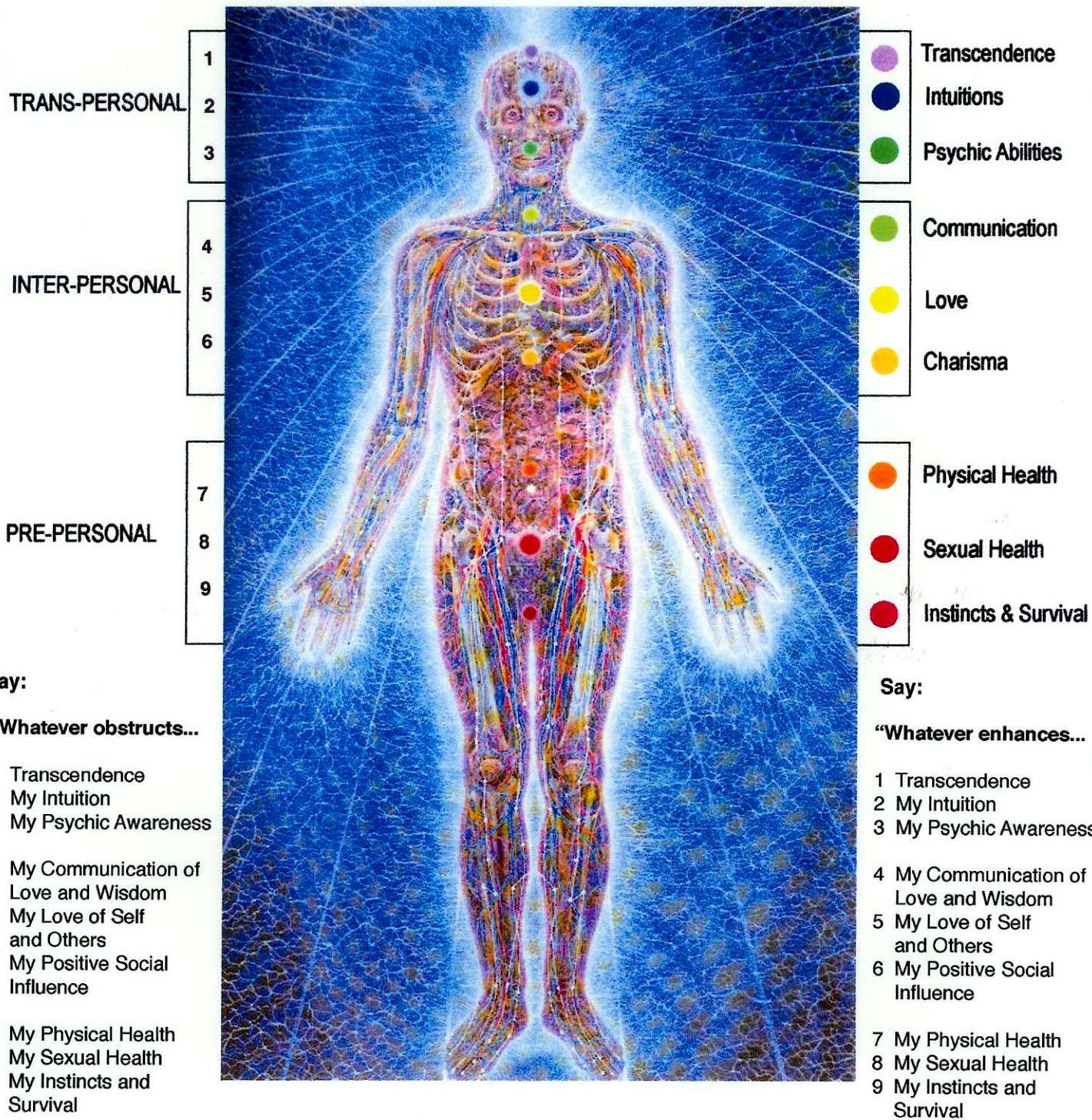


Emphasis is on the Exhale, with your hands moving down over the body toward the ground, energetically clearing each area. 1-3x, up to 9 seconds on each.

# The Auric Body

Emphasis on the Inhale and storing energy. 1-3x, up to 9 seconds on each.



Say:

“Whatever obstructs...

- 1 Transcendence
- 2 My Intuition
- 3 My Psychic Awareness
- 4 My Communication of Love and Wisdom
- 5 My Love of Self and Others
- 6 My Positive Social Influence
- 7 My Physical Health
- 8 My Sexual Health
- 9 My Instincts and Survival

...I release into the Earth.”

Say:

“Whatever enhances...

- 1 Transcendence
- 2 My Intuition
- 3 My Psychic Awareness
- 4 My Communication of Love and Wisdom
- 5 My Love of Self and Others
- 6 My Positive Social Influence
- 7 My Physical Health
- 8 My Sexual Health
- 9 My Instincts and Survival

...I attract to this area.”

Hand Positions are shown on the Instructions for “Brain Stimulation and Integration.” You can also visualize the specific Chakra colors.