



The Articles of Chakra Health

**Quick Little Descriptions on the Health of Your 7 Major
Chakra Centers and Other Facets of Your Energy Body**

By Jamelle Zablow-Moloney

Bare Roots Energy
Reiki & Meditation Services

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Bare Roots Energy™

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If you forget who you are, you cannot heal all of
your parts.

It is not until you look all of your pieces and
yourself as the whole, that you will be able to see
what healing needs to be done.

The Crown Center Health

The Crown Chakra sits atop of the head receiving all of the life force from the greater Universe that you need in order to sustain energy and energetic flow. It is through this center that we get our spark which sends electricity flowing through our heart and brain, thus giving us actual life. The Crown Center is always in the receiving state and of all of the chakras is the one that can best survive in health regardless of what is happening in our waking world. This center is your connection to your spirituality, notated by the sensation you feel when you pray, make your connection to God, meditate, when you feel

uplifted or inspired, and when you feel satisfied while acting out your life purpose.

The Crown Chakra is in optimal health when you have an understanding of your connection to something bigger than yourself. Once you understand and accept that you are a part of the whole, regardless of your religious affiliations, you have connected to Source, and are functioning with a clear Crown. A healthy center at this point is notated by your drive to seek further connection with your world and your own spirituality and growth, and when you feel a sense of purpose that links you with your belief systems in a way that is functional for the betterment of all.

The Crown can close up when we deny our place in the Universe by denying ourselves a connection with a belief system that would push us forward in expansion and proliferation. Once we

cease to seek answers to life's greatest questions we have lost touch with the Great Mystery of Life and therefore have weakened our receiving energy center. Once this happens we feel depleted of energy because although we are still getting enough energy to physically survive, we are not getting enough of it to FEEL ALIVE. In this state we have no excitement for life, for what comes next, for getting up in the morning, or for trying to be a little bit better than we were the day before. In this sense we could refer to the Crown as the center of inspiration.

To open the crown, find your purpose, your God and yourself. This may take a lot of soul searching and shadow work, but such work fills your life with joy, appreciation, and all of those high vibrational energies that turn you into a producer of dreams.

Visualize an array of pastel light seeping into the top of your head. Feed this center with inner contemplation and individualized spiritual work. Worship in a way that brings you the chills, and chase the belief systems that bring you fulfillment and understanding of the world around you.

The Importance of a Healthy Third Eye

My father's favorite word was *that*. He said *that* since it was one of the most commonly spoken words in the English language, he infused it with GOD ENERGY, so *that* every time he spoke it, he would be speaking with and through God. He always had clever ways of sticking his high vibrational practices into the mundane parts of life, such as simple conversation. Dad's Third Eye was

OPEN. He was connected with his God (the Crown Chakra) and understood how to bring *that* connection into his reality daily.

The Third Eye energy center is located in the middle of the forehead above the center point between the eyes. It is the focal point of all energy entering from the crown *that* disperses *that* energy like a prism to all of the other chakras in the body, making it a very important center indeed. This center takes your ideas from the frontal lobe thinking center, to the back where thoughts are put into action.

The front of this center dictates your ability to see and understand how mental concepts can be acted out, created, and manifested in real time, thus fully understanding the messages of the mental and emotional bodies and how the importance those messages play out in our daily lives. This center also

governs how you see the world and your personal reality, and how you perceive and take in the reactions and responses of others.

A strong and healthy Third Eye Complex creates a creative mind, allowing you to think outside of the box, organize all areas of your life effectively, and see reality for what it truly is without attaching your own traumatic distortions to it. A healthy Third Eye will also help you see, believe, and accept the truth of situations and of others.

A closed Third Eye is easy to spot in yourself, as you will feel instability in your life and thoughts, and see the world through pessimistic eyes *that* keep you from understanding logic and accepting support from your surroundings. This mindset may be due to past trauma *that* has caused both maladjustment and a misunderstanding of how to

cope with the world around you. When you project your misconceptions upon your world, you create a dysfunctional world for yourself, jeopardizing the health of your relationships and long term commitments.

