

## Subtle Energies & Intuitive Skills

### **SELF Chakra Clearing & Healing Procedure**

1. Ground your body and energy, drop into Present Time, and kick back into your Meditation Sanctuary.
2. Greet, welcome and accept yourself with gratitude for all that you are in this moment.
3. Scan your body and ask, "What chakras need my attention?" Accept the first answer that reveals itself.
4. Open a chakra and look inside with the awareness of your witness self, without judgment.
5. Ask "What does my spirit need to clear, heal and balance this chakra in this moment?" Trust what comes and accept the first answer that reveals itself in whatever form.
6. Apply subtle energies and techniques as needed. Hold Space and Run Earth, Life Force, Universal Consciousness, Physical Healing, and whatever other treatment that appears as necessary.
7. Direct the actions of your healing energies with specific intentions. Hold Space and observe them at work. Adjust the work as needed.
8. Sense when the work is done and release the healing elements to the Earth to be repurposed. If the work needs more time, intend for it to continue until the work is complete, or for it to end at a specific time. Then, continue with the healing of another chakra.
9. If the work is done, adjust the chakra to the appropriate aperture.
10. Repeat the process with the next chakra that makes itself known to you.
11. When you've addressed all the chakras, intend for them to be balanced with each other.
12. To end the healing, give gratitude with an open heart filled with a love of self and an unwavering acceptance of the process.
13. Do an Objective Detachment from the process.

*Connecting Physical Presence to Spiritual Awareness and Mindful Actions,  
then Using them to Awaken and Serve.*