



**Understanding &**  
**healing** *chakras*

Before I begin telling you what chakras actually are, let me tell you that most information given to you till date is a total crap. People think that the biggest inferiority complex in the world is about physical appearance, but actually it is the third biggest one. The biggest inferiority complex is of intelligence, and the second one is of being not special. Because of the first two inferiority complexes people have gotten into a habit of complicating things to make it look smart and to feel special about themselves. Truth is always simple and easy to understand. Having said that, many people find science and mathematics difficult, that is only because some brains are not wired to understand science or mathematics, those brains are more wired towards emotions or creativity or art or thousands of other skills available in the world. The brains that are wired for science and mathematics find the subjects easy and straightforward. They don't find it complicated. Because truth is never complicated. Now about chakras, all the mantras and yantras and herbs and essential oils assigned to chakras have never healed any chakra, all it has done is create a placebo effect. Energy Healers when channel energies into the chakras heal the chakras but only for the time being. Unless you understand the actual purpose and functioning of chakras you will never be able to heal and keep it healed permanently.

Healed chakras can actually solve 20-30% of your life's problems and healing them is not complicated or time consuming. It is extremely easy and fast with the prayers. The reason I always emphasise on praying is because praying helps you let go of control while saving your time and energy. Energy Beings have access to all the realms so they work faster than any self-healing you will do. You can sit and channel that energy too but that will require a lot of visualisations, focus and concentration. The problem with that is that you may channel the Orange Ray of Joy into your sacral chakra, but that would firstly deplete your psychic energy, which in turn depletes your third-eye chakra, and because of this human limitation you may not be able to channel the amount of Orange Ray of Joy that was needed for the sacral chakra to be absolutely healed. And now because your third-eye chakra is depleted, it will start pulling energies from other chakras for its rejuvenation. The eventual result is depleted chakras. When you pray for it, the Energy Beings just bring that energy to you and pour it into your chakra, or body, and they can bring as much quantity as is required by you. In fact, after praying you don't even have to psychically scan and check. Just finish the prayer and get on with your life. Trust me, IT WILL BE DONE!

## How chakras *function*

**Chakras are the creators, generators and transmuters of energies.**

**Chakras are the factory unit where all the energy work of our existence happens.**

Energy generation in chakras begin with a thought and feeling. This means that all that you think and feel (both consciously and unconsciously) gets transformed into energies by the chakras associated with those thoughts and feelings. If you are feeling empowered, your solar-plexus chakra will instantly create the Energies of Power. If you are feeling threatened, your root chakra will instantly create the Energies of Fear. This is the first function of chakras.

This energy then, if negative, gets transmuted into positive energy and if positive gets fed into the chakra as a fuel. The Energy of Power that the solar-plexus chakra created becomes the fuel of the solar-plexus chakra and further energises it to create other positive energies associated with that chakra. However, the Energy of Fear that was generated by the root chakra is now being transmuted by the root chakra into the Energy of Safety to make you feel safe. This depletes the chakra as all of it fuelled energy (which was

created with high-vibrational thoughts, feelings and emotions) is now utilised in transmuting the Energy of Fear into the Energy of Safety.

The malfunctioning, depletion, dimming and exhaustion of chakras depend on how much they have to transmute. If you do not stop feeling threatened and get stuck in a fear driven thought loop too much of fear will get accumulated within the root chakra and eventually it will start reflecting into your aura. The bigger problem is that as thoughts and feelings create energies, energies create thoughts and feelings. That's how people get stuck in an endless cycle of pain, trauma, fear, anxiety, etc. The Energy of Fear leads to fear inducing thoughts and those thoughts further generates the Energies of Fear.

When the fuel is less, the transmutation process slows down. The chakra (in this root chakra) will then start pulling fuel from the surrounding chakras (in this case sacral chakra). If the root chakra empties the fuel of the sacral, the sacral too gets exhausted, and it will then start pulling from the solar-plexus chakra. This is why any traumatic experience leads to an eventual dimming of all the chakras and the auras of these people are flooded with lower energy emotions. Positive, high-vibrational people who are fighters by nature, fight this with positive thinking and their chakras get back to normal in a few weeks or months. But the ones with victim mentality get stuck in the loop.

