathyroid, spleen, thymus and parasympathetic ganglia healer, strengthens body and longevity.

JADE BLUE ~ Throat Chakra ~ A peaceful and serenity crystal. Gives strength and stability so that one will not be carried away by the petty dramas of life. Grounding and stabilizing, rods self of negativity. Relieves inflammatory issues, balances nerves and soothes cardiac rhythms. Eases the inflammation of the joints and arthritis, helpful with asthma and other bronchial conditions and can also promote blood circulation.

JASPER RED ~ Root & Sacral Chakras ~ Awakens the chi and kundalini energies. Activates sexual and creative energies. Stone of earth, shamanic strength, grounding and energy. Increases emotional stamina, self confidence, self trust, emotional protection, courage,

balance, calming and increases sexual vibrancy. Supports liver, stomach troubles and infections.

JASPER KING GREEN ~ Root & Heart Chakra ~ Protection and nurturing. Used for pain related to stomach, lungs, pregnancy and childbirth. Helps to abandon obsessiveness, paranoid illusions, entity attachments and restores inner calm. Unblocks your Heart Chakra and gives you a clearer understanding of your emotions. Assists in nightmares, diet, quit smoking and in reducing overconsumption of alcohol. It lends emotional support, strengthens self control and boosts physical energy levels.

JASPER YELLOW ~ Navel & Solar Plexus Chakras ~ Brings a sense of completeness and tranquility and supports times of stress. Used to help with dream recall and shamanic journeying. Facilitates in balancing and aligning the physical, mental and emotional bodies.

JET ~ Earth Star & Root Chakras ~ Gives physical, emotional and spiritual guidance to help you accomplish your goals and achieve balance and harmony. Supports feminine disorders of the teeth, stomach, glandular swelling, fevers, hair loss and aligns the lower spine.

KUNZITE ~ Heart Chakra ~ Supports alcoholism, anorexia, arthritis, epilepsy, gout, headaches, colitis, memory loss, schizophrenia, depression, phobias, emotional equilibrium, thyroid malignancy, gums, pain and self esteem.

KYANITE BLACK ~ Earth Star & Root Chakras ~ This crystal does not need cleansing. A high energy crystal that revives and sends powerful healing to all of the chakras. A powerful and grounding crystal that assists in dream work/healing that repairs and aligns the aura and chakras. Eliminates all adverse energies, dispels conflict, encourages insights and assists in dream call.

KYANITE BLUE ~ Throat & Third Eye Chakras ~ Aligns all of the chakras and restores the flow of energy to the chakras. A high vibrational energy crystal that opens communication with higher dimensions and enhances telepathy and intuition.

KYANITE INDIGO ~ Throat & Third Eye Chakras ~ A high vibrational Kyanite aligns and clears the chakras. Assists the throat and third eye chakras in meditation to develop and enhance intuition, telepathy and other psychic gifts.

LABRADORITE ~ Earth Star, Root, Throat, Third Eye & Crown Chakras ~ Excellent for awakening one's own awareness of inner spirit, intuition and psychic abilities. Labradorite is also the most powerful of the mineral kingdom, creating a shielding force throughout the aura and strengthening natural energies from within. Increases energy flow to all chakras and stimulates intuition and raises consciousness. Deflects unwanted energies and banishes insecurities and fears. Stabilizes the aura and balances the hormones. Promotes mental sharpness and reduces stress and anxiety. Calms an overactive mind and connects universal energies. Used for brain and eye disorders.

LAPIS LAZULI ~ Throat & Third Eye Chakras ~ Stone of psychic vision, truth, awareness, celestial energy, nobility, psychic intelligence and authenticity.

LAVA ~ Root Chakra ~ Sheds unneeded layers of emotional attachments. Supports periods of change and helps the flow of creativity. Reflects negativity, strengthens connection to Mother Earth and enhances fertility. Stone of protection, grounding, power, strength, rebirth, courage, stability and cleansing.

LEMURIAN SEED ~ Navel & Solar Plexus Chakras ~ Enhances courage, confidence, strength, fortitude and leadership. Contains stored information, cosmic knowledge and wisdom from the Akashic records and other sources. This information is accessible through meditation with the crystal. Often a record keeper finds its way into the hands of a person with whom it has relevant personal information to transmit such as, past life insights and future encouragements ability enhancements and keys to hidden truths.

