

5D HEALING GUIDE

ROOT CHAKRA

The Root Chakra is the stabilizing chakra as it grounds us into physical reality. This is the chakra that allows us to ground the energies coming through our crown, down into physical manifestation.

This chakra is the first chakra in babies to develop and centers around security and comfort. It is the first awareness we have of being safe or not safe. In the lower frequencies, this chakra can become highly damaged through neglect, abuse, trauma, fear, and lack consciousness.

When this chakra is developed properly, we are cared for, nurtured, and we feel safe and connected to our bodies and the Earth. This is where environment becomes a huge factor, especially for infants and young children.

As adults, when this chakra is blocked or damaged, we lack Divine Trust. We do not feel safe in our vessels, or in our environment, thus we seek control and operate out of fear and fight or flight. We can also feel ungrounded, disconnected, and lack focus & discipline.

This can manifest through disease and/ or illness and pain. Most commonly this develops as lower back pain, pain and/or damage to the legs/knees/feet, sciatica issues, kidney infections/stones, etc.

Recommendations for healing this chakra:

- “I AM Trust” Mantra daily
- placing your bare feet on the ground daily
- stretching & conscious breathing daily
- ingesting more grounding tools such as red meat, coffee, or organic tobacco
- releasing control and learning to live in the unknown
- dissolve all savior programming and/or seeking a savior
- meditate

ANKLES: Ankles represent stability, so injuries or pain in the ankles represent our inability to be flexible and also to support ourselves. Fear of moving forward. When we are overwhelmed, not asking for help, the ankles can become overburdened.

FEET: The feet are what keeps us moving forward, any pain or issues with the feet represents resistance to change or stubbornness and refusal to allow change and progress forward. Unable to stand on your own feet.

LEG INJURY: Unsupported by Self, not able to handle the emotional weight or pressure.

KNEES: The knees are about surrender. When the knees are stiff, or will not bend, it is a deep lack of surrender to life and to the Universe. When the knee won't retract, it's an over surrender or people pleasing.

LOW BACK INJURY: When the lower back is weakened, the root chakra has been damaged. We feel weakened, stressed, in lack consciousness, and in fear. Our spine is compromised and we are lacking courage, strength, and determination.

SCOLIOSIS: The spine represents our chakra pillar, so when the spine is curved, causing pain and deformity, we have usually inherited an energetic imbalance or a deep inability to stand tall in one's own energy field.

HAEMORRHOIDS: This represents a deep anger held within due to control. When we are disconnected and grounded in our vessels, we tend to clench onto things, causing bleeding and pain internally. We must release anger through other techniques.

ADRENAL GLANDS (Body's ability to deal with stress): When the Adrenal glands are fatigued, they are over producing cortisol due to an excessive amount of fear that can turn into anxiety, worry, and control.

KIDNEY STONES: The kidneys are responsible for processing energy and when we hold onto lower frequencies, it creates a physical build up. Kidney stones are linked to grief, resentment, and anger.

OBESITY: When we are disconnected from our physical vessels, our root chakra is blocked. This develops as self-hatred or a deep resentment towards the physical vessel. Obesity shows our disconnected from Self, as well as fear of the outside world, creating a barrier to "protect" itself.

CELLULITE: A build up of toxins that have not been released such as self-hatred, vanity, and externalization.

PSORIASIS: This kind of skin outbreak represents the bodies attempt to release toxic emotions that are not being processed. When we are unable to face something head on, we tend to hide away, in avoidance. Emotions such as guilt and shame often build up and cause Psoriasis outbreaks.

ACNE: Lack of self-love, lack of acceptance, and self-hatred. Acne is the bodies response to the lack of love it is being shown.

ECZEMA/DERMATITIS: These disorders appear when we feel overwhelmed or over sensitive the environment around us. We are taking things personally and refusing to let go of old emotions and the past.

SHINGLES: When the body is overwhelemed by stress, it can cause a response of shingles. There are frequencies such as shame, humiliation, and guilt associated with this. Unworthiness is deeply tied to Shingles, as the body breaks out in blisters reflecting the emotional internal blisters that have not been faced.

MULTIPLE SCEROSIS: MS restricts our movements, almost paralyzing us through a suppression of expression, fear of change, and becoming paralyzed by fear. When we do not trust ourselves and God, we are riddled with anxiety of the external world, rather than trusting our own inner guidance.