When the front of this chakra is unhealthy with misconception, and the back is healthy with manifestation power, a dysfunctional world is created quickly. The refusal to accept the logic in the world around you and grow out of your misconceptions is what keeps this center closed. It is easy to get caught up in what the world throws at you and close off this center while you cope. The important thing is to keep moving forward in such situations in order to open it back up.

The back of the Third Eye Center is located directly across from the front at the back of the head and fine tunes your creative ideas into right

action for fulfillment. It is another manifestation center within your body. When healthy, you are able to self advocate, recognize your needed areas of improvement, and turn your ideas into action in order to manifest them. When unhealthy, you are unable to bring your ideas into fruition, fuddling up plans with disorganization and misunderstanding of logical flow. This in turn creates frustration and anger as constant failures feed your misconceptions of how to get things done. Such situations may make it scary for you to move forward, and you may find yourself needing to learn how to task analyze to get yourself out of a spiral.

To heal the front of the Third Eye Complex, search for and face dysfunctional thoughts, beliefs, and behaviors *that* you find in your present life. See things for what they really are by looking at the

facts and taking the objective emotions out of the situation. It is very effective to do this type of work with a therapist or counselor. If you do not know what your dysfunctional thoughts are, seek guidance from friends, family, or professionals *that* can help you realize the truth in a gentle and caring manner. To heal the back of this chakra do your shadow work. Clear out misconceptions about how to create what you want and how to follow through with your ideas. Plan and take the steps needed to fulfill your ideation by breaking down larger goals into smaller ones, and make daily, weekly, monthly, and yearly systems to help you reach them.

Visualize deep purple light seeping into your forehead, rotating clockwise when facing it from the outside of your body. Feed this center with plenty of water, fresh fruits and vegetables, and

personal, inner work. Journaling is a great way to help this center open and clear out.

For what it's worth, the word *that* was used 12 times in this document alone!

Health of the Throat Chakra Center

The front of the Throat Chakra protrudes from the middle of the front of the neck, and the back of it protrudes exactly opposite of that. These centers determine how you interact with the world through what you accept and what you express.

A healthy front to the Throat Chakra demonstrates itself in our ability and willingness to own our own actions and behaviors, including taking right action both manifest and to make and keep ourselves healthy. We gain Spiritual maturity around the age 13 when we begin to create our own karma. This typically happens at the same time that puberty hits us. The Throat Chakra develops in a healthy way when at this age, we build our own self-responsibility in the frame of self

actualization and forward momentum. This requires a healthy home life with loving and stable caregivers. Are you speaking your truth to manifest your desires, or are you hiding your truth from the world?

The front of the Throat center is healthy when we appropriately place blame, which requires understanding and acceptance of the different perspectives of others. We have a clear Throat center when we take responsibility for getting what we want rather than relying on others to give it to us, and when we are accepting of what is given to us, including help from others, and challenging situations that come to us. When unhealthy, the Throat's front energy center expresses through our inability or unwillingness to accept help, viewing the world as a generally negative place, and refusing love and nourishment. When we live from the

mindset that the world is out to get us, we begin the process of manifesting that negativity in real time.

The back of the Throat Chakra, also called the professional center, is the center that governs how you feel as a part of greater society. Do you feel worthy, sustaining, and that you contribute to the betterment of your community? This doesn't mean that you are saving the planet all by yourself, but that you are doing productive things like going to work, taking care of your responsibilities and yourself. This energy center is healthy when you respect your peers and the tasks that have been given to you, when you have healthy self esteem, and when your daily tasks are aligned to your life purpose. Do you like what you do? Does it contribute or take away from your own well being

and the wellbeing of others? Do you accept help from others when needed?

The back of the Throat Chakra has a block or is moving in the wrong direction when one expresses an unhealthy amount of pride in hopes to make up for their own perceived failures. This center's unhealthiness is demonstrated when you are unwilling to try your best, become defensive often, self victimize, and are overly competitive. You will know this center needs your attention when you experience unsuccessful jobs according to logic, but not according to your own sense of self-worth. In other words, you must discern if your failures are due to your perception and your unrealistic expectations, or if they are actual failures according to greater society and the expectations of your job. An unhealthy Throat at the back is also demonstrated by fear of being

rejected, which then leads to avoiding others and a refusal to seek daily tasks or employment that is more fulfilling.