This is why one unhealthy chakra eventually affects all the other chakras negatively. This is one of the most important points to remember. A lot of my clients come with one issue that is in the forefront, but the core issue is something else altogether. Say, if currently you are suffering from small intestine issue. Most healers would energize the solar-plexus chakra. But that might not be the issue. The issue might be with the heart chakra (grief) or root chakra (fear). If these issues are not resolved, the heart chakra or the root chakra will again deplete the solar-plexus chakra. Which is why Energy Healing fails to bring permanent results most of the times.

Chakras require three things to function well, life-force energy, high-vibrational thoughts associated with them and the colour light associated with them.

They are also the entry gates of our existence. Every energy that we absorb from the surrounding, people, the Universe or from Mother Earth is through the chakras. This is how energy enters our existence and becomes a part of it. It is also in these chakras that the cords get connected.

In simple words, all you need to remember is that Chakras create and process energies.

## **Overworking chakra**

Overworking chakra is the chakra that is transmuting a lot of negative energies. If you use a pendulum over an overworking chakra, you will notice that the pendulum moves clockwise but at a very high speed and large diameter. This mostly happens when the chakra has recently absorbed some negativity associated with the chakra or is processing some negative thought, feeling or emotional pattern associated with that chakra. This may also happen after you have activated or energized a chakra. Having recently received energy, it starts to process old negative energies that were stored within or around the chakra.

If a chakra is constantly overworking it means that the chakra is constantly either forced to generate negative energy because of negative thoughts or is constantly absorbing negative energies due to negative

surrounding and/or energy attack. In that case you cannot let the chakra be, you will have to immediately heal it as this overworking of the chakra will start to damage the physical body organs associated with it. In most cases overworking chakras lead to overworking organs. So, say if you have an overworking solar-plexus chakra you will have hyper-acidity due to the stomach and liver constantly releasing acids.

## **Underworking chakra**

Chakras start to underwork when they are exhausted from all the energy transmutation and have no fuel to regenerate. Chakras require life-force energy and positive thoughts, feelings and emotions to function. It is their food source and without it they tend to become weak, exactly how you would if you were deprived of food for a week. When a pendulum is used over an underworking chakra, its movement is clockwise, but the diameter is very small, and the speed is very low. Pendulum can also show anticlockwise movement over an underworking chakra, but the speed and diameter would remain same. The clockwise movement points towards more positive energy as compared to the negative energy, while anticlockwise movement points towards more negative energy as compared to positive energy.

## **Blocked chakra**

When you use a pendulum over a blocked chakra, it wouldn't move. A chakra gets blocked when it is completely exhausted and has lost all its energy. It can also be said that the chakra is dead. The chakra is not working at all. It is not even generating negative energy and whatever negative or positive thoughts you have are the result of the negativity that is sitting on the chakras. Blocked chakras usually result in the associated physical organs to start to fail. This is also the situation where the physical body is disassociated with the energy body in some manner. One blocked chakra will eventually block other chakras (like one rotten apple in a basket full of other good apples), and the physical death happens when all the chakras stop working.

## **Black holed chakras**

Our chakras are like stars. When the fuel in stars burn out the gravity pulls them inward, and supernova is created. Supernova is a blast created when the outer layers of the star crashes into its core and bounces off, blowing the rest of the star into the space. Supernovas aren't just destructive; they are creative explosions. They act like the universe's recycling centres, scattering the heavy elements needed to form new planets and even the atoms found in our own bodies. As astronomers often say, we are literally made of "stardust" from these explosions. After the explosion the core of the star starts shrinking. Gravity crushes the core down smaller and smaller until it becomes a single point with no volume but massive weight. The crushed point creates a region in space where gravity is so strong that not even light can escape its pull. Everything gets sucked in. This is called blackhole. Had I not come across blackhole people myself, I wouldn't have known this concept at all. In my entire life until now, I have only come across two black holed people personally and known of one through a client. They aren't the same as the energy vampires. First let me explain the black holed chakra.

When a state of chronic negative state is reached, the rate of negative energy generation is much faster than the rate of transmutation. In this state all the fuel of all the chakras gets utilised (all the chakras together. Because initially in order to survive the chakras start to pull energies from the surrounding chakras). There is no longer any "outward pressure" of high-vibrational energy left to sustain the chakras functioning. This is when the supernova happens in the energy system, that is, the aura crashes into the chakra core. Since the chakras can no longer support their own structures they shrink violently. The explosion (supernova) releases a massive lower and negative energies into the surrounding creating a new aura which is now a

vacuum. Sometimes, it also creates parasites that live in the person's aura and when our auras brush against their auras the parasites enter our fields. The chakra core collapses into singularity. Now these people are pulling everything from everyone and everything around them all the time. Had I not experienced it myself, I wouldn't have believed in this concept at all. They have a gravitational-like suction. Everything they suck gets lost in their system. There's no way to bring it back, but to only regenerate it within ourselves.