Healing Remedies

- dandelion root
- ginger
- sage oil/burning sage
- peanut butter
- Goji Berry
- Hibiscus
- Colloidal Titanium

Healing Crystals

- Ruby
- Garnet
- Black Tourmaline
- Smoky Quartz
- Bloodstone

SACRAL CHAKRA

The sacral chakra develops early in young children and activates during the ages of 7-14. The Sacral Chakra is our life force energy, our yin/feminine/creative force that flows through us to be expressed. Feelings of joy, creativity, excitement, & bliss come through this chakra.

In young children, this chakra is very active as children are filled with life force energy to be expressed through play, creativity, and joy. Children love to create & play as this chakra center is their form of genius and expression.

Once a child hits the ages of 7-14, this Chakra also begins to activate the emotional component. This is a very feminine, yin energy that must be integrated within the child. This is where they learn compassion, kindness, and also how to process their emotions. This is why many children in this age group can develop confusion and overwhelm as they are flooded with emotional energy.

If the child does not have the proper support during this time, or they are shut down/prevented from expressing themselves emotionally, they develop trauma in this chakra. Similarly, if the child is not encouraged to continue to express themselves creatively, and instead, forced to focus on 3D educational structures, they will develop a block in their creative expression. Sexual trauma and abuse created deep wounds here that often create dysfunction in the energy of this chakra.

Illnesses or pains associated with a blockage or damage to this chakra include:

- disease within the reproductive organs
- painful PMS/periods
- impotency
- infertility
- cysts
- bladder issues
- hip pain
- STDs

Recommendations for healing this chakra:

- “I Allow” Mantra daily
- journaling daily feelings and triggers
- creative expression 3-5x per week
- Nurturing self & self-care
- forgiving yourself, all others, and all events
- cutting chords daily and reconnecting chords to everything whole, pure and true

GALL STONES: This is the body’s reaction to bitterness and a focus on the lower. When we are in resentment of others through judgment and assumptions, we create a hardness within us that will manifest as stones.

HERNIA: Hernias buildup due to a lack of emotional processing. Painful memories or trauma, especially sexual or physical abuse can create hernias as the body cannot hold the amount of trauma.

TESTICULAR CANCER: A deep disconnection from the feminine/yin energy, lack of creative expression, lack of emotional expression.

UTERUS: A deep disconnection from our own inner Mother/feminine/nurturing energy. Issues with the Uterus occur when the body turns on itself through anger, being over critical of self, lack of self love.

PREMENSTRUAL TENSION: PMS pain typically develops when there is a chakra blockage. There is a deep resentment or resistance to fully accepting and embodying the feminine energy. Lack of self-nurturing and patience for self.

MENSTRUAL PROBLEMS: When there are issues with the cycle such as painful periods, heavy periods, inconsistent periods, etc., it represents our inability to be in flow and surrender to life. Once we transition fully into 5D, there will no longer be periods, so during the transition there may be changes to the cycle or the cycle may cease altogether. Loving yourself and accepting yourself eases these cycles.

INFERTILITY: Mother wounds/deep resistance to your own inner mother. Trauma can cause a disconnection between you and your inner Mother energy, even if on the surface you “want” to be a mother.

MENOPAUSE: Attachment to motherhood/attachment to children. This presents as a disconnection from your own inner child, causing “menopause”. You believe that you no longer have a role as a feminine and the body responds by losing its connection to Source which prevents the flow of life force through the body.

BLADDER: Issues with the bladder revolve around control issues. Not wanting to release something, which the body then involuntary releases.

PROSTATE: This occurs in a masculine who may feel shame or guilt related to this sexual expression, or trauma that has been involved with this chakra. When the masculine energy is out of alignment and the sexual energy is not used properly for creative expression and love, it can result in prostate issues. Issues of receiving love, feeling insecure, and blaming.

AUTOIMMUNE DISEASE: These diseases appear when the body physically rejects itself. Many may experience depression prior to an autoimmune disease where they feel anger or a desire to no longer be in their body. Being self critical, hard on self, lack of nurturing can also result in an autoimmune disease. When we do not allow the body to rest and we do not allow ourselves to feel joy and peace, the body begins to fight the “parasite” within, which is the negative or EGO thoughts/emotions.

