

Quieting the Mind

Stepping into Heart Space

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Heart Activation Points

- *These points activate your Radiant Circuits which bring Radiance to ALL ENERGY SYSTEMS, the physical and spiritual bodies.*
- *Powerful YET SIMPLE to do!*
- *Trace 3 hearts around face beginning at bridge of nose and ending at Heart Chakra*
- *Squeeze sides of feet together with hands, or massage feet, or rub sides, top and bottom of feet.*



How to Turn Off the Mind Scatter Chatter

*Number One Most
effective beginning
is to:*

***Turn Off the
Electronics***

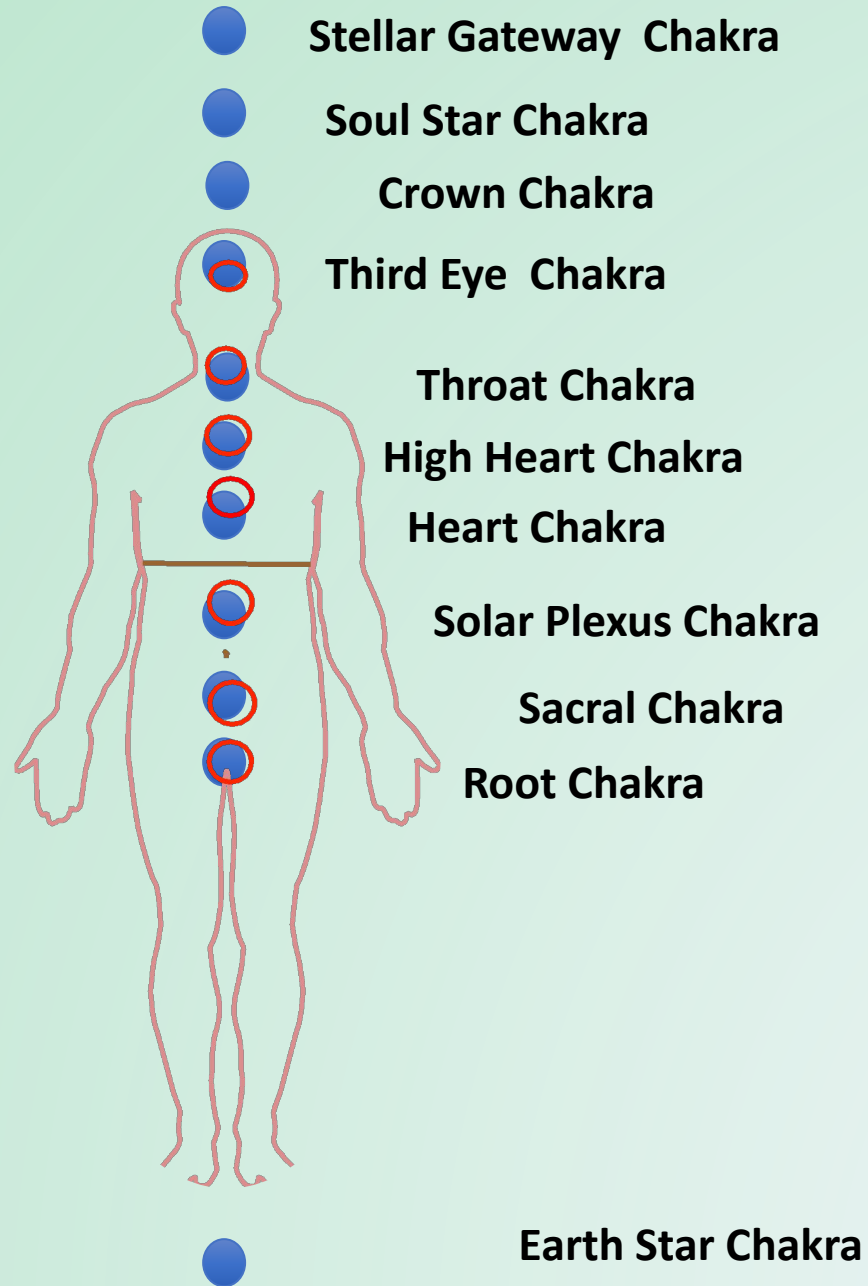
Quiet the Mind

- Place palms on cheekbones and lay fingers over eyes, forehead, and into the hairline. Let palms form a 'cup' over eyes. Breathe deeply 2-3 times and then just hold for a few minutes, relax and let the mind drain the scatter chatter.
- Hold palm across forehead, the other across back of head where skull meets neck. Breathe deeply 2-3 times and just hold for few minutes and release.

