



Quantum Healing + Chakra Balancing, Grounding & Chi Boosting Technique

HEAD POSITIONS (3 minutes each)

Hands over eyes > What do I need to see?

Hands over temples > What do I need to think?

Hands cupping back of head > What do I need to know or remember?

Hands over ears > What do I need to hear?

Hands over throat > What do I need to say? (To others / To myself)

BODY POSITIONS (1.5 minutes each)

Hands either side of Heart Chakra > I breathe in Love, I breathe out Peace (Grounds)

Hands either side of Heart Chakra > I breathe in Abundance, I breathe out Gratitude (Boosts)

Hands either side of Solar Plexus > I breathe in Love, I breathe out Peace (Grounds)

Hands either side of Solar Plexus > I breathe in Abundance, I breathe out Gratitude (Boosts)

Hands either side of Sacral Chakra > I breathe in Love, I breathe out Peace (Grounds)

Hands either side of Sacral Chakra > I breathe in Abundance, I breathe out Gratitude (Boosts)

Hands either side of Root Chakra > I breathe in Love, I breathe out Peace (Grounds)

Hands either side of Root Chakra > I breathe in Abundance, I breathe out Gratitude (Boosts)

SEAL THE QUANTUM HEALING (3 minutes)

Both hands over Heart Chakra > I love myself, I heal myself (Affirms)

REMERGE & SEE

Stay with both hands over Heart Chakra and allow yourself to come back in your own time