



Chakra Repair Empowerment

Practitioner's Manual

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Chakra Repair Empowerment

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About the Chakra Repair Empowerment

The Chakra Repair Empowerment helps balance and repair the chakras. It is similar to the Chakra Flush in that it works on all the chakras at once and it is easy to use. While the Chakra Flush works more to clear out negative energy in the chakras, the Chakra Repair Empowerment helps to rebuild chakras that have been weakened and blocked of energy.

It is an easy energy to use, because one application will help boost all the chakras. It is gentle enough to be used multiple times and should not cause major clearing symptoms. While it is not as powerful as other tools such as the Chakra Healing Attunements, it is an excellent energy to use when you want to give a boost to the chakras quickly and easily.

As most people usually have some weak spots in their chakras, using this empowerment should provide benefit to almost everyone who comes to you for a healing. It is a wonderful tool to use at the beginning or end of a regular Reiki session to give your clients an extra charge of energy.

While you do not need the Chakra Flush to use the Chakra Repair Empowerment, the Chakra Flush will enhance the healing, as it will help clear out negative energy to provide more room for positive energy to come in.

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Using the Chakra Repair Empowerment

The empowerment is activated by intention. You can send it either in person or via distance. If in person, you can place the hands on the crown (top of the head) as you send the energy.

Activation Through Intention:

To activate the energy by intention, simply state:

I am now activating the Chakra Repair Empowerment for <name>.

Then let the energy flow. Give it about 5-10 minutes for a short healing, and 20 minutes or more for a longer healing.

You can enhance the energy by visualizing a white light going down the base of the spine, starting from the top of the head.

You can use this energy as often as you want.

If you want to use this empowerment in conjunction with the Chakra Flush, use the Chakra Flush first and then the Chakra Repair Empowerment.

Chakra Repair Empowerment Attunements

To follow is the Chakra Repair Empowerment attunement process. You are also welcome to use any existing attunement method you are already familiar with.

In-Person Attunement

Most people you attune to the Chakra Repair Empowerment should already be Reiki Masters or at least Level II. If not, you should make sure the person has had a Reiki session in the past week (at minimum).

For the attunement: Have the client sit in front of you with eyes closed to receive the attunement.

Call upon your higher self. Then ask to connect with the higher self of the recipient.

To pass the attunements, place both hands on the client's head. Ask your higher self to send the Chakra Repair Empowerment energy into the crown chakra. Then visualize white light going down the spine starting from the top of the head.

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Distance Attunement

Distance attunements are just as effective as in-person attunements. You do not even need to send the attunement at the same time the client receives it (as attunements can be sent through time and distance).

If you want to send the attunement at the same time the client receives it, then you will need to set a mutually beneficial time to do so. Have the client prepare themselves on their end by finding a quiet place to meditate for at least a half-hour.

You can also send the attunement with the intention that the client will receive it when they are ready. All you need to do is send the attunement with that intention, and then direct the client to set aside a time to receive the attunements (a half-hour at least) at their convenience.

For both methods, the client can open themselves up to receiving the attunement by repeating to themselves out loud or silently:

I am now receiving the Chakra Repair Empowerment attunement sent by <your name>. Thank you.

To send the attunement:

Call upon your higher self. Then ask to connect with the higher self of the recipient. Ask your higher self to send the Chakra Repair Empowerment energy into the crown chakra. Then visualize white light going down the spine starting from the top of the head.