

## Expanded Root Chakra Healing Meditation/Prayer



Deep Healing Light's™ Chakra Healing Kits provide a wonderful base from which to work on the healing of your chakras. To enhance the potential of this healing, perform this expanded meditation/prayer.

Find a quiet space and say, *“I invite Archangel Gabriel, Lord Serapis Bey, Lord Ganesha, and my guides to join me in this healing meditation.”*

Breathe in a fragrance such as Cedarwood or Patchouli several times by applying a blended oil directly to your hands, or by using an oil diffuser, cotton balls, incense stick or candle. Now, hold crystals such as Hematite or Red Jasper on the Root Chakra area and spend a moment chanting: *“Uhh”*, followed by a moment chanting: *“LAM”*.

Slowly read these affirmations three times, and allow them to sink in:

*“I am supported at all times. I am a beloved child of the Source Creator, and I am invited to embrace life. I am always safe and secure, being carried, followed, and surrounded by loving beings. I claim abundance and am open to give and receive. I am always grounded to Mother Earth and can support myself.”*

Set the crystals aside and hold your hands above the Root Chakra area to initiate a Reiki session. You can do this since healing is a gift from Source, given to us all. Invite Reiki energy by saying *“Cho-Ku-Ray”* (choh-koo-ray). Reiki Masters can follow with *“Dai Ku Myo”* (dye-koh-my-oh).

Healing energy will flow from your hands into the chakra area. If you find your mind wandering, you can simply say silently to yourself *“Open”* or picture a **red light** at this location. Do this for several minutes or until you feel the energy flow slow. (You will sense energy flow with practice)

Then imagine yourself descending into Mother Earth, deeper and deeper. She is grounding; she is fertile; she is resourceful; she is a builder; she is renewing; she is ancient; she is wise; she is strong; she is nourishing. Absorb all these facets of her, and more. Hold onto them and place them as a singular focus of appreciation and love that you visualize as a deep golden light. Now rise back up into your being, bringing this focus with you. Let this wash up through your feet and legs until you get to the Root Chakra and let that energy blast out through that chakra, cleansing it and healing it.

Then, picture the energy of Source Creator above you as a bright white light and pull that energy down into your Crown Chakra and through each chakra until you get to the Root Chakra and let that energy blast out through that chakra, cleansing it and healing it.

To release old energy and habits from the Root Chakra, say this:

*“I release any Root Chakra related contracts, agreements, beliefs, limitations, rules or bindings that are no longer serving my highest good. I now hand them over to spirit to either correct or return to Source. I would rather see I am complete as I am instead.”*

Finish the session by acknowledging and accepting the healing by saying three times, *“I am thankful for this healing, and so it is”*.

## Expanded Sacral Chakra Healing Meditation/Prayer



Deep Healing Light's™ Chakra Healing Kits provide a wonderful base from which to work on the healing of your chakras. To enhance the potential of this healing, perform this expanded meditation/prayer.

Find a quiet space and say, *“I invite Archangel Zadkiel, Lord Serapis Bey, and my guides to join me in this healing meditation.”*

Breathe in a fragrance such as Orange or Jasmine several times by applying a blended oil directly to your hands, or by using an oil diffuser, cotton balls, incense stick or candle. Now, hold crystals such as Sunstone or Carnelian on the Sacral Chakra area and spend a moment chanting: *“Ooh”*, followed by a moment chanting: *“VAM”*.

Slowly read these affirmations three times, and allow them to sink in:

*“I am a creative being and am free to express myself. My sexuality is healthy, sacred and safe. I am worthy of all the gifts the universe has to offer. My feelings are here to guide me, not stop me. I am free from addictions and can always choose to be open for joy and pleasure naturally.”*

Set the crystals aside and hold your hands above the Sacral Chakra area to initiate a Reiki session. You can do this since healing is a gift from Source, given to us all. Invite Reiki energy by saying *“Cho-Ku-Ray”* (choh-koo-ray). Reiki Masters can follow with *“Dai Ku Myo”* (dye-koh-my-oh).

