

Energy Balance Exercise

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Like your crystal, the entire chakra system within your body acts like a prism; separating the cosmic white light into a spectrum of seven rays. If you place your crystal on a particular chakra, energy in the form of color and light is channeled into the body and helps to dissolve the blocked energy. Think of your crystal as a laser beam zapping the energy block into millions of particles that can easily disperse and move through your body. Once this is done, your energy balance is restored.

Lie down on a comfortable flat surface. Bend your knees so that your lower back feels relaxed. When you are not placing your crystal on one of your charkas, rest your arms in a relaxed position at your side, palms up.

Place your crystal on your first chakra, your pubic area, the center of how you feel about being alive. Begin your deep breathing. As you deeply inhale, know that you are consciously breathing in the vital life force, positive thoughts, love and good health. As you deeply exhale, breathe out all the negative thoughts, worries and anxieties – letting it all go. Continue this process as you feel the quieting of your body, mind and spirit, and make sure that you breathe deeply throughout the entire exercise.

Now focus your attention on your first chakra. Imagine that your crystal is drawing into your body a beautiful beam of red light. Feel it's energy and warmth penetrate your first chakra, as it dissolves any blocked energy that might exist.

Continue to focus your attention on your first chakra, and as you deeply exhale say the following affirmation out loud or silently, "I love my body, my life and the world around me." Repeat this affirmation each time you deeply exhale. Do this seven times. Now finish by saying, "so it is."

Place your crystal on your second chakra, on your abdomen, just below your navel. This is the center of courage and self-confidence. Continue your deep breathing. Now focus your attention on your second chakra. Imagine that your crystal is drawing into your body a beautiful beam of orange light. Feel it's energy and warmth penetrate your second chakra as it dissolves any blocked energy that might exist. Continue to focus your attention on your second chakra, and as you deeply exhale say the following affirmation out loud or silently, "I am now creating my life exactly as I want it." Repeat the affirmation each time you deeply exhale. Do this seven times. Now finish by saying, "so it is."

Place your crystal on your third chakra, above your navel, in the middle of your rib cage. This is the center of career and worldly interests. Continue your deep breathing. Now focus your attention on your third chakra. Imagine that your crystal is drawing in a beautiful beam of yellow light. Feel it's energy and warmth penetrate your third chakra, as it dissolves any blocked energy that might exist.

Continue to focus your energy on your third chakra, and as you deeply exhale say the following affirmation out loud or silently, "I am attracting divine prosperity and success." Repeat the affirmation each time you exhale. Do this seven times. Now finish by saying, "so it is."

Place your crystal on your fourth chakra, the middle of your chest at your breastbone. This is the center of relationships. Continue your deep breathing. Now focus your attention on your fourth chakra. Imagine that your crystal is drawing into your body a beautiful beam of green light. Feel it's energy and warmth penetrate your fourth chakra, as it dissolves any blocked energy that might exist.

Continue to focus your attention on your fourth chakra, and as you deeply exhale say the following affirmation out loud or silently, "I let go of the past, and love myself first the way I am." Repeat the affirmation each time you deeply exhale. Do this seven times. Now finish by saying, "so it is."

Place your crystal on your fifth chakra, at the base of your throat. This is the center of communication. Continue your deep breathing. Now focus your attention on your fifth chakra. Imagine that your crystal is drawing into your body a beautiful beam of blue light. Feel it's energy and warmth penetrate your fifth chakra as it dissolves any blocked energy that might exist.

Continue to focus your attention on your fifth chakra, and as you deeply exhale, say the following affirmation out loud or silently, "I communicate clearly, honestly and with love." Repeat the affirmation each time you deeply exhale. Do this seven times. Now finish by saying, "so it is."

Place your crystal on your sixth chakra, or third eye, between the eyebrows, above the nose. This is the center of intuition and clairvoyance. Continue your deep breathing. Now focus your attention on your sixth chakra. Imagine that your crystal is drawing into your body a beautiful beam of purple light. Feel it's energy and warmth penetrate your sixth chakra as it dissolves any blocked energy that might exist.

Continue to focus your attention on your sixth chakra, and as you deeply exhale say the following affirmation out loud or silently, "My higher power guides me in everything I do." Repeat the affirmation each time you deeply exhale. Do this seven times. Now finish by saying, "so it is."

Place your crystal on your seventh chakra, the top of your head. This is the center of enlightenment and service. Since the seventh chakra is at the crown of your head, simply place the crystal against the top of your head. Continue your deep breathing. Now focus your attention on your seventh chakra. Imagine that your crystal is drawing into your body, from the top of your head, a beautiful beam of white light. Feel it's energy and warmth penetrate your seventh chakra as it dissolves any blocked energy that might exist.

Continue to focus your attention on your seventh chakra, and as you deeply exhale say the following affirmation out loud or silently, “divine light and love flow through me to everyone and everything around me.” Repeat the affirmation each time you deeply exhale. Do this seven times. Now finish by saying, “so it is.”

Remove the crystal from the top of your head and hold it in your left hand at your side as you relax. Rest quietly for a few minutes before getting up.

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