LEPIDOLITE ~ Heart & Crown Chakras ~ Helps to shift and restructure old energy patterns, bringing light and hope to a situation, reduces stress associated with change or transitions. Balances emotions and promotes inner peace. Brings awareness to the spiritual side of challenging experiences. Assists to clear depression after the emotion had served its purpose. Reduces insomnia and other sleep disorders.

LIBYAN GOLD TEKTITE ~ All Chakras. Especially the Sacral, Navel & Solar Plexus Chakras ~ Assists one to access Akashic Records and aids creative manifestation through the will. Promotes confidence, mental acuity, psychic protection, manifestation and realization of personal potential. Assists in overcoming shyness and approaching life playfully and supports spiritual healing of the stomach and digestive issues. Using this crystal with Moldavite is ideal for achieving self transformation to one's highest calling. Adding Tibetan Tektite will greatly speed the process of manifestation of one's goals. Using all three crystals together can facilitate rapid transformation under the guidance of one's higher will. Libyan Gold Tektite links with Yellow Sapphire for creating financial abundance. Phenacite assists in manifesting one's spiritual visions. A very high vibrational Ascension crystal.

MAGENTA AURA ~ Higher Heart & Soul Star Chakras ~ Uplifts on the emotional, mental and spiritual levels. Gives one the ability to have a clear connection to the Divine to receive clear spiritual guidance and communication from higher realms and from spiritual guides and Angels. Inspires creativity and aligns you to your souls purpose. Used in spiritual initiations and rituals and for deepening meditation and spiritual attunement. Creates a multidimensional energy shift that draws kundalini energy up the spine and through the subtle bodies, adjusting its effects to provide what each soul needs for evolution.

MAGENTA FLOURITE ~ Higher Heart, Crown & Soul Star Chakras ~ A crystal for the heart that assists with inner truths and mental clarity, allowing one to become consciously aware of the hearts thoughts, desires and knowledge. A crystal of inner truth, enhancing clarity and bringing emotional concerns into a state of peaceful understanding.

MALACHITE ~ Solar Plexus & Heart Chakras ~ Solar plexus purger. Releases suppressed emotions and facilitates insight. Stone of protection, leadership, confidence, wealth, beauty and individuality.

METAMORPHOSIS QUARTZ ~ All Chakras ~ A powerful crystal for transformation that helps with optimistic mindset and brings positive thinking. Best crystal to work with during change and transformation and great for mental awareness. Oxygenates the blood and detoxifies the system, energizes and stimulates the mind. Excellent healing energy.

MOLDAVITE ~ All Chakras, Especially the Higher Heart & Third Eye Chakras ~ Healer from other worlds, accesses higher dimensional realms, illuminates the path on the journey home and prepares the user for transformation and Ascension. Channels laser like beams of healing energy, crystal of rapid and powerful spiritual transformation that can catalyze major priority shifts and even physical life changes. It's tendency is to attract all that relates to one's spiritual evolution and highest good and dissolves one's connections with whatever hinders that evolution. These changes include careers, relationships, diet, health, personal goals and inner awakening's, prophetic dreaming and visions of one's true purpose in life. A very high

vibrational Ascension crystal that has often caused a sudden opening of the higher heart, known as the Moldavite flush. It can stimulate any chakra and it brings healing wherever it is needed in the body. Moldavite can energize the effects of many crystals such as Herkimer Diamond and all types of Quartz.

MOONSTONE ~ Third Eye & Crown Chakras ~ Stone of intuition, inner work, patience, sensuality, safe travels, awareness, new beginnings, growth, creativity, fertility and calmness. Soothes and balances the emotions, helps to eliminate fear of feeling, encourages inner growth and strength, aids peace and harmony and psychic abilities, aligns the vertebrae, aids in digestion, calms children and drives away nightmares, encourages sleep and used to treat sleepwalking. Used for emotional support for intuitive and sensitive children.

MOONSTONE ORANGE ~ Sacral & Navel Chakras ~ Helps one to find balance in life in a middle of a crisis. Soothes extreme conditions in your life, associated with feminine energy. Heals mind and body, balances the karmic chakra with positive attitudes and assists with anxiety and tantrums.

