

WEBVTT

NOTE duration:"00:24:19.5520000"

NOTE language:en-us

NOTE Confidence: 0.924503684043884

00:00:00.000 --> 00:00:02.360 Thank you so much for taking the time

NOTE Confidence: 0.924503684043884

00:00:02.360 --> 00:00:04.757 to log in and join with me today.

NOTE Confidence: 0.924503684043884

00:00:04.760 --> 00:00:06.240 My name is Michelle Grand.

NOTE Confidence: 0.924503684043884

00:00:06.240 --> 00:00:07.570 I'm a licensed massage therapist

NOTE Confidence: 0.924503684043884

00:00:07.570 --> 00:00:09.286 and I worked with the patients

NOTE Confidence: 0.924503684043884

00:00:09.286 --> 00:00:10.966 at Smilow Cancer Hospital today.

NOTE Confidence: 0.924503684043884

00:00:10.970 --> 00:00:12.825 I have honor and privilege to work

NOTE Confidence: 0.924503684043884

00:00:12.825 --> 00:00:15.119 with you on the subject called Wakey.

NOTE Confidence: 0.924503684043884

00:00:15.120 --> 00:00:15.912 Many of us.

NOTE Confidence: 0.924503684043884

00:00:15.912 --> 00:00:18.156 I know I've heard Ricky and we know

NOTE Confidence: 0.924503684043884

00:00:18.156 --> 00:00:20.148 little bits and pieces about it,

NOTE Confidence: 0.924503684043884

00:00:20.150 --> 00:00:22.414 but we're going to go through a little

NOTE Confidence: 0.924503684043884

00:00:22.414 --> 00:00:24.288 bit about the history of Ricky.

NOTE Confidence: 0.924503684043884

00:00:24.290 --> 00:00:26.761 I'm going to go through the Chacras

NOTE Confidence: 0.924503684043884  
00:00:26.761 --> 00:00:29.003 and we're going to go through a  
NOTE Confidence: 0.924503684043884  
00:00:29.003 --> 00:00:31.499 little bit of a hands on work today.  
NOTE Confidence: 0.924503684043884  
00:00:31.500 --> 00:00:35.372 OK so I'm Ricky comes from the Japanese  
NOTE Confidence: 0.924503684043884  
00:00:35.372 --> 00:00:38.193 word rave which means universal  
NOTE Confidence: 0.924503684043884  
00:00:38.193 --> 00:00:41.685 life and he which means energy.  
NOTE Confidence: 0.924503684043884  
00:00:41.690 --> 00:00:43.745 So Ricky is simply universal  
NOTE Confidence: 0.924503684043884  
00:00:43.745 --> 00:00:44.978 life force energy.  
NOTE Confidence: 0.924503684043884  
00:00:44.980 --> 00:00:46.225 If you're alive,  
NOTE Confidence: 0.924503684043884  
00:00:46.225 --> 00:00:49.615 then you have it and you have what  
NOTE Confidence: 0.924503684043884  
00:00:49.615 --> 00:00:52.373 you need to to self heal with.  
NOTE Confidence: 0.924503684043884  
00:00:52.380 --> 00:00:54.430 Ricky often wake you practitioners  
NOTE Confidence: 0.924503684043884  
00:00:54.430 --> 00:00:55.660 well they will.  
NOTE Confidence: 0.924503684043884  
00:00:55.660 --> 00:00:58.467 You will go through a certain training  
NOTE Confidence: 0.924503684043884  
00:00:58.467 --> 00:01:01.018 program and then you'll get an  
NOTE Confidence: 0.924503684043884  
00:01:01.018 --> 00:01:03.556 attunement by away keymaster and then  
NOTE Confidence: 0.924503684043884

00:01:03.556 --> 00:01:06.760 you're able to perform wiki on other people.

NOTE Confidence: 0.924503684043884

00:01:06.760 --> 00:01:09.944 But we can all perform raky on ourselves

NOTE Confidence: 0.924503684043884

00:01:09.944 --> 00:01:12.328 with without any formal training.

NOTE Confidence: 0.924503684043884

00:01:12.330 --> 00:01:15.078 So how does Ricky work exactly?

NOTE Confidence: 0.924503684043884

00:01:15.080 --> 00:01:16.716 But there will be.

NOTE Confidence: 0.924503684043884

00:01:16.716 --> 00:01:20.569 A wiki was developed by a Buddhist name.

NOTE Confidence: 0.924503684043884

00:01:20.570 --> 00:01:22.019 Mikhail will surely,

NOTE Confidence: 0.924503684043884

00:01:22.019 --> 00:01:25.400 and it's based on the philosophy that

NOTE Confidence: 0.924503684043884

00:01:25.487 --> 00:01:28.815 we're all guided by the same life worse,

NOTE Confidence: 0.924503684043884

00:01:28.820 --> 00:01:30.668 which controls our physical,

NOTE Confidence: 0.924503684043884

00:01:30.668 --> 00:01:32.978 mental and emotional well being.

NOTE Confidence: 0.924503684043884

00:01:32.980 --> 00:01:35.157 It is sort of like this when

NOTE Confidence: 0.924503684043884

00:01:35.157 --> 00:01:37.280 the energy is flowing freely,

NOTE Confidence: 0.924503684043884

00:01:37.280 --> 00:01:39.779 we can access deeper reserves of power,

NOTE Confidence: 0.924503684043884

00:01:39.780 --> 00:01:42.644 and when the energy is blocked by stressor,

NOTE Confidence: 0.924503684043884

00:01:42.650 --> 00:01:43.364 unexpressed emotions,

NOTE Confidence: 0.924503684043884  
00:01:43.364 --> 00:01:45.506 or maybe some on field trauma,  
NOTE Confidence: 0.924503684043884  
00:01:45.510 --> 00:01:47.658 we can function less than optimally.  
NOTE Confidence: 0.924503684043884  
00:01:47.660 --> 00:01:49.900 Sort of similar to the way it works  
NOTE Confidence: 0.924503684043884  
00:01:49.900 --> 00:01:52.184 with our acupressure program where the  
NOTE Confidence: 0.924503684043884  
00:01:52.184 --> 00:01:55.180 meridians may be blocked at certain points.  
NOTE Confidence: 0.924503684043884  
00:01:55.180 --> 00:01:57.730 This is more of an energetic  
NOTE Confidence: 0.924503684043884  
00:01:57.730 --> 00:01:59.430 blockage throughout the body  
NOTE Confidence: 0.924503684043884  
00:01:59.509 --> 00:02:01.447 from the head to the feet.  
NOTE Confidence: 0.924503684043884  
00:02:01.450 --> 00:02:04.312 In Reiko treatment of practitioner will  
NOTE Confidence: 0.924503684043884  
00:02:04.312 --> 00:02:08.178 send wake ienergy into the peak into the  
NOTE Confidence: 0.924503684043884  
00:02:08.178 --> 00:02:10.528 patient Shockers or energies centers,  
NOTE Confidence: 0.924503684043884  
00:02:10.530 --> 00:02:13.589 so the energy is able to flow  
NOTE Confidence: 0.924503684043884  
00:02:13.589 --> 00:02:16.750 easily and come back into balance,  
NOTE Confidence: 0.924503684043884  
00:02:16.750 --> 00:02:19.140 and that's what we're going  
NOTE Confidence: 0.924503684043884  
00:02:19.140 --> 00:02:21.530 to do on ourselves today.  
NOTE Confidence: 0.924503684043884

00:02:21.530 --> 00:02:21.994 Basically,  
NOTE Confidence: 0.924503684043884

00:02:21.994 --> 00:02:25.242 the hands-on wakey is a technique that  
NOTE Confidence: 0.924503684043884

00:02:25.242 --> 00:02:28.198 calls for placing or gentle compassionate  
NOTE Confidence: 0.924503684043884

00:02:28.198 --> 00:02:31.600 hands at various points on our body.  
NOTE Confidence: 0.924503684043884

00:02:31.600 --> 00:02:33.232 The high vibration wakey  
NOTE Confidence: 0.924503684043884