Step Into Heart Space

- *Take 3 minutes* out of a 24-hour day for yourself
- Bring to mind your 11 Main Chakras- spinning energy centers that communicate information about the environment to us and from us to the environment, Chakras govern our organs and their systems, help us evolve to higher energetic vibrations, plus much more!

11 MAIN CHAKRAS



Connecting Our 7 Physical Chakras to The Spiritual Energy Source

The Four Chakras outside the physical body do not need clearing of energy, but we need to connect to them for communication lines to be open for All Chakras to receive Divine Nourishing Energy!

Earth Star Chakra- 30 inches or more beneath our feet

High Heart Chakra- upper portion of Heart Chakra Space

Soul Star Chakra – about 4-6 inches above the Crown Chakra

Stellar Gateway Chakra- arms length above head

The Sacred Seven Aspects of Your Soul and the Merging of Chakra Energy

'The Sacred Seven Aspects of Your Soul' was given to us by my long-time friend, mentor & colleague, Suzanne Giesemann.

Suzanne Giesemann is a Messenger of Hope and the founder and teacher of [The Awakened WaySM](#) - a path to knowing who you are and why you're here. She is a former U.S. Navy Commander who served as a commanding officer and aide to the Chairman of the Joint Chiefs of Staff on 9/11.

Today Suzanne provides stunning evidence of the existence of Universal Consciousness and our interconnectedness. The 'Journey of Remembrance' is a message of HOPE which Suzanne was given by her Guide, Sanaya. The recorded message has knowledge about the 'Sacred Seven Aspects of Your Soul' which I am summarizing below. I practice integrating the energy of the Sacred Seven into my Chakras every day for much longer than I can remember. My Guides have asked me to bring forward the Union of the two Energies AS ONE! I am Grateful to Suzanne for giving me permission to share this life changing information. I highly recommend listening to the 'Journey of Remembrance' on Suzanne's web page so you may understand and receive the full 30 minute meditation message <https://www.suzannegiesemann.com/jor/>

This is my gift of Heart for EVERYONE!

EnJOY!!! With Love!!! gail

A Word About Infusing Chakras with Energy

With energy infusion, energy that is not serving our highest purpose at the time is released.

