*Generating Joy Chakra Clearing*

Left hand on Heart - Breathe in & out through your Heart

Right Hand on Solar Plexus

Breathe in through Feet & out through Heart

Breathe in through Head & out Heart

Breathe in through Heart & out Feet & Head

Breathe in through Feet & Head & out Heart

Left Hand on Heart

Right Hand on Forehead

Breathe in Through 3rd Eye- (forehead, 6th Chakra) & out Heart

Feel the Heart Energy & JOY Fill Your Space

Breathe.

Many Blessings!

Much JOY!

Abundant LOVE!

Dr. Gail