00:02:33.232 --> 00:02:35.272 touch fleshes out the toxins,  
NOTE Confidence: 0.924503684043884

00:02:35.280 --> 00:02:36.912 gets rid of disease,  
NOTE Confidence: 0.924503684043884

00:02:36.912 --> 00:02:38.952 could get rid of diseases,  
NOTE Confidence: 0.924503684043884

00:02:38.960 --> 00:02:41.010 stressing blockages from our body,  
NOTE Confidence: 0.924503684043884

00:02:41.010 --> 00:02:44.874 and it does increase the life force energy.  
NOTE Confidence: 0.924503684043884

00:02:44.880 --> 00:02:47.020 Sometimes during shock rap balancing,  
NOTE Confidence: 0.924503684043884

00:02:47.020 --> 00:02:50.428 we can suddenly feel a surge of energy,  
NOTE Confidence: 0.924503684043884

00:02:50.430 --> 00:02:53.167 maybe at our head and you get  
NOTE Confidence: 0.924503684043884

00:02:53.167 --> 00:02:55.559 a little bit of headache.  
NOTE Confidence: 0.924503684043884

00:02:55.560 --> 00:02:58.346 Or at our hands and you may  
NOTE Confidence: 0.924503684043884

00:02:58.346 --> 00:03:00.679 feel warmth in your hands,

NOTE Confidence: 0.924503684043884

00:03:00.680 --> 00:03:03.557 and that's due to the energy that's

NOTE Confidence: 0.924503684043884

00:03:03.557 --> 00:03:05.799 being released at that moment.

NOTE Confidence: 0.924503684043884

00:03:05.800 --> 00:03:07.940 Some shock was are overactive,

NOTE Confidence: 0.924503684043884

00:03:07.940 --> 00:03:10.496 and that shock was become imbalanced.

NOTE Confidence: 0.924503684043884

00:03:10.500 --> 00:03:13.489 And again when they're not in balance,

NOTE Confidence: 0.924503684043884

00:03:13.490 --> 00:03:14.890 we tend to vibrate.

NOTE Confidence: 0.924503684043884

00:03:14.890 --> 00:03:17.501 At a lower frequency an when were

NOTE Confidence: 0.924503684043884

00:03:17.501 --> 00:03:19.686 vibrating at a lower frequency,

NOTE Confidence: 0.924503684043884

00:03:19.690 --> 00:03:21.535 but manifestation of our desires

NOTE Confidence: 0.924503684043884

00:03:21.535 --> 00:03:23.380 and the things that we

NOTE Confidence: 0.912541806697845

00:03:23.454 --> 00:03:24.906 want. And sometimes that

NOTE Confidence: 0.912541806697845

00:03:24.906 --> 00:03:26.394 doesn't fall into place.

NOTE Confidence: 0.912541806697845

00:03:26.400 --> 00:03:28.710 Another thing that could happen when

NOTE Confidence: 0.912541806697845

00:03:28.710 --> 00:03:31.417 I shock was are not perfectly in

NOTE Confidence: 0.912541806697845

00:03:31.417 --> 00:03:34.388 balance is that we can't sort of get

NOTE Confidence: 0.912541806697845

00:03:34.388 --> 00:03:36.873 up to a higher level of consciousness  
NOTE Confidence: 0.912541806697845

00:03:36.873 --> 00:03:39.460 and it just can affect our emotional,  
NOTE Confidence: 0.912541806697845

00:03:39.460 --> 00:03:42.064 physical and spiritual health and well being.  
NOTE Confidence: 0.912541806697845

00:03:42.070 --> 00:03:44.326 So This is why shock rebalancing  
NOTE Confidence: 0.912541806697845

00:03:44.326 --> 00:03:45.454 is important and.  
NOTE Confidence: 0.912541806697845

00:03:45.460 --> 00:03:48.386 And could be very beneficial to us.  
NOTE Confidence: 0.912541806697845

00:03:48.390 --> 00:03:50.968 I'm gonna show you probably all seen  
NOTE Confidence: 0.912541806697845

00:03:50.968 --> 00:03:53.967 that the chart on this picture of kind  
NOTE Confidence: 0.912541806697845

00:03:53.967 --> 00:03:56.719 of like a body and the different colors,  
NOTE Confidence: 0.912541806697845

00:03:56.720 --> 00:03:59.247 and I'm going to go through now.  
NOTE Confidence: 0.912541806697845

00:03:59.250 --> 00:04:01.791 Each of the shacra points what they  
NOTE Confidence: 0.912541806697845

00:04:01.791 --> 00:04:03.959 represent and what color they are.  
NOTE Confidence: 0.912541806697845

00:04:03.960 --> 00:04:06.487 And again, of course, where there located,  
NOTE Confidence: 0.912541806697845

00:04:06.490 --> 00:04:09.386 so we're going to start at the feet,  
NOTE Confidence: 0.912541806697845

00:04:09.390 --> 00:04:11.430 and we're going to work our  
NOTE Confidence: 0.912541806697845

00:04:11.430 --> 00:04:13.370 way up to the Crown.

NOTE Confidence: 0.912541806697845  
00:04:13.370 --> 00:04:15.180 So the very first shock  
NOTE Confidence: 0.912541806697845  
00:04:15.180 --> 00:04:16.628 ground from the bottom.  
NOTE Confidence: 0.912541806697845  
00:04:16.630 --> 00:04:18.790 It's called the root shakra.  
NOTE Confidence: 0.912541806697845  
00:04:18.790 --> 00:04:21.138 And the root chakra  
NOTE Confidence: 0.912541806697845  
00:04:21.138 --> 00:04:22.899 represents our foundation.  
NOTE Confidence: 0.912541806697845  
00:04:22.900 --> 00:04:24.220 On the human body,  
NOTE Confidence: 0.912541806697845  
00:04:24.220 --> 00:04:27.774 it sits at the base of the spine and it  
NOTE Confidence: 0.912541806697845  
00:04:27.774 --> 00:04:30.810 gives us the feeling of being grounded.  
NOTE Confidence: 0.912541806697845  
00:04:30.810 --> 00:04:33.306 When the root Chakra is open,  
NOTE Confidence: 0.912541806697845  
00:04:33.310 --> 00:04:36.202 we feel confident in our ability  
NOTE Confidence: 0.912541806697845  
00:04:36.202 --> 00:04:38.537 to withstand challenges and kind  
NOTE Confidence: 0.912541806697845  
00:04:38.537 --> 00:04:40.784 of stand on our own 2 feet.  
NOTE Confidence: 0.912541806697845  
00:04:40.790 --> 00:04:41.918 When it's blocked,  
NOTE Confidence: 0.912541806697845  
00:04:41.918 --> 00:04:44.174 we can feel threatened as if  
NOTE Confidence: 0.912541806697845  
00:04:44.174 --> 00:04:46.617 we're standing on unstable ground,  
NOTE Confidence: 0.912541806697845



00:04:46.620 --> 00:04:49.315 so again, it's at the base of  
NOTE Confidence: 0.912541806697845

00:04:49.315 --> 00:04:52.030 the spine in a tailbone area,  
NOTE Confidence: 0.912541806697845

00:04:52.030 --> 00:04:54.105 and it controls survival issues  
NOTE Confidence: 0.912541806697845

00:04:54.105 --> 00:04:55.765 such as financial independence,  
NOTE Confidence: 0.912541806697845

00:04:55.770 --> 00:04:57.258 money, and food,  
NOTE Confidence: 0.912541806697845

00:04:57.258 --> 00:05:01.539 and the color of the root Chakra is red.  
NOTE Confidence: 0.912541806697845

00:05:01.540 --> 00:05:05.596 Then we move up to the sacral shakra.  
NOTE Confidence: 0.912541806697845

00:05:05.600 --> 00:05:08.939 The Sacral Shakra is located about 2  
NOTE Confidence: 0.912541806697845

00:05:08.939 --> 00:05:12.348 inches below the navel and the sequel,  
NOTE Confidence: 0.912541806697845