Initially I spent months trying to pull my energies back and cleanse myself off these people. But nothing worked. That is when I asked Goddess Veritas to show me the truth. Within a few hours a random post on black holes popped up on my insta. Everything mentioned there about black hole was my experience with these two women. And a sudden burst of channellings and awareness just popped inside my mind. Being a compulsive healer, I tried to heal them for about two years only to realise that the way a star cannot be recovered from the black hole, these people cannot be healed.

However, I will be honest here. I truly believe everything and every person as their positive and constructive use. Judge me if you want, but I started sending them to highly negative spaces or places with entities and spirits. I still haven't told them why I offered them an extremely high paying job and they still don't know what exactly they were doing. I created a fake ritual for them to perform in those spaces. Inherently, they are negative people full of ill-intentions and overpowering jealousies. The amount of harm they had caused to me and others, motivated me further to put their special skills (vacuuming) to good use. Just by being present they would consume away all the energies, spirits and entities of the space. I only sent them to places that were negativity or evil dominant. It never harmed them as overpowering negativity and evil within them is what had created the vacuum in the first place. However, it deeply benefitted others.

About protection, I tried many different shields against them but they bloody consumed it within seconds. There was no winning against them. Eventually, I cut off completely with them and blocked them out of my life. But for good 5-6 months I shamelessly utilised their vacuuming skills for the benefit of others. I never got anything they sucked back. No prayer and no Deity could bring it back. After blocking them, it took me about 3 months to regenerate and rejuvenate myself.

I thought this was an extremely rare occurrence until a client came to me fully numbed down. From what his friend (who got him to me) told me, the client used to be highly energetic and full of life. But in three months of marriage, he became a stoned (not because of drugs, just stoned), expressionless and blank person from being the smartest employee of the firm. I wouldn't bore you with the whole procedure, but eventually I realised that his wife was a vacuum, a black holed person. Since I didn't have any solution to his problem, I just told what is happening to his friend, returned half of what they had paid me and realised that the black holed ones are much more commonly occurring than I thought.

If you are a curious one you would want to know what happens to the black holed ones. Well, their lives suck and they live in delusions. They actually believe God loves them the most because they get everything they want. But in reality they are never getting anything. People are only attached to them because they have pulled people in through their vacuums. People can't easily get rid of them because the pull of their vacuum is much stronger and also, their presence numbs one down to an extent where they lose all their realisations. They start functioning like machines stuck on a loop. I can't say more about it, as words aren't capable of explaining it. One needs to experience this to understand this. And I wouldn't wish you to experience an encounter with the black holed person.

However, the reason for mentioning this was to bring it into your awareness so that firstly, if you ever come across one, you can run the hell away from them. And secondly, to motivate you to not become one.

**The energy vampires:** The only reason I am mentioning them is so that you don't mistake energy vampires for the black holed people. First sign of difference is that the energy vampires will only leave you drained, not mindless. Being mindless means feeling lost, confused and delusional. The black holed ones also create dissociation within the system which is why if you are a victim of their vacuum, you will feel completely disconnected with almost everything. Second sign of difference is that you wouldn't feel stuck

with a vampire. In fact you will have all the motivation to cut them off. But with the black holed ones you will maintain a relationship with them for at least 1-2 years before realising you are screwed. Initially you will feel you can't survive without them. They are all you need in life. That's because they have sucked so much of you, and you are stuck onto them to get your stuff back, but since this happens unconsciously, your conscious realisation is "I need them". Energy vampires suck energies through cords or from your aura. That's it. They can only drain your energies. But they cannot consume your awareness, your minds, your blessings, your identities, etc. like the black holed ones.