NATROLITE ~ Third Eye, Crown & Higher Chakras ~ Helps one to understand one's spiritual nature and can be valuable in overcoming confusion about one's path of service. Facilitates psychic abilities and promotes the development of latent talents such as, clairvoyance, clairaudience, Clairsentience, telepathy and telekinesis. Assists in astral travel and inter dimensional communication. Excellent for channellers and others who wish to open to entities of higher frequency. Assists in the confidence of one's abilities and knowledge. Helps one to become fearless of spiritual growth and exploration. Excellent tool for Parkinson's, Alzheimer's, stroke, any brain damage caused by accident or injury. Energetically supports the brain in compensating for damaged areas and rebuilding neural networks. Supports nervous system disorders, particularly degenerative nerve diseases such as, MS and ALS. Works in harmony with all other high vibrational Ascension Crystals. Natrolite is a very high vibrational Ascension crystal.

OBSIDIAN BLACK ~ Earth Star & Root Chakras ~ Spiritual protector. Helps one to understand and face their deepest fears. Stone of protection, grounding, purification, transformation, communication, flexibility, balance, clarity and healing. Black obsidian is a very powerful and creative crystal that increases self control and forces one to face up to their true self. Releases imbalances and negative energies, protective and provides support during change. It repels negativity and disperses unloving thoughts. It blocks psychic attacks and absorbs negative energies from the environment. Black obsidian draws out mental stress and tension, stimulates growth on all levels, brings clarity to the mind and clears confusion. Black obsidian dissolves emotional blockages and ancient trauma. Promotes more compassion and strength, good for activating, cleansing and balancing the earth star and root chakras. Black obsidian is a spiritual protector, helps one to understand and face their deepest fears, a general muscle tissue healer, helps with low blood pressure, anemia, depression, anxiety and digestive and bowel disorders.

OBSIDIAN BLUE ~ Throat & Third Eye Chakras ~ A purifying, transformational and manifesting crystal. Assists in digestion, detoxifies and reduces arthritis, calms the mind so one can focus on the task, while assists in communication skills. Boosts telepathic abilities.

OBSIDIAN SNOWFLAKE ~ Root & Crown Chakras ~ Stone of protection, persistence, transmutation, acceptance, understanding, flexibility and overcoming difficulties.

OBSIDIAN MAHOGANY ~ Root & Sacral Chakras ~ Stone of trauma and ancestral healing, clearing negative beliefs, eliminates energetic blockages, relieves tension and helps to stimulate growth on all levels, protection from psychic or energy attacks by those who wish you harm, strengthens aura, removes energy cords between people.

ONYX ~ Earth Star & Root Chakras ~ Stone of protection, focus, discipline, self mastery, blocks negativity, patience, determination, strength and confidence. Excellent tool for grounding with the electromagnetic energies of the earth and facilitates alignment with higher powers for guidance and strength. Used to stimulate the psychic senses and engenders a protective shield for those who offer spiritual counselling, tarot readings, channeling, mediumship, automatic writing, scrying and telekinetic abilities or any endeavour that opens one to psychic influences. Keep an onyx on your nightstand or by your feet, with the intention of protection against nightmares and fears associated with the dark. Onyx calms the nerves, helps with mental and physical stress, anxiety, fear, soothes temper, assists in problems of diseases of the inner ear, immune system, provides stamina and vitality to the body, prevents relapses after illness, improves cell regeneration, teeth, bones, disorders of the bone marrow and helpful for those who suffer from weak legs. Helpful in recognizing old habits or relationships that need to be re-evaluated or released, brings inner strength to let go.

OPAL WHITE ~ Crown & Causal Chakras ~ Clears the mind and restores energy. Raises spiritual vibration during clairvoyant work and raises higher consciousness. Connects to the crown chakra and draws in Angelic energies. Brings clarity to the mind and unlocks creative energies. Draws out and softens aspects of ourselves and begins to heal. Encourages self confidence, increases youthfulness and balances the mind, body, spirit connection and creates harmony.