00:05:12.350 --> 00:05:15.654 shock shakra helps inform how we relate  
NOTE Confidence: 0.912541806697845

00:05:15.654 --> 00:05:19.099 our emotions and the emotions of others.  
NOTE Confidence: 0.912541806697845

00:05:19.100 --> 00:05:21.675 It also governs creativity and  
NOTE Confidence: 0.912541806697845

00:05:21.675 --> 00:05:24.784 sexual energy and those with a  
NOTE Confidence: 0.912541806697845

00:05:24.784 --> 00:05:27.454 blocked sacral shakra could feel a  
NOTE Confidence: 0.912541806697845

00:05:27.454 --> 00:05:30.188 lack of control in their lives.  
NOTE Confidence: 0.912541806697845

00:05:30.190 --> 00:05:33.436 It represents your sense of abundance,

NOTE Confidence: 0.912541806697845  
00:05:33.440 --> 00:05:34.642 well-being, pleasure,  
NOTE Confidence: 0.912541806697845  
00:05:34.642 --> 00:05:35.844 and sexuality,  
NOTE Confidence: 0.912541806697845  
00:05:35.844 --> 00:05:41.140 and the color of the sacral shakra is orange.  
NOTE Confidence: 0.912541806697845  
00:05:41.140 --> 00:05:44.398 Next we move up to the Solar Solar Plexus  
NOTE Confidence: 0.912541806697845  
00:05:44.398 --> 00:05:46.959 Chakra that's in the upper abdomen,  
NOTE Confidence: 0.912541806697845  
00:05:46.960 --> 00:05:49.676 in the stomach area above the navel.  
NOTE Confidence: 0.912541806697845  
00:05:49.680 --> 00:05:52.536 Its color is yellow and it sort of  
NOTE Confidence: 0.912541806697845  
00:05:52.536 --> 00:05:54.979 controls are self worth or self  
NOTE Confidence: 0.912541806697845  
00:05:54.979 --> 00:05:57.044 confidence in our self esteem.  
NOTE Confidence: 0.912541806697845  
00:05:57.050 --> 00:05:59.360 So sometimes we need here kind  
NOTE Confidence: 0.912541806697845  
00:05:59.360 --> 00:06:01.320 of go with your gut.  
NOTE Confidence: 0.912541806697845  
00:06:01.320 --> 00:06:04.029 And what are you feeling in here?  
NOTE Confidence: 0.912541806697845  
00:06:04.030 --> 00:06:06.438 I've got that sort of relating to  
NOTE Confidence: 0.912541806697845  
00:06:06.438 --> 00:06:09.080 that to the solar plexus chakra.  
NOTE Confidence: 0.912541806697845  
00:06:09.080 --> 00:06:12.208 It speaks to your ability to be confident.  
NOTE Confidence: 0.912541806697845

00:06:12.210 --> 00:06:15.126 And in control of your life.  
NOTE Confidence: 0.912541806697845

00:06:15.130 --> 00:06:15.477 Again,  
NOTE Confidence: 0.912541806697845

00:06:15.477 --> 00:06:18.253 think back to the last time baby you  
NOTE Confidence: 0.912541806697845

00:06:18.253 --> 00:06:21.555 had butterflies in the pit of your stomach.  
NOTE Confidence: 0.912541806697845

00:06:21.560 --> 00:06:21.937 Again,  
NOTE Confidence: 0.912541806697845

00:06:21.937 --> 00:06:24.953 that's the The Solar Plexus Chakra at work.  
NOTE Confidence: 0.912541806697845

00:06:24.960 --> 00:06:27.718 If it's blocked you might feel kinda  
NOTE Confidence: 0.912541806697845

00:06:27.718 --> 00:06:29.680 overwhelming amounts of shame and  
NOTE Confidence: 0.912541806697845

00:06:29.680 --> 00:06:32.520 self doubt and those with open sacral shock.  
NOTE Confidence: 0.912541806697845

00:06:32.520 --> 00:06:34.345 Solar plexus shockwaves are are  
NOTE Confidence: 0.912541806697845

00:06:34.345 --> 00:06:36.680 free to express their true selves.  
NOTE Confidence: 0.912541806697845

00:06:36.680 --> 00:06:39.368 You kind of in touch with with kind  
NOTE Confidence: 0.912541806697845

00:06:39.368 --> 00:06:42.280 of who you are and what your gut  
NOTE Confidence: 0.912541806697845

00:06:42.280 --> 00:06:45.800 feels and what your intuition is telling you.  
NOTE Confidence: 0.912541806697845

00:06:45.800 --> 00:06:47.356 So it's very good.  
NOTE Confidence: 0.912541806697845

00:06:47.356 --> 00:06:49.690 So did to focus on that

NOTE Confidence: 0.907192528247833  
00:06:49.790 --> 00:06:51.458 solar plexus area.  
NOTE Confidence: 0.907192528247833  
00:06:51.460 --> 00:06:54.940 Next we move up to the heart Chakra,  
NOTE Confidence: 0.907192528247833  
00:06:54.940 --> 00:06:57.226 which is the bridge between the  
NOTE Confidence: 0.907192528247833  
00:06:57.226 --> 00:06:59.693 lower shock was which are associated  
NOTE Confidence: 0.907192528247833  
00:06:59.693 --> 00:07:01.853 more with material things and  
NOTE Confidence: 0.907192528247833  
00:07:01.853 --> 00:07:04.702 the upper shock was which are  
NOTE Confidence: 0.907192528247833  
00:07:04.702 --> 00:07:06.674 associated more with spirituality.  
NOTE Confidence: 0.907192528247833  
00:07:06.680 --> 00:07:08.860 So as the name suggests,  
NOTE Confidence: 0.907192528247833  
00:07:08.860 --> 00:07:10.935 the heart chocolate can influence  
NOTE Confidence: 0.907192528247833  
00:07:10.935 --> 00:07:13.549 our ability to give and receive  
NOTE Confidence: 0.907192528247833  
00:07:13.549 --> 00:07:16.297 love from others and from ourselves.  
NOTE Confidence: 0.907192528247833  
00:07:16.300 --> 00:07:18.970 Some with a black heart shakra  
NOTE Confidence: 0.907192528247833  
00:07:18.970 --> 00:07:21.217 may have difficulty fully opening  
NOTE Confidence: 0.907192528247833  
00:07:21.217 --> 00:07:23.926 up to the people in their life.  
NOTE Confidence: 0.907192528247833  
00:07:23.930 --> 00:07:26.050 If someone's heart is open,  
NOTE Confidence: 0.907192528247833

00:07:26.050 --> 00:07:27.746 they can experience deeper  
NOTE Confidence: 0.907192528247833

00:07:27.746 --> 00:07:29.444 compassion and empathy. Again,  
NOTE Confidence: 0.907192528247833

00:07:29.444 --> 00:07:33.260 it's located just at the center of the chest,  
NOTE Confidence: 0.907192528247833

00:07:33.260 --> 00:07:34.956 just above the heart.  
NOTE Confidence: 0.907192528247833

00:07:34.956 --> 00:07:36.228 It controls Lovejoy,  
NOTE Confidence: 0.907192528247833

00:07:36.230 --> 00:07:39.146 an inner peace and the color  
NOTE Confidence: 0.907192528247833

00:07:39.146 --> 00:07:42.110 of the heart Chakra is green.  
NOTE Confidence: 0.907192528247833

00:07:42.110 --> 00:07:45.646 Above the heart Chakra is the throat chakra.  
NOTE Confidence: 0.907192528247833

00:07:45.650 --> 00:07:48.352 The throat chakra gives voice to the  
NOTE Confidence: 0.907192528247833

00:07:48.352 --> 00:07:51.092 heart Chakra and controls our ability  
NOTE Confidence: 0.907192528247833

00:07:51.092 --> 00:07:53.597 to communicate our personal power.  
NOTE Confidence: 0.907192528247833

00:07:53.600 --> 00:07:56.246 When it's functioning at full capacity,  
NOTE Confidence: 0.907192528247833

00:07:56.250 --> 00:07:58.460 it allows us to express  
NOTE Confidence: 0.907192528247833

00:07:58.460 --> 00:08:00.228 ourselves truly and clearly.  
NOTE Confidence: 0.907192528247833

00:08:00.230 --> 00:08:02.852 Someone with a block throat saqua  
NOTE Confidence: 0.907192528247833

00:08:02.852 --> 00:08:05.565 will feel they have trouble finding

NOTE Confidence: 0.907192528247833

00:08:05.565 --> 00:08:09.061 the words to say how they truly feel.