Healing energy will flow from your hands into the chakra area. If you find your mind wandering, you can simply say silently to yourself *“Open”* or picture an **orange light** at this location. Do this for several minutes or until you feel the energy flow slow. (You will sense energy flow with practice)

Then imagine yourself descending into Mother Earth, deeper and deeper. She is grounding; she is fertile; she is resourceful; she is a builder; she is renewing; she is ancient; she is wise; she is strong; she is nourishing. Absorb all these facets of her, and more. Hold onto them and place them as a singular focus of appreciation and love that you visualize as a deep golden light. Now rise back up into your being, bringing this focus with you. Let this wash up through your feet and legs until you get to the Sacral Chakra and let that energy blast out through that chakra, cleansing it and healing it.

Then, picture the energy of Source Creator above you as a bright white light and pull that energy down into your Crown Chakra and through each chakra until you get to the Sacral Chakra and let that energy blast out through that chakra, cleansing it and healing it.

To release old energy and habits from the **Sacral** Chakra, say this:

*“I release any Sacral Chakra related contracts, agreements, beliefs, limitations, rules or bindings that are no longer serving my highest good. I now hand them over to spirit to either correct or return to Source. I would rather see I am worthy of all the gifts the universe has to offer.”*

Finish the session by acknowledging and accepting the healing by saying three times, *“I am thankful for this healing, and so it is”*.

## Expanded Solar Plexus Chakra Healing Meditation/Prayer



Deep Healing Light's™ Chakra Healing Kits provide a wonderful base from which to work on the healing of your chakras. To enhance the potential of this healing, perform this expanded meditation/prayer.

Find a quiet space and say, “I invite Archangel Uriel, Lord Sananda, Lady Nada, and my guides to join me in this healing meditation.”

Breathe in a fragrance such as Lemon or Ginger several times by applying a blended oil directly to your hands, or by using an oil diffuser, cotton balls, incense stick or candle. Now, hold crystals such as Citrine or Tiger's Eye on the Solar Plexus Chakra area and spend a moment chanting: “Ohh”, followed by a moment chanting: “RAM”.

Slowly read these affirmations three times, and allow them to sink in:

“I am totally worthy of enjoying life. I will to see that I am strong. I will experience abundance with ease and grace. My emotions are balanced and peaceful. I am powerful, confident, and deserving. I open myself to see and embrace my life purpose. I am one with I am.”

Set the crystals aside and hold your hands above the Solar Plexus Chakra area to initiate a Reiki session. You can do this since healing is a gift from Source, given to us all. Invite Reiki energy by saying “Cho-Ku-Ray” (choh-koo-ray). Reiki Masters can follow with “Dai Ku Myo” (dye-koh-my-oh).

Healing energy will flow from your hands into the chakra area. If you find your mind wandering, you can simply say silently to yourself “Open” or picture a yellow light at this location. Do this for several minutes or until you feel the energy flow slow. (You will sense energy flow with practice)

Then imagine yourself descending into Mother Earth, deeper and deeper. She is grounding; she is fertile; she is resourceful; she is a builder; she is renewing; she is ancient; she is wise; she is strong; she is nourishing. Absorb all these facets of her, and more. Hold onto them and place them as a singular focus of appreciation and love that you visualize as a deep golden light. Now rise back up into your being, bringing this focus with you. Let this wash up through your feet and legs until you get to the Solar Plexus Chakra and let that energy blast out through that chakra, cleansing it and healing it.

Then, picture the energy of Source Creator above you as a bright white light and pull that energy down into your Crown Chakra and through each chakra until you get to the Solar Plexus Chakra and let that energy blast out through that chakra, cleansing it and healing it.

Now we want to focus on releasing old energy and habits from the Solar Plexus Chakra, say this:

“I release any Solar Plexus Chakra related contracts, agreements, beliefs, limitations, rules or bindings that are no longer serving my highest good. I now hand them over to spirit to either correct or return to Source. I would rather see I am powerful, confident and deserving.”

Finish the session by acknowledging and accepting the healing by saying three times, “I am thankful for this healing, and so it is”.

## Expanded Heart Chakra Healing Meditation/Prayer



Deep Healing Light's™ Chakra Healing Kits provide a wonderful base from which to work on the healing of your chakras. To enhance the potential of this healing, perform this expanded meditation/prayer.

Find a quiet space and say, *“I invite Archangel Chamuel, Maha Cohon Paul the Ventian, and my guides to join me in this healing meditation.”*

Breathe in a fragrance such as Rose or Geranium several times by applying a blended oil directly to your hands, or by using an oil diffuser, cotton balls, incense stick or candle. Now, hold crystals such as Amazonite or Rose Quartz on the Heart Chakra area and spend a moment chanting: *“Aww”*, followed by a moment chanting: *“YAM”*.