The energy vampires may or may not be evil. Sometimes due to some trauma a person's system may go into over processing of lower emotions. This would deplete their fuelling energies and therefore they are sucking the energies of other people. However, black holed people are inherently evil with dominating ill-intentions. It is because their thoughts are constantly negative their chakras collapsed and turn into a black hole in the first place. They want everything that others have is why their chakras turned into vacuums. They are filled with hate towards everyone (because of their jealousies) is why they only generate negativity. I was a fool to look for their redemption and wasted 2 years of my life and lost most of my powers and energies in the process (as they kept consuming), but you don't be a fool like me. Don't even wait to take revenge (even energetically). These bloody bitches consumed the attacks I sent too as though I was sending them chocolates. If you ever encounter one, RUN! Run at the speed of light and get the hell away from the black-holed one. Get as far away as possible and never look back. Don't leave any door open for their re-entry. Forget all you lost and all they consumed. Consider it charity and just run.

## Balanced chakra

Pendulum, when placed over a balanced chakra will move clockwise at a normal speed and diameter. If your chakra is balanced, thank it, and don't do anything. This is the state that we are trying to achieve.

## The *effects* of trauma

**Trauma is an emotional shock that causes significant psychological damage.**

Trauma can get stored anywhere in our system. A sexual trauma can get stored in solar plexus. There is no guarantee to its location. But what is guaranteed is that it will keep affecting until removed. Beyond a point no therapist or healer has been able to remove traumas completely, and most of the times they teach us to learn to live with it. But with the prayers I have successfully removed massive traumas of people in weeks. Traumas keep the emotions alive, alter our personalities and start dominating our choices and decisions unconsciously. As it controls our thoughts, feelings and emotions, it affects the chakras and the energies that get created in our system. Even if consciously, we feel we are over the incident, unconsciously our whole life is directed by the traumas. This is true for everyone. I am going to share the biggest traumatic experience of my life with you all that destroyed almost 10 years of my life, until I did the prayer (which I will share with you) and my life completely changed.

I was still in college and social media had just come into our lives. I fell in love with a guy who was from a different city. We were in a relationship (at least that's what he told me and made me believe). That was the first romantic interaction of my life, and I was 21 years old. Before that no guy had touched me. Ever since I was a kid, I had these ideas of how my romantic partner would be, the first kiss and all that. Plus, I was a hardcore touch me not. Because of all this, I was very well respected in my college as I was not only

the only virgin, but also someone who had never even been touched in a friendly manner. Obviously, because everyone always treated me with so much respect (even the worst guys of our college) I assumed this guy will treat me the same. I expected romance and dates and love and the first kiss after some 3-4 months of regular dating.

Just a month before my final exams of the final year I was visiting his town for a family function. But obvious, we planned a date. After dinner when I sat in his car to be dropped back to my hotel, he forced himself on me. And after all that told me he has a steady girlfriend, and I cannot be anything more than a keep. This shook my entire existence. Someone who topped every exam throughout her life, flunked two subjects in the final year. the dream to go to London School of Economics shattered, self-respect lost, self-worth destroyed and the tag of “keep” stayed along for a decade. That night onwards all my decisions stemmed out of this incident. I only fell for guys who would treat me like shit. I never realised that in romantic relationships I used to act like a prostitute, from a leader, I became a submissive personality and got PCOD. Be it my career or personal life, all my decisions were directed by this trauma, until I discovered the art of praying. The trauma was deep, so it took months of regular praying to completely remove this trauma. Layers after layers opened up and every day a new paragraph of prayer would get added. But the day the trauma was completely removed, I was back to being a confident leader.

## Creating trauma removal prayer

**Firstly**, you have to mention every aspect of the trauma with proper wordings.

**Secondly**, Using the followings words is very important as this accelerates the whole process and doesn't leave any part of the trauma:

thoughts, feelings, emotions, energies, memories, imprints, traces, effects, results, manifestations, habits, patterns, loops, cycles, personalities, natures, identities, choices, decisions, timelines, realities, destinies, fates, experiences, shocks, triggers, PTSDs, tools, means, mediums, modes, mechanisms, instruments, cords, connections, relationships, attachments, entanglements, enmeshments, mergers, acquisitions, seeds, roots, lands, bases, cores, foundations, structures, constructs, stagnancies, blocks, blockages, entrapments and bindings of the trauma of \_\_\_\_\_

**Thirdly**, always keep the “lessons learnt”.

**Fourthly**, always ask for an absolute liberation from the trauma.

**Fifthly**, when you start praying from the above format, suppressed memories come up, new layers unlock, and new realisations happen. Most of these you will have to convert into prayer and read it at least 3 times (safer side). You have no idea the magic that waits at the end of a trauma removal.