NOTE Confidence: 0.907192528247833

00:08:09.070 --> 00:08:12.199 Again, it's located in the throat area.

NOTE Confidence: 0.907192528247833

00:08:12.200 --> 00:08:15.230 The color is is a blue,

NOTE Confidence: 0.907192528247833

00:08:15.230 --> 00:08:18.254 a blue or it could be a turquoise

NOTE Confidence: 0.907192528247833

00:08:18.254 --> 00:08:21.290 and it controls communication,

NOTE Confidence: 0.907192528247833

00:08:21.290 --> 00:08:23.006 self expression and truth.

NOTE Confidence: 0.907192528247833

00:08:23.006 --> 00:08:25.151 Above the throat Chakra is

NOTE Confidence: 0.907192528247833

00:08:25.151 --> 00:08:26.940 the third eye chakra,

NOTE Confidence: 0.907192528247833

00:08:26.940 --> 00:08:28.950 the third ice rock chocolate

NOTE Confidence: 0.907192528247833

00:08:28.950 --> 00:08:30.558 is located right here.

NOTE Confidence: 0.907192528247833

00:08:30.560 --> 00:08:32.532 Sometimes it's referred to

NOTE Confidence: 0.907192528247833

00:08:32.532 --> 00:08:34.504 as the Brausch Aqua.

NOTE Confidence: 0.907192528247833

00:08:34.510 --> 00:08:37.430 It controls our ability to see the big

NOTE Confidence: 0.907192528247833

00:08:37.430 --> 00:08:40.359 picture and also to connect to intuition.

NOTE Confidence: 0.907192528247833

00:08:40.360 --> 00:08:43.024 You sort of think of it as the eye

NOTE Confidence: 0.907192528247833

00:08:43.024 --> 00:08:45.948 to the soul it readers information  
NOTE Confidence: 0.907192528247833

00:08:45.948 --> 00:08:47.980 beyond the surface level.  
NOTE Confidence: 0.907192528247833

00:08:47.980 --> 00:08:48.381 Again,  
NOTE Confidence: 0.907192528247833

00:08:48.381 --> 00:08:50.386 it's located in the forehead  
NOTE Confidence: 0.907192528247833

00:08:50.386 --> 00:08:51.589 between the eyes.  
NOTE Confidence: 0.907192528247833

00:08:51.590 --> 00:08:52.790 It controls intuition,  
NOTE Confidence: 0.907192528247833

00:08:52.790 --> 00:08:53.990 imagination, an wisdom,  
NOTE Confidence: 0.907192528247833

00:08:53.990 --> 00:08:57.410 and its color is kind of like a deeper  
NOTE Confidence: 0.907192528247833

00:08:57.410 --> 00:08:59.763 blue Leica, Leica, Indigo, Blue,  
NOTE Confidence: 0.907192528247833

00:08:59.763 --> 00:09:03.530 and could even be like a purple color.  
NOTE Confidence: 0.907192528247833

00:09:03.530 --> 00:09:05.876 Above that Third Eye Orb Roush  
NOTE Confidence: 0.907192528247833

00:09:05.876 --> 00:09:08.100 Aqua is the Crown Chakra.  
NOTE Confidence: 0.907192528247833

00:09:08.100 --> 00:09:10.170 This is the highest shock.  
NOTE Confidence: 0.907192528247833

00:09:10.170 --> 00:09:10.498 Wow,  
NOTE Confidence: 0.907192528247833

00:09:10.498 --> 00:09:13.122 it's it's at the Crown of the head  
NOTE Confidence: 0.907192528247833

00:09:13.122 --> 00:09:15.971 and it represents our ability to

NOTE Confidence: 0.907192528247833  
00:09:15.971 --> 00:09:17.923 be fully connected spiritually  
NOTE Confidence: 0.907192528247833  
00:09:17.923 --> 00:09:20.555 when you're fully open to your  
NOTE Confidence: 0.907192528247833  
00:09:20.555 --> 00:09:23.036 Crown shop where you're able to  
NOTE Confidence: 0.907192528247833  
00:09:23.036 --> 00:09:24.700 access a higher consciousness.  
NOTE Confidence: 0.907192528247833  
00:09:24.700 --> 00:09:25.052 Again,  
NOTE Confidence: 0.907192528247833  
00:09:25.052 --> 00:09:27.516 it's at the top of your head  
NOTE Confidence: 0.907192528247833  
00:09:27.516 --> 00:09:30.474 and it controls inner and outer  
NOTE Confidence: 0.907192528247833  
00:09:30.474 --> 00:09:33.179 beauty on a spiritual connection.  
NOTE Confidence: 0.907192528247833  
00:09:33.180 --> 00:09:37.116 Its color is a white color and it  
NOTE Confidence: 0.907192528247833  
00:09:37.116 --> 00:09:39.710 just represents our ability to  
NOTE Confidence: 0.907192528247833  
00:09:39.710 --> 00:09:42.722 connect on a spiritual level to  
NOTE Confidence: 0.907192528247833  
00:09:42.722 --> 00:09:45.940 the universe and to ourselves.  
NOTE Confidence: 0.907192528247833  
00:09:45.940 --> 00:09:48.173 So that completes all of the shack  
NOTE Confidence: 0.907192528247833  
00:09:48.173 --> 00:09:50.330 was that went through our body.  
NOTE Confidence: 0.907192528247833  
00:09:50.330 --> 00:09:52.759 At times we may have issues with  
NOTE Confidence: 0.907192528247833



00:09:52.759 --> 00:09:55.179 maybe 1 schakra more than the other  
NOTE Confidence: 0.907192528247833

00:09:55.179 --> 00:09:57.536 shock rise and we kind of all  
NOTE Confidence: 0.907192528247833

00:09:57.536 --> 00:09:59.486 know maybe where are weak point  
NOTE Confidence: 0.907192528247833

00:09:59.486 --> 00:10:01.822 is and it does change as well.  
NOTE Confidence: 0.907192528247833

00:10:01.822 --> 00:10:02.498 You know,  
NOTE Confidence: 0.907192528247833

00:10:02.500 --> 00:10:05.204 sometimes we feel there's so much to say.  
NOTE Confidence: 0.907192528247833

00:10:05.210 --> 00:10:07.214 Maybe we have some feelings that  
NOTE Confidence: 0.907192528247833

00:10:07.214 --> 00:10:08.913 we can express ourselves based  
NOTE Confidence: 0.907192528247833

00:10:08.913 --> 00:10:10.737 on the situation in our lives  
NOTE Confidence: 0.907192528247833

00:10:10.737 --> 00:10:12.300 and better throw chocolate.  
NOTE Confidence: 0.907192528247833

00:10:12.300 --> 00:10:14.561 Maybe at a balance at that time  
NOTE Confidence: 0.907192528247833

00:10:14.561 --> 00:10:17.079 and it may be at another time.  
NOTE Confidence: 0.907192528247833

00:10:17.080 --> 00:10:19.456 We just we feel a little off balance.  
NOTE Confidence: 0.908303320407867

00:10:19.460 --> 00:10:20.940 You know what kind of?  
NOTE Confidence: 0.908303320407867

00:10:20.940 --> 00:10:23.019 Just like where is your life going?  
NOTE Confidence: 0.908303320407867

