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Cleansing & Balancing the Charkas

By **Christin Snyder**

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Cleansing & Balancing the Charkas & Energy Field

By Christin Snyder

Cleansing and balancing the chakra system is important to the overall health of the individual. There are several different techniques that can be used to cleanse and balance each of the charkas. The important thing is finding the one that is most comfortable. The exercise below is simple. It can be done in a few minutes. Practiced each day, it will leave the individual feeling more energetic and focused.

The technique that follows can be modified by the individual to suit his/her own needs. Start off by sitting in a chair or standing somewhere comfortable with your feet flat on the ground/floor. It is particularly important to sit or stand if you are new to meditation practices. Laying down cues the body that it is time for sleep.

Once you are positioned, take a few deep but slow cleansing breaths. The idea isn't to gasp for air, nor is it to breathe unnaturally, but to get the blood deeply oxygenated. Breath is a natural healing mechanism, and many of us in the west will find that we breathe in a very shallow manner which starves our bodies and brain of oxygen. Breathe in at a slow steady pace and feel the oxygen enter your body, continue the slow steady inhale until the breath has expanded the chest and abdomen just as a balloon fills with air.

Hold the breath for as long as it is comfortable, and then release and do the exhale at the same slow relaxed pace, blowing through the lips as though you were blowing out a candle. Be sure to fully empty

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the lungs before beginning the next inhalation.

After three of these breaths release tension and relax more deeply. Take a few comfortable normal paced breaths as you do this. Once you are comfortable and ready to continue, close the eyes and envision a golden white ball of light above the head. This is the holy light, representing the connection between yourself and the Divine.

This ball of light sits a few feet above the top of the head and begins to expand and stream down. As you allow the light to flow (don't force or pull it etc) relax even deeper knowing you are safe and at peace. Be fully present with this light, and as the light descends down upon the crown of your head take another deep breath as we did earlier.

As you breathe in say in your mind "I allow the light to heal, cleanse and balance". On the exhale say "I release all that is not for my highest good". Relax and allow the light to move down to the third eye (between the eyebrows) when it is ready, then repeat the breath and mantra on both the inhale and the exhale.

Continue this process slowly and let it flow naturally all the way down your chakra system until it

reaches the soles of the feet. When it has reached the soles of the feet, envision a ball of energy from in the Earth rising up slowly into the soles of your feet. Allow this energy to carry away any residual energies that need to be cleansed and take them back into the Earth for reprocessing/healing.

As you continue to relax say a prayer of gratitude. Take a few moments to sincerely reflect on all of your life's blessings and to show appreciation to Spirit for all the abundance that is housed within you. The important thing to remember is that you are a channel allowing these powerful energies to flow through you. You don't have to have any special talent or abilities to benefit from this healing as "you" are not doing it, but allowing Spirit/God to do this through you. It is an exercise of "allowing"

Another variation others enjoy, is to do this meditation while in the shower. As you feel the water washing over you, you can envision your energy field also being cleansed and balanced. The water as it goes down the drain, carries away all negativity and extra energy.

For grounding and healing also participate in activities that put you in direct contact with the Earth, walk barefoot in the grass, sit with your back against a tree, plant a garden, (this is healing to your Earth mother as well) anything that puts you in contact with nature is deeply rejuvenating and healing.

Christin Snyder is a personal empowerment advocate and holistic health practitioner who promotes whole being wellness. Visit her for personal development resources at <http://www.mysticaltreasures.net>

Cleansing Skin Care Information

By Ryan Cote

Cleansing & Balancing the Charkas

Properly cleansing is the basis for healthy skin, no matter what your age or skin type is. Whether your skin is dry, oily or combination, or you have acne, keeping it clean is an important part of having skin that looks and feels beautiful.

Harsh chemicals and soaps should always be avoided so as to not strip your skin of natural oils. Gentle soaps and cleansers work the best on all skin types. If you are particularly concerned about your dry or oily skin, choose a cleanser that is formulated for specific skin type you have. When cleansing your skin, the best temperate to use is lukewarm. If you have oily skin, a steaming facial over hot water can help to unclog the pores without stripping your skin of essential oils, as cleansing with hot water itself would.

A clean, cotton facecloth can be used to gently moisten your face prior to cleansing, but do not rub or scrub with it, which can irritate or dry your skin. A facecloth does not have to be used to properly cleanse your skin and is a matter of personal preference. A soft towel made of natural fiber should be put in service to dry the skin. Blot the towel over your skin, without rubbing or scrubbing, until your skin is smooth and dry to the touch.

For dry or normal skin, it is sufficient to cleanse your skin twice per day. If you have acne, oily skin or combination skin, you can wash your face up to three times per day. Sometimes a toner or astringent is used to deep cleanse oily skin or skin with acne after the traditional cleansing routine. This removes oil that is trapped in the pores to leave a cleaner, smoother complexion.

Drinking enough water and eating well-balanced meals can assist your body's system in internally cleansing skin care. A healthy lifestyle reflects on your skin so staying in good physical condition can aid in the the good appearance of your skin.

Following a sensible cleansing routine will help to give you the lovely, china doll complexion you want.

For more free cleansing skin care information like this article, please visit

<http://www.FreeSkinCareAdvice.com>

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