



~~~~~ **Chakra Energy Reading** ~~~~~  
**Enter a world that most people do not pay attention to very often.**  
**Connecting with your energy is a very Empowering experience.**  
**Enjoy your journey.**

**Initial scan of your energy:**

My way of doing a quick look and begin the process of connection.

I see in your energy many blocks in the energy flow. It is like you start to move forward on something and things stop. Stop start stop start. If feel like it is difficult and chaotic to get anywhere. But I also see in your heart and soul a lovely light. It does shine in areas of your energy but there is also those areas of blocks that look like gray energy. It is like something hangs or clings to your energy. It has a weighty feel to it and I can see that your energy is easily drained in these areas. Okay here is where I tread into an interesting area with good and bad news (as I see it). The bad news is I see that you “take” other peoples energy to fuel your own. Now, most people do this in a very unconscious way. You do not indent to but you need the extra energy. This is affectionately called an “energy vampire” and many people paint a bad picture of the person taking the energy. I have found in my many years of practice that we all do this from time to time. You are being so drained at times from your energy blocks that you need a little energy pick me up from those around you. The good news is this does not have to continue and is easily fixable.

One of the things that will greatly help the energy blocks, the need for more energy and the “stuff” that comes into your energy from other peoples energy is the grounding ~ centering~ and protecting that I will put towards the end of this reading. When you take on energy from other people, within that energy lays their debris of fragmented ideas, emotions and other stuff that creates what I see as dust and debris people’s energy. This needs to be cleaned out from your energy and you need to learn to keep you own energies running to prevent this form happening.

**Because I saw these breaks in your energy flow, I looked at your Meridian systems. It is from Chinese medicine and is physical pathways of energy that run top to bottom of our body. These pathways contain the points that are used in acupuncture and acupressure. These are the Meridians that are out of balance:**

Heart and lung meridians are out of balance. Both of them are under energized.

The Picture below gives you a visual idea of how these energy pathways move up and down the body.

(In the original reading is inserted a diagram of meridians here)

For each of these to energize, start at the top of the line and trace to the end of the line.

### **Chakra:**

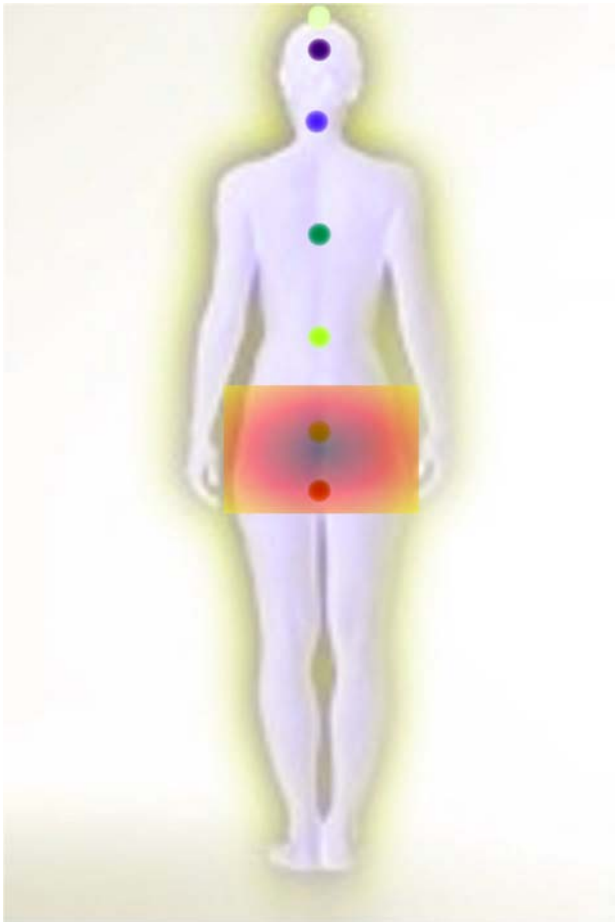


Overall health of the charkas:

**Grounding:**

Being grounded is being energetically connected with the earth. It is like having plant roots that grown down into the soil. Just like a tree uses its root for nourishment and anchoring, so do we. We can replenish our energy from the earths, we can let our excess or negative energy be absorbed harmlessly into the earth, and we can anchor ourselves like these trees to earth energies especially when we want to develop our higher charkas and vibrations.

**I will address your grounding later in this reading and your other reading.**



This is what I see part of your chakra system looking like. There is a thicker than normal, slow moving energy layer which is the first aura layer that is right next to the body. This causes the colors of your chakras to be murkier than they should be.

They other area that create attention is the root & belly chakras and the hips, lower abdomen, and lower back area. This also includes the female organs. I pick up old hurt feelings, misunderstandings, anger, resentment, and feeling unloved/unliked in these areas. This are the main places in your body were you hold unprocessed emotions and incidents form this life and others.

