

Genius Chakra Clearing Exercise

Use the combination of the chakra panel on the **Genius and the information in this chart to do a total chakra healing**. Chakras are energy centers within the body. Many spiritual practices have recognized these energy centers. They are areas that process and communicate information between the **etheric body and the physical body**.

Chakra	Name	Sanskrit Name	Color	Location	Meaning	Chakra Bija Tone	Affirmation
1	Root Chakra	Muladhara	Red	Perineum	Support Survival, grounding, stability, comfort, safety	LAM	I am strong, stable and at peace
2	Sacral Chakra	Svadhisthana	Orange	Sacrum	Creativity Sexuality, emotions, pleasure	VAM	I feel creativity flowing through me
3	Solar Chakra	Manipura	Yellow	Above the navel	Empowerment Strength, ego, power, self-esteem	RAM	I am able to activate my divine power
4	Heart Chakra	Anahata	Green	Middle of the chest	Compassion Love, acceptance, kindness, peace	YAM	I am easily able to experience the energy of love in my life
5	Throat Chakra	Visuddha	Light Blue	Throat	Expression Communication, expression, honesty, purification	HAM	I am able to express my truth with ease
6	Third Eye	Ajna	Dark Blue (Indigo)	Between eyebrows	Vision Intuition, visualization, imagination	OM	I see the truth and am open to new ideas
7	Crown Chakra	Sahasrara	Violet	Top of head	Divine knowing	AUM	I seek to understand the truth

Our voice is the most healing instrument and we so under utilize it! Toning is a way that the body can create its own sound healing. What happens when you stub your toe? "owwww!" "ahhh!" These sounds are the way the body soothes itself and releases energy. It is a sound

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healing on its own. You can combine your voice and your intention and cleanse and purify your entire being with the sounds from your own voice.

Each chakra has a seed mantra or sacred sound that activates its vitality and potential. Toning the sacred sound can help to cleanse, purify and strengthen that energy.

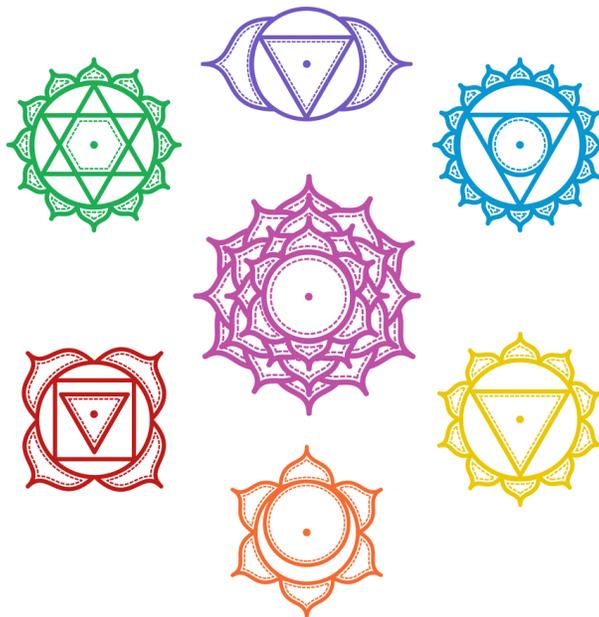
You can say the Bija Mantra sounds out loud, using your voice. You can speak them or you can "tone" them. Many toning videos are available on YouTube. These Bija mantra sounds are from the language of sanskrit. The entire language itself is one of the most ancient that earth has and is have a profound healing effect on the body. The healing effect of the sounds in the Sanskrit language are believed to balance the mind and body and even create harmony in the collective consciousness as a whole.

Chakra toning process

Set up a Genius scan. Place all the Chakra frequencies into the Quick Zap tray. Add the Fibonacci sequence along with Solfeggio 528 Hz. Run the frequencies for 15 minutes. At the same time, say out loud or "tone" the Bija Mantra tones for all of the chakras. How many times should you say them? Try some of the sacred numbers - 3, 6, 9 or 8 times (8 is for prosperity and abundance). Try the process and see how you feel after speaking or toning the words!

NeuroRemedy Process

Record your own toning of the Bija Mantra sounds in the NeuroRemedy. Play it back for 15 minutes and alternate with the Quick Zap balancing.



7 Chakras

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