

SELF HEALING WITH THE CHAKRAS ~ HAND SIGNALS AND “ALCHEMY BREATH”

SITTING POSITION:

*“ALCHEMY BREATH” is a breathing technique that brings together many virtuous intentions in breathing deeply into something or our charkas with deep compassion, unconditionally accepting whatever we find, honoring it, and breathing it OUT fully, then breathing IN a color light of our desire or the specific chakra color. Using this breath simplifys our technique, as it is set up with this honoring intention each time we use it.

With eyes closed, hands in prayer pose, go inwards. Take 3 very deep breaths*(these signal your mind to relax)

Ask for assistance for your highest good from your guides and healing masters who wish to help you. (Quan Yin is assisting each of us)

Connect to your breath to bring you to combine with your spirit~self, using your “inner wisdom eye” to scan your body for tension, stress, pain or places that feel distant or edgy.

Become aware or imagine a central channel running through your body from head to foot.

Locate a place behind your heart, a seat of your cosmic vehicle. This is the place to activate all your actions from a place of empathy and compassion towards yourself and towards others. Coming from the mind set that we are “pure”.

Bring your arms above your head in a welcoming to Spirit, then bring your left hand down to your heart or **HEART CHAKRA**, (STATIONARY HAND) and your right hand to your **CROWN CHAKRA**: BREATH using “Alchemy Breath” ,(in deeply with an open mouth breath)~ inhaling all limitations, honoring them and addressing them and then breathing them OUT.

Clearing the Crown Chakra and then breathing in a clear **VIOLET LIGHT** to fill the the Crown Chakra.

Move your right hand to the brow, the **THIRD EYE** and breath using “Alchemy Breath” inhaling with total acceptance while connecting with intention to the Third Eye Chakra, then breathing all contents OUT. Clearing the Third Eye Chakra and breathing IN a clear **INDIGO LIGHT** to fill the Third Eye Chakra.

Move your right hand to the throat, the **THROAT** or FITH CHAKRA.

Breath “Alchemy Breath” inhaling while connecting to your Throat Chakra, then breath OUT fully and breath in a clear **BLUE LIGHT**,

Bring your right hand on top of your left hand at the **HEART CHAKRA**. Breath in “Alchemy Breath” inhaling all your hearts contents in total acceptance and breath it OUT and breath in a clear **ROSE** or **EMERALD GREEN LIGHT**.

Bring your right hand to your upper abdomen or your **SOLAR PLEXUS CHAKRA**, breath in “Alchemy Breath” and breath OUT fully and breath in a clear **YELLOW LIGHT**.

Bring your right hand to your lower abdomen or your **SACRAL CHAKRA**, breath in “Alchemy Breath”, breath it OUT and breath in a clear **ORANGE LIGHT**.

Bring both hands to between your legs or behind your lower back, the **BASE CHAKRA**, breath in “Alchemy Breath”, breath OUT and breath in a clear **RUDY RED LIGHT**.

Then bring both hands to touch the floor and breath in “Alchemy Breath” to connect to Sacred Mother Earth, breath out and breath in a clear **BROWN LIGHT**, of **groundedness**.

Bring both hands, criss crossing over heart and “Alchemy Breath” in all the fruits of your labor and feel your Divine I AM.

Honor and thank yourself for the work you have done here, all .
Divine assistance
Sit in ABIDING in your Divine Truth as long as you desire.

(All charkas should be clear and spinning in a balanced and harmonious clockwise pattern)

Blessings,
Quan Yin guided and
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