00:10:23.020 --> 00:10:24.204 We don't know what's

NOTE Confidence: 0.908303320407867  
00:10:24.204 --> 00:10:25.684 happening right now and then.  
NOTE Confidence: 0.908303320407867  
00:10:25.690 --> 00:10:27.175 Our root chakra is more  
NOTE Confidence: 0.908303320407867  
00:10:27.175 --> 00:10:28.363 affected at that time,  
NOTE Confidence: 0.908303320407867  
00:10:28.370 --> 00:10:30.098 so just keep in mind that  
NOTE Confidence: 0.908303320407867  
00:10:30.098 --> 00:10:31.630 you know a different days,  
NOTE Confidence: 0.908303320407867  
00:10:31.630 --> 00:10:33.120 different weeks of a month,  
NOTE Confidence: 0.908303320407867  
00:10:33.120 --> 00:10:34.600 different years in your life.  
NOTE Confidence: 0.908303320407867  
00:10:34.600 --> 00:10:36.256 The imbalance can definitely  
NOTE Confidence: 0.908303320407867  
00:10:36.256 --> 00:10:37.498 can definitely change.  
NOTE Confidence: 0.908303320407867  
00:10:37.500 --> 00:10:39.100 So what we're gonna do  
NOTE Confidence: 0.908303320407867  
00:10:39.100 --> 00:10:40.700 now that we're aware of,  
NOTE Confidence: 0.908303320407867  
00:10:40.700 --> 00:10:42.295 kinda where are shockwaves are  
NOTE Confidence: 0.908303320407867  
00:10:42.295 --> 00:10:44.220 and what they represent and mean.  
NOTE Confidence: 0.908303320407867  
00:10:44.220 --> 00:10:46.369 We're going to do a little bit  
NOTE Confidence: 0.908303320407867  
00:10:46.369 --> 00:10:48.012 a couple little exercises to  
NOTE Confidence: 0.908303320407867

00:10:48.012 --> 00:10:50.294 kind of get in touch with them,  
NOTE Confidence: 0.908303320407867

00:10:50.300 --> 00:10:51.900 and do a little release.  
NOTE Confidence: 0.908303320407867

00:10:51.900 --> 00:10:52.502 So again,  
NOTE Confidence: 0.908303320407867

00:10:52.502 --> 00:10:54.308 we're going to just start by  
NOTE Confidence: 0.908303320407867

00:10:54.308 --> 00:10:55.972 rubbing your hands together briskly  
NOTE Confidence: 0.908303320407867

00:10:55.972 --> 00:10:57.976 like this for a few seconds.  
NOTE Confidence: 0.895478427410126

00:11:00.270 --> 00:11:02.628 OK, and now we're going to hold  
NOTE Confidence: 0.895478427410126

00:11:02.628 --> 00:11:04.650 them still an intra tool apart.  
NOTE Confidence: 0.895478427410126

00:11:04.650 --> 00:11:06.730 Now you should be a little  
NOTE Confidence: 0.895478427410126

00:11:06.730 --> 00:11:08.190 buzzing there buzzing sensation  
NOTE Confidence: 0.895478427410126

00:11:08.190 --> 00:11:10.626 in your hands so that's the feel  
NOTE Confidence: 0.895478427410126

00:11:10.626 --> 00:11:12.733 of the life force in your body.  
NOTE Confidence: 0.895478427410126

00:11:12.740 --> 00:11:15.344 You know it's there now put  
NOTE Confidence: 0.895478427410126

00:11:15.344 --> 00:11:17.630 your hands over your eyes.  
NOTE Confidence: 0.895478427410126

00:11:17.630 --> 00:11:19.210 And now feel the warmth.  
NOTE Confidence: 0.915742695331573

00:11:22.010 --> 00:11:24.330 Again, this is a subtle energi

NOTE Confidence: 0.915742695331573  
00:11:24.330 --> 00:11:27.294 of life force that you can feel  
NOTE Confidence: 0.915742695331573  
00:11:27.294 --> 00:11:29.599 is running through your body.  
NOTE Confidence: 0.915742695331573  
00:11:29.600 --> 00:11:32.138 OK, now as we begin now,  
NOTE Confidence: 0.915742695331573  
00:11:32.140 --> 00:11:35.108 if you're not already in a quiet,  
NOTE Confidence: 0.915742695331573  
00:11:35.110 --> 00:11:35.960 comfortable place,  
NOTE Confidence: 0.915742695331573  
00:11:35.960 --> 00:11:37.660 just go ahead there.  
NOTE Confidence: 0.915742695331573  
00:11:37.660 --> 00:11:39.790 Bring yourself into a quiet  
NOTE Confidence: 0.915742695331573  
00:11:39.790 --> 00:11:41.920 place where you know you're  
NOTE Confidence: 0.915742695331573  
00:11:42.003 --> 00:11:44.018 not going to be disturbed.  
NOTE Confidence: 0.923875033855438  
00:11:46.640 --> 00:11:48.566 And when you do this at  
NOTE Confidence: 0.923875033855438  
00:11:48.570 --> 00:11:50.502 home, if you do this at  
NOTE Confidence: 0.923875033855438  
00:11:50.502 --> 00:11:51.790 home following this program,  
NOTE Confidence: 0.923875033855438  
00:11:51.790 --> 00:11:54.366 you know you can just turn down the  
NOTE Confidence: 0.923875033855438  
00:11:54.366 --> 00:11:56.620 lights you could put on a candle,  
NOTE Confidence: 0.923875033855438  
00:11:56.620 --> 00:11:58.230 maybe play some soothing music,  
NOTE Confidence: 0.923875033855438

00:11:58.230 --> 00:12:00.180 just create a nice soothing environment  
NOTE Confidence: 0.923875033855438

00:12:00.180 --> 00:12:01.848 where you have no distractions  
NOTE Confidence: 0.923875033855438

00:12:01.848 --> 00:12:03.969 and you can really just take the  
NOTE Confidence: 0.923875033855438

00:12:03.969 --> 00:12:06.582 time to just get in touch with the  
NOTE Confidence: 0.923875033855438

00:12:06.582 --> 00:12:08.351 energycap running through your body.  
NOTE Confidence: 0.923875033855438

00:12:08.351 --> 00:12:11.578 Now what we're gonna do is we're  
NOTE Confidence: 0.923875033855438

00:12:11.578 --> 00:12:14.765 gonna dry base our body were gonna  
NOTE Confidence: 0.923875033855438

00:12:14.765 --> 00:12:18.569 brush our hands in a sweeping motion,  
NOTE Confidence: 0.923875033855438

00:12:18.570 --> 00:12:20.755 starting with our Crown chakra  
NOTE Confidence: 0.923875033855438

00:12:20.755 --> 00:12:23.470 and moving down towards the floor.  
NOTE Confidence: 0.923875033855438

00:12:23.470 --> 00:12:26.030 And we're going to complete  
NOTE Confidence: 0.923875033855438

00:12:26.030 --> 00:12:28.078 this sequence three times.  
NOTE Confidence: 0.923875033855438

00:12:28.080 --> 00:12:32.504 So from the Crown to the third eye.  
NOTE Confidence: 0.923875033855438

00:12:32.510 --> 00:12:37.610 To the throat. To the heart.  
NOTE Confidence: 0.923875033855438

00:12:37.610 --> 00:12:41.082 To the solar plexus.  
NOTE Confidence: 0.923875033855438

00:12:41.082 --> 00:12:43.840 The sequel. And the route.

NOTE Confidence: 0.867277324199677

00:12:46.950 --> 00:12:50.149 Again, take a deep breath and just

NOTE Confidence: 0.867277324199677

00:12:50.149 --> 00:12:52.891 begin that drive, leaving of your

NOTE Confidence: 0.867277324199677

00:12:52.891 --> 00:12:55.180 body moving down each chakra.

NOTE Confidence: 0.827591300010681

00:12:57.520 --> 00:13:01.180 Hurt solar plexus. Signal

NOTE Confidence: 0.827591300010681

00:13:01.180 --> 00:13:05.320 and the world. A breath and

NOTE Confidence: 0.771900296211243

00:13:05.320 --> 00:13:10.744 for the third time the Crown third eye.