To heal the throat chakra, you will want to seek self nourishment in order to draw it towards you on the physical, mental, emotional, and spiritual levels. Uncover the things that cause your negative expectations, and do not get discouraged when these emotions come back as your Throat center heals; just keep up your work and it will eventually balance out for the long term. Analyze the blame you are placing on others and situations in your life, and once you are ready, take the chances you have always wanted to. Do what you love, and discover your life's purpose, and as always, seek energetic healing for these hard-to-heal areas of your energetic self.

Visualize deep blue light seeping into your throat, rotating clockwise when facing it from the outside of your body. Feed this center with plenty of water, fresh fruits and vegetables, and gently practice shoulder shrugs and rotations to physically open it. Do not practice yoga moves if it is against your doctor's wishes.

The Key to Your Heart Chakra Health

Your heart chakra consists of a front and a back, both ideally with a motion of clockwise spinning energy. The front of the heart chakra protrudes from its center at the place of your physical heart, or the center of your breast plate. This is the center where we love emotionally, and where all of our love emanates from. From this center, we feel connected to all things and see the true divinity, in all of its perfection and faults, in all individuals. From this center, we attach to our loved ones with energetic cords.

When this center is open, we can love more and accept more in others, as well as accept more love in quantity. When healthy and thriving in the heart center, you love yourself and others in a deeply

emotional way that creates lasting bonds of understanding.

When this center is closed, you are not clear about your feelings of love, and you may not be able to love yourself adequately. If this is the case, you further may not be able to care for your loved ones adequately. For instance, if you are not fostering enough self love, you may be unable to foster enough love and attention for your children on a day to day basis.

The back of the heart chakra protrudes from the center between your shoulder blades, and is your center of manifestation. From the back of your heart, you express your ego through your will by taking action to fulfill your dreams and desires. When the back heart chakra is in good health, you are motivated, optimistic, and excited about your project and pending success upon completion. You

are able to look to others for reasonable support and value their input. This is the positive attitude from which manifestation takes place; when you are able to hold the vibration and vision to see your wants materialize, process that success, and then reproduce it. You will know when the back of your heart is healthy according to your ability to manifest your thoughts into reality.

When closed, this back center can cause you to feel hopeless or resentful towards love, those whom you love, and your projects. You may not be clear about how to manifest the things you want, and you could see others as blocks when in actuality they are essential to your success.

To remedy this chakra, practice heart-opening yoga poses and Sun breaths. Visualize bright green light flowing in through your back through your shoulder blades and coming through your chest,

clearing any blockages that may lay there. Dance,
listen to music that moves you, and eat your greens.

Is Your Solar Plexus Center Healthy?

Our Solar Plexus Center is one of the busiest in our bodies. It connects us via energetic streams or cords to those we have strong and lasting relationships with, and its health directly influences and is influenced by our thoughts. The Solar Plexus front protrudes from a core point at your spine, out from your abdomen area. Through our Solar Plexus center, our thoughts directly impact our physical health.

When the front of your Solar Plexus is clean and operating optimally, you are aware of your place among the stars. You see how your place among others is impactful, and look in reverence at the impact others (incoming energy) have on you. With this knowledge you begin to see the whole

picture and understand the value of balanced systems. With a healthy front center, you are firm and confident in your assessment of the world, and that assessment is adaptable. In this state you feel emotionally balanced and create trusting and lasting relationships with others.

When the front of the Solar Plexus Chakra is clouded with low frequency, you may suffer from low self esteem, spaciness, emotional highs and lows, and over sensitivity to stimuli. This is an easy center for caregivers to exhaust when they do not take care of themselves first.

The Solar Plexus has a back center to it that is directly across from it, protruding out the back of the rib cage area. A healthy Solar Plexus back has the same positive symptoms as its front, but with a more personal and physical rather than emotional aspect. This is the center that causes back pain

when you worry too much. When healthy, you respect your body, understand physical boundaries, value your health, and care well for yourself. When unhealthy, your body image is a sore spot for you, and you may put too much or too little value on physical traits in yourself or others. An unhealthy back could lead to storing excess fat and fatigue.

