



**Krystagraphs™ for Healing  
Body, Mind & Spirit**

**7 Steps to Staying Healthy & Owning  
Your Healing Powers**

---

---

---


---

---

---

---

---



**Agenda**

- ♥ Who I am
- ♥ Access to Symbols
- ♥ 7 Causes of Illness
- ♥ Your Body's Energy System

---

---

---


---

---

---

---

---



**Agenda**

- ♥ The effects of holding onto the Past
- ♥ The effects of Your Thoughts
- ♥ The effects of Fear
- ♥ Anger and Blame

---

---

---

---

---

---

---

---



**Agenda**

- ♥ Power of Forgiveness
- ♥ Power of Self Love
- ♥ Summary Overview
- ♥ Q & A

---

---

---


---

---

---

---

---



**The Bodies Energy System**

- ♥ Would You Like to be Healthy all of the Time?
- ♥ Primary Energy Centers
  - ♥ 7 Centers – Carolyn Myss – Anatomy of the Spirit
  - ♥ Relate to:
    - ♥ Multiple areas of health
    - ♥ Areas of success

---

---

---


---

---

---

---

---



**The Bodies Energy System**

- ♥ Shut Down Centers (how they get shutdown)
  - ♥ Dysfunction in those areas
  - ♥ Lack of Success
  - ♥ Illness

---

---

---

---

---

---

---

---



**Root Chakra**

- ♥ Location
- ♥ Color - Red
- ♥ Represents
  - ♥ Health (Lower Back, Prostate & Vaginal)
  - ♥ Success (Financial Problems)
  - ♥ Emotional (Lack of Support)

---

---

---

---

---

---

---

---



**Sacral Chakra**

- ♥ Location
- ♥ Color - Orange
- ♥ Represents
  - ♥ Health (stomach, Low Sperm Count, Miscarriages)
  - ♥ Success (Financial)
  - ♥ Emotional (Fear of Loss)

---

---

---

---

---

---

---

---



**Solar Plexus Chakra**

- ♥ Location
- ♥ Color - Yellow
- ♥ Represents
  - ♥ Health (Gallbladder, Liver, Spleen)
  - ♥ Success (Low Self Esteem, lack creativity)
  - ♥ Emotional (Fear of Rejection)

---

---

---

---

---

---

---

---



**Heart Chakra**

- ♥ **Location**
- ♥ **Color – Green**
- ♥ **Represents**
  - ♥ **Health (Heart/Lungs)**
  - ♥ **Success (Lack of Passion)**
  - ♥ **Emotional (Fear of Being Alone, Self Centered)**

---

---

---

---

---

---

---

---



**Throat Chakra**

- ♥ **Location**
- ♥ **Color – Indigo Blue**
- ♥ **Represents**
  - ♥ **Health (Sore Throat, Neck)**
  - ♥ **Success (Unable to Speak Up for Self)**
  - ♥ **Emotional (Feeling unimportant) What I have to say isn't important) What are you afraid to say?**

---

---

---

---

---

---

---

---



**Third Eye Chakra**

- ♥ **Location**
- ♥ **Color - Violet**
- ♥ **Represents**
  - ♥ **Health (Eyes, Ears, Nose)**
  - ♥ **Success (Lack ability to connect to intuition, Non logical, non mathematical)**
  - ♥ **Emotional (Lots of emotional chatter going on)**

---

---

---


---

---

---

---

---



**Crown Chakra**

- ♥ Location
- ♥ Color - White
- ♥ Represents
  - ♥ Health (Depression, headaches, muscle aches)
  - ♥ Emotional (Feelings of not being connected to a higher source, despondent, feel that you have no say so in your life)

---

---

---

---

---

---

---

---



**ID Shutdown Centers**

- ♥ Based on Physical Outcomes
- ♥ Intuition
- ♥ Applied Kinesiology
  - ♥ Special Report
    - ♥ [EmpoweredSpirit.com/FreeReports](http://EmpoweredSpirit.com/FreeReports)

---

---

---

---

---

---

---

---



**Opening Shutdown Chakras**

- ♥ Chakra Opening & Balancing Krystagraph™
  - ♥ Holding in non-dominant hand
  - ♥ Visualizing Symbol
  - ♥ Connecting with Symbol through looking at it

---

---

---

---

---

---

---

---

Empowered Spirit  
Empowering You to Greater Health in Body, Mind and Spirit

## Chakra Opening & Balancing Krystagraph™




---

---

---

---

---

---

---

---

Empowered Spirit  
Empowering You to Greater Health in Body, Mind and Spirit

## The Importance of Faith & Trust

- ♥ Love & Trust
  - ♥ Holding in non-dominant hand
  - ♥ Visualizing Symbol
  - ♥ Connecting with Symbol through looking at it

---

---

---

---

---

---

---

---

Empowered Spirit  
Empowering You to Greater Health in Body, Mind and Spirit

## Love & Trust Krystagraph™




---

---

---


---

---

---

---

---



**Clinging to the Past**

- ♥ Do You Live in the Past?
- ♥ Regrets about the Past
- ♥ Should Have's & What If's
- ♥ Wanting to be like (someone else)
  - ♥ Parent
  - ♥ Sibling
- ♥ Letting Go

---

---

---

---

---

---

---

---



**Limiting Thoughts & Beliefs**

- ♥ What we focus on is What we create
  - ♥ It's hereditary
  - ♥ I always get 3 colds per year
  - ♥ My \_\_\_\_ will never get better