NOTE Confidence: 0.771900296211243

00:13:10.750 --> 00:13:15.860 Throat. The heart. The solar plexus,

NOTE Confidence: 0.771900296211243

00:13:15.860 --> 00:13:20.010 the sequel and the route.

NOTE Confidence: 0.771900296211243

00:13:20.010 --> 00:13:22.755 And I'll just take a moment and

NOTE Confidence: 0.771900296211243

00:13:22.755 --> 00:13:25.360 bring your hands to your heart.

NOTE Confidence: 0.771900296211243

00:13:25.360 --> 00:13:28.870 And set an intention now for

NOTE Confidence: 0.771900296211243

00:13:28.870 --> 00:13:31.210 our weekly practice today.

NOTE Confidence: 0.771900296211243

00:13:31.210 --> 00:13:33.070 It could be something like.

NOTE Confidence: 0.771900296211243

00:13:33.070 --> 00:13:36.046 I'd like to feel grounded in my body,

NOTE Confidence: 0.771900296211243

00:13:36.050 --> 00:13:39.389 or I'd like to open up to my intuition,

NOTE Confidence: 0.771900296211243

00:13:39.390 --> 00:13:42.072 or I'd like to be able to find my  
NOTE Confidence: 0.771900296211243

00:13:42.072 --> 00:13:44.599 voice and calmly represent myself.  
NOTE Confidence: 0.839897036552429

00:13:47.870 --> 00:13:52.735 Now imagine a beam of healing white  
NOTE Confidence: 0.839897036552429

00:13:52.740 --> 00:13:58.996 light flowing into the top of your head.  
NOTE Confidence: 0.839897036552429

00:13:59.000 --> 00:14:03.606 And flowing down through your entire body,  
NOTE Confidence: 0.839897036552429

00:14:03.610 --> 00:14:08.086 spreading healing energy as it goes.  
NOTE Confidence: 0.839897036552429

00:14:08.090 --> 00:14:12.520 Just visualize that white light.  
NOTE Confidence: 0.839897036552429

00:14:12.520 --> 00:14:13.951 It's very bright,  
NOTE Confidence: 0.839897036552429

00:14:13.951 --> 00:14:17.290 it's very clear and it's very pure.  
NOTE Confidence: 0.850330650806427

00:14:20.660 --> 00:14:24.800 And feel that white light.  
NOTE Confidence: 0.850330650806427

00:14:24.800 --> 00:14:27.779 Spreading healing energy.  
NOTE Confidence: 0.850330650806427

00:14:27.780 --> 00:14:31.115 We're going to take that white light.  
NOTE Confidence: 0.850330650806427

00:14:31.115 --> 00:14:34.808 And we're going to bring it down  
NOTE Confidence: 0.850330650806427

00:14:34.808 --> 00:14:37.690 through each of the shop was.  
NOTE Confidence: 0.850330650806427

00:14:37.690 --> 00:14:40.917 You're gonna take your hands and you're  
NOTE Confidence: 0.850330650806427

00:14:40.917 --> 00:14:44.399 gonna hold your hands above each chakra.

NOTE Confidence: 0.850330650806427  
00:14:44.400 --> 00:14:46.570 You're not gonna touch your head or  
NOTE Confidence: 0.850330650806427  
00:14:46.570 --> 00:14:48.960 your body but you're just gonna hold  
NOTE Confidence: 0.850330650806427  
00:14:48.960 --> 00:14:51.370 your hands right above the shack rap.  
NOTE Confidence: 0.89359974861145  
00:14:53.850 --> 00:14:56.922 And always continue the breath.  
NOTE Confidence: 0.89359974861145  
00:14:56.922 --> 00:15:00.840 Now feel that healing white light.  
NOTE Confidence: 0.89359974861145  
00:15:00.840 --> 00:15:04.375 Entering through the Crown of your head.  
NOTE Confidence: 0.818430185317993  
00:15:11.360 --> 00:15:16.920 Now take your hands and move them.  
NOTE Confidence: 0.818430185317993  
00:15:16.920 --> 00:15:18.879 In front of your forehead.  
NOTE Confidence: 0.901001155376434  
00:15:22.130 --> 00:15:27.250 Feel the energy of the white light. Entering  
NOTE Confidence: 0.891129732131958  
00:15:27.250 --> 00:15:32.620 your third eye. Shakra And breathe.  
NOTE Confidence: 0.943368136882782  
00:15:37.250 --> 00:15:39.190 You may prefer your right hand over  
NOTE Confidence: 0.943368136882782  
00:15:39.190 --> 00:15:41.530 your left or your left hand over there,  
NOTE Confidence: 0.943368136882782  
00:15:41.530 --> 00:15:45.829 right? Either Way is fine.  
NOTE Confidence: 0.943368136882782  
00:15:45.830 --> 00:15:47.174 Some prefer their dominant  
NOTE Confidence: 0.943368136882782  
00:15:47.174 --> 00:15:51.180 hand on top of the other hand.  
NOTE Confidence: 0.860507845878601



00:15:51.180 --> 00:15:54.148 Now we're going to move down to  
NOTE Confidence: 0.860507845878601

00:15:54.150 --> 00:15:57.600 the throat. That sharp line you  
NOTE Confidence: 0.860507845878601

00:15:57.600 --> 00:16:00.469 could separate your hands so  
NOTE Confidence: 0.860507845878601

00:16:00.469 --> 00:16:03.235 they're sort of side by side.  
NOTE Confidence: 0.860507845878601

00:16:03.240 --> 00:16:05.980 And feel that white light  
NOTE Confidence: 0.860507845878601

00:16:05.980 --> 00:16:08.170 entering her throat chakra.  
NOTE Confidence: 0.867588102817535

00:16:12.180 --> 00:16:16.110 You may feel some warmth that's good.  
NOTE Confidence: 0.86040198802948

00:16:18.650 --> 00:16:20.150 Certain areas might  
NOTE Confidence: 0.86040198802948

00:16:20.150 --> 00:16:22.640 feel slightly heavy or murky  
NOTE Confidence: 0.86040198802948

00:16:22.640 --> 00:16:26.580 in their enerji, as if the air  
NOTE Confidence: 0.86040198802948

00:16:26.580 --> 00:16:30.240 above that body part is thicker.  
NOTE Confidence: 0.86040198802948

00:16:30.240 --> 00:16:32.390 Or you may feel your enerji  
NOTE Confidence: 0.86040198802948

00:16:32.390 --> 00:16:35.300 raised in certain areas.  
NOTE Confidence: 0.86040198802948

00:16:35.300 --> 00:16:36.740 Just guide yourself  
NOTE Confidence: 0.924651563167572

00:16:36.740 --> 00:16:38.189 and spend more  
NOTE Confidence: 0.924651563167572

00:16:38.190 --> 00:16:41.550 or less time as you feel necessary.

NOTE Confidence: 0.798705577850342  
00:16:43.810 --> 00:16:48.785 And when you're ready.  
NOTE Confidence: 0.798705577850342  
00:16:48.785 --> 00:16:53.860 Move your hands over your heart chakra.  
NOTE Confidence: 0.798705577850342  
00:16:53.860 --> 00:16:56.082 Feel that beautiful white  
NOTE Confidence: 0.798705577850342  
00:16:56.082 --> 00:16:58.298 light entering your heart.  
NOTE Confidence: 0.767562925815582  
00:17:03.430 --> 00:17:04.980 And breathe.  
NOTE Confidence: 0.819680750370026  
00:17:07.800 --> 00:17:09.350 Build a piece.  
NOTE Confidence: 0.519033968448639  
00:17:11.480 --> 00:17:17.300 Feel the ease.  
NOTE Confidence: 0.860461473464966  
00:17:18.540 --> 00:17:20.740 And when you're ready,  
NOTE Confidence: 0.860461473464966  
00:17:20.740 --> 00:17:24.751 bring your hands down to your solar  
NOTE Confidence: 0.860461473464966  
00:17:24.751 --> 00:17:27.870 plexus Chakra laid in your belly.  
NOTE Confidence: 0.839352011680603  
00:17:30.070 --> 00:17:33.100 Add feel that white light  
NOTE Confidence: 0.839352011680603  
00:17:33.100 --> 00:17:35.520 and tell your afternoon.  
NOTE Confidence: 0.843037366867065  
00:17:37.590 --> 00:17:40.390 We've expand your diaphragm in  
NOTE Confidence: 0.843037366867065  
00:17:40.390 --> 00:17:44.310 a full breath and let it go.  
NOTE Confidence: 0.800591468811035  
00:17:46.590 --> 00:17:50.210 Feel the energy failure God.  
NOTE Confidence: 0.815270006656647