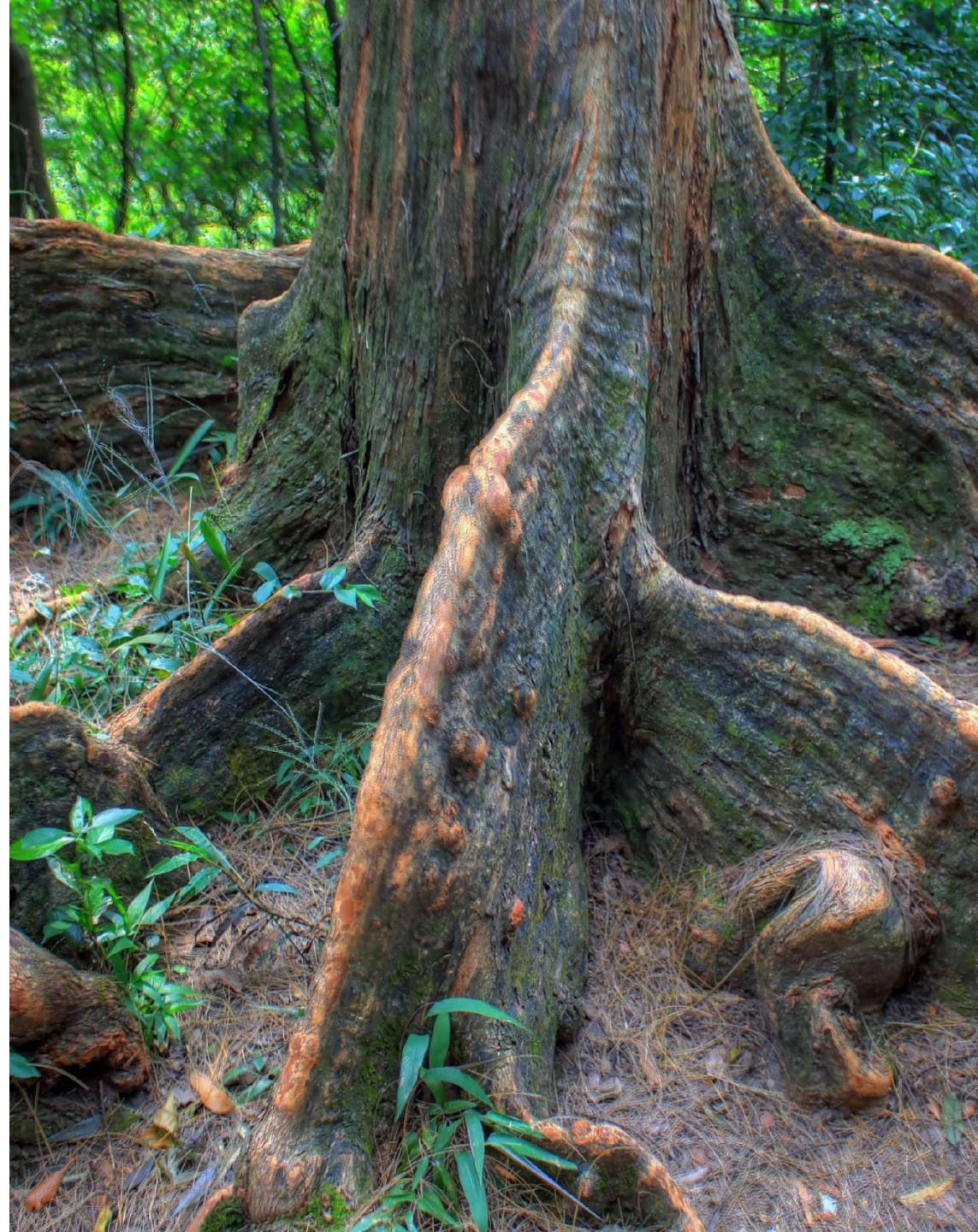
Emotions may surface on and off for a few days after the first time you do this exercise. This is normal! Embrace the emotions with LOVE and hold your neurovascular points to process the energetic shifts. You are Healing Yourself!

Hydrate well for a few days.

The intention is that you will use these exercises for self-care.

Root Chakra

- *Hold Heart with one hand and with the other- hold the Root Chakra*
- *Say the word COURAGE-*
- *Feel what this statement means for you*
- *Strengthen your COURAGE pathways*
- *Know you have the COURAGE to step forward -one foot at a time- to reach goals along your path*
- **YOU ARE COURAGE!!**



Sacral Chakra (2nd)

JOY!!!!

Hold one hand on Heart, the other holds the 2nd -Sacral Chakra

Recognize the JOY within YOU! Let your radiance bring forward the JOY!

YOU ARE JOY!!!



Solar Plexus (3rd) Chakra

*Hold one hand on Heart, the
other holds the Solar Plexus
3rd Chakra*

*Think 'Grateful' and bring to
awareness one thing you're
Grateful for.*

*Breathe Gratitude into your
Emotion Center-3rd Chakra*

YOU ARE GRATITUDE!!!



HEART CHAKRA -4TH

Hold one hand at Center of Heart, the other holds just above the Center of Heart Chakra- upper sternum

Visualize the word LOVE- Feel the Energy of LOVE pump through your body with every beat of the Heart, reaching every cell!

YOU ARE LOVE!!



