

# Vibrational Energy Healing Cheat Sheet

- Wash yourself and the person in white light
- Opening prayer
- Channel Green Energy Mat and white light column, dedicate session
- Assess chakras with hand or pendulum
- For any torn chakras, invoke Krysta the Healing Angel for golden netting to repair the chakra.
- Earth Star – realign and rebalance the earth star with first white, then silver light.
- Can check and work on feet and knee chakras.
- Base chakra and Etheric body - white light to cleanse, then red to rebalance, with thought intent and green bubble.
- Align the Earth Star and Base Chakra to the Heart of Mother Earth and the New Earth crystalline grid.
- Sacral chakra and Emotional body - white light, then orange to rebalance, with thought intent and green bubble.
- Solar Plexus chakra and Lower Mental body - white light, then yellow to rebalance, with thought intent and green bubble.
- Can work on Navel Chakra
- Heart chakra and Astral body - white light, then green to rebalance, with thought intent and green bubble.
- Can work on High Heart Chakra
- Can work on Spleen Chakra
- Throat chakra and Etheric Template body - white light, then blue to rebalance, with thought intent and green bubble.
- Third Eye chakra and Celestial body – white light, then indigo to rebalance, with thought intent and green bubble.
- Crown chakra and Ketheric Template body – white light, then violet to rebalance, with thought intent and green bubble.
- Soul Star – realign and rebalance the Soul Star with diamond light and connect it to the Great Central Sun.
- Align and connect the Crown Chakra and Soul Star to the Great Central Sun.
- Assess chakras with pendulum again and top up any chakras with energy.
- Wash yourself and the client in white light.
- Seal their field with the appropriate layers of color and 3 golden rings.
- Seal your field.
- Pull up green energy mat and send column out to the Universe and seal.
- Thank everyone!