## My prayer

*“I call upon Lord Shiva, Goddess Kali, Archangel Michael, Archangel Raphael, Goddess Kaalratri, Goddess Chinnamasta Devi, Goddess Chandrabhadni and Goddess Surkanda Devi for the immediate, complete, absolute, permanent, irreversible and eternal extraction and destruction of all the thoughts, feelings, emotions, energies, memories, imprints, traces, effects, results, manifestations, habits, patterns, loops, cycles, personalities, natures, identities, choices, decisions, timelines, realities, destinies, fates, experiences, shocks, triggers, PTSDs, tools, means, mediums, modes, mechanisms, instruments, cords, connections, relationships, attachments, entanglements, enmeshments, mergers, acquisitions, seeds, roots, lands, bases, cores, foundations, structures, constructs, stagnancies, blocks, blockages, entrapments and bindings of the trauma of Mr. X forcing himself on me on our first date, offering me to be his keep, turning me into his keep, destroying my self-respect, destroying my self-worth, diminishing my worth, diminishing my value, destroying my dreams of romance, destroying my hopes of a romantic love story, taking away my rights to be a girlfriend, taking away my rights to be respected in a relationship, taking away my focus, taking away my virginity, taking away my rights to enjoy sex, taking away my rights to good sex, taking away my rights to say no, destroying my boundaries, destroying my power, destroying my leadership, abusing me sexually, exploiting me sexually, using me sexually, turning me into a sex toy, turning me submissive, destroying my confidence, taking away my rights to choose sex, mistreating me after forcing himself on me, playing a push and pull dynamic with me, confusing me, causing me anxiety, causing me depression and causing me trauma, from the points of its creation, from every cell of my physical body, every fibre of my being, every layer of my existence, all of my minds, all of my neurological pathways, my fates, my destinies, my fortunes, my pasts, my present, my futures, my environments, my surroundings, my atmospheres, all of my security systems and all of my timelines, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.*

*I ask to be immediately, completely, absolutely, permanently, irreversibly and eternally liberate from the trauma of Mr. X forcing himself on me on our first date, offering me to be his keep, turning me into his keep, destroying my self-respect, destroying my self-worth, diminishing my worth, diminishing my value, destroying my dreams of romance, destroying my hopes of a romantic love story, taking away my rights to be a girlfriend, taking away my rights to be respected in a relationship, taking away my focus, taking away my virginity, taking away my rights to enjoy sex, taking away my rights to good sex, taking away my rights to say no, destroying my boundaries, destroying my power, destroying my leadership, abusing me sexually, exploiting me sexually, using me sexually, turning me into a sex toy, turning me submissive, destroying my confidence, taking away my rights to choose sex, mistreating me after forcing himself on me, playing a push and pull dynamic with me, confusing me, causing me anxiety, causing me depression and causing me trauma, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.*

*I ask for all the lessons I learnt from the trauma of Mr. X forcing himself on me on our first date, offering me to be his keep, turning me into his keep, destroying my self-respect, destroying my self-worth, diminishing my worth, diminishing my value, destroying my dreams of romance, destroying my hopes of a romantic love story, taking away my rights to be a girlfriend, taking away my rights to be respected in a relationship, taking away my focus, taking away my virginity, taking away my rights to enjoy sex, taking away my rights to good sex, taking away my rights to say no, destroying my boundaries, destroying my power, destroying my leadership, abusing me sexually, exploiting me sexually, using me sexually, turning me into a sex toy, turning me submissive, destroying my confidence, taking away my rights to choose sex, mistreating me after forcing himself on me, playing a push and pull dynamic with me, confusing me, causing me anxiety, causing me depression and causing me trauma, to be kept within my awareness, conscience, consciousness and realisations, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.*

*I hereby call upon Archangel Zadkiel, Arches Amethyst and Lord St. Germain to bring in the Energies of Forgiveness to fill every cell of my physical body, every fibre of my being, every layer of my existence, all of my minds, all of my neurological pathways, my fates, my destinies, my fortunes, my pasts, my present, my futures, my environments, my surroundings, my atmospheres, all of my security systems and all of my timelines with the Energies of Forgiveness towards Mr. X while releasing him, along with all of his memories, traumas, wounds, thoughts, feelings, emotions, energies and wounds from every cell of my physical body, every fibre of my being, every layer of my existence, all of my minds, all of my neurological*

