

To charge and balance your energy batteries or chakras do this once a day to start, then when needed for that extra boost. This assists you to carry more of your spirit in your body thereby giving you more focus and clarity to make wiser decisions.

Stand in the sun, soft knees, both hands palms up for 1-2 minutes. Breathe deeply and slowly, in your nose and out your mouth. Feel the energy and warmth going up your arm and into your heart. During this time pray for YOURSELF. We always pray for others so this is the time to pray for you and your needs.

Place your right hand on your heart with your left receiving hand out facing up. Repeat out loud " I accept and receive the bountiful miracles that flow towards me knowing that I am worthy of this loving and generous energy." Take 3 deep breaths, in your nose and out your mouth. With each in-breath feel or imagine this wonderful energy going in your hand, up your arm and into your heart. With each out-breath push this energy down into the center of the earth. This will anchor this energy into your body.

Place both hands on your heart and repeat out loud "My heart is filled with gratitude and excitement, knowing that wonderful people and situations surround me now." Take 3 deep breaths, in nose and out mouth, and feel your body filling up with this soft, loving energy.

Keep left hand on your heart, put right giving hand out, palm up. Repeat out loud "Love, light and gratitude flow from above through my heart out to the world." Take your 3 deep breaths, feel the energy coming from above through your heart, down your arm and out to the world.

Have fun with this. Do it as often as you like, however I would recommend at least once a day when first starting, then as needed.