Slowly read these affirmations three times, and allow them to sink in:

*“I have unconditional love and compassion for myself and others. I release the past and embrace who I really am now. I forgive myself and others and am open to see all things differently. My heart is filled with compassion, joy and forgiveness. I gladly give and receive from the depth of my heart.”*

Set the crystals aside and hold your hands above the Heart Chakra area to initiate a Reiki session. You can do this since healing is a gift from Source, given to us all. Invite Reiki energy by saying *“Cho-Ku-Ray”* (choh-koo-ray). Reiki Masters can follow with *“Dai Ku Myo”* (dye-koh-my-oh).

Healing energy will flow from your hands into the chakra area. If you find your mind wandering, you can simply say silently to yourself *“Open”* or picture a **green light** at this location. Do this for several minutes or until you feel the energy flow slow. (You will sense energy flow with practice)

Then imagine yourself descending into Mother Earth, deeper and deeper. She is grounding; she is fertile; she is resourceful; she is a builder; she is renewing; she is ancient; she is wise; she is strong; she is nourishing. Absorb all these facets of her, and more. Hold onto them and place them as a singular focus of appreciation and love that you visualize as a deep golden light. Now rise back up into your being, bringing this focus with you. Let this wash up through your feet and legs until you get to the Heart Chakra and let that energy blast out through that chakra, cleansing it and healing it.

Then, picture the energy of Source Creator above you as a bright white light and pull that energy down into your Crown Chakra and through each chakra until you get to the Heart Chakra and let that energy blast out through that chakra, cleansing it and healing it.

Now we want to focus on releasing old energy and habits from the Heart Chakra, say this:

*“I release any Heart Chakra related contracts, agreements, beliefs, limitations, rules or bindings that are no longer serving my highest good. I now hand them over to spirit to either correct or return to Source. I would rather see my heart is filled with compassion, joy and forgiveness.”*

Finish the session by acknowledging and accepting the healing by saying three times, *“I am thankful for this healing, and so it is”*.



# Expanded Throat Chakra Healing Meditation/Prayer



Deep Healing Light's™ Chakra Healing Kits provide a wonderful base from which to work on the healing of your chakras. To enhance the potential of this healing, perform this expanded meditation/prayer.

Find a quiet space and say, *“I invite Archangel Michael, Master El Morya, and my guides to join me in this healing meditation.”*

Breathe in a fragrance such as Lavender or Sage several times by applying a blended oil directly to your hands, or by using an oil diffuser, cotton balls, incense stick or candle. Now, hold crystals such as Sodalite or Blue Quartzite on the Throat Chakra area and spend a moment chanting: *“Eye”*, followed by a moment chanting: *“HAM”*.

Slowly read these affirmations three times, and allow them to sink in:

*“I have my own voice and have meaningful words to share. I can always find the right words to say because I am very creative and passionate. I will speak with wisdom and love. I can speak my truth with authority and ease. I can decide what I truly want because I will let myself feel it deep inside.”*

Set the crystals aside and hold your hands above the Throat Chakra area to initiate a Reiki session. You can do this since healing is a gift from Source, given to us all. Invite Reiki energy by saying *“Cho-Ku-Ray”* (choh-koo-ray). Reiki Masters can follow with *“Dai Ku Myo”* (dye-koh-my-oh).

Healing energy will flow from your hands into the chakra area. If you find your mind wandering, you can simply say silently to yourself *“Open”* or picture a **blue light** at this location. Do this for several minutes or until you feel the energy flow slow. (You will sense energy flow with practice)

Then imagine yourself descending into Mother Earth, deeper and deeper. She is grounding; she is fertile; she is resourceful; she is a builder; she is renewing; she is ancient; she is wise; she is strong; she is nourishing. Absorb all these facets of her, and more. Hold onto them and place them as a singular focus of appreciation and love that you visualize as a deep golden light. Now rise back up into your being, bringing this focus with you. Let this wash up through your feet and legs until you get to the Throat Chakra and let that energy blast out through that chakra, cleansing it and healing it.

