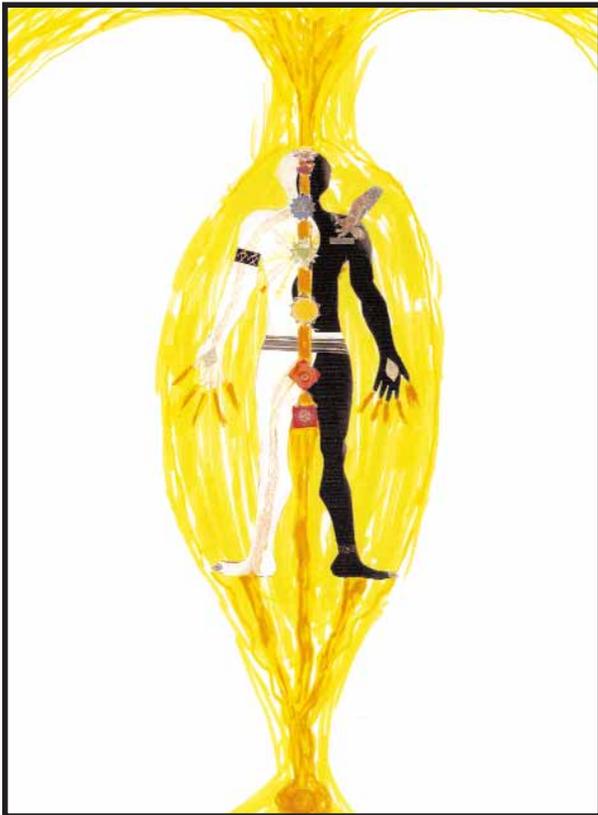


THE GOLDEN RIVER

Designed to prepare “the channel” (or open the energy highway) to receive and send the maximum flow of energy. It centers the healer and activates the hands for optimal effectiveness of doing Power Point Balance to self and/or for hands-on work with others.

STEP 1: PREPARATION

Select a place to sit or lie comfortably. The optimal place is in nature where the four elements (water, sun, earth, and air) converge or in a peaceful, quiet indoor space. Set the intention to be open and prepared to focus on healing. Settle into a relaxed state by tuning into and deepening the breath.



STEP 2: VISUALIZE AND ACTIVATE THE 7 CHAKRAS

Focus in on each of the 7 major chakras starting at the root and moving up to the crown crown. Visualize the color of each chakra, as you focus on it, and imagine each center being open and spinning in a clockwise direction. Consciously breathe into each chakra as you visualize them.

STEP 3: CONNECT TO + DRAWING UP EARTH ENERGY

Focus in on the MOST POWERFUL energy center of our planet: the molten core at the very center of the earth. Visualize this center as a ball of golden light. With the breath, draw this golden energy up through all the layers of the earth...imagining it flowing like a river... becoming lighter, stronger, and more powerful as it moves up. Imagine this powerful golden light coming up through the feet, lower extremities and pouring up through the first four chakras and lower half of the body. See the golden river flow up into and pour out of the heart center.

STEP 4: CONNECT TO + DRAWING DOWN DIVINE ENERGY

Visualize divine energy as a ball of golden light high in the heavens. As you breathe, imagine this golden energy showering down around the body and flowing into the crown. Allow the energy to flow down through the third eye, the throat, and then watch it spread across the shoulders and flood down the arms, like waterfalls, until streams of golden light flow out each finger tip. Continue to see and feel it flow down into and out of the heart center. Visualize yourself centered, connected to heaven and earth, with this Golden River of energy flowing through your central core.

THE RIVER IS ALWAYS FLOWING

THIS IS THE ENERGY WE EACH USE TO HEAL OURSELVES