*pathways, my fates, my destinies, my fortunes, my pasts, my present, my futures, my environments, my surroundings, my atmospheres, all of my security systems and all of my timelines, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.*

*It is done. It is done. It is done. Thank you. Thank you. Thank you.”*

## *Healing* the chakras

There are 7 known chakras in the human existence. All of them respond to different thoughts, feelings and emotions and generate different energies. To really heal a chakra, more than the associated colour light, the removal of lower thoughts, feelings, emotions and energies and filling of good thoughts, feelings, emotions and energies is required. What accelerates the process is programming a crystal ring or a bracelet with the prayer and then wearing it. You can also cut the cords from the associated chakra by just calling upon the deity of your choice and asking them to cut the cords of a particular chakra for you. This is an optional step but highly beneficial if someone is parasitically draining your chakra energy.

### *Root* Chakra

Positive thoughts, feelings, emotions and energies:

Stability, security, safety, protection, grounding, materialistic possessions, money and financial abundance.

Negative thoughts, feelings, emotions and energies:

Stagnancy, fear, anxiety, insecurity and weakness

Crystals:

Red Jasper, Black Obsidian and Smoky Quartz.

Prayer: Hold the bracelet, ring or pendant of any of the above crystal and read this prayer. The jewellery piece should be washed under the running water and given incense before the process.

*“I call upon Mother Earth, Mother Gaia, Prithvi Dev and Goddess Durga for the manifestation of the following prayer.*

*I ask for all the thoughts, feelings, emotions and energies of stagnancy, fear, anxiety, insecurity and weakness to be immediately, completely, absolutely, permanently, irreversibly and eternally extracted and destroyed from every cell of my physical body, every fibre of my being, every layer of my existence, all of my minds, all of my neurological pathways, my fates, my destinies, my fortunes, my pasts, my present, my futures, my environments, my surroundings, my atmospheres, all of my security systems and all of my timelines, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.*

*I ask for the thoughts, feelings, emotions and Energies of Earth, Stability, Security, Safety, Protection, Grounding, Materialistic possessions, Money and Financial Abundance to be immediately, completely, absolutely, permanently, irreversibly and eternally filled, ingrained, activated, energised, empowered, amplified and manifested within my root chakra, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.*

*I ask to be immediately, completely and absolutely secured within the present current physical reality, my physical body and the present timeline, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.*

*It is done. It is done. It is done. Thank you. Thank you. Thank you.”*

## *Sacral*Chakra

Sacral chakra is our feeling and manifestation centre. This is the dominant chakra of artists, creators, creative people, manifestors and witches.

Positive thoughts, feelings, emotions and energies:

Fun, joy, sex, sensuality, charm, creativity, creations, manifestations, enjoyment, pleasure, passion and magnetism.

Negative thoughts, feelings, emotions and energies:

Guilt, shame, embarrassment, humiliation, obsession, addiction and depression.

Crystals:

Carnelian.

Prayer: Hold the bracelet, ring or pendant of any of the above crystal and read this prayer. The jewellery piece should be washed under the running water and given incense before the process.

Since I had sexual trauma, I would have an additional paragraph in the prayer about removing all the thoughts, feelings, emotions, energies, memories, imprints, traces, effects, results and manifestations of sexual trauma and sexual abuse from my sacral chakra.

*“I call upon Goddess Aphrodite, Goddess Venus, Lord Kamdev and Goddess Tripura Sundari for the manifestation of the following prayer.*

*I ask for all the thoughts, feelings, emotions and energies of guilt, shame, embarrassment, humiliation, obsession, addiction and depression to be immediately, completely, absolutely, permanently, irreversibly and eternally extracted and destroyed from every cell of my physical body, every fibre of my being, every layer of my existence, all of my minds, all of my neurological pathways, my fates, my destinies, my fortunes, my pasts, my present, my futures, my environments, my surroundings, my atmospheres, all of my security systems and all of my timelines, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.*

*I ask for the thoughts, feelings, emotions and Energies of Fun, Joy, Sex, Sensuality, Charm, Creativity, Creations, Manifestations, Enjoyment, Pleasure, Passion and Magnetism to be immediately, completely, absolutely, permanently, irreversibly and eternally filled, ingrained, activated, energised, empowered,*

*amplified and manifested within my sacral chakra, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.*

*It is done. It is done. It is done. Thank you. Thank you. Thank you.”*

## *Solar plexus* Chakra

Strong solar plexus chakra builds strong identity, and weak solar plexus chakra builds ego.

Positive thoughts, feelings, emotions and energies:

Individuality, confidence, control, power, worthiness, worth, esteem, position, status, will-power, assertiveness, dignity, respect, drive, fire, spirit, core, freedom and authority.

Negative thoughts, feelings, emotions and energies:

Anger, rage, fury, ego, binding, entrapments, suffocations and powerlessness.

Crystals:

Sunstone and Citrine.

Prayer: Hold the bracelet, ring or pendant of any of the above crystal and read this prayer. The jewellery piece should be washed under the running water and given incense before the process.

*“I call upon Lord Sun, Agni Dev and Lord Vishnu for the manifestation of the following prayer.*

*I ask for all the thoughts, feelings, emotions and energies of anger, rage, fury, ego, binding, entrapments, suffocations and powerlessness to be immediately, completely, absolutely, permanently, irreversibly and eternally extracted and destroyed from every cell of my physical body, every fibre of my being, every layer of my existence, all of my minds, all of my neurological pathways, my fates, my destinies, my fortunes, my pasts, my present, my futures, my environments, my surroundings, my atmospheres, all of my security systems and all of my timelines, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.*

*I ask for the thoughts, feelings, emotions and Energies of Individuality, Confidence, Control, Power, Worthiness, Esteem, Status, Will-power, Assertiveness, Dignity, Respect, Drive, Fire, Freedom and Authority to be immediately, completely, absolutely, permanently, irreversibly and eternally filled, ingrained, activated, energised, empowered, amplified and manifested within my solar plexus chakra, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.*

*It is done. It is done. It is done. Thank you. Thank you. Thank you.”*

## Heart Chakra

The chakra of healers. The chakra of emotions.

Positive thoughts, feelings, emotions and energies:

Empathy, healing, love, forgiveness, acceptance and allowance.

Negative thoughts, feelings, emotions and energies:

Grief, sadness, pain, hate, revenge and rejection.

Crystals:

Green Aventurine, Rose Quarts, Rhodonite and Rhodochrosite.

Prayer: Hold the bracelet, ring or pendant of any of the above crystal and read this prayer. The jewellery piece should be washed under the running water and given incense before the process.

*“I call upon Goddess Tripura Sundari, Goddess Aphrodite, Goddess Venus and Archangel Chamuel for the manifestation of the following prayer.*

*I ask for all the thoughts, feelings, emotions and energies of grief, sadness, pain, hate, revenge and rejection to be immediately, completely, absolutely, permanently, irreversibly and eternally extracted and destroyed from every cell of my physical body, every fibre of my being, every layer of my existence, all of my minds, all of my neurological pathways, my fates, my destinies, my fortunes, my pasts, my present, my futures, my environments, my surroundings, my atmospheres, all of my security systems and all of my timelines, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.*

*I ask for the thoughts, feelings, emotions and Energies of Empathy, Healing, Love, Forgiveness, Acceptance and Allowance to be immediately, completely, absolutely, permanently, irreversibly and eternally filled, ingrained, activated, energised, empowered, amplified and manifested within my solar plexus chakra, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.*

*It is done. It is done. It is done. Thank you. Thank you. Thank you.”*

## Throat Chakra

The centre of communication with the outside world and within our existence. The whole communication network with the outside world is based in the throat chakra, highest cords are found here.

Positive thoughts, feelings, emotions and energies:

Voice, expression, communication, connection, truth and honesty.

Negative thoughts, feelings, emotions and energies:

Lies.

Crystals:

Aquamarine, Blue Lace Agate and Celestite.

Prayer: Hold the bracelet, ring or pendant of any of the above crystal and read this prayer. The jewellery piece should be washed under the running water and given incense before the process.

*“I call upon Archangel Gabriel, Goddess Saraswati, Goddess Isis, Goddess Veritas and Goddess Freya for the manifestation of the following prayer.*

*I ask for all the thoughts, feelings, emotions and energies of lies to be immediately, completely, absolutely, permanently, irreversibly and eternally extracted and destroyed from every cell of my physical body, every fibre of my being, every layer of my existence, all of my minds, all of my neurological pathways, my fates, my destinies, my fortunes, my pasts, my present, my futures, my environments, my surroundings, my atmospheres, all of my security systems and all of my timelines, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.*

*I ask for the thoughts, feelings, emotions and Energies of Voice, Expression, Communication, Connection, Truth and Honesty to be immediately, completely, absolutely, permanently, irreversibly and eternally filled, ingrained, activated, energised, empowered, amplified and manifested within my solar plexus chakra, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.*

*It is done. It is done. It is done. Thank you. Thank you. Thank you.”*

## *Third eye*Chakra

The centre for thoughts, psychic powers and mind. This is also where our perception centres are. Whether we perceive what has happened positively or negative is what decides the energies of our whole existence.

Positive thoughts, feelings, emotions and energies:

Vision, clarity, awareness and focus.

Negative thoughts, feelings, emotions and energies:

Delusions, illusions and ignorance.

Crystals:

Amethyst

Prayer: Hold the bracelet, ring or pendant of any of the above crystal and read this prayer. The jewellery piece should be washed under the running water and given incense before the process.

*“I call upon Lord Shiva, Goddess Ishtar, Goddess Inanna, Goddess Veritas and Goddess Saraswati for the manifestation of the following prayer.*

*I ask for all the thoughts, feelings, emotions and energies of delusions, illusions and ignorance to be immediately, completely, absolutely, permanently, irreversibly and eternally extracted and destroyed from every cell of my physical body, every fibre of my being, every layer of my existence, all of my minds, all of*

*my neurological pathways, my fates, my destinies, my fortunes, my pasts, my present, my futures, my environments, my surroundings, my atmospheres, all of my security systems and all of my timelines, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.*

*I ask for the thoughts, feelings, emotions and Energies of Vision, Clarity, Awareness and Focus to be immediately, completely, absolutely, permanently, irreversibly and eternally filled, ingrained, activated, energised, empowered, amplified and manifested within my solar plexus chakra, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.*

*I ask for all the negativity to be immediately, completely, absolutely, permanently, irreversibly and eternally extracted and destroyed from my perception centres, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.*

*I ask for my perception centres to be immediately, completely, absolutely, permanently, irreversibly and eternally filled with positive thoughts, feelings, emotions and Energies and my perceptions to be permanently set to positivity, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.*

*It is done. It is done. It is done. Thank you. Thank you. Thank you."*

## *Crown Chakra*

This is the chakra which receives the guidance from the Universe and Divine Forces which when reaches our third-eye chakra gets converted into intuition. The throat chakra is the communication network with the world, while the crown chakra helps us communicate with the Universe and the Divine Forces. An opened and fully functioning crown chakra is state we call awakening.

Crown chakra is also the centre of discernments and our conscience sits here. This is where the judgement of right and wrong takes place in our existence which then reflects in our decisions and choices.

Positive thoughts, feelings, emotions and energies:  
Consciousness.

Negative thoughts, feelings, emotions and energies:  
Unconsciousness and unscrupulousness.

Crystals:  
Clear quartz and Amethyst.

Prayer: Hold the bracelet, ring or pendant of any of the above crystal and read this prayer. The jewellery piece should be washed under the running water and given incense before the process.

*“I call upon the Divine Consciousness for the manifestation of the following prayer.*

*I ask for all the thoughts, feelings, emotions and energies of unconsciousness and unscrupulousness to be immediately, completely, absolutely, permanently, irreversibly and eternally extracted and destroyed from every cell of my physical body, every fibre of my being, every layer of my existence, all of my minds, all of my neurological pathways, my fates, my destinies, my fortunes, my pasts, my present, my futures, my environments, my surroundings, my atmospheres, all of my security systems and all of my timelines, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.*

*I ask for the thoughts, feelings, emotions and Energies of Consciousness to be immediately, completely, absolutely, permanently, irreversibly and eternally filled, ingrained, activated, energised, empowered, amplified and manifested within my solar plexus chakra, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.*

*It is done. It is done. It is done. Thank you. Thank you. Thank you.”*

## *Conclusion*

My advice would be to do all the prayers every day for 21 days and just see how your life magically changes. The prayers are short and won't take more than 15 minutes a day. Trust me it's worth it.

If you wish to use only one crystal, I would advise you to go for clear quartz.

**Happy Healing,**