PETALITE ~ Throat, Third Eye, Crown & Causal Chakras ~ A high vibrational Ascension crystal that is called the Angels stone because it enhances Angelic connection. It dissolves feelings of abandonment and alienation and is good for the aura, yin/yang, balance and all psychic abilities. Petalite opens cosmic consciousness and is a protective crystal that enhances meditation and attunement and assists in spiritual purification. Petalite is a shamanic crystal, useful for vision quests and provides a safe environment for spiritual evolution to access downloads of cosmic consciousness. Petalite brings peace of mind, calms the aura and opens the higher chakras. Great for eyelids, eyebrows, cells, lungs, intestines, muscles and joint flexibility and is said to aid detox. It is also thought to help cancer and chronic fatigue syndrome.

PHENACITE ~ Third Eye, Crown & Upper Chakras ~ A powerful intense and high vibrational crystal that is known for its spiritual energies, that can activate the third eye and crown chakras. Helps to access your visionary intuition and achieve a higher awareness of the spiritual realms. Aids in spiritual knowledge.

PICTURE JASPER ~ Root & Third Eye Chakras ~ Stone of visioning, earth, magic, confidence, creative visualization and nurturing.

PRASIOLITE ~ Heart Chakra ~ A spiritual crystal that assists one to feel connected to Divine unconditional love. Inspires originality, courage and self reliance. Activates the heart chakra to send the energy down into Mother Earth. Assists with prophecy and visions, love and self acceptance.

PREHNITE ~ Heart & Solar Plexus Chakras ~ The crystal of unconditional love and the crystal to heal the healer. Enhances precognition and inner knowing. Enables you to always be prepared and calms the environment. Brings peace and protection.

PYRITE ~ Earth Star & Root Chakras ~ Brings luck, prosperity, abundance, vitality and protection. Grounding and high vibrational. Great for manifesting and preparing for transformation. Empowering and fiery, purifies energy, relieves anxiety and promotes passion for life and work. Shields many forms of negativity energy and symbolizes the sun. Helps to

purify the bloodstream and upper respiratory tract, upper intestines, aids in digestion, nervous exhaustion. Great for grounding.

QUARTZ BLUE ~ Throat Chakra ~ Enhances organizational abilities, self discipline and orderliness by balancing the throat chakra. Enhances communication between upper and lower chakras. Helps to improve communication skills, including communication from the higher self. Enhances creative expression and aids connection with spirit guides. Helps to deepen meditation and stillness.

QUARTZ LAVENDER ~ Third Eye & Crown Chakras ~ A wonderful crystal to assist in dream healing and shamanic travel. Improves dream states and can aid in lucid dreaming. Stimulates the nervous system and helps to heal brain damage and relieves inflammation of the nerves and eyes. Provides a sense of emotional protection from negativity and helps you feel more connected to higher source.

QUARTZ LEMON ~ Navel & Solar Plexus Chakras ~ Helps to structure, focus and amplify thoughts and information. Also thought to transmit energy, eases food and nicotine cravings, helps with diabetes and encourages healthy recovery after illness and surgery.

QUARTZ TANGERINE ~ Sacral & Navel Chakras ~ A healing crystal for trauma and for clearing the past. Emotionally grounding and it teaches one to find the gift in the experience. Tangerine Quartz can take you beyond your limited beliefs into a more positive state.

ROSE QUARTZ ~ Heart Chakra ~ Opens the Heart Chakra for true love and relationships. Stone of love, romance, compassion, nurturing, comforting, energy, trust, connection, emotional healing and brings inner peace and joy. Heals emotional wounds and dissipates anger and tension.

RHONDOCHROSITE ~ Root Chakra ~ Empowers you to heal past and past life issues. Removes irrational fears and assists in meditation. Stone of emotional healing, joy, nurturing, compassion, love, courage, passion, empathy and comfort.

RHODONITE ~ Root & Heart Chakras ~ Stone of forgiveness, purpose, generosity, contribution, love, compassion and relationships.

RUBY ~ Root, Sacral, Heart & Soul Star Chakras ~ Invokes feelings of courage, passion, strength and stimulates your life force energy. Helps you to move forward in life. Stimulates the root chakra and is a kundalini raising crystal. Recharges your energy levels and is a powerful shield against psychic vampires. Promotes love, passion, protection and prosperity. Gives you courage to face your fears with confidence. Alleviates pain associated with menstruation, beneficial for reproductive organs, early menopause and supports gynaecological operations.