You also feel these things in the back of the heart chakra, especially between your shoulder blades and it runs up to your shoulders and neck.

I feel these things go very deep into muscle and cellular memory, so as your body makes new cells these things are carried forward.

The key for you in cleaning and harmonizing your energy is to release the evolutionary block that I talk about in your other reading.

Here are also some things that will help:

1. Being open and ready for changes and new things to come into your life.
2. Find a way to let your energy expand and relax outward. Finding a way that feels right to you is important. Here are a few suggestions.
  - a. Some kind of movement exercise like yoga, Tai Chi, or Pilates
  - b. Crystals that help your energy expand: selenite and apophyllite or quartz if you cannot locate these others. I have some and you can also find them on Ebay.
  - c. Find away to let your mind relax; meditation, walking, sitting and looking out the window, or sitting in nature. Staring at a fire or a candle flame. Just letting your mind unwind and see where your awareness takes you.
3. The grounding exercises.
4. This releasing exercise:

After you have worked on the Grounding~Centering~Protecting and feel comfortable, start doing this also:

Be in a quiet and comfortable space. While sitting or lying down, close your eyes and focus and you breathing in and out. Do ten really deep relaxing in and out breathes.

Now focus and each chakra one by one.

Notice that part of your body in which that chakra lies. Picture a color, any color, the first color that comes to mind. Then make this color get brighter, whiter and shinier until it is the brightest possible. Thank yourself and your energy for working on that chakra, then move to the next open and repeat until you have done this with at least the 7 major chakras. Close by thinking about 3 things you are grateful for, then 10 deep cleansing and releasing breathes. Repeat this until it becomes such a habit that you can very quickly turn any color into bright light. What you need to work on next will come to you.

Two stones that are very helpful in bring blocks and issues to the surface for easier releasing are Malachite and Red Jasper used together. They can be carried in your pocket, held during these exercises, and put by you bed during sleep. They biggest key is to be open to release whatever you do not need for your energy.

Here is an overview of the main chakras.

\*\* I use the term Divine or “God”... These terms are meant as a holding space for what you personally believe and what words you use.

### **Root Chakra:**

Alias (AKA): First Chakra, Muladhara , Kundalini

Location: Between the legs

Purpose: Vigor, heredity, security, passion, feet, legs and trust. Your relationship with money, home, and job. Primal feelings, energy, will to live physical existence, our bodies and our health.

Sacred Truth: ALL IS ONE

You are connected to all life. Every choice you make and every belief you hold exerts influence upon the whole of life.

Issues: Physical family and group safety and security, ability to provide for life's necessities and stand up for yourself, feeling at home, social and familial law and order, abandonment fears, family bonding, identity, tribal honor code, support and loyalty.

### **Belly Chakra:**

Alias (AKA): Sacral Chakra, Second Chakra, Svadistana

Location: In the lower abdomen between the umbilicus and the pubic bone.

Purpose: Sexuality, creativity, emotions, anger, fear instinct to nurture, spleen, and perceptions concerning food or sex. Feelings, creative energy, women's power creative ability, female identity physical health, and Sex. Also where financial issues show up.

ISSUES: Fear of loss of control, or being controlled, addictions, rape, betrayal, impotence, financial loss, abandonment, ability to take risks, personal identity, blame, guilt, money, sex, power, control, decision making ability, and able to rebel.

### **Solar plexus:**

Alias(AKA): Third Chakra, Manipura

Location: between the sternum bone and the umbilicus

Purpose: Personal power and the expression of creativity. Also, some Astral journeying is also associated with this chakra. It is also concerned with the mind, emotions, stomach, and upper digestive tract. The assimilation of nutrients, psychic experiences, and rational (left brain) thought processes. Mental understanding the emotions of life.

ISSUES: Trust, fear, intimidation, self esteem, self-confidence, self-respect, ambition, courage, ability to handle crisis, care of yourself, and others, sensitivity to criticism, personal honor, fear of rejection, looking foolish, physical appearance anxieties, and strength of character.

### **Heart:**

Alias(AKA): Fourth Chakra, Anahata

Location: center of chest

Purpose: Emotional empowerment. Love, compassion, unconditional love, forgiveness, letting go, trust, mediates between higher and lower planes of being. Major seat of Healing lungs, breath, prana, sense of time, and the area of relationships in your life. This chakra is connected with emotion and human love.

ISSUES: Love, hatred, bitterness, grief, anger, jealousy, inability to forgive, self-centeredness, fears of loneliness, commitment and betrayal, compassion, hope, trust, ability to heal yourself and others.

