

# Chakra Flush Empowerment

Practitioner's Manual

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## About the Chakra Flush Empowerment

The Chakra Flush is a very simple method to clear out stuck energy from the chakras. It is inspired by the Meridian Flushes, which work to flush the meridians.

The Chakra Flush is easy to use and activated by simple intention. It works just as well in person or over a distance. It is an excellent complement to Reiki or any other energy healing system.

The Chakra Flush is a cleansing energy. It does not energize the chakras but gently clears them of old blocks and stuck energies. By gently releasing the energetic wounds of the past, the Chakra Flush allows new positive energy to enter in.

### Benefits

The Chakra Flush is a wonderful tool because it is simple to use, quick and effective. Benefits include:

1. Releasing of old burdens and emotional baggage.
2. Freeing up of old stuck energy to energize and enliven.
3. Flushing of energetic toxins and energy contamination.

### Considerations

While the Chakra Flush is generally gentle, it can cause clearing symptoms for those with very stuck energy. Recipients should drink lots of water after a session, and for those with very blocked chakras, a few days of planned rest should be scheduled in if possible.

## Chakra Flush Usage

The Chakra Flush is activated by intention only. No symbols are needed. Hands are not needed. You simply state that you want to activate the flush and it will activate on its own.

To send to yourself:

*I would like to receive the Chakra Flush now.*

or

*Chakra Flush ON.*

To send to another:

*I am now activating the Chakra Flush for [name].*

If you want to send all of the flush energy to one specific chakra, you can say something like the following:

*I am now activating the Chakra Flush for the [heart, solar plexus, 3<sup>rd</sup>, etc.] chakra now.*

The exact words you use do not matter as long as you are clear with your intention.

When you are with someone and doing an in-person healing, place your hands on their head and activate the flush either out loud or silently using words similar to the above for the entire flush. If you are going to flush a specific chakra, then place your hands on or above that chakra (either front or back) and then activate the flush.

## Chakra Flush Empowerment

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The physical touch is not really needed, since the Chakra Flush will work just as well via a distance, but for many clients it will help them believe more in the energies and allow them to experience them more fully. Additionally, the added Reiki energy coming from your hands may enhance and amplify the energies.

### Timing and Frequency

The Chakra Flush can be activated as often as you feel guided. Since the Chakra Flush generally works to clear out stuck, negative energy, you may want to follow it by charging up the chakras with healing energy. You might also follow the Chakra Flush with the Chakra Healing Attunements. (Always perform the Chakra Flush first if you are using the Chakra Flush with the Chakra Healing Attunements.)

Give the Chakra Flush ½ hour for basic processing. The Chakra Flush may continue over the course of a few hours depending on what your spirit decides to receive.

### Chakra Flush Attunement

Place your hands on the person's crown (top of head), or on a proxy's crown, such as a teddy bear, if you are doing a distance attunement.

Then state:

*I am now sending the attunement for the Chakra Flush.*

The attunement should be given ½ hour to process.