Welcome to your first edition of the Empowered Spirit News. This newsletter is intended to allow you an opportunity to experience some of the many healing symbols that have been given to me by ‘God.’ This edition focuses on balancing the bodies energy centers known as Chakra’s, allowing you to experience more Love & Trust in God, your intuition and yourself and finally gives you the experience of High Energy.

Chakra Opening & Balancing

For a general energy tune-up, use the Chakra Opening and Balancing symbol provided below as follows:

1. Look at the symbol long enough to connect to the image and have a clear idea of what the image looks like.
2. Place the symbol in your non-dominant hand with the image of the symbol facing your palm (or place the palm of your hand on the symbol), close your eyes, and take a deep breath. If possible, visualize the symbol as you do so.
3. Continue to hold the symbol until you sense that you are “complete.”

Our bodies have seven main energy centers each of which represent a different aspect of our emotional and physical health as well as how we relate to the world. For example the throat energy center represents our ability to speak up. If a person has a fear about speaking up for themselves or speaking in front of a group of people they would shut that energy center down.

The chakra opening and balancing symbol automatically reopens all of the seven main energy centers as well as the minor centers. To put this in lay terms I like to use the analogy that if you attempted to run your car with only 4 of the 6 sparks plugs the car would not run very well, yet most of us go though life with one or more of our energy centers shut-down.

By regularly using this symbol to keep your energy centers opened and balanced you may find that things that were difficult to do or that you had a fear about become easier. These changes may be very subtle or very dramatic since the experience is different for each person.
Love & Trust

This symbol is very special to me since it was the first symbol that was given to me. I find it comforting whenever I begin to have any doubts about what I am supposed to do next or the information that I am receiving from a higher source or God.

From the beginning, this symbol has represented my need to trust that the symbols given to me are a gift from God or Universal Intelligence. Also, because I began having various ailments in my body to test the work, it was important for me to remind myself that God loves me and that I could trust the process that was happening.

I suggest that whenever you are having doubts about life in any way, this symbol will help you to overcome those doubts. It is even more effective when you first open your chakras by using the Chakra Opening & Balancing Symbol. Then just sit quietly for a few minutes with this symbol in your non-dominant hand until the doubts dissipate.
High Energy

Whenever you need an energy boost, use this symbol following the use of the ‘Chakra Opening and Balancing’ symbol.

Once your chakras are open, place the High Energy symbol into your non-dominant hand.

While holding the High Energy symbol state the following intentions aloud or quietly place the intentions in your mind:

1. My energy is totally & completely in balance.
2. I have all the energy I need now.
3. My energy is at its peak.
4. I have more energy than I need.
5. I have an abundance of energy.
6. I am extremely energized.
7. I am like the Energizer bunny: I keep going & going & going.
8. I have peak energy.
The following symbols may be printed out on card stock and carried in your pocket for a quick and easy energy tune-up.

Chakra Opening & Balancing©

Love & Trust©

High Energy©

Love, Light & Laughter!

Krystalya Marie'

For further information you may contact Krystalya as follows:

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