Core exercises and working with the color yellow during your visualization or meditation is a great way to feed this chakra. Feed this chakra yellow light from the back, and watch a yellow light expand out from the front. Meditating with a sun in your abdomen, or meditating outside with the sun are both quick ways to feed this chakra and feel instant relief. For long term relief, chase your shadows back to your first impressions of body image and health. Assess your current value on

health and your current self care practices, get enough rest, and clean your energy centers daily.

Is Your Sacral Chakra Opened or Closed?

There is a front and a back vortex to your Sacral Chakra center. The front protrudes out from where the womb would sit, and the back from the base of the spine, or the tailbone. The Root chakra also sits at the base of the spine, but protrudes downwards towards your feet and the Earth.

Your Sacral center is your feeling center, from where you feel emotions and physical sensations. When the front of the Sacral is open and healthy, you welcome intimate relationships, and are able to both give love to and receive love from others in healthy ways that honor you both. The front of the Sacral Chakra is the center that controls how you intimately interact with others on an emotional

level. When this center is closed you may not be able to give your full self, you may not like being touched, you may have low emotional vitality, and you may be unable to orgasm.

The back of the Sacral center controls how you emotionally and physically interact with yourself and physically interact with the world. When the back of the Sacral Chakra center is open you are able to feel your own physical power, seek energetic release in healthy ways, and are welcoming to your mate.

When the Sacral back is closed you have low sex drive, possible hormonal imbalance, you may avoid physical intimacy, and have low physical vitality. To heal the back Sacral center revisit and process trauma related to your body, past relationships, and intercourse in a healthy way. You may need to work on your relationship with your partner. Are both

of your needs being met? These suggestions are by no means meant to be a quick fix, rather permanent ones.

To heal this front Sacral center, visualize deep and bright orange light seeping into your front above the genital area and below the belly button, turning clockwise when facing it from the outside of your body. Feed this center with citrus fruits and carrots, and gently practice the Boat Pose or the Butterfly Pose to physically open. Do not practice yoga moves if it is against your doctor's wishes. Treat the Heart Chakra to help balance this center, and feed this center with deep and bright orange light, turning clockwise when facing it from the outside of your body. Yoga poses for this area include the Cat-Cow, and the Downward Facing Dog.

Is Your Root Chakra Open or Closed?

Your Root Chakra is located at the base of the spine, and is a center of Will and Being. This is the center that fully develops during our first years of life. When your root chakra is open your will to live and thrive is vibrant and logical within your surroundings. You do what you can with what you are given and feel a sense of completeness with it. You live with confidence and enough energy to get you through until bedtime. Having an open and clean Root Chakra gives you a strong sense of being and a healthy attachment to your incarnation, or to the cards you've been dealt.

A closed Root Chakra is a blockage in your life force. Fatigue is present in your life often, and you do not have the stamina to complete much at a

time. Full time work is difficult to accomplish without draining your stores, and it could make you grumpy. With a closed Root, you could become ill easily and often, have troubles with balance and vertigo, and feel weak on the feet.

To repair a blocked Root Chakra, spend time outdoors on a regular basis. Learn to take in and appreciate each season, each temperature, and time in the grass. Through visualization or intention setting, draw the Earth's energy up through your limbs to feed the base of your spine a beautiful, glowing red light. Connecting with troubles or disruptions you experienced in utero or infancy will help to move this blockage out. Feeding this chakra glowing red light, and doing that which makes you feel validated, loved and useful will keep it unblocked.

The Nature of the Energetic Cord

We are all energetic generators! The electrical frequencies that are absorbed, emitted, and processed by living beings- humans, animals, and plants- are just recently entering the scientific frontier for study, even though their existence has been acknowledged and used for healing and diagnosis around the world for over a millennium. As we speak, a new MRI machine that can trace deep brain light is being developed! The human body is made up of not only bone, tissue, and water, but also of electrical currents, energy centers, energy fields (auras), and cords of energy. Today, our focus is on the phenomena of the energetic cord, with its ability to both store and transport our energies, mimicking the functions of

