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Lesson 12: Chakra Clearing with Your Pets

This lesson is an audio file. It will assist you in performing a chakra clearing on your pet to assist them in overall health and well-being. Clearing their chakras allows them to effortlessly send words, messages, images and sensations to you.

You can do this exercise with your pet present or invite them energetically to attend. There is equal benefit using either method. Explain what you are going to do and your intentions.

Reflection:

After doing the guided meditation, write down for each chakra what you discovered.

Brachial Chakra:

Base Chakra:

Sacral Chakra:

Solar Plexus Chakra:

Heart Chakra:

Throat Chakra:

Third-Eye:

Crown Chakra:

Tips:

If your dog, cat or horse moves away after the first chakra ask them:

1. Is my energy too strong? (If yes, imagine turning down your energy connection.)
2. Do you need a different type of energy clearing? (If yes, ask them and offer alternative solutions.)
3. Does my energy feel odd even though I'm trying to help you? (If yes, clear your energy field by using Alternate Nostril Breathing, Yoga, or re-grounding.)
4. Do you understand what I'm doing? (If not, re-explain.)
5. To calm them down, stroke their fur and ask to start again.