

# Energetic Clearing & Re-Balancing Program

*The overall program goal is to re-awaken you to yourself, a light-filled divine being.*



This program will assist you to:

- **recognize & address** what is/what is not working in your life,
- **release/clear** what no longer serves you at this time, and
- **re-align & replenish** your energy centres (chakras)
- **activate the emergence** of your gifts



**This is a fascinating, powerful yet gentle self-empowering process for achieving overall wellness.**

Deep clearing occurs without having to experience all the emotions attached to negative energy patterns that no longer serve you. Personal mastery occurs when the released negative energy patterns are replaced by positive energy patterns e.g., positive life-affirming thoughts, emotions and actions. This requires a commitment to personal empowering change. Techniques are discussed.

## About Chakras

Chakras are the primary energy centres of the body that are associated with and attached to major internal organs, glands, nerve ganglia and the spinal cord. Through the chakras of the body, we transmit and receive physical, emotional and spiritual energy. Communication between chakras occurs through interconnecting pathways or meridians. Chakras are storage centres, communication centres and centres designed to absorb energy from other energy sources around and within us. Clear and balanced chakras = optimal wellness.

## Two Options are available

1. *General Chakra Clearing & Balancing (completed as needed)* - During a 60-90+ minute session, based on your intention, sound (Solfeggio body- & energy-tuners, OM & Sun/Moon tuning forks) and light information (colour/light, aromatics, crystals/gemstones) are used to complete a general overall clearing followed by a re-energizing of each chakra (energy centres) to balance body, mind and spirit.
2. *Deep Energetic Chakra Clearing & Re-Balancing (One to 5+ Steps) Program* is as follows:
  - a. *Step 1* – as described above in option 1.
  - b. *Step 2* – in addition to the general clearing/balancing process (option 1), one (or more chakras) is deeply cleared per session using energy- and/or body tuners. The number of sessions is determined after step #1 or as decided by you based on the clearing work that you have completed to date.

Colour/light wand (full harmonic – deeper clearing) and crystals are used as needed or requested. If the throat chakra is cleared quickly & tuned (sound & blue colour/light), the heart chakra is also energetically cleared and re-energized (sound & green colour/light). This removes old/unfinished business energetic blockages that you are now ready to release in a gentle yet effective way. In subsequent (follow-up or maintenance) sessions, each cleared chakra is re-assessed & retuned. *Each is approximately 60 to 90 minutes to complete.*

**Throat & Heart chakra clearing** - The **throat energy centre/chakra** is about expression. It oversees any written or spoken word and your ability to speak for yourself. The goal of the release process is to liberate any information that prevents you from full expression. Blockages may appear as challenges in the throat, neck, and shoulders areas. The **heart energy centre/chakra** oversees your ability to love yourself and others. It allows us to love deeply, feel compassion and have a deep sense of peace and balanced. Blockages in this area may appear as challenges with the heart, lung, circulatory, respiratory systems, arms and hands. The goal of the release process is to liberate old thought patterns about the self.

