

Chakra Clearing, Balancing Technique by Terri Jay

Clearing out the chakras can produce miraculous results. Most of us aren't even aware that we are holding negative energy in our chakras. Negative energy, usually in the form of negative emotions, can actually cause illness, injury and disease.

This procedure is simple and is done with just visualization and intention. Do not doubt that it can change your life and raise your vibration. It is important to be grounded first. Grounding involves the visualization of growing roots out your feet and your tailbone, sending them to the center of the Earth, bringing them back up and surrounding you with the Earth fire energy. Then you open your crown chakra, allow the White Light to come in the top of your head, go down through your body and then out the 2nd chakra to connect to the fire energy you surrounded yourself in.

Once you are grounded, you feel and visualize the white light coming into your crown chakra and all the way down your body. Once you can feel this, then you go to your crown, take the white light and have it turn and go OUT your 3rd eye. Your 3rd eye is located in the middle of your forehead. You allow the light to flush out the chakra. Often it will flow with force like a fire hose. You allow this to continue until the Light goes soft or clear. That is how you know it is done. If you feel emotions coming to the surface, allow them to be released.

Once the third eye is clear, then you go down to the throat chakra and do the same thing. Next is heart chakra, solar plexis (3rd chakra), second chakra or sexual chakra which is located right below the navel. If you put three fingers sideways below your navel, the second chakra is directly below, right on the midline. Then you allow the Light to flow from the crown chakra right out the root or base chakra. Once you have completed this, then do all the same chakras down the back.



ENERGY HEALING INSTRUCTIONS

Step One: Ground. Grounding instructions are below. Master grounding before you try the other steps.

Step Two: Go deep. Drop down the same as going into a deep meditative state.

Step Three: Picture your energy field and expand it to 2-3 times it's usual size.

Step Four: Locate the part of the energy field that is bunched up, wrinkled or not expanded.

Step Five: Focus on the place that has not expanded with the intention of

“Release.....release.....release.....until it is as smooth as the rest of the energy field.

Step Six: Allow the energy field to return to the physical body and breathe and ground, breathe and ground and do it again.

This procedure can be repeated several times in one session. Just remember to follow the steps and stay in Allow – do not get on Push.

The energy field is the template for the physical body. Fix the template and the physical body has no choice but to return to it's natural state of being.

For pets, ground yourself first. Then ground them – remember they will have 4 leg roots and a tail bone root. You can work on pets while they are asleep or even in another room.

I love this method because it is just a procedure to follow. You don't have to have any knowledge about chakras, medical or veterinary intuition or any other information. Be sure to let me know how it is working for you.

What Is Grounding?

Grounding is an amazing technique done with visualization and intention. It is so powerful that you can actually feel a difference in your body when you do it. It consists of growing roots out your feet and your tailbone, tying them to the center of the earth and then opening your crown chakra (energy center) on the top of your head to allow in God's White Light. This connects you to the Earth, opens you to Spirit/Source/God energy.

Why Do We Want to Ground?

Grounding is an important part of any spiritual work. It is important to be grounded all the time. It keeps you balanced, energized, healthy and happy. It also keeps you connected to the Higher Power (Source or God) so that you can get on and stay on your Path. It puts you in synchronicity with the Universe. It allows you to do hands-on healing, distance healing, communicating with loved ones on the Other Side and to send and receive messages telepathically. It heightens your intuition and the other spiritual senses of clairvoyance (clear-seeing), clair-sentience (clear-feeling), and clair-audience (clear-hearing). It calms us down in stressful situations. It energizes us when we feel depleted. It can actually keep us healthy or help us to become healthier.

How Do We Do It?

It is important to be comfortable and relaxed, either sitting or standing, feet flat on the floor. Once you master grounding, it can be done lying down. Arms must be relaxed and not crossed.

First, set your intention. Say your intention to yourself such as “I intend to ground myself to make myself one with the Universe or Source.” Or, “I intend to ground myself to stay on my Path and do God's work.” Use whatever feels right and is appropriate to your situation, as long as it is positive for you.