---

---

---


---

---

---

---

---



**Limiting Thoughts & Beliefs**

- ♥ Belief in what an authority (doctor) tells us
  - ♥ Bicycle Example
  - ♥ Woman with Condom floating in water
  - ♥ Wayne Dyer Example

---

---

---

---

---

---

---

---



**Limiting Thoughts & Beliefs**

- ♥ **Identifying Core Non-Supportive Beliefs**
  - ♥ Journaling
  - ♥ Symbol
- ♥ **Belief Transformation**
  - ♥ Repeating Affirmations Daily
  - ♥ Symbol

---

---

---


---

---

---

---

---



**Limiting Thoughts & Beliefs**

- ♥ **Length of Time to Change a Belief**
  - ♥ 21 Days – Twice Per Day
  - ♥ 63 Days
  - ♥ 7 times 70
  - ♥ Evolution is Speeding Up
  - ♥ Process for changing this belief

---

---

---

---

---

---

---

---



**Fear**

- ♥ **Health Related**
  - ♥ I am never going to get better
  - ♥ Will have same illness as a parent/sibling
    - ♥ Alzheimers
    - ♥ Cancer
    - ♥ Diabetes
  - ♥ Pollution is Going to Kill Me
  - ♥ Smoking is going to kill me

---

---

---

---

---

---

---

---



Empowered Spirit  
Empowering You to Greater Health in Body, Mind and Spirit

## Releasing Fear Process

- ♥ **Releasing Fear Krystagraphs™**
  - ♥ Holding in non-dominant hand
  - ♥ Visualizing Symbol
  - ♥ Connecting with Symbol through looking at it

---

---

---

---

---

---

---

---

Empowered Spirit  
Empowering You to Greater Health in Body, Mind and Spirit

## Releasing Fear Krystagraph™




---

---

---

---

---

---

---

---

Empowered Spirit  
Empowering You to Greater Health in Body, Mind and Spirit

## Fear

- ♥ **Visualize the thing you fear and place it in the center of the symbol**
- ♥ **Visualize the love surrounding the fear and then see the fear leaving through the upper left opening of the symbol**

---

---

---

---

---

---

---

---



**Fear**

- ♥ Place the fear, as it is leaving, into a bubble of love energy/light
- ♥ See the fear floating away until it disappears

---

---

---


---

---

---

---

---



**Fear**

- ♥ Make the following statement in gratitude:
  - ♥ Thank you for being part of my life. I am now ready to stand in my power and to move forward.
  - ♥ I now chose to move forward in Faith knowing that I have nothing to Fear but Fear itself.
  - ♥ I am ready to face this fear and move forward with God at my side.

---

---

---

---

---

---

---

---



**Repressed Anger & Blame**

- ♥ Health Related Issues
  - ♥ Churns inside
  - ♥ Eats away at you – cancer
  - ♥ Liver ailments

---

---

---

---

---

---

---

---



**Repressed Anger & Blame**

- ♥ **Success Related Issues**
  - ♥ He/She stole my dream (scams, stolen money, etc.)
  - ♥ My boss never gives me a chance

---

---

---

---

---

---

---

---



**Forgiveness**

- ♥ **Forgiving Others**
  - ♥ Truly Letting Go at a Deep Level
    - ♥ Letting go of Anger
    - ♥ Letting go of Guilt
    - ♥ Letting go of Regrets
  - ♥ Understanding From Their Position

---

---

---

---

---

---

---

---



**Forgiveness**

- ♥ **Forgiving Others**
  - ♥ If you believe in Karmic Debt – Relieving the Person of debt incurred
  - ♥ Surrounding the Other Person in Love

---

---

---

---

---

---

---

---



**Forgiveness**

- ♥ **Self Forgiveness**
  - ♥ We are harder on ourselves than others are
  - ♥ Truly Letting Go at a Deep Level
    - ♥ Letting go of Anger
    - ♥ Letting go of Guilt
    - ♥ Letting go of Regrets
    - ♥ Surrounding Yourself In Love

---

---

---


---

---

---

---

---



**Self Love**

- ♥ Do You believe it is ok to Love Yourself?
- ♥ Do you believe you are worthy of love?
- ♥ Do your actions support what you think you believe?
- ♥ Change these beliefs and actions today!

---

---

---

---

---

---

---

---



**Self Love**

- ♥ Do something you've always wanted to do
- ♥ Do something special just for you!
  - ♥ Make a commitment today and let me know the results

---

---

---


---

---

---

---

---

**Empowered Spirit**  
Empowering You to Greater Health in Body, Mind and Spirit

**Summary**

- ♥ 7 Causes of Illness
- ♥ Your Body's Energy System
- ♥ The effects of holding onto the Past
- ♥ The effects of Your Thoughts

---

---

---


---

---

---

---

---

**Empowered Spirit**  
Empowering You to Greater Health in Body, Mind and Spirit

**Summary**

- ♥ The effects of Fear
- ♥ Anger and Blame
- ♥ Power of Forgiveness
- ♥ Power of Self Love

---

---

---

---

---

---

---

---

**Empowered Spirit**  
Empowering You to Greater Health in Body, Mind and Spirit

**Next Steps?**

7 Steps to Healing Body, Mind & Spirit

[EmpoweredSpirit.com/healingcourse](http://EmpoweredSpirit.com/healingcourse)

---

---

---

---

---

---

---

---

**Empowered Spirit**  
Empowering You to Greater Health in Body, Mind and Spirit

**Q & A**

---

---

---

---

---

---

---

---

**Empowered