

Ground Yourself: Feet flat on the floor, eyes closed, back straight and palms up and you are in a relaxed state. Take a couple of deep breathes.

Begin by visualizing a tree trunk (visualize any type you like, i.e. Maple, Oak, Palm, etc.) And imagine it going from the base of your spine to the center of the earth. Now imagine the roots of the tree trunk anchoring you to the center of the earth. As you become more connected to Mother Earth, imagine a flow of energy (water like) flushing down like a water fall from the middle of the tree trunk, and releasing all the energy and emotions and situations you no longer need in your life, that no longer serve you.

Bring your aura in about two feet around you (Your energy field around your body)

Say **hello to your heart**, say **hello to the center of your head**

Now as you are **deep breathing**, I would like you to **think of a situation that you are angry** about... or holds rage for you. This can be at a situation in your life, past or present experience, a person or even yourself.

I would like you to **imagine a ball of red lava like energy**, coming up through the center of your feet (your feet chakra) and start gathering up all the energy you feel in your feet that makes you feel angry, raging, disappointed, resentful, stuck. Start asking yourself where in my body am I holding my anger?

Start making your way up the rest of your body -- your calves, and knees. Keep clearing all the angry energy from every corner and joint of your body. Move up around your thighs, up through your hips and sexual organs. Say hello to that energy and make the "intention" that you are clearing all your anger... feel the anger being absorbed by this ball of lava energy (almost like a vacuum/suction cup gathering up all this negative energy). Now allow this ball of energy to move into your 1st Chakra. Start to think about your past and how you're still holding on to your anger. Maybe you are angry with your parents, your partner, or some authority figure, or you feel you don't have enough, security, support, love, nurturing, etc. Gather whatever energy you feel in your 1st Chakra and place this energy into the **red, hot lava ball** and move up the rest of your Chakras. When you get to your 7th Chakra (right above the top of your head) allow the volcano like lava energy to burst out the top of your head and flow through your aura, releasing all the anger and rage from your energy field, and running it down your body and back into the earth to be absorbed.

Take a couple of deep breaths...

Listen to how your body feels. Now do the exercise again, but this time, imagine a **Golden Light** of energy coming up from the earth into your feet Chakra. Do the same exercise, but imagine this **Golden Light**, as a very calming, healing, nurturing, loving, supportive energy that is going up through your body and all of your Chakras, and replacing all your anger with a very light, healing, calming, nurturing energy.

When you get to the top of your head, allow this **Golden Light** to expand out through your aura as it comes down your body and is absorbed by the earth energy again.

Now give yourself **Golden Suns**. Imagine a Golden sun of light coming down through the heavens (the sky) validating you and your energy, your essence. Move it down through all of your Chakras and aura. (Start with your 7th Chakra (top of your head) and move it down through your body. The **Golden Sun** is filled with light, love, and all of your own energy, filling you back up with you, validating you.

Open your, eyes shake out your body and stretch. Go on with your day!