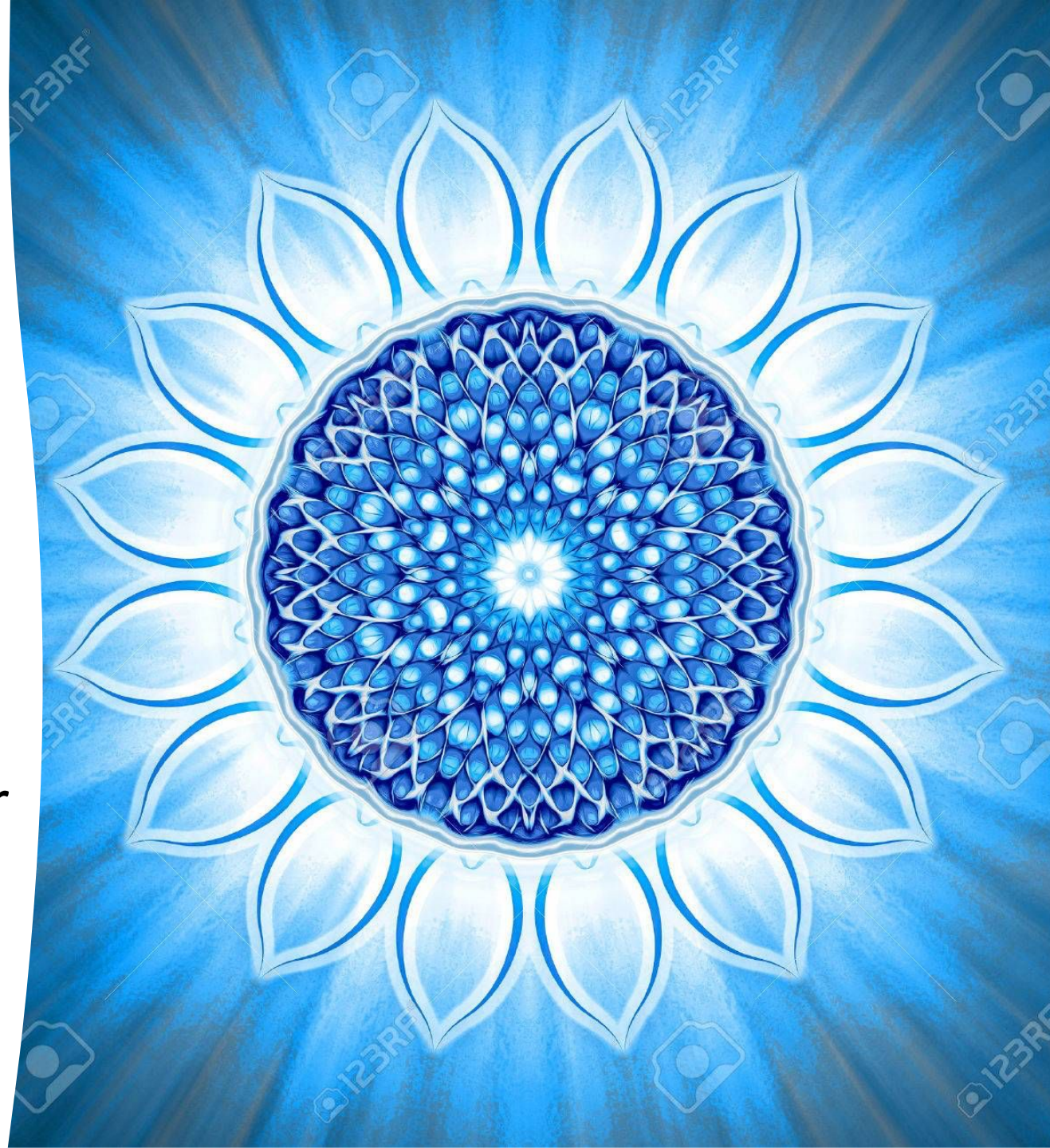
Throat Chakra – 5th

Hold one hand on Heart, the other holds the Throat.