Then, picture the energy of Source Creator above you as a bright white light and pull that energy down into your Crown Chakra and through each chakra until you get to the Throat Chakra and let that energy blast out through that chakra, cleansing it and healing it.

Now we want to focus on releasing old energy and habits from the Throat Chakra, say this:

*“I release any Throat Chakra related contracts, agreements, beliefs, limitations, rules or bindings that are no longer serving my highest good. I now hand them over to spirit to either correct or return to Source. I would rather speak my truth with authority and ease.”*

Finish the session by acknowledging and accepting the healing by saying three times, *“I am thankful for this healing, and so it is”*.

## Expanded Third Eye Chakra Healing Meditation/Prayer



Deep Healing Light's™ Chakra Healing Kits provide a wonderful base from which to work on the healing of your chakras. To enhance the potential of this healing, perform this expanded meditation/prayer.

Find a quiet space and say, **“I invite Archangel Raphael, Master Hilarion, and my guides to join me in this healing meditation.”**

Breathe in a fragrance such as Rosemary or Pine several times by applying a blended oil directly to your hands, or by using an oil diffuser, cotton balls, incense stick or candle. Now, hold crystals such as Amethyst or Lapis Lazuli on the Third Eye Chakra area and spend a moment chanting: **“Ay”**, followed by a moment chanting: **“MMM”**.

Slowly read these affirmations three times, and allow them to sink in:

**“Truth does set me free. I am open and willing to see and allow that which is best. I trust my intuition and the inner voice that guides me. My truth and Gods truth are the same. I welcome guidance and direction for myself and others. Above all else, I want to see more clearly.”**

Set the crystals aside and hold your hands above the Third Eye Chakra area to initiate a Reiki session. You can do this since healing is a gift from Source, given to us all. Invite Reiki energy by saying **“Cho-Ku-Ray”** (choh-koo-ray). Reiki Masters can follow with **“Dai Ku Myo”** (dye-koh-my-oh).

Healing energy will flow from your hands into the chakra area. If you find your mind wandering, you can simply say silently to yourself **“Open”** or picture a **purple light** at this location. Do this for several minutes or until you feel the energy flow slow. (You will sense energy flow with practice)

Then imagine yourself descending into Mother Earth, deeper and deeper. She is grounding; she is fertile; she is resourceful; she is a builder; she is renewing; she is ancient; she is wise; she is strong; she is nourishing. Absorb all these facets of her, and more. Hold onto them and place them as a singular focus of appreciation and love that you visualize as a deep golden light. Now rise back up into your being, bringing this focus with you. Let this wash up through your feet and legs until you get to the Third Eye Chakra and let that energy blast out through that chakra, cleansing it and healing it.

Then, picture the energy of Source Creator above you as a bright white light and pull that energy down into your Crown Chakra and through each chakra until you get to the Third Eye Chakra and let that energy blast out through that chakra, cleansing it and healing it.

Now we want to focus on releasing old energy and habits from the Third Eye Chakra, say this:

**“I release any Third Eye Chakra related contracts, agreements, beliefs, limitations, rules or bindings that are no longer serving my highest good. I now hand them over to spirit to either correct or return to Source. I would rather trust my intuition and inner voice.”**

Finish the session by acknowledging and accepting the healing by saying three times, **“I am thankful for this healing, and so it is”**.

# Expanded Crown Chakra Healing Meditation/Prayer



Deep Healing Light's™ Chakra Healing Kits provide a wonderful base from which to work on the healing of your chakras. To enhance the potential of this healing, perform this expanded meditation/prayer.

Find a quiet space and say, "I invite Archangel Jophiel, Lord Lento, Lord Sananda, and my guides to join me in this healing meditation."

Breathe in a fragrance such as Frankincense or Lotus several times by applying a blended oil directly to your hands, or by using an oil diffuser, cotton balls, incense stick or candle. Now, hold crystals such as Chevron Amethyst or Clear Quartz on the Crown Chakra area and spend a moment chanting: "Eee", followed by a moment chanting: "NNN".

Slowly read these affirmations three times, and allow them to sink in:

*"I am one with my higher self. I am one with my creator. I am love, forgiveness and am connected to everything. I am the light of the world. I open myself to allow the universe to flow through me. I am perfect, just as I am. I am open for guidance from Source, angels, and high beings of love and light."*

Set the crystals aside and hold your hands above the Crown Chakra area to initiate a Reiki session. You can do this since healing is a gift from Source, given to us all. Invite Reiki energy by saying "Cho-Ku-Ray" (choh-koo-ray). Reiki Masters can follow with "Dai Ku Myo" (dye-koh-my-oh).