Self- Nurturing:

**When I scan energy, I pick up the level of self-nurturing over the breast area. You have recently been doing less honoring of yourself and nurturing than normal. I strongly encourage you to spend a little more time each day renewing you.**

### **Throat:**

Alias(AKA): Fifth Chakra, Visshuda

Location: Throat

Purpose: Speech, hearing, communication, self expression, inner dialogue, and listening to other people. It is the chakra that most influences intercommunication and our "personas." It is also the link between emotion and thought as well as personal magnetism.

This is a center for your creative expression, expressing your truth and uniqueness that is you and also how you talk to yourself in your head is seen here.

ISSUES: Choice and strength of will, personal expression, following your dreams, using your personal power to create, addictions, judgment, criticism, faith, knowledge, and capacity to make decisions.

### **Third Eye:**

Alias (AKA): Sixth Chakra, Brow Chakra, Anja,

Location: center of forehead above eyes

Purpose: Inner and outer sight, visions, and dreams.

This chakra is associated with thought (though some say the third chakra governs thought) and with vision, particularly psychic vision. It is also the chakra of spiritual love and connection. (intuition, clairvoyance).

Continually search for the differences between truth and illusion, the 2 forces are present at any moment. Trust what you can't see far more than what you can see.

ISSUES: Self-evidence, trust, intellectualness, abilities, feelings of inadequacy, openness to the ideas of others, ability to learn from experiences, and emotional intelligence.

### **Crown: Spiritual Connection**

Alias (AKA): Seventh Chakra, Sehasara

Location: top of head or just above head.

Purpose: This chakra is our connection to our "higher selves" and to the "divine." It is associated with cosmic consciousness, spiritual, wisdom aspirations knowledge of truth function as an inlet and integration of our eternal selves with our current physical selves. It is like our umbilical cord to "God." This center is also referred to as the "Thousand Petal Lotus" and functions to maintain a continuity of consciousness. It receives spiritual energy from cosmic sources, and processes energy flowing up from the lower chakras. A

block in this chakra disrupts or prevents flow of spiritual energy in either direction. Life now becomes stagnant and meaningless. All possibilities for spiritual growth will cease and the physical body will eventually die when this chakra is blocked. A proper balancing of this chakra will can release information of our higher self with our physical body. Intuitive knowing.

Achieve a personal relationship with the Divine. All physical, psychological, and emotional illusions or fears, need to be removed from your life. Let go of the past, do not anticipate the future, and live in the presence of the Divine.

ISSUES: Ability to trust life, values, ethics, courage, humanitarianism, selflessness, ability to see the larger pattern, faith, inspiration, spirituality, and devotion.

### **Aura:**

This is the energy that surrounds your physical body. I consists of at least 7 known layers. I see three of your layers that have called my attention.

The first layer of our aura is called the **Etheric body**. It holds a blueprint of our physical structure. When someone has an amputation and still feels sensations from the area that is gone, it comes form this layer. Energetically it never left.

**This is the layer that I see as thick and slow moving. It looks like this has a lot of “dust” and old energy that you have not fully released.**

The second layer is the emotional body.

The third layer is the mental body.

The fourth layer is the Astral Body.

The fifth layer is the Etheric Template.

The sixth layer is the Celestial body. **This layer represents the visual senses and reflects on individual views of the world. This layer is very weak for you and pulled in. This is the Sixth layer. It is supposed to be very radiating like candlelight. Most of us have met someone that is just beaming. It comes from this layer.**

The seventh layer is the Ketheric Template. **It is the layer of creative impulses and integrative knowing. It is the mental part of our spiritual connection. This layer is also less shiny and pulled in. The energy expanding things I have suggested will help this area.**



**This layer is the outer most layer, the seventh, of our energy. It is also a shiny layer that is smooth and tends to be very opalescent in most people. Opal does not show up well for a visual imagine so I used a more golden. People do not understand you and your energy at times. It comes from this being pulled in.**

**~~~~ I am not sure you really get what and amazing person you are.~~~~**

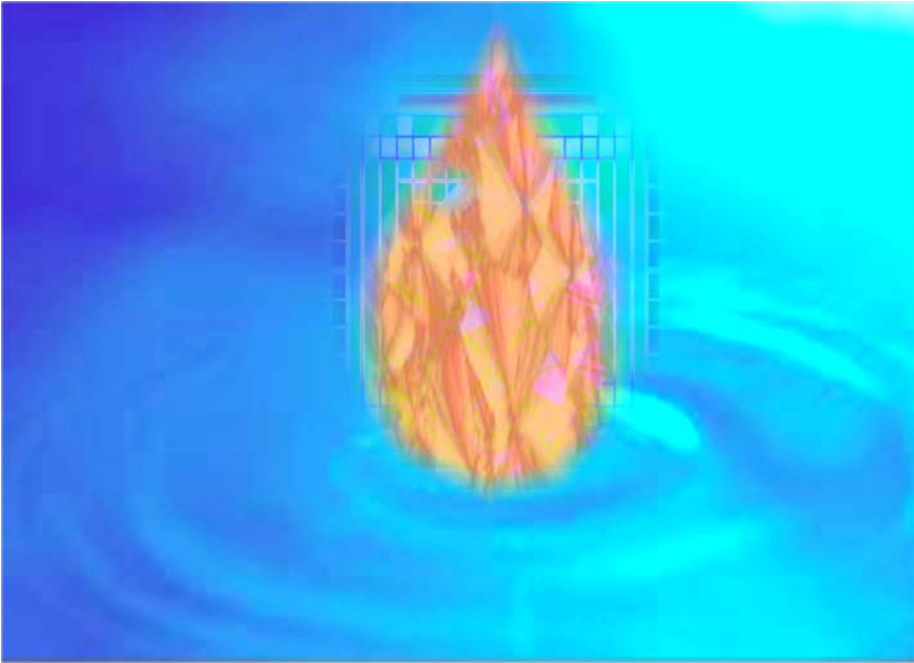