STRENGTH is the energy of the Throat Chakra. Strength supports your effective communication with others, yourself, the physical & your Subtle & Spiritual Energies

ASK for STRENGTH to come to your awareness

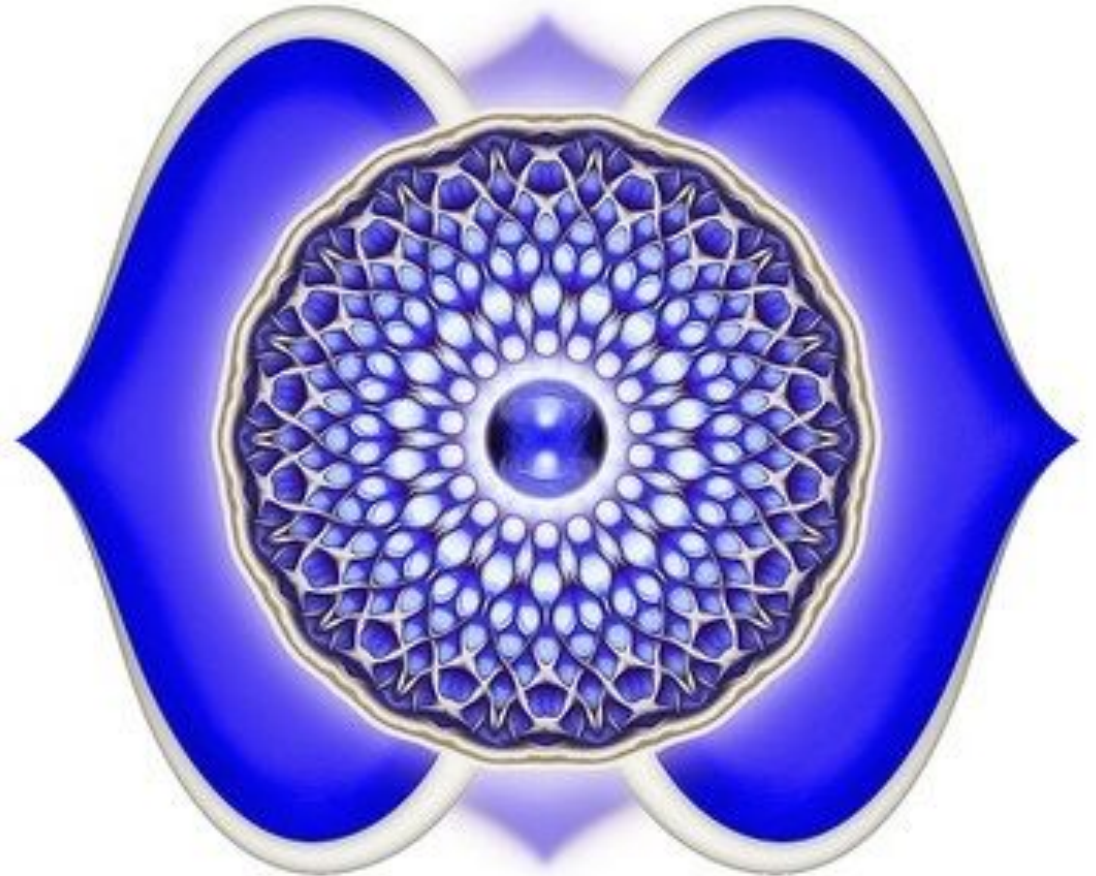
YOU ARE STRENGTH



3rd Eye – 6th Chakra

Hold one hand on Heart, the other holds the Forehead at brow level.

As you lift your gaze upward, breathe in HUMILITY. Stimulate the Intuition of your 3rd Eye to respond with Humility. Trust Your Intuition to guide you forward with a higher energetic vibration.



YOU ARE HUMILITY!!!

Crown– 7th Chakra

Hold one hand on Heart, the other holds the Crown Chakra- top of head

Open your awareness to the PEACE that the Crown brings to you from the Universe, Joining all the Chakra Energies as ONE! - Reaching and connecting ALL energies with PEACE. Breathe in PEACE!

YOU ARE PEACE!!!