00:17:54.480 --> 00:17:58.380 Now I will move down to  
NOTE Confidence: 0.815270006656647

00:17:58.380 --> 00:18:01.630 the sequel area below the  
NOTE Confidence: 0.876198033491771

00:18:01.630 --> 00:18:04.705 navel. And feel the white  
NOTE Confidence: 0.876198033491771

00:18:04.705 --> 00:18:07.165 light into your body.  
NOTE Confidence: 0.853328108787537

00:18:11.120 --> 00:18:15.230 And breathe and feel the kiss.  
NOTE Confidence: 0.853328108787537

00:18:15.230 --> 00:18:21.785 And finally, bring your hands  
NOTE Confidence: 0.853328108787537

00:18:21.785 --> 00:18:27.620 down towards the floor.  
NOTE Confidence: 0.853328108787537

00:18:27.620 --> 00:18:29.264 Toward your feet.  
NOTE Confidence: 0.853328108787537

00:18:29.264 --> 00:18:33.930 And feel that energy of the white light.  
NOTE Confidence: 0.853328108787537

00:18:33.930 --> 00:18:36.500 Embracing. The groundedness  
NOTE Confidence: 0.853328108787537

00:18:36.500 --> 00:18:39.148 of your feet on the floor.  
NOTE Confidence: 0.648809313774109

00:18:41.580 --> 00:18:50.328 And take a deep  
NOTE Confidence: 0.648809313774109

00:18:50.330 --> 00:18:56.720 within. And let it go.  
NOTE Confidence: 0.648809313774109

00:18:56.720 --> 00:19:00.880 And when you're ready. Sweet  
NOTE Confidence: 0.920724868774414

00:19:00.880 --> 00:19:04.036 the energycap away from your body  
NOTE Confidence: 0.920724868774414

00:19:04.036 --> 00:19:08.225 starting at the loot. Sweep it away.

NOTE Confidence: 0.920724868774414  
00:19:08.225 --> 00:19:12.728 And move up from the route to  
NOTE Confidence: 0.920724868774414  
00:19:12.728 --> 00:19:16.130 the sacral in sweeping motions.  
NOTE Confidence: 0.920724868774414  
00:19:16.130 --> 00:19:19.810 Solar plexus the heart.  
NOTE Confidence: 0.920724868774414  
00:19:19.810 --> 00:19:24.367 The throat. The third eye.  
NOTE Confidence: 0.920724868774414  
00:19:24.367 --> 00:19:27.658 And the Crown.  
NOTE Confidence: 0.920724868774414  
00:19:27.660 --> 00:19:31.410 Add a deep breath in.  
NOTE Confidence: 0.920724868774414  
00:19:31.410 --> 00:19:33.070 And when you're ready,  
NOTE Confidence: 0.920724868774414  
00:19:33.070 --> 00:19:35.145 bring your hands to your  
NOTE Confidence: 0.920724868774414  
00:19:35.145 --> 00:19:37.208 Heart Center in gratitude.  
NOTE Confidence: 0.904384553432465  
00:19:42.470 --> 00:19:44.070 If your eyes are  
NOTE Confidence: 0.904384553432465  
00:19:44.070 --> 00:19:47.112 closed, you can open your eyes  
NOTE Confidence: 0.904384553432465  
00:19:47.112 --> 00:19:50.840 and take one more deep breath in.  
NOTE Confidence: 0.904384553432465  
00:19:50.840 --> 00:19:54.140 Stretch your arms out.  
NOTE Confidence: 0.904384553432465  
00:19:54.140 --> 00:19:56.580 Over your hand man,  
NOTE Confidence: 0.904384553432465  
00:19:56.580 --> 00:19:58.410 Exhale, interpret polls.  
NOTE Confidence: 0.926936984062195

00:20:00.500 --> 00:20:05.068 OK, beautiful. So I hope that was a  
NOTE Confidence: 0.926936984062195

00:20:05.068 --> 00:20:08.227 clear explanation on how we can access.  
NOTE Confidence: 0.926936984062195

00:20:08.230 --> 00:20:10.645 Our shock was through leaky where there  
NOTE Confidence: 0.926936984062195

00:20:10.645 --> 00:20:12.455 located and what they're affiliated  
NOTE Confidence: 0.926936984062195

00:20:12.455 --> 00:20:14.919 with an how come certain shock was  
NOTE Confidence: 0.926936984062195

00:20:14.919 --> 00:20:17.303 are affected at certain times, days,  
NOTE Confidence: 0.926936984062195

00:20:17.303 --> 00:20:19.844 weeks, months and years in our life.  
NOTE Confidence: 0.926936984062195

00:20:19.850 --> 00:20:22.545 And again, this is something we could  
NOTE Confidence: 0.926936984062195

00:20:22.545 --> 00:20:25.289 do at anytime of the day or night.  
NOTE Confidence: 0.926936984062195

00:20:25.290 --> 00:20:27.768 When you wake up in the middle  
NOTE Confidence: 0.926936984062195

00:20:27.768 --> 00:20:30.738 of the day before you go to bed,  
NOTE Confidence: 0.926936984062195

00:20:30.740 --> 00:20:33.684 just take a moment and just offer that.  
NOTE Confidence: 0.926936984062195

00:20:33.690 --> 00:20:35.815 Energee release to yourself and  
NOTE Confidence: 0.926936984062195

00:20:35.815 --> 00:20:38.800 it's just it helps with your mind,  
NOTE Confidence: 0.926936984062195

00:20:38.800 --> 00:20:40.952 body and spirit connection.  
NOTE Confidence: 0.926936984062195

00:20:40.952 --> 00:20:44.796 There's a couple of other ways to

NOTE Confidence: 0.926936984062195  
00:20:44.796 --> 00:20:47.898 impact positive energy in our lives,  
NOTE Confidence: 0.926936984062195  
00:20:47.900 --> 00:20:50.996 and one is called cutting cords  
NOTE Confidence: 0.926936984062195  
00:20:50.996 --> 00:20:53.665 of attachment were connected to  
NOTE Confidence: 0.926936984062195  
00:20:53.665 --> 00:20:55.729 people by energetic chords,  
NOTE Confidence: 0.926936984062195  
00:20:55.730 --> 00:20:57.814 and we exchanged this  
NOTE Confidence: 0.926936984062195  
00:20:57.814 --> 00:20:59.898 enerji with other people.  
NOTE Confidence: 0.926936984062195  
00:20:59.900 --> 00:21:02.092 Some chords are positive,  
NOTE Confidence: 0.926936984062195  
00:21:02.092 --> 00:21:04.832 which are the chords of  
NOTE Confidence: 0.926936984062195  
00:21:04.832 --> 00:21:06.689 unconditional love and care,  
NOTE Confidence: 0.926936984062195  
00:21:06.690 --> 00:21:09.300 whereas other cords maybe negative.  
NOTE Confidence: 0.926936984062195  
00:21:09.300 --> 00:21:11.140 Which sort of Poland?  
NOTE Confidence: 0.926936984062195  
00:21:11.140 --> 00:21:13.440 Deplete our energy through those  
NOTE Confidence: 0.926936984062195  
00:21:13.440 --> 00:21:16.119 cords so as you get in touch with  
NOTE Confidence: 0.926936984062195  
00:21:16.119 --> 00:21:18.960 your kind of energy through your own  
NOTE Confidence: 0.926936984062195  
00:21:18.960 --> 00:21:21.720 vibrations in your own self healing,  
NOTE Confidence: 0.926936984062195

