

Chakra hand positions	Anti-clockwise hand action Cleansing and Clearing Flat hand over chakra "Freeze!"	Clockwise hand action Healing, Sealing and Energising Flat hand over chakra "Stabilise, stabilise stabilise"
Basic	GRIEF, FEAR & TRAUMA	With the colour red, breathe out grief, fear and trauma. <i>"I choose to clear this now!"</i>
Sacral	GUILT, REGRET & SHAME	With the colour orange, breathe out guilt, regret and shame. <i>"I choose to clear this now!"</i>
Solar Plexus	BLAME & RESENTMENT	With the colour yellow, breathe out blame and resentment. <i>"I choose to clear this now"</i>
BACK Heart	ANGER & FRUSTRATION	With the colour green or pink, breathe out anger & frustration. <i>"I choose to clear this now!"</i>
Throat	ANXIETY & AGITATION	With the colour light blue, breathe out anxiety and agitation. <i>"I choose to clear this now!"</i>
BACK Ajna	NEGATIVE THOUGHTS & NEGATIVE BELIEFS.	With the colour indigo, breathe out negative thoughts and negative beliefs. <i>"I choose to clear this now!"</i>
Crown Centre	ALL REMAINING PAIN	With the colour violet, breathe out all remaining pain. <i>"I choose to clear this now!"</i>
I have a right to clear it. I don't need to carry this lesson any more. I release this at a cellular level, all the way back through my past.		