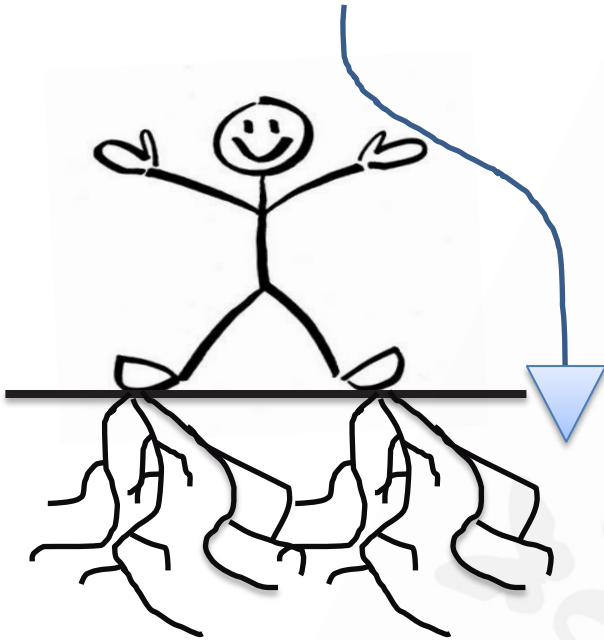


## Cleansing, Clearing, Energising & Balancing,

### Your personal energies and Chakras

Intention and thoughts are everything. Close your eyes, feel and see in your mind, tree roots coming out of your feet and connecting you into the earth. This can be done anywhere and at any time.



Now see and feel the universal white light, come down from the universe into the room where you are. Allow the white light to touch and enter the crown of your head.

This beautiful white light cleanses and clears, also heals your body mind and spirit. Allow and feel the white light flow down and through your body cleaning stagnate or stuck unhealthy energy from your body and each chakra. Allowing the white light to flow down through your body, your feet and into the earth, through your roots.



Now see and feel the earth's energies around your roots and start allowing the energies to flow up into, your feet, up through your body and flowing through each chakra.

The Earth's energies can feel like a tingle or warmth (each person experiences the feeling differently).

Earth's energies allow your body, mind and each chakra to feel energised, balanced and aligned.

Always remember to bring your roots up when you have finished energising yourself.

Any time you feel you need some energy throughout the day just pop your roots down into the earth and bring earth energy up through your body.