00:21:21.720 --> 00:21:24.234 it's sometimes good to be aware  
NOTE Confidence: 0.926936984062195

00:21:24.234 --> 00:21:27.476 of what chords we have in our life  
NOTE Confidence: 0.926936984062195

00:21:27.476 --> 00:21:30.459 and who is sort of tugging at them.  
NOTE Confidence: 0.926936984062195

00:21:30.460 --> 00:21:32.986 Who is offering you know positive  
NOTE Confidence: 0.926936984062195

00:21:32.986 --> 00:21:35.513 energy exchange with you and maybe  
NOTE Confidence: 0.926936984062195

00:21:35.513 --> 00:21:37.817 some negative courage it enerji that  
NOTE Confidence: 0.926936984062195

00:21:37.817 --> 00:21:40.516 are in our life and if possible  
NOTE Confidence: 0.926936984062195

00:21:40.516 --> 00:21:42.648 it's good to just evaluate those.  
NOTE Confidence: 0.926936984062195

00:21:42.648 --> 00:21:44.038 And see how they're working.  
NOTE Confidence: 0.926936984062195

00:21:44.040 --> 00:21:47.230 You know, for you and your day to day life.  
NOTE Confidence: 0.926936984062195

00:21:47.230 --> 00:21:47.832 Also,  
NOTE Confidence: 0.926936984062195

00:21:47.832 --> 00:21:50.842 we have our desired manifestations  
NOTE Confidence: 0.926936984062195

00:21:50.842 --> 00:21:54.570 and these are things that we say  
NOTE Confidence: 0.926936984062195

00:21:54.570 --> 00:21:58.236 that we want in our lives and their  
NOTE Confidence: 0.926936984062195

00:21:58.236 --> 00:22:01.160 categorized in physical health.  
NOTE Confidence: 0.926936984062195

00:22:01.160 --> 00:22:02.808 In our physical body,

NOTE Confidence: 0.926936984062195  
00:22:02.808 --> 00:22:04.868 health and finances are emotional  
NOTE Confidence: 0.926936984062195  
00:22:04.868 --> 00:22:06.520 love and relationship.  
NOTE Confidence: 0.926936984062195  
00:22:06.520 --> 00:22:09.383 We have our mental fears and Phobias  
NOTE Confidence: 0.926936984062195  
00:22:09.383 --> 00:22:12.188 and then we have a spiritual  
NOTE Confidence: 0.926936984062195  
00:22:12.188 --> 00:22:13.679 peace and Oneness.  
NOTE Confidence: 0.926936984062195  
00:22:13.680 --> 00:22:17.520 And when we give way key to our desires work  
NOTE Confidence: 0.926936984062195  
00:22:17.611 --> 00:22:21.279 raising our frequency level with our soul,  
NOTE Confidence: 0.926936984062195  
00:22:21.280 --> 00:22:24.718 our mind and our body to be In Sync  
NOTE Confidence: 0.926936984062195  
00:22:24.718 --> 00:22:27.979 with the frequency of our desires,  
NOTE Confidence: 0.926936984062195  
00:22:27.980 --> 00:22:30.638 we hope that this leads the  
NOTE Confidence: 0.926936984062195  
00:22:30.638 --> 00:22:32.930 manifestation of what we want.  
NOTE Confidence: 0.926936984062195  
00:22:32.930 --> 00:22:35.625 But it's good just to be aware  
NOTE Confidence: 0.926936984062195  
00:22:35.625 --> 00:22:37.194 that sometimes, uhm, Watt,  
NOTE Confidence: 0.926936984062195  
00:22:37.194 --> 00:22:39.576 our desires are are not perfectly  
NOTE Confidence: 0.926936984062195  
00:22:39.576 --> 00:22:42.190 aligned with what we truly, truly want.  
NOTE Confidence: 0.926936984062195



00:22:42.190 --> 00:22:44.115 This is just an example.  
NOTE Confidence: 0.926936984062195

00:22:44.120 --> 00:22:47.208 Somebody may say I want to get married.  
NOTE Confidence: 0.926936984062195

00:22:47.210 --> 00:22:49.140 I intend to get married,  
NOTE Confidence: 0.926936984062195

00:22:49.140 --> 00:22:51.456 but deep deep deep down inside.  
NOTE Confidence: 0.926936984062195

00:22:51.460 --> 00:22:53.770 Maybe they're not ready for marriage.  
NOTE Confidence: 0.926936984062195

00:22:53.770 --> 00:22:56.332 So it's also just good to be  
NOTE Confidence: 0.926936984062195

00:22:56.332 --> 00:22:59.100 aware of the things that maybe we  
NOTE Confidence: 0.926936984062195

00:22:59.100 --> 00:23:02.270 say we want or we think we want.  
NOTE Confidence: 0.926936984062195

00:23:02.270 --> 00:23:04.240 Just take some time and.  
NOTE Confidence: 0.926936984062195

00:23:04.240 --> 00:23:06.538 So that align truly from the  
NOTE Confidence: 0.926936984062195

00:23:06.538 --> 00:23:09.178 bottom of our are sold with what  
NOTE Confidence: 0.926936984062195

00:23:09.178 --> 00:23:12.070 it is that we want at this time.  
NOTE Confidence: 0.926936984062195

00:23:12.070 --> 00:23:15.427 And when we get more in tune with our,  
NOTE Confidence: 0.926936984062195

00:23:15.430 --> 00:23:17.226 our desired manifestations will  
NOTE Confidence: 0.926936984062195

00:23:17.226 --> 00:23:20.700 create more of the life that you know  
NOTE Confidence: 0.926936984062195

00:23:20.700 --> 00:23:23.143 in line with our our inner being.

NOTE Confidence: 0.926936984062195  
00:23:23.150 --> 00:23:26.517 And the result from all of this  
NOTE Confidence: 0.926936984062195  
00:23:26.517 --> 00:23:29.384 energetic healing is just a balance  
NOTE Confidence: 0.926936984062195  
00:23:29.384 --> 00:23:32.036 again on all levels of mind,  
NOTE Confidence: 0.926936984062195  
00:23:32.040 --> 00:23:33.477 spirit and emotion.  
NOTE Confidence: 0.926936984062195  
00:23:33.477 --> 00:23:36.830 That opens up an inner guidance and  
NOTE Confidence: 0.899855315685272  
00:23:36.921 --> 00:23:40.481 it just allows us to all become more  
NOTE Confidence: 0.899855315685272  
00:23:40.481 --> 00:23:43.830 grounded, more focused and more com.  
NOTE Confidence: 0.899855315685272  
00:23:43.830 --> 00:23:47.316 I'm so bad. Completes our session today.  
NOTE Confidence: 0.899855315685272  
00:23:47.320 --> 00:23:50.834 I hope it was helpful and you  
NOTE Confidence: 0.899855315685272  
00:23:50.834 --> 00:23:54.309 know please know that on your own.  
NOTE Confidence: 0.899855315685272  
00:23:54.310 --> 00:23:58.510 These are ways that you can touch yourself  
NOTE Confidence: 0.899855315685272  
00:23:58.510 --> 00:24:02.442 and just create ease and a peace within  
NOTE Confidence: 0.899855315685272  
00:24:02.442 --> 00:24:06.457 you for a good life and happy life.  
NOTE Confidence: 0.899855315685272  
00:24:06.460 --> 00:24:08.280 So thank you for joining.  
NOTE Confidence: 0.899855315685272  
00:24:08.280 --> 00:24:11.176 Uhm, I will see you again on Thursday.  
NOTE Confidence: 0.899855315685272

00:24:11.180 --> 00:24:12.990 If you'd like to join,

NOTE Confidence: 0.899855315685272

00:24:12.990 --> 00:24:15.538 we're gonna do our guided meditation itself.

NOTE Confidence: 0.899855315685272

00:24:15.540 --> 00:24:17.259 Massage at 1:30.

NOTE Confidence: 0.899855315685272

00:24:17.259 --> 00:24:19.551 OK, be well everybody.