Healing energy will flow from your hands into the chakra area. If you find your mind wandering, you can simply say silently to yourself "Open" or picture a **violet light** at this location. Do this for several minutes or until you feel the energy flow slow. (You will sense energy flow with practice)

Then imagine yourself descending into Mother Earth, deeper and deeper. She is grounding; she is fertile; she is resourceful; she is a builder; she is renewing; she is ancient; she is wise; she is strong; she is nourishing. Absorb all these facets of her, and more. Hold onto them and place them as a singular focus of appreciation and love that you visualize as a deep golden light. Now rise back up into your being, bringing this focus with you. Let this wash up through your feet and legs until you get to the Crown Chakra and let that energy blast out through that chakra, cleansing it and healing it.

Then, picture the energy of Source Creator above you as a bright white light and pull that energy down into your crown chakra and let that energy blast out through that chakra, cleansing it and healing it.

Now we want to focus on releasing old energy and habits from the Crown Chakra, say this:

*"I release any Crown Chakra related contracts, agreements, beliefs, limitations, rules or bindings that are no longer serving my highest good. I now hand them over to spirit to either correct or return to Source. I would rather open myself to allow the universe to flow through me."*

Finish the session by acknowledging and accepting the healing by saying three times, "I am thankful for this healing, and so it is".



## Products that can be very helpful to your spiritual growth and development

### Chakra Healing Kit – Individual Chakra or Seven Chakra Collection

A Chakra Healing Kit can help you create the focus necessary to bring about true healing to your spirit, mind and body.

Available individually or in a kit of 7, (1 for each chakra). Each kit includes:

- 1 Chakra Card
- 2 Polished Crystals/Gemstones
- 2 ml of Essential Oil Blend
- 2 Stone ID Cards
- 1 Chakra Scented Candle
- 1 Container with Cotton Balls
- 1 Micro Transfer Pipette
- Detailed Meditation on Flipside



### Chakra Healing Kit – Twelve Card Collection

Chakra Healing Cards can help you create the focus necessary to bring about true healing to your spirit, mind and body. Learn how to restore your own chakras to a higher state of being with our Chakra Healing Kits.



The Twelve Card Collection includes (1) card for each chakra, (3) reference cards and (2) information cards for a total of 12 cards.

- Available on our Website at <https://www.healingtouchshoppe.com/collections/chakra-healing-kits> -

### Breaking Through When Feeling Stuck

And Not Getting Stuck Again

David Nelmes

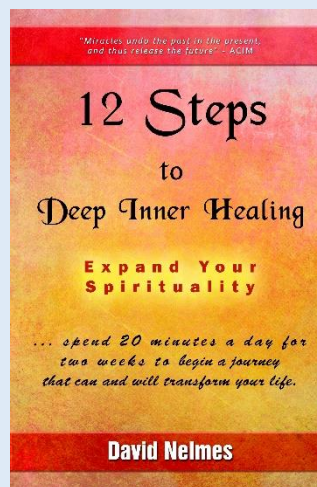


### Breaking Through When Feeling Stuck

by David Nelmes

Break through whatever has you feeling stuck. Regardless of the depth of your spiritual blocks, the "Breaking Through" process provided in this book is a real solution that will provide a path for your healing and help prevent it from happening again.

- Available at the [Tree of Life Shoppe](http://TreeofLifeShoppe.com) – and online at [Amazon](http://Amazon.com)



### 12 Steps to Deep Inner Healing

by David Nelmes

This easy to follow set of guidelines can help you expand your spirituality and discover the light inside you, leading you to the answers you have been searching for. Just spend 20 minutes a day for two weeks to begin a journey that can and will transform your life.

## About David Nelmes



### David is a Reiki Master Practitioner, Author and Teacher

David has a genuine and powerful sense of healing, teaching and writing. His desire to share his knowledge about spirit and energy has manifested itself through writing, developing workshops and through his energy healing services and products.

Peace and Blessings

For more detailed information about our services, features and products, please visit our web sites at:  
<https://DeepHealingLight.com> & <https://HealingTouchShoppe.com>