Next, picture roots growing out of the bottom of your feet and your tailbone (root

chakra). You want your roots to be sparkly and stretchy white light roots, not at all like tree or plant roots. You want the base of the root to be as big as a fist and to widen out to dinner plate size as it moves away from your body. Send your roots to the center of the earth, wrap them around the core of the earth and then bring them back up to you. When you bring them up, bring up the healing fire of the earth's energy. As they get back up to the bottom of your feet, spread them out to surround you, as if you are sitting or standing in a tulip blossom of earth fire energy. Bring the energy up about waist high and just leave it there, simmering around you. (If you reach out your hand, you may feel warmth and tingle where your roots are.)

The next step involves opening your crown chakra or the energy center that is on the top of your head. This is your connection to Source or the Higher Power. Picture God's brilliant white Light and allow it to enter your crown and go all the way down through your whole body. Also allow the White Light to come down all around you.

Right below your navel is a very important acupuncture point. If you put three fingers sideways below your navel, this point can be found directly below the third finger, right on the center of your body. Let the White Light leave the inside of your body at this point and use it to seal off the top of the tulip blossom of earth fire energy you surrounded yourself with. This completes a circuit and now you can pull the earth fire energy back into your body through that same point. You can now pull that Energy in and send it out your hands. This is how hands-on healing is done. Don't be surprised if your hands feel hot at this point.

Practice grounding many times a day, until it only takes you seconds to do this visualization and until you can tell whether or not you are grounded at any time. Always do this grounding before any stressful situation, whenever you are worried, or prior to doing any healing or communicating work. Don't worry if you get goose bumps or your stomach feels fluttery. This just means you've done it correctly. Do it with your eyes closed to begin with and then learn to do it with your eyes open. Don't be surprised if you can actually see the Light as you bring it in.

With practice, you will be able to stay grounded longer without effort and everything will get easier for you.

Chakra, Areas Affected, Issues, Diseases

Base or Root Chakra

Location: Tail Bone (coccyx)

Key issues:

Safety and Trust

Nourishment

Health

Home

Family

Body Parts Affected:

Adrenals

Spinal column

Base of spine

Coccyx

Legs, Feet

Bones

Rectum

Possible Outcomes of Distorted Base Chakra

Feeling of being ungrounded, not being present

Poor focus, self discipline

Fear, anxiety, phobias

Restlessness

Poor organizational skills

Feelings of abandonment

Resistance to change

Lack of physical strength, low energy

Possible Physical Problems

Eating disorders or malnourishment

Adrenal insufficiency

Problems with legs, feet, coccyx

Rectal or colon cancer

Spinal problems

Immune-related disorders

Osteoporosis or other bone disorders

Second Chakra - The Sexual Chakra

Location: Several inches below navel

Key Issues:

Sensuality

Sexuality

Emotions

Inner Child

How we relate to others

Boundaries

Pleasure seeking

Giving and receiving

Body Parts Affected:

Prostate

Large Intestine

Bladder

Male reproductive organs

Female reproductive organs

Low back

Pelvis, Hips

Possible Outcomes of Distorted 2nd Chakra

Poor boundaries

Being a victim or victimizing others

Overly seductive, manipulative

Dependent

Martyr-like in behavior

Addict - sex, drugs, alcohol

Greedy or hoarder vs. poverty

Possible Physical Problems

Sexual dysfunction

Fibroids, endometriosis, PID, Menstrual dysfunction, ovarian cysts, cancer

Prostate problems, cancer

IBD, colitis, Crohn's, diverticulitis

Appendicitis

Bladder, urinary problems

Low back, sciatica problems

Third Chakra - The Power Center

Location: Solar Plexis

Key issues:

Self-worth
Self-esteem
Vitality
Action
Personal Power
Strength of Will

Body Parts Affected:

Pancreas
Liver
Gallbladder
Spleen
Small intestine
Stomach

Possible Outcomes of Distorted 3rd Chakra

Rigidity
Feeling that life isn't sweet enough
Perfectionism
Inability to express emotions
Abuse of personal power
Lacking in stability
Aggressor-victim/push-collapse relationships
Dis-empowerment
Doubtfulness, indecisiveness
No self confidence
Poor self-esteem
In ego all the time
Compulsive over-achieving
Insecurity

Possible Physical Problems

Diabetes, hypoglycemia
Digestive problems, ulcers
Liver problems, cancer
Hiatal hernia
Gallstones
Hemorrhoids, Varicose veins
Spleen problems

Fourth Chakra - The Heart Chakra

Location: Center of the Chest

Key Issues:

Giving and receiving
Unconditional love
Gratitude
Willingness to be vulnerable and open
Caring
Compassion
Forgiveness

Lack of caring and compassion
Ungrateful

Possible Outcomes of Distorted 4th Chakra

Inability to feel
Inability to have healthy relationships
Staying in victim mode
Inability to forgive self and others

Body Parts Affected:

Lungs
Heart
Pericardium
Thymus
Upper Back
Ribs

Lung cancer, Pneumonia, Bronchitis, COPD
Emphysema
Breast cancer, breast disorders, cysts
Mastitis
Immune system deficiencies
Circulation problem
Tension or pain between shoulder blades
Shoulder, arm, hand issues - carpal tunnel

Possible Physical Problems:

Heart Attack
Heart Failure
Mitral valve prolapse
Chest pain
Arteriosclerosis
Peripheral vascular insufficiency
Asthma
Shortness of breath
Allergies

Fifth Chakra - Throat Chakra**Location:** At the throat**Key Issues:**

Speaking the truth
Voice and choice
Creative expression

Possible Outcomes of Distorted 5th Chakra

Inability to effectively communicate
Unwillingness to hear or act on Guidance
Inability to receive what is given by others
Tendency to blame others
Urge to force things to happen
Speaking inappropriately
Stuttering
Difficulty being quiet
Talking too much
Being on Push, not Surrender

Sixth Chakra - The Third Eye**Location:** Between the Eyebrows**Body Parts Affected:**

Throat	Esophagus
Neck	Cervical Vertebrae
Shoulders	Ears
Mouth	Trachea
Jaw	Vocal chords
Teeth	Nasal sinuses
Thyroid	Parathyroid
Hypothalamus	

Possible Physical Problems:

TMJ
Swollen glands
Neck problems
Chronic childhood tonsillitis
Grave's and Hashimoto's Disease
Hyper- and hypothyroidism
Thyroid cancer
Any disorders of the gums, mouth, teeth, throat, voice

Key Issues:

Discernment	Wisdom
Intuition	Vision

Inspiration
Perception
Clairvoyance

Insight

Body Parts Affected:

Endocrine glands, especially pituitary,
pineal
Eyes, nose
Sinuses
Brain
Neurological system

Possible Outcomes of Distorted 6th Chakra

Lack of creativity
Inability or unwillingness to look at your
issues
Inability to see the truth
Lying to yourself and others

Possible Physical Problems:

Brain tumors Sinus problems - upper or
frontal
Neurological disturbances
Eye problems, cataracts, glaucoma, macular
degeneration
Stroke, hemorrhage
Headaches
Poor vision
Poor memory

Seventh Chakra - The Crown Chakra

Location: Top of the Head

Key Issues:

Connection with Source, Higher Self, Universe

Body Parts Affected:

Pineal and pituitary and relates to
hypothalamus
Brain
Central nervous system

Possible Outcomes of Distorted 7th Chakra

Learning difficulties	Apathy
Rigid belief systems	Confusion
Spiritual addiction	Over-
intellectualization	
Cynicism	

Possible Physical Problems:

Anxiety, depression	Stroke, brain tumor
Bipolar disorder	Epilepsy
Coma or amnesia	Multiple sclerosis
Headache, migraine	Parkinson's
ADD and Dyslexia	Cognitive delusions
ALS (Lou Gehrig's)	Mental illness
Schizophrenia	MPD
Dementia	Alzheimer's