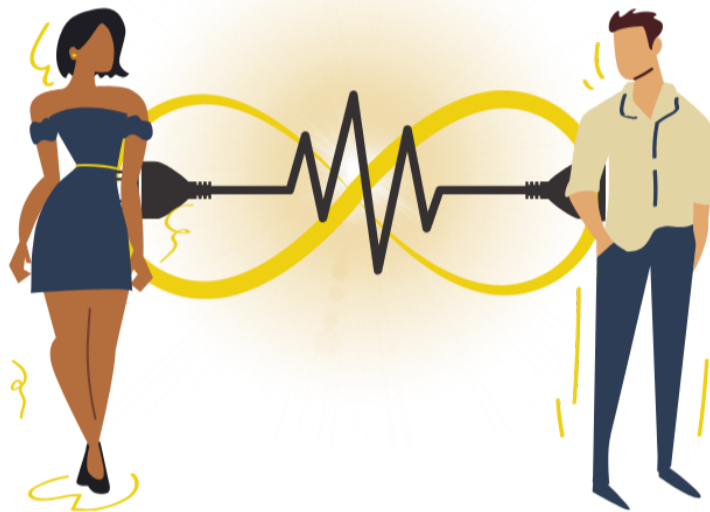
the circulatory system and dictating the health of our relationships with the outside world.

Energetic cords are concentrated pathways of the electricity generated by and running throughout our bodies. These cords run along our Meridian lines (TCM), express outward from our chakra centers, and run along both our horizontal axis at the heart center and the vertical axis following our spine (the Hara Line). At work inside the body, these energetic highways disperse our energy to specific organs, tissues, and areas of our physique to regulate our health. At work outside of the body, these cords give and receive energy to and from situations and other people. If the energy bond is strong and consistent enough, a cord will form in order to regulate a balanced energy exchange between the two individuals. These cords can originate from all of our energy

centers in one form or another. However, the cords created at the Root, Sacral, and Heart Chakra centers are big influencers in our daily lives and how we interact with others and our environment. These particular centers, along with the Crown, dictate our physical, emotional, and mental responses to our daily experiences more than any other energy center we have. These areas of the body process more energy, producing more of it in turn.

When energetic cords exist between two people, they most typically originate from the heart, sacrum, or root centers, depending on the relationship type. Parent-child and intimate relationships grow at the roots and sacral centers, while sibling relationships and relationships between best friends grow a cord at the heart. The job of this cord is to keep a balanced field of power

between its two entities by exchanging energy at the most optimal frequency using what energy is available between the two.



Energetic Cords; Image; Bare Roots Energy TM

If both parties are able to source (generate) their own energy to stay emotionally fulfilled, keep good relationship boundaries, and vibrate at a high frequency, both parties will continuously generate more than enough energy to promote good physical and mental health. This balanced and high

vibrational connection is the ideal type of relationship we inherently strive for in all of our connections, and it generates energy at an exponential rate, influencing a greater outside environment with a greater potential for healing and happiness. This is why it is so important for us to vibrate at a high frequency and to know how to consciously do so. The magic of this electrical exchange is that it helps us to generate energy for ourselves and, when operating under healthy conditions, can generate more than we need in order to share it with those *in* need.

The more energy we have, the more we have to share, and the more we share, the more we generate!

Energy cords make it possible for us to more easily feel the emotions and moods of someone with whom we are very close, even if we are not physically around them. They make it possible for us to share the healing burden, to hold our loved ones when they are in need, and to accept the help of others when *we* are in need. Energetic cords can be very useful when shared between two people who sustain a nurturing relationship. It is, for instance, beneficial for this cord to exist between a mother and child because it provides a balancing effect, helping to teach the child what emotional regulation feels like, when to be afraid, and how to emotionally perceive the world around them, assuming the mother is in good mental and emotional health themselves.

How we use our Cords

Our perception of the world expresses itself when we have feelings about something we experience and when those feelings cause a physical reaction, such as goosebumps, giddiness, or a pit in our stomach. This is the type of learning we glean from our parents at a very young age through our observations and through the energetic cords that bind us. This exchange of information dictates how we feel about everything we encounter and how we manage those feelings. This is important because those feelings, in turn, impact our bodies and health by releasing specific hormones in our brains, the physical consequence of each of our thoughts. Due to this energetic relationship, our offspring feel what we feel much of the time, learning what is 'normal' for us, adapting to that 'normal,' and making it their own. If we are joyful

most of the time, our offspring will inherit that high vibrational emotional resonance and be in good health. If we are stressed much of the time, they will learn what the feeling of stress is, that it is 'normal' to feel that way, and dwell in a lower vibrational state of health, just as you do.

