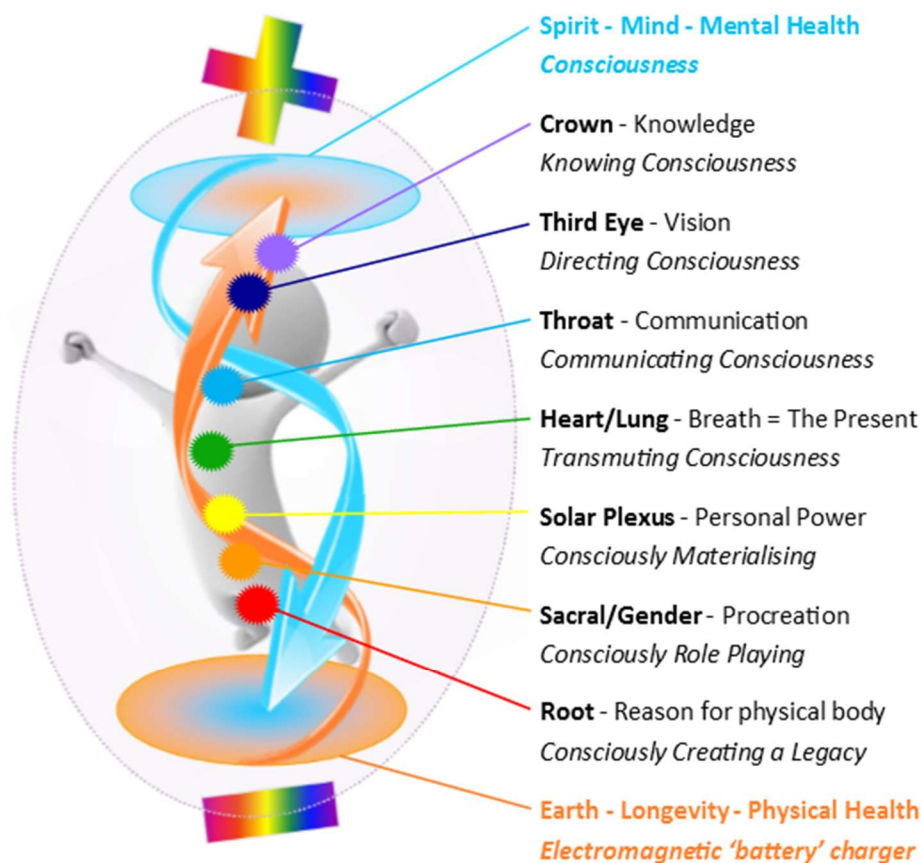


Breathing through the Nine Chakras to mental and physical health

Clearing the Chakras with your Breath

Be seated or lying down before starting with your Imagination to draw the energy of your *Earth Chakra*, 30cm (1') below the soles of your feet, up through your 7 inner Chakras and out through the *Spirit Chakra* 30cm (1') above your crown. Acknowledge each chakra on the way and clear any emotional resistance by consciously breathing in and out through your mouth. This helps release any emotional attachments to out-of-date beliefs that tend to show up as physical and emotional outcomes in our reality.



Work your way up from the bottom, clearing any emotional resistance, thus allowing the easy flow of your Consciousness into your physical reality as you breathe in and out through your mouth.

Establishing a Continuous Flow of Consciousness

Continue taking this energy up and out through the *Spirit Chakra* and then down through the earth before drawing it (renewed) up again to re-enter via the *Earth Chakra* to create a stream of electromagnetic energy in a continuous loop from this day forward. When you have this first circular flow of Energy set up and running, establish another separate loop entering via the *Spirit Chakra* and travelling down through the now emotionally CLEAR chakras allowing your Consciousness, your innate Intelligence, free passage to flow freely supporting and providing for your mission here on Earth. Again, create a continual loop of this electromagnetic energy; this time up through the air to recharged it and back down through your *Spirit Chakra* from this day forward.

You are more powerful than you can ever imagine, because there is no limit to our Imagination/Consciousness.