**You have such a vibrant energy and awakening inside you.**

**I also see you as:**



**When I think of you and your energy. I see this message, a bridge and your reason for being. It is like a shining symbol, vibrant, loving, powerful, and empowering.**



**It is time to make your own ripples thru time....**

**Aura colors and soul colors:**

**YELLOW**

Yellow is the symbol of the sun at the zenith. Yellow is the brightest of all colors. In the psychology of colors, yellow stands for detached serenity. Yellow reflects light in all directions, thereby creating an impression of detachment and liberation; it cancels out any feeling of heaviness or oppression. The color yellow drives us forward towards new, modern frontiers, and that it is therefore future oriented.

I see this color in your energy, and it even turns a golden in areas of your energy I see balanced.

**Guides:**

I see earth energy around you and two guides that I would call Gaia guides or earth guides. It is like they are telling me about this past life that I saw for you and what happened in the forest. One thing they point out is you never lost your spirit. You stayed strong, and had a heart full of love even in death. And there is some reason that this is important in this lifetime.

In this present life it is almost like you are waiting to be rescued. Waiting for someone to unlock the magic and light inside you. Only you can do this. It has to come from inside you, just like the love, light, and strength could shine when you were crushed under that

tree. Stop waiting for someone or something to find you. It is you that is the key and not any external thing. For some reason you need to figure this out in this lifetime.

It took me some time to see why this was important and what is the long-range energy from this. It is important for your kids and family to see this. It is important for their future. You kids are here to help others. They need to be able to understand that love, light, and strength can shine thru even in the darkest times. They need to learn to be happy from within themselves. You need to show them how to shine there light by you understanding and shining yours.

It is like you have a candle burning inside you or a golden light. You need to learn to let others see this radiating brightly in all you do.

How do you let others see your light? By finding ways to be happy, so happy that is just beams from you. In times when you feel happiness is not appropriate, it's your time to shine you strength and confidence. You know that in times of need and darkness... this to shall pass. You know inside of you that the storms of life are only temporary, and will pass. You are here to teach others to persevere, and look beyond the ups and downs of everyday life. You are here to create this foundation for the future in your children.

I need your families' permission to scan further than a brief look. I am worried about your mom; she is not taking care of herself and worries too much about everything. I am also concerned that if she does not pay more attention to her needs that she will end up with an imbalance in her energy around the breast area that could lead to a physical disease.

I see a lot of relationship issues around your brothers' energy. Many misunderstandings. It is like he has energy that many people really do not get. It is like he doesn't share his feelings with many people, because he feels there is no use.

I see a triangle between the three of you. It is almost like one is the go between and peacemaker for the other two.

### **Recommendations:**

My best advice is to sit down with this reading and decide on what rings true for you. Keep a journal of these things and leave the rest for now. I would suggest getting some help with releasing this heavy energy from your life by Energywork, EFT, ERT and other releasing techniques. And, find more ways to explore within yourself. Just being open to the possibility and notice what comes into your life is a great start. The tools and teachers you need will be there. Pay attention; notice the things that keep grabbing your attention or popping into your head.

The energy exercises, and the inner work that you have to do to connect and shine the magic inside of you will greatly improve the leaks and imbalances I saw in your energy.

Energy exercises:

**GROUNDING**

(Exercised included in actual reading)

**CENTERING**

(Exercised included in actual reading)

**Shielding**

(Exercised included in actual reading)

**Aura Cleansing**

(Exercised included in actual reading)

**Reconnecting your energy**

(Exercised included in actual reading)

**Honoring yourself**

(Exercised included in actual reading)

Thank you for letting me in your energy and do this reading. Please feel free to email me with questions and areas you need clarified.

Namaste,  
Dana