- c. **Step 3 – Solar Plexus chakra clearing** (release/clear) and balance. In addition to the general clearing/balancing process (option 1), the solar plexus energy centre (chakra) is energetically cleared and re-energized with sound (and yellow colour/light). The **solar plexus energy centre/chakra** is called the **Will**. It oversees personal will & autonomy as well as metabolism. Blockages in this area may occur as digestive system challenges. The goal of the release process is to balance personal power.
- d. **Step 4 – Sacral chakra clearing** (releasing/clearing) and balancing. In addition to general clearing/balancing process (option 1), the sacral energy centre (chakra) is energetically cleared and re-energized (sound & orange colour/light). The sacral energy centre/chakra is connected to emotions, creativity and well-being. Blockages in this area may appear as challenges in the kidneys, bladder, reproductive system and resistance to change. The goal of the release process is to promote a sense of well-being, being open, flexible, friendly, imaginative and creative.
- e. **Step 5 – Root chakra clearing** (releasing/ clearing) and balancing. In addition to general clearing/balancing process (option 1), the root energy centre (chakra) is energetically cleared and re-energized (sound & colour/light). The root energy centre/chakra is related to survival, instincts and sense of grounding and connectedness to the earth and our physical bodies. It focuses on the ability to provide for food, shelter, money etc. Blockages in this area may appear as challenges in lower body, hips, legs, feet, adrenal glands, intestines, feelings of lack of security or faith in the future. The goal of the release process is to liberate feelings of unreasonable fear and nervous tension.
- f. **Step 6 – Third Eye clearing** (release/clear) and balance. In addition to the general clearing/balancing process (option 1), the third eye energy centre (chakra) is energetically cleared and re-energized (sound & indigo colour/light). The third eye energy centre/chakra is related to the act of seeing, physically and intuitively i.e., seeing the “big picture” or the truth in all things. Blockages in this area may appear as challenges in head, eyes, nose and nervous system. The goal of the release process is to re-awaken insight/intuition.
- g. **Step 7 – Crown chakra** - (release/clear) and balance. In addition to the general clearing/balancing process (option 1), the crown energy centre (chakra) is energetically cleared and re-energized

(sound & purple/violet colour/light). The crown energy centre/chakra is the foundation of our spiritual body and links us to the highest guidance. It influences spiritual will, inspiration, idealism and celestial knowledge it is our connection with the universe. If this chakra is blocked, guidance may be more ego influenced rather than from our highest guidance. As a result, we may become unsure of our self, have reduced self confidence. Fear and anxieties that appear may influence the physical in the form of apathy, challenges in understanding and retaining knowledge. Physical problems that may occur include headaches, worry, anxiety, immune disorders, mental and cognitive problems.

- h. *OPTIONAL Step 7* – additional releasing/clearing & balancing as needed e.g., unable to clear two chakras (Step 2) in one session.

NOTE: all clearing/releasing sessions require post-session TLC post-session e.g., rest, increased water intake, Epsom baths. If you are aware that some patterns are resistant to release e.g., childhood traumas and abuse...pacing of the clearing/releasing sessions is advised.

**Payment:** Cost is \$60/h; Steps 2 to 7 are approximately 1.5 to 2+ hours, 1 to 2 weeks apart. Payment (cash, cheque or PayPal) can be made per session or by program. Based on observation i.e., average length of session is 2 hours, payment for the entire program payment appears to be more economical. Please inquire.

### **About Solfeggio Tones & Chakras:**

[http://www.somaenergetics.com/solfeggio\\_frequencies.php](http://www.somaenergetics.com/solfeggio_frequencies.php)

<http://www.grandsolfeggio.com/index.html>

Anodea, J. (2006). *Wheels of Life: User's Guide to the Chakra System*. Second edition, Woodbury, MN: Llewellyn.

### **Before, During & After Sessions:**

#### *Statement of Program Goal*

Before the start of the program, a letter is written to yourself stating the expectations/goals for this program e.g., what is it to really be me – freedom to express, control emotions, cope with issues. This letter is sealed. A second letter that summarizes observations about their life is written 2 to 3 months after the personal mastery program is completed. The first letter is then opened & reviewed.

#### *Depending on your goals, customized in-between session activities may include:*

- Creating a vision seed map e.g., what you would like to manifest in your life, or a statement of your life mission (this may be done in conjunction with your pre-program goal letter).
- Assessing clutter in the home e.g., clutter mapping, to see if corresponding blockages in the home energy centres (chakras) exist. Clutter clearing of that area in the home provides additional support for your energy clearing and balancing processes. Energetic enhancements of the home e.g., feng shui, can be incorporated.

- Journaling - Dream monitoring, doodling/expressive art, noticing synchronicities that relate to the particular energy centre that received the clearing.
- Lifestyle changes – activities that help you to continue clearing and balance the body, mind & spirit.

There are two ways of spreading light...

To be the candle  
or the mirror that reflects it.

~ Edith Wharton ~

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