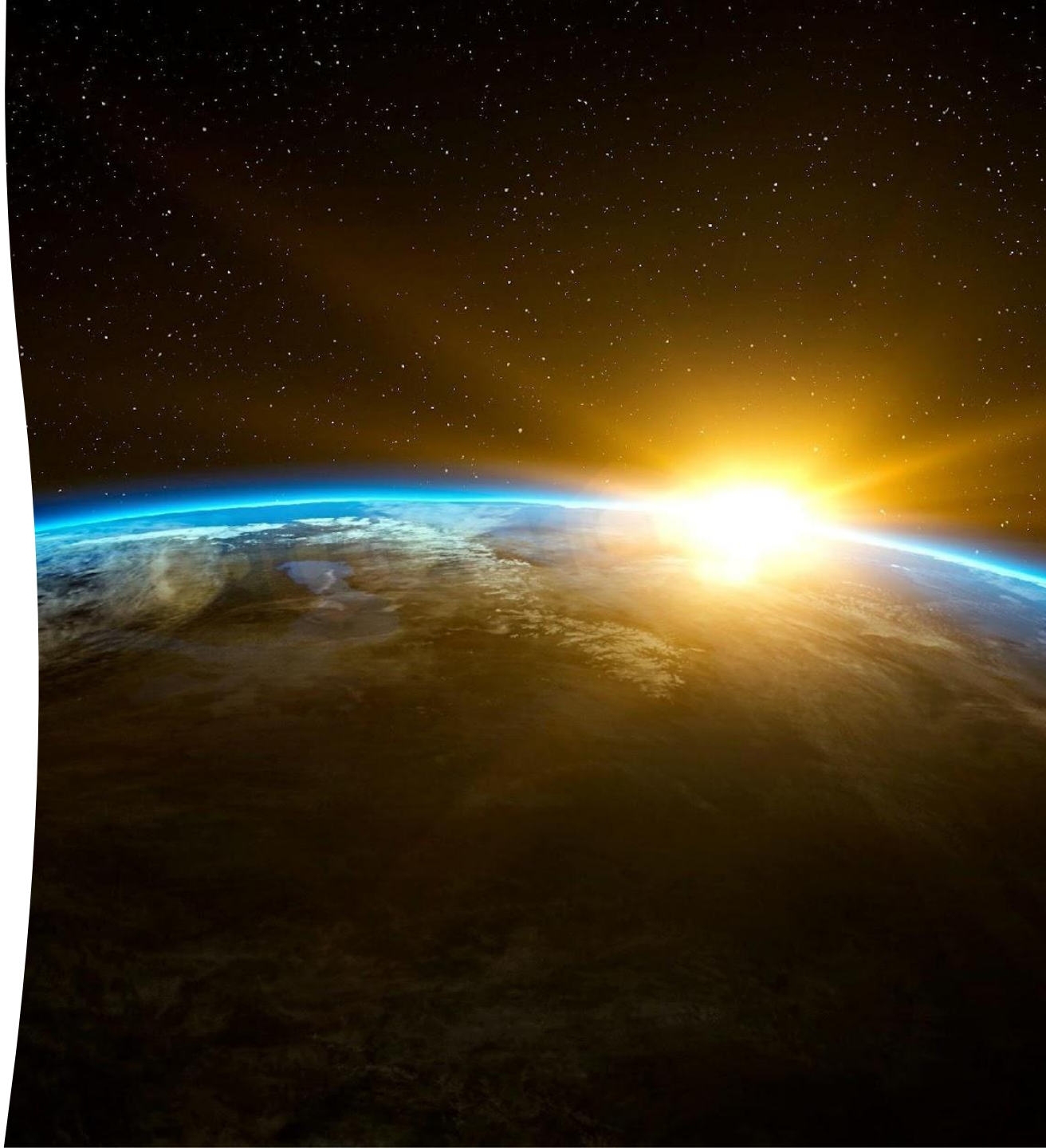


Connecting Your Chakras

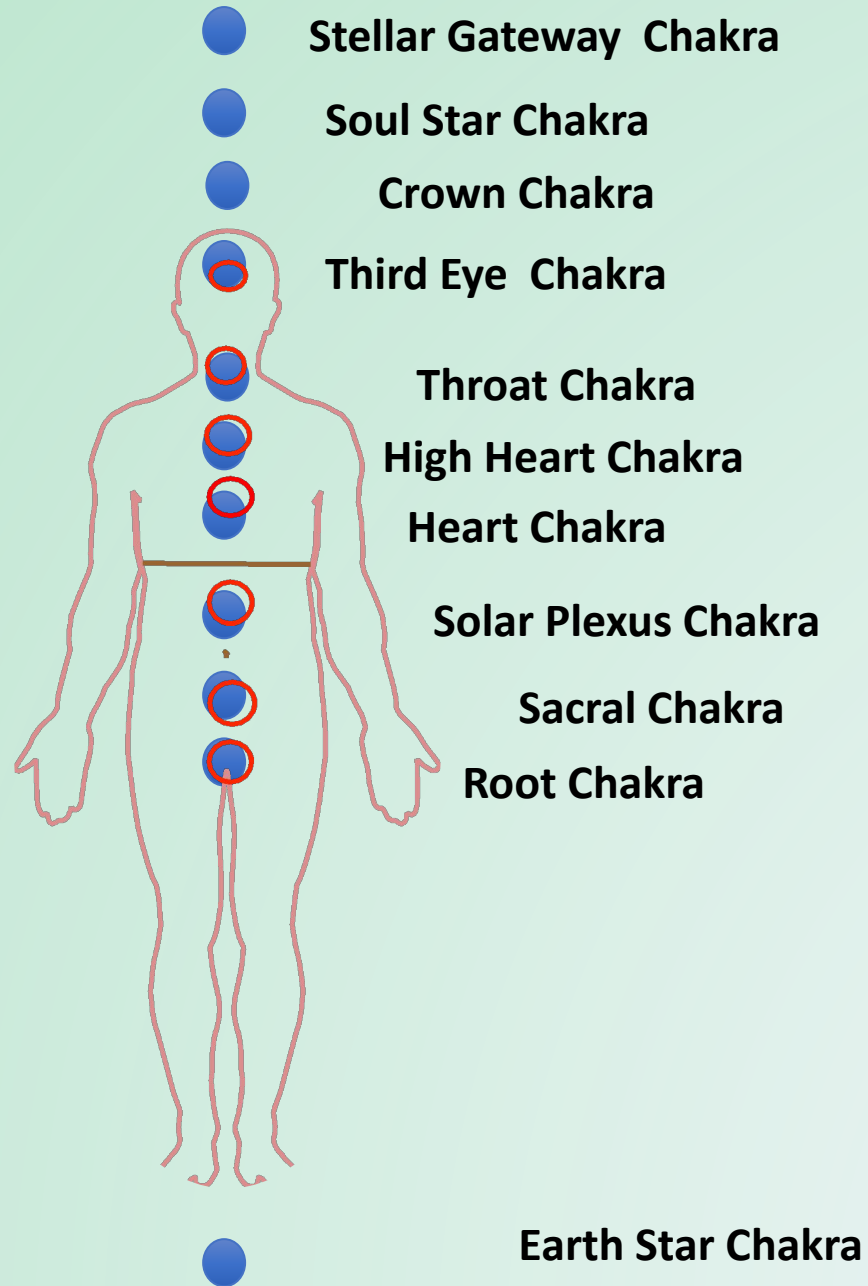
Visualize the Universal Energy coming down to you through all the Chakras while at the same time

Visualize Mother Earth Energy coming up through all the Chakras and meeting in the HEART CHAKRA- Where LOVE is shared with all your energies- Physical, Emotional & Spiritual

Enjoy the Sacred Seven Aspects of Your Soul!



11 MAIN CHAKRAS



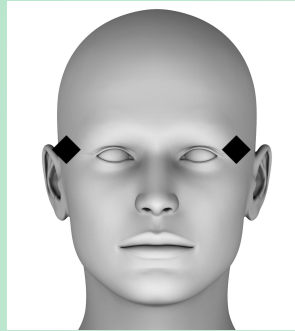
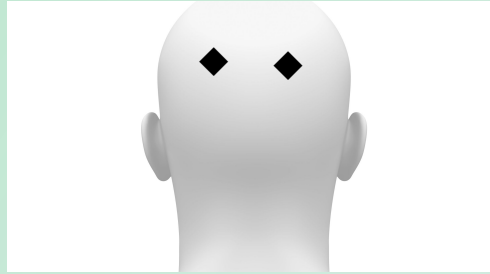


HANGING ON BY A THREAD???

