



*Your Life. Your Spirit. Your Choice.*

Keep yourself Protected in the White Light of Love and Protection. Just say it and you set the intention and it is so.

Ground Yourself – Important for balance and clarity. Imagine your feet growing roots deep into the healing part of Mother Earth. It is a green energy.

Once you are protected and grounded run energy through yourself. Imagine the green healing energy from Mother Earth coming up through your feet flowing through your body and out the top of your head (Crown Chakra) once you get that flowing for a little while, change directions and pull healing white light energy from above from heaven, universe.

Imagine the white light healing energy coming through your crown going through your whole body out your hands and feet. Repeat bringing the energy up from the ground and back down from above. Cleansing your energy, getting any energy that may be stuck flowing.

Helps remove negative energy and for balance and clarity. Repeat a few times a day to make sure your energy is flowing and you are grounded. If you feel there is another color that you need to pull down from the heaven – universe that is fine. Make sure you are protected before doing exercise.