This type of cord connection and learning can occur in other relationships when individuals are with each other for prolonged periods of time, such as in marriages, long-standing work relationships, and sibling relationships. Emotional ties and intimate relationships can build cords and keep them strong if emotions and intimacy continue to flow between the two individuals. These cords are useful by providing healing for the relationship but only work well and on a long-term basis if both individuals are sufficient in sourcing their own energies and are able to keep an energetic

balance. If both parties are sourcing their energy from within themselves, the combined frequency of the couple will grow, providing continual growth and happiness for both parties. Couples that share this production are power couples, accomplishing goals and demonstrating flexibility and understanding. Couples, be they intimate or not, who demonstrate an overdependency of each other or an imbalance of dependency between the two of them will experience turmoil in the relationship until a balance is found or until the cord is removed in order to teach each individual to independently meet their own energetic needs.

Sometimes we need to unplug.

When we are unable to source our own emotional energy from within at the rate we need, we begin to impose emotional attachments on others that are unbalanced and unhealthy in order to get the energy we cannot give ourselves. This lowers the frequency of the overall shared energy in the relationship. When energy is exchanged at such a low vibration, it can make us uncomfortable and cause discord in the relationship in the form of spats, fights, or even breakups. Further, when we are running the energy from unhealthy attachments through our bodies, we fail to see the impact this mitigation process has on us because we are honed in on how the energy exchange (aka the relationship) is making us feel. This leads to poor overall health.

If one person is using up more energy than the other in the relationship, an imbalance occurs.

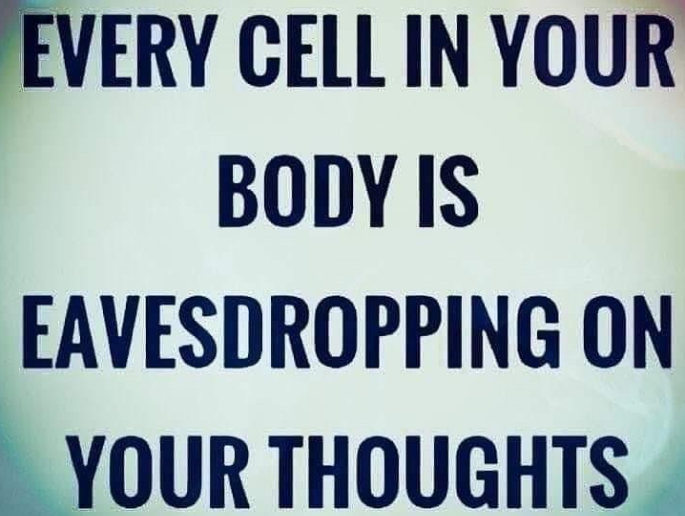
Consider this scenario and remember that the energetic cord's ultimate goal is to keep a balance of energy; If a person with whom you share a cord vibrates at a lower frequency than you, the cord will begin an exchange of energy to achieve a balanced frequency between its two sources. Some of your energy will be transferred to the other person in order to raise their frequency and create an equilibrium of life force between the two of you. If you are not able to source your own energy from within, this natural process can create a draining effect on both you and the energetic relationships in which you operate. If we are unable to recognize when we are pulling energy from others in order to meet our own emotional needs, we are missing the opportunity to learn how to be emotionally independent and sovereign.

When we decide to source our own energies for emotional fulfillment, and when we decide to clear or detach our energetic cords from others (as needed and necessary), we begin to clear ourselves of false beliefs, relationships that no longer serve us, and ineffective perceptions that die away as the cords are cleansed or released.

Unplugging doesn't have to mean that we are throwing each other away or removing ourselves from the relationship. It is merely the process of reclaiming our energy for ourselves so that we can operate at our highest potential every moment of every day. Once we have detached our cords from those we do not need to give our energies any longer, we begin to more fully source our life force energy from within, which in turn requires the other person to do the same. Additionally, by doing our energetic work and keeping our

emotional, mental, and spiritual vessels clear, we can produce enough of our own energy, and when we use it at a logical and reasonable rate, we are then able to keep our physical bodies clean, clear, and healthy.