Healing Remedies

- Orange & cinnamon scents
 - Ylang Ylang Oil
- Jasmine flowers/oil
 - Colloidal Copper
 - Poppy
 - Calendula

Healing Crystals

- Coral
- Carnelian
- Copper
- Moonstone
- Orange Calcite

SOLAR PLEXUS

The solar plexus is a very key chakra within the ascension process. The stomach and gut is where the EGO lies (also in the left brain). The Solar Plexus is our power center, it is where we emanate source energy from and how we express our divine Co-Creator power.

The EGO overtook the solar plexus and flipped it into being a black hole. Instead of being empowered by Source, we either go into power-over others, or lack of empowerment and people pleasing. When this energy is out of balance, it also causes an imbalance with our consumption. We overeat, eat in EGO, and we actually suck energy into our stomach.

The stomach is a sensitive part of the solar plexus as it is the main chakra point that processes energy. When we have a Solar Plexus blockage or damage to the chakra, we lack our own discernment, issues around food/eating, stomach issues such as IBS, weight gain, stomach ulcers, etc. We can feel sluggish, lazy, or agitated and reactive.

Trauma to this chakra occurs from environments and/or childhood where we were not empowered, were controlled, bullied, or overly dominating. Look at the relationship to the Father as this relationship typically establishes whether one feels fully empowered or self-sufficient.

Cutting chords and attachments to beings that take our energy or overpower us will eliminate a lot of stress taken on through the solar plexus. BOUNDARIES are key to having self-empowerment. Stop complaining, cut negative thoughts, & practice following through and taking action which boosts empowerment.

Common pains or illnesses that manifest as a result of damage or blockage to this chakra are:

- IBS
- Food allergies/sensitivities
 - over consumption
 - addiction to sugar
- fat and/or bloating on the stomach
- stomach ulcers
- cancer

These manifest by a lack of self-empowerment. Seeking outside yourself for energy through food, energy drinks, coffee, validation, external acceptance, etc. All of these frequencies and addictions suck the life force out of us and turn us into energy addicts. The body can no longer sustain off its own energy and has to seek to take from an outside source, while being unable to process all of the emotions and energy that its absorbing.

The biggest issue with a blocked solar plexus is lack of self-love, self-doubt, lack of empowerment, and issues of blame, projection and externalization. When you focus solely on the external, you lose focus on your own inner journey which is the only thing we will ever have control over. Healing this chakra moves us into the power WITH dynamic instead of power over.

Recommendations for healing this chakra:

- “I AM Sovereign” Mantra daily
- aromatherapy/sound healing
- yoga
- EGO death ceremony
- cutting chords daily and reconnecting chords to everything whole, pure and true
- laugh! Take nothing personal
- dissolve all victim consciousness
- Get 20-30 mins of Vitamin D sunlight per day. If unable to do so, invest in red light and/or sun lamps for therapy.
- Garlic Cleanse

BLOATING/FLUID RETENTION: Lack of emotional processing.

ULCERS: Unable to let things go, allowing negative thoughts and energy chords.

STOMACH : Resistance and the inability to accept things as they are creates problems with the stomach. Holding onto the past, unwilling to be in the present moment.

HYPERGYCAEMIA/DIABETES: Those who develop issues with blood sugar level are either resentful of life not being as they feel it should, or holding onto bitterness of the experiences they have created. Lack of accountability and inability to see the higher.

HYPOGLYCEMIA: Those with hypoglycemia overcompensate and people please. They are unable to set proper boundaries.

IRRITABLE BOWEL: Victim consciousness, inability to face things head on, and holding onto intense levels of fear and anxiety.

DIARRHEA: Lack of boundaries and lack of shielding from your environment. When you are an open vessel you have to secure your own energetic system. When you over absorb from those around you, your power center begins to leak. Feeling trapped, not taking action, not standing up for yourself.

CONSTIPATION: Holding onto anger, suppressing emotions, holding onto energy that seeks to be expressed.

CANCER: A buildup of anger, grief, and unprocessed emotions. These emotions begin to fester and the body begins to attack itself to rid the negative emotions.

CHRONIC FATIGUE: Ingratitude for life. Not working on priorities. Not clear on purpose. Scattered mind. Emotionally run down & overwhelmed.

INSOMNIA: Fear, inability to cut chords with thoughts, living in the future.

ANOREXIA: Lack of self-love, lack of empowerment, control and anxiety. This often stems from childhood and creates a vanity perception. The being seeks to have control over their life as the energy around them is often chaotic, and it turns into self-destruction.