RUTILE ~ All Chakras ~ Infuses the body with Divine Light and energizes the chakras, strengthening your willpower and motivation. A very powerful healing crystal, as it carries an etheric or Angelic energy. Helps to manifest faster and amplifies intentions.

SAPPHIRE BLUE ~ Throat & Third Eye Chakras ~ A calming and protective crystal. Protects one from lower vibrational entities. Assists in meditation and great for mental clarity, psychic activation and increases intuition. Brings joy and prosperity to one's life.

SAPPHIRE INDIGO ~ Third Eye Chakra ~ Known as the wisdom crystal. Restores and balances the body. Aligns the physical, mental and spiritual planes, brings serenity and peace of mind. Releases mental tension, depression, unwanted thoughts and spiritual confusion. Aids in mental focus, order, inner vision and psychic awareness. Aids in opening the third eye chakra

to receive wisdom and insight, spiritual enlightenment, telepathy, psychokineses, clairvoyance, astral projection and personal pain.

SAPPHIRE WHITE ~ Third Eye & Crown Chakras ~ Nullifies negative energy and negative thoughts, fills the mind of the wearer with peace, calmness and joy. Strengthens the cosmic rays of Venus, infuses love, warmth and affection. Brings intuition, clarity and self mastery, protection crystal, good fortune and spiritual insight. Sapphires are the crystals of power, strength, kindness and wise judgment.

SCOLECITE ~ Third Eye, Crown & Causal Chakras ~ A gentle but powerful ally focusing on patterns, connections and peace. Teaches gentleness, inner peace, fearlessness and living from the heart. Used to decrease violence in thoughts, emotions and behaviours. Connects with the upper chakras and encourages transformation, promotes calm, relaxation, peace, cleansing, selfishness, awareness and removes energy blockages. A high vibrational Ascension crystal.

SELENITE ~ Third Eye, Crown & Soul Star Chakras ~ Stimulates brain activity, expands awareness and develops telepathy. Symbolizes the clearest state of mind attainable. Stone of protection, purification, cleansing, enlightenment and peace.

SELENITE ORANGE ~ Sacral, Navel, Crown & Higher Chakras ~ Used to remove electromagnetic stress in and around your home. It works well to connect us to the earth and moon energies and cleanses the sacral chakra. The powerful vibration of Selenite can clear, open and activate the crown and higher chakras above the head. Excellent for all types of spiritual work.

SATYALOKA QUARTZ ~ Crown, Causal, Soul Star & Stellar Gateway Chakras ~ This crystal works with beyond your physical body by raising the frequency of the subtle body and enhances holistic and multidimensional soul healing. When placed on the side of your head, it will infuse light with different past life chakras. Enhances enlightenment and will open the lit mind to an incursion of pure spirit. If you want to make an inner temple of light and need direct communication with the Divine, place this crystal on any side of your head. A very high vibrational crystal.

SMOKEY QUARTZ ~ Earth Star & Root Chakras ~ Activates survival instincts. Grounds light force into the physical body. Enhances sexuality and fertility. Stone of grounding, clearing, action and helps with fatigue. Stimulates kundalini energy, cleanses and protects the astral field, draws out distortion on all levels and great for hyperactivity.

SODALITE ~ Throat & Third Eye Chakras ~ Awakener of the Third Eye Chakra. Prepares the mind to receive the inner sight and intuitive knowledge. Stone of insight, clarity and intuition.

SUGULITE ~ Heart, Third Eye & Crown Chakras ~ Awakening crystal! Radiates Divine love into one's life. Sends the violet ray of energy throughout the body, mind and soul. Aligns and balances the chakras, gives strength and encourages spiritual growth. Helps with psychic protection. Assists in lucid dreaming and helps one to remember their souls purpose.

SUNSTONE ~ All Chakras ~ Linked to luck and good fortune. It clears and energizes all the chakras. Instills good nature, heightens intuition and allows the real self to shine through happily. It dissipates fearfulness, alleviates stress and increases vitality.

