

Chakra Alignment Self-Treatment

Recommendation: Lay down when doing this (practicing), in bed when you first get up or when you go to sleep. Keep it simple and make it part of your daily routine.

Energy flows up the Back and Down the Front.

Inhale from the heels exhale to the toes

Long Version:

Step 1: Place the fingers of the right hand on the top of the head crown chakra (where they will remain until step 10). Place the fingers of the left hand on your forehead between your eyebrows third Eye. Hold for 2 to 5 minutes or until the pulses you feel at your fingertips synchronize with each other.

Step 2: Now move the left fingertips to the tip of the nose. Hold them there for 2 to 5 minutes, or until the pulses synchronize.

Step 3: move the left fingertips to the super sternal notch a.k.a. the throat chakra. Stay there for 2 to 5 minutes or until the pulses synchronize.

Step 4: Move the left fingertips to your sternum (center of your chest between your breasts). A.k.a. the heart chakra. Stay there for 2 to 5 minutes or until the pulses synchronize.

Step 5: Move your fingers to the base of your sternum (center of where your ribs start, above the stomach). Hold them there for 2 to 5 minutes, or until the pulses synchronize.

Step 6: Move your fingers to the third chakra stomach diaphragm area. Hold them there for 2 to 5 minutes, or until the pulses synchronize.

Step 7: Move your fingers to the navel chakra or Dantian located just above the navel. Hold them there for 2 to 5 minutes, or until the pulses synchronize.

Step 8: Move your fingers to the second chakra lower belly area. Hold them there for 2 to 5 minutes, or until the pulses synchronize.

Step 9: Move your fingers to the pubic bone (above the genitals, center). Stay there for 2 to 5 minutes, or until the pulses synchronize.

Step 10: Keep your left fingertips in place and move your right fingertips to your coccyx (tailbone). Hold for 2 to 5 minutes or until the pulses you feel at your fingertips synchronize with each other.

Recommended for the final step to come to a seated position.

Note: The right hand remains on the top of the head while the left hand moves down the body until the final step.

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Its recommended to lay down when doing this with a pillow under your right elbow to support your arm when it stays in such a position for a length of time.

You can take brakes in between steps don't get to caught up will it all.

Shorted version:

Step 1: Place the fingers of the right hand on the top of the head (where they will remain until step 3). Place the fingers of the left hand on your forehead between your eyebrows. Hold for 2 to 5 minutes or until the pulses you feel at your fingertips synchronize/balance with each other.

Step 2: Keep your right hand in place and slowly move the left hand to the top of your pubic bone (low belly area). Lowering the left hand in front of the body slowly moving through all the shocker points as energy descends the front of the body. Stay there for 2 to 5 minutes, or until the pulses synchronize or balance with each other.

Step 3: Keep your left hand in place and move your right fingertips to cover your tailbone (coccyx). Hold for 2 to 5 minutes or until the pulses you feel at your fingertips synchronize or balance with each other.

Recommended: for the final step to come to a seated position.

#HealingArts, #WhiteJamaican, #WhiteJamaicanHealer, #Kyat