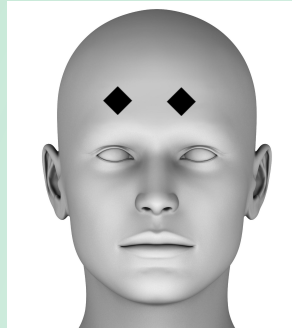
- *Rhythm Neurovascular points access all the meridian energies*
- *Meridian energies affect our mood and emotions*
- *Stress & Daily Life can produce energetic imbalances*
- *Energetic imbalances alter our perception of life and how we interact with life.*

NEUROVASCULAR POINTS

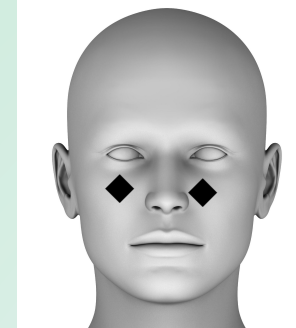
FIRE-ANXIETY



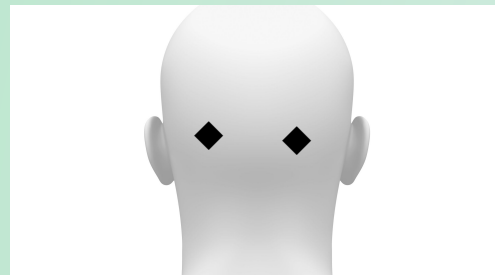
WOOD- ANGER



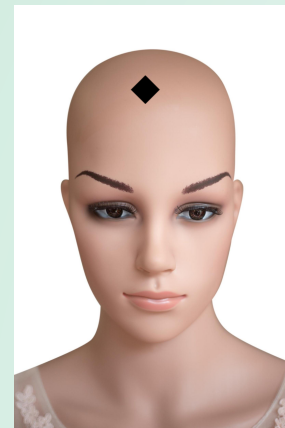
MAIN



EARTH-WORRY



WATER-FEAR



METAL-GRIEF

Neurovascular Acupressure Points

- ***To release emotions:***
- *You can hold individual rhythm set of points with the main neurovascular points or you can hold them in order of the rhythm flow*
- *Hold points together- main and rhythm for 1-5 minutes or until emotion passes.*
- *Hold the negative emotion until it is gone. Then infuse yourself with the positive balanced emotion listed below.*

Rhythm flow begins with water, then wood, fire, earth, metal

*Hold the points on your head associated with the specific rhythm **AND** the Main Neurovascular points on the forehead.*

Hold with light pressure until the emotion passes. Then infuse yourself with the positive emotions associated with that rhythm.

Water- unbalanced emotion: fear, despair

Balanced emotion: Hope, courage, new beginnings

Wood- unbalanced emotion: Anger, frustration towards self or others

Balanced emotion: assertiveness, kindness to self, warrior, pioneer

Fire- unbalanced emotion: indecisiveness issues, anxiety, hysteria, fight-flight, over commitment to others- can't say no, burn out

Balanced emotion: discernment, joy, peace, protectiveness, commitment, safety

Earth- unbalanced emotion:
*under-compassion, excessive worry,
over-involvement, too little compassion for
self.*

*Balanced emotion: sympathy, compassion,
no worry*

Metal- unbalanced emotion: *grief, sense of
deadness, seeing everything wrong in search
for perfectionist, inability to let go of...*

*Balanced emotion: faith, inspiration, letting
go*



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Energy Imbalances Occur if we are Not Grounded to the Earth

Walk barefoot in grass

Spoon (trace figure 8's) on bottom of your feet with a stainless steel spoon.

Connect to your Earth Star Chakra

Hook-up your energies- Navel & 3rd Eye Chakra

Place your back against a tree and ask the tree to ground you!

Gaze outside into Mother Nature and ask Her to ground you if unable to get outside.



Dr. Gail Van Kanegan, DNP, FNP-R, EEM-AP, Reiki Master, Shamanic Practitioner

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Resources

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