An energetic cord is just that, a cord of electricity with a single purpose, to mitigate its electrical charge for the most optimal balance possible. If you find yourself drained of energy after leaving certain people or situations and are ready to reclaim your full energy source for your own fulfillment and growth, you have plenty of options. Cord clearings, ceremonies and rituals, energy healing, Soul work, and energy charts can help you release what you no longer need and take back what is you and yours!



**EVERY CELL IN YOUR
BODY IS
EAVESDROPPING ON
YOUR THOUGHTS**

-Deepak Chopra

The Nature of the Energetic Block

Humans experience their world in terms of the energetic impact that we are just now beginning to pay attention to as the times change and the world awakens. As we discover just how hard we work as a society, and realize how hard it is to keep up with such a status quo, we as a human race are beginning to learn how important our energetic bodies are to us and to those with whom we surround ourselves by. We are finally waking up to the energy we hold and the consequences of that holding.

The electricity that runs through our cells and surrounds our bodies is a subtle energy. They are easily influenced by, influencing, and in constant flux with our environment. Just like a fan pushes

the wind in a cycle, the vibrations that you emit push and pull at the vibrations of those around you, always co-existing in an ocean of energy. Your vibrations are impacted by the frequencies emitted by others, as well as your inner world, aka, the emotions you are focusing on at any given moment. All of this is important because it tells us how busy our energy bodies can actually get when simply processing our day-to-day experiences.

Remember, your energy work directly impacts your mental and emotional health, which in turn directly impacts your physical health.

Our energy bodies are typically overworked, making it unrealistic to process everything as it occurs. Because some things take more time to think about and reason out, our

thoughts get piled up in the form of stress that sits within and alters our nervous system. These thoughts are what many refer to as our shadows. The things we pack deep inside and refuse to think about. When we hold onto things long-term, we see long-term consequences, like joint pain or anxiety. Eventually, shadow work will typically force its way forward *after* we are already at the point of breaking down, which means we have stored it, or held it. This is the nature of the energetic block- when we hold onto things rather than choosing to live hands-free.

The energetic block is simply a pile of energy that is built up in a specific spot of the body (energetic or physical). When an energy pile-up sits in place for too long, we begin to see physical results from it like a clog in a drain. Ideally, our energy should flow into us and out of us easily and

gently, however, energetic blocks can hinder this natural process of the Hara Line. When releasing these blocks, if not cleared on a regular basis, we can initially experience symptoms of discomfort as our energy balances itself back out with our intentional energy work.

So what do we do to fix it? What do we do to get unblocked?

The first step is to acknowledge your energy body and the easy work you can engage in to keep it clean, clear, and healthy. The second step is knowing how to mitigate and balance out your own energy. This can be done in one of two ways: by bringing in an external energy source to raise your own vibration, or by raising your own vibration internally.

To bring an external source of energy into the body for healing is a great way to observe instant relief of energetic blockages, and can be done by receiving energy healings or performing them on yourself. Reiki is a great way to receive this type of healing, healings through the CCT(TM) system, or any other energetic modality that you prefer. Energetic healing will balance out your energy fields and redistribute your energy to suit your highest good. This method is sometimes the easiest, as you can simply receive treatment from a practitioner and reap the calming benefits of your session.

Raising your own vibration internally is the best long-term solution, and is completed by daily meditation and/or daily sacred ceremony. Daily meditation, when done in a way that allows you to dive deep into silence, can help you clear

and clean out your nervous system in a process of randomized release that is much like sweeping the years of stress away gently, and one layer at a time. Daily ceremonies can also allow you to release your stresses on a regular basis by keeping you connected with your intuition and purpose.

Raising your vibration internally is an ongoing practice that ideally should occur like your laundry cycle. It is something that ideally accompanies energy work, and is always tailored to our personal needs and preferences. Some ceremony daily with a journal activity, others so so through yoga or regular prayer. Regardless of how you connect with your own cycles and the cycles of the Earth, doing so can keep you in a regular practice of catch and release practice, taking the extra stress out of your nervous system and helping you to avoid energetic blocks.

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