TANZANITE ~ Heart, Throat, Third Eye & Crown Chakras ~ A powerful crystal for psychics and/or mediums. Great during meditation to enhance clairaudience, clairvoyance and visions. Connects one to the etheric chakras and fuses the mind and heart into alignment, grounding

the mental and emotional bodies together. Calms an overactive mind, thyroid and tired adrenal glands. Stimulates the upper chakras, activates psychic abilities and vibrating rate, facilitates communication with higher spiritual dimensions. Crystal of transformation that can help dissolve old patterns of disease and karma.

TIBETAN TEKTITE ~ All Chakras ~ A Light body awakening crystal that assists with spiritual alignment and brings light into the cells. Inspires the joy and wonder of spiritual awakening and gently awakens kundalini energy, allowing downloads of spiritual light. A very high vibrational crystal and most powerful for opening the chakra channels along the spine.

TIGER EYE ~ Sacral, Solar Plexus & Third Eye Chakras ~ Warrior Spirit. Enhances personal power, integrity and the ability to bring heaven to earth. Stone of order, stability, wealth, integration, balance, grounding, discernment, willpower and self motivation.

TIGER EYE BLUE ~ Throat & Third Eye Chakras ~ A communication crystal. Helps to maintain the integrity of conversations, ensuring honesty, logic and respect. Gives courage to turn your ideas and dreams into tangible realities. Calms the temper and great for confidence.

TOPAZ WHITE ~ Crown, Causal & Soul Star Chakras ~ Enhances protective properties such as, healing, power and positivity. Enhances happiness and elicit feelings of spirituality and helps to clarify your thoughts and intentions. Aids in manifestation to make the passage of achieving your desires easier and faster. Helps you to have a more orderly approach to life. Great for relationships and helps to replace sadness with joy and distrust and hate with love. Promotes confidence, self respect and sexuality. Spiritual and emotional influence.

TOURMALINE BLACK ~ Root ~ The ultimate protection and grounding stone. Helps to focus on strengthening body and spirit. Stone of protection, grounding, banishing and security.

TOURMALINE BLUE ~ Throat & Third Eye Chakras ~ Improves communications and accelerates development of psychic mediumship and channeling. Assists in deep meditation and for bringing past hurts to the surface for healing. Encourages the release of emotional bonds and frees the mind to explore a higher consciousness and spiritual connection. Treats the throat, lungs, esophagus, larynx, thyroid and thymus. Stimulates the water balance and the excretion through the bladder and the kidneys.

TOURMALINE ORANGE ~ Sacral & Navel Chakras ~ Orange Tourmaline conveys the energy of action and is believed to help the wearer correct the use of their personal power in the physical realm. These energizing crystals are said to stimulate and encourage action, cleansing, along with purification.

TOURMALINE YELLOW ~ Navel & Solar Plexus Chakras ~ Affects the subconsciousness by reducing neurotic tendencies. Helps to stay connected to the light in the most difficult circumstances. Helps to recognize and overcome wounds inflicted by life. Loosens emotional blocks and takes care of the heart and makes the love flow freely both in sending and receiving.

TURQUOISE ~ Heart & Throat Chakras ~ Stone of wholeness, truth, communication, purity, shamanic awakening and master healer. Protects against environmental pollutants, strengthens anatomy and guards against all diseases, improves absorption of nutrients, tissue regeneration, subtle body alignment and strengthens eye disorders.

ULEXITE ~ Third Eye, Crown, Causal Chakras ~ Enhances remote viewing and telepathy. Heals and balances physical vision and increases creativity. Aids in clairvoyance abilities and unblocks psychic vision.

UNAKITE ~ Heart Chakra ~ Used to bring light and insight to past experiences to get to the root of problems. Gradually eliminates bad habits, especially overeating and over consumption of alcohol. Stone of balance, perseverance, attraction, releasing toxicity, resolving conflicts, healing the past and healing the body.

VANADINITE ~ Root & Sacral Chakras ~ Boosts energy, stimulates creativity and springs one into action to get things done. Strengthens sexual desires.

Spiritually Awakened Reiki
Lena Attila, Reiki Master

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Life Opens Up And Changes In So Many
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