



Chakra Balance *and* Creating an Energetic Shield

This teleclinic will be offered FREE for 24 hours. We will offer this audio as a download in our store for \$25 following the live presentation.

Introduction: This Guided Imagery Teleclinic will help you create a balance with your chakra system and then create an energetic shield. All you need is to sit or lay down, relax and listen. You can listen to this as often as you like. An energy balancing code will be given. Enjoy!

Presented by: [Heidi Gilman](#)

Recorded: May 8, 2012

Time: 6:00 PM Pacific

Attend the Webcast: <http://instantteleseminar.com/?eventID=29112267>

Attend by Phone: (206) 402-0100

Conference ID: 354648#



Teleclinic Guide:

The Chakras are 7 areas of the body that are like spinning wheels of energy. According to Eastern understanding, the universal life force flows through the top of the head and down the chakras, nurturing our body with seven distinct kinds of energy, each essential to our physical and spiritual development. This life force flows upward through the chakras, creating communication, individual insight and a conscious sense of universal interconnectedness, or oneness. These spinning wheels of energy are a connection to the universal energy.

The colors of the chakra system make a rainbow. In many cultures the rainbow represents a connection between this world and the heaven, the body and the spirit.

Just as it is beneficial to health and healing to balance the energy of the acupuncture meridians, it is also beneficial to balance the energy of the chakra

All you need to do for this teleclinic is find a nice quiet place, get in a comfortable chair, or lay down. I like to sit for this one, but if it is more comfortable for you to lie down that is fine too. Close your eyes and relax. I will guide you to a state of relaxation. We will then do a guided imagery meditation exercise to balance the energy of the chakra system. Then we will energetically create a protective shield. An energy balancing code will be given.

Un, 3rd eye, forehead, back of head, throat, back of throat, c, oe, Lf, g50, mf, a, un, sh, un, 3rd eye, crown, halo, heart, back of heart, liver, thymus, a, c, th, mf, un, Lf, g50, heart, throat, back of throat, un, g50, un, if, oe, eb, oe, eb, halo, tailbone, thymus

Forehead, crown, back of head, back of throat, back of heart, back of
solar plexus, crown, halo, crown, forehead, crown, forehead, throat,
heart, solar plexus, pelvis, tailbone, crown, tailbone, crown, crown

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