BULIMIA: Inner conflict. Seeking joy but also refusing to accept happiness.

Healing Remedies

- coconut oil (one spoonful daily)
- black pepper
- turmeric
- colloidal silver
- cinnamon
- rosemary
- cypress
- sandalwood
- chamomille
- lemongrass
- ginger
- garlic
- Mint

Healing Crystals

- topaz
- citrine
- tiger's eye
- yellow calcite

HEART CHAKRA

The Heart chakra is the center of the chakra system. In 3D, we function solely from the first three chakras. This is the loop that we are kept in because we have not yet anchored ourselves into the higher frequencies of 4D/5D. Once we begin to rise to the 400-500 level frequencies, we have the true heart opening.

An open-heart chakra is where all manifestation comes from. The heart creates an electromagnetic field that sends out the vibration of love and therefore creates our reality. When we live in fear, judgment, blame, anger, etc., our heart chakra is closed down thereby creating a reality that is a match to fear.

When the heart chakra is blocked or damaged, due to traumatic events, lack of self-love, fear, grief, lack of feeling, etc., we develop physical illnesses such as heart attacks, anxiety, asthma, high blood pressure, and more.

Damage to this chakra develops quite easily because the heart is our most precious jewel. The most common forms of damage to the heart chakra stem from childhood abuse/trauma, loss and grief, and heartbreak. These experiences cause us to close down because we forgot how to unconditionally love.

Blockages to this chakra can occur for many reasons including fear, doubt, lack of trust, taking things personally, victim consciousness, etc. These create blockages which slowly cut off our ability to fully feel and have us responding out of fear to our wounding.

Recommendations for healing this chakra:

- “I AM Love” Mantra daily
- Deep Breathing meditation
 - Tree Meditations
 - Reheating Divine Traits
- Choosing love in every moment
 - Self-love disciplines
- Forgiveness, dissolving all fear, & practicing vulnerability
 - Letting go of the past
 - Embracing child-like joy & wonder
- Embodying compassion, kindness, empathy, and peace

ARTHRITIS: When we lose our sense of child-like wonder, we develop a fear of movement which is freedom of expression. We become rigid and cold and we begin to act robotically. This strips of us of joy and our bodies begin to tighten and develop into a stiffness.

ASTHMA: Asthma can be developed our inherited but it stems from deep and untransformed grief. When we “can’t breathe”, we cannot inhale life. We shy away from being open and accepting and instead, we hold our breath energetically.

PHENUMONIA: This is a much more intense version of asthma where our lungs literally shut down because we cannot cope with the emotional weight of something. We stop breathing as a representation of needing to take time out of from life.

ALLERGIES: Allergies are a belief system that are developed or inherited. These stem from a deep resistance and rejection of something external and what it represents. Allergies are tied to strong emotional triggers that must be mastered.

COUGH: The bodies way of releasing density and toxic emotions.

COMMON COLD: The body’s response to being overwhelmed & needing rest and time to process and dissolve negative emotions.

HEART ATTACK: A blockage in the heart chakra due to heartbreak, grief, fear, or stress. Living in the future or past, not able to give or receive love.

HIGH BLOOD PRESSURE: Stress and anger, not able to be in the present moment of now and unable to give love.

LOW BLOOD PRESSURE: Fear overwhelms the body and there is a resistance to opening up to life.

BREAST CANCER: Imbalance of feminine/masculine energy, anger at self, self-hatred, blocked heart chakra, damage/trauma.

ELBOWS: The elbows show our flexibility to opening up to the world and allowing others in and embracing.

HANDS: Issues with hands such as cold hands, sweaty hands, numb hands, represent a heart chakra blockage which is creating a sensation in order to alert you that you are either restricting the flow of love, or you are over-giving and causing drain to the system.

Healing Remedies

- Rose Oil
- Colloidal Silver + Palladium
- Chamomile
- Jasmine
- Honey Suckle
- Releasing through crying, screaming, sharing
- Music therapy
- vitamin D + C

Healing Crystals

- rose quartz
- rhodochrosite
- emerald
- green aventurine

THROAT CHAKRA

The throat chakra has been the most attacked chakra in humanity and specifically the feminine. Our throat chakras have been damaged and blocked so that we would feel fear of speaking the truth and be unable to express how we feel and express our love.

When our throat chakra is blocked or damaged, it occurs due to trauma of speaking and sharing. As a child, we may not have felt free to express how we feel or in expressing certain emotions. Damage to this chakra comes from abuse, control, or a complete shutdown of our ability to speak up out of fear.

When this chakra is open, it is our portal of expression. All creative and inspirational energy can express through the throat. Singing, sharing, speaking, writing, crying, etc., are all amazing expressions through this chakra and are vital for our human evolution. In the upper realms, there is telepathy and shared consciousness. Although we will eventually come to that point, we are still transitioning through the physical realm and therefore verbal expression is key.

Our words are powerful and using the throat chakra in the highest is a way that we inspire others, share compassion and love with others, provide understanding, speak truth, and express our vulnerability. When we use our throat chakras for the lower, we develop toxins within our chakras. Speaking lower words or lower frequencies will, over time, create illnesses linked to the throat and sinuses.

Recommendations for healing this chakra:

- “I AM Truth” Mantra daily
- Sound Healing
- Singing
- Practice Listening
- Speaking loving words
- Speaking truth no matter what
- Share your feelings through speaking, writing, singing, etc.
- Dissolve fear of judgement
- hot tea + lemon + turmeric + honey

SHOULDERS: Issues with the shoulders represent burdens. When we do things out of obligation, fear, or against our own guidance, we develop stress. The shoulders reflect our ability to handle energies so if one shoulder or both is holding pain or injury, we are out of balance and either shouldering too much of other people’s energy, or giving away too much of our own.

NECK: The neck holds all of the energy of control. When we have a stiff neck or a neck injury, we are inflexible and not allowing and accepting life to unfold on its natural course. We are controlling and rigid.

JAW PROBLEMS: The jaw holds a lot of emotional energy and when the jaw is injured or in pain, we are holding in toxic emotions. When this energy is not transformed, it may present itself through the teeth and gums, which link to all of our organs.

SINUS: The sinuses represent unconditional love. Issues with sinuses or allergies represents our inability to show and accept unconditional love. Irritation and resentment can also build up through the sinuses. The need to release presents itself through runny noses, allergies, or blocked sinuses.

HYPERTHYROID: This relates to anxiety and stress making the thyroid over produce hormones. It is our inability to let go, trust, and forgive that creates this severe energetic imbalance.

HYPOTHYROID: This occurs when we have internally given up through a lack of self love. When we don’t love ourselves, our body responds through shutting down, making us lethargic and depressed.

Healing Remedies

- Lemon Balm
- Eucalyptus
- Peppermint
- Rosemary
- Myrrh
- Crying
- Laughing
- Raw Honey
- Red Clover
- Colloidal Silver

Healing Crystals

- Sodalite
- Blue Agate
- Angelite
- Amazonite
- Larimar

THIRD EYE CHAKRA

The third eye is our center of intuition and our ability to see clearly and see true reality through the illusion. It is our access to creative inspiration. The Pineal Gland is what activates our ability to perceive more than the 5 senses. Our intuition is commonly referred to as our "sixth sense," which is for the 6th chakra.

Our pineal glands have been calcified in order to block our ability to access our divine intuition. This keeps us stuck in lower perceptions, belief systems, and the illusion. This chakra is connected to the brain waves and our sleep cycle. Our pineal gland activates when we dream, but if we are not conscious while sleeping, our dreams could be infiltrated and hijacked to implant lower perceptions.

When this chakra is blocked or damaged, we feel stuck in mental loops and fear, confusion and lack of clarity, linear thinking, analyzing/logical, lost in thought, easily in fantasy, Superego/Spiritual Ego, stuck in opinions and judgment, ungrounded.

These damages and blockages occur from the time we are young and we begin to disconnect from our intuition and we lose our child-like wonder. Childlike-wonder is the key to activating this chakra. The more we are open to everything, without limits, beliefs or assumptions, the more we allow our divine intuition to come through.

When we follow our intuition without doubt, we strengthen that connection. When we bypass our intuition and go into analyzation & logic, we disconnect ourselves from our higher-self communication. The more we stay in wonder, observing miracles and synchronicities, we stay on the highest timelines. Higher perception is the doorway to full consciousness.

Recommendations for healing this chakra:

- “I AM Divinely Guided” Mantra daily
- Use Your Imagination
- Go Outside Your Comfort Zone
- Garlic Cleanse
- Drink Purified Plasma Water
- Sungazing/Moongazing
- Reflection
- Dream Journal
- Candle Meditation
- Practice Your Intuition
- Dissolve Fear/thinking you know better
- Conscious Sleeping
- Colloidal Gold

HEADACHES: Constant or intense headaches are a sign of too much thought.

When we are constantly in the left brain of linear, analyzation and lower perception, we create density without our brain and optic nerve system. This can also occur when we are in denial or bypassing of seeing what is right in front of us. Worry and judgment cause blockages in the third eye which create pressure.

MIGRAINE: If these are temporary, they can be signs of the brain hemispheres reconnecting. When these are chronic, it is a sign of ignoring your intuition and bypassing your inner guidance. This creates an alert system within the body to tell you that you are not listening.

NOSE BLEEDS: These can occur from an intense influx of energy, or from a blockage in the sinuses which is a sign of blockage to unconditional love.

ANEURISM: This is represented by a blockage in the brain where there was trauma, a split or cut off from either our masculine or feminine energies, or damage to the brain in which the hemispheres can no longer connect.

BRAIN TUMOURS: Tumors develop when an energy goes untransformed for a very long period of time. Lower thoughts, belief systems, separation from Self and from Source can create density in the brain.

EPILEPSY: This is a sign that the neural system is overwhelmed. You may be highly sensitive to your environment, separation between your intuition and yourself, or the inability to see reality clearly.

VERTIGO/DIZZINESS: Lack of groundedness within the self, spinning in thought, scattered consciousness.

Healing Remedies

- Visualization
- Saffron
- Basil
- Lavender
- Blue Lotus
- Cutting Chords
- Blackberries/Blueberries
- Connect with Your Angels
- Dissolve Belief Systems
- Sandalwood
- Juniper
- Colloidal Gold & Iridium

Healing Crystals

- Sapphire
- Kyanite
- Labradorite
- Amethyst

CROWN CHAKRA

The crown chakra is our portal to the etheric realm. This is the chakra that opens us up to higher consciousness, angelic messages, divine guidance, and divine intelligence. Our crown chakra function is very dependent on our brain function.

Damage or blockage to this chakra can occur from childhood where we were discouraged from using our natural gifts, trauma to the brain, or a very open chakra that we have shut down out of fear or stress.

When we are shut off from this chakra, we feel depressed, separated from Source and life itself. We can develop anxiety and paranoia of the outside world because we have lost disconnection to ourselves. These blocks are taught to us by our environment.

With severe damage or blockage, this can result in hallucinations, Super Ego, nightmares, insomnia, alienation, loneliness, depression, fatigue, mental fog, lack of purpose, confusion, etc.

Once we focus on healing and opening up this chakra again, we begin to download our divine intelligence and our natural joy and inspiration for life. We renew our connection with Source & our angels and we begin to hear our Higher Self again, guiding us to our destiny.

Thought loops & lower perceptions, rigid identity and attachment to information can all block our connection through this chakra. This creates a mental fog that we cannot get past, and all must be dissolved so that the pure guidance can once again come through.

Recommendations for healing this chakra:

-“I AM Connected to Source” Mantra daily

-Meditation

-Prayer

-Automatic Writing

-Cleansing (use sage, candles & incense)

-Clearing your space

-Medicinal mushrooms

-Connect with Crystals

-Talk to your angels

-document synchronicities

-Use Plasma Spray to clear your aura

AUTISM/CEREBRAL PALSY: Damage or blockage to the crown chakra causing the inability to express and interpret energy in the 3D realm. These beings are highly gifted and do not use the left brain, but the right brain, which can lead to impaired function.

ALZHEIMER’S DISEASE: A loss of the usage of the right brain which is emotion, intuition, creative thinking, etc. Essentially the left brain, the logical and linear side begins to malfunction due to overdrive. A wanting to dissociate from reality because it is overwhelming.

SCHIZOPHRENIA: Damage to the crown chakra can distort incoming guidance and information, causing hallucinations and paranoia. The hemispheres have been damaged and can no longer communicate with one another.

Healing Remedies

- Lavender
- Lotus Flowers
- Bergamont
- Plasma Water
- Automatic writing
- Chord Cutting
- Colloidal Gold & Iridium
- Meditation
- Vitamin B

Healing Crystals

- clear quartz
- Celestite
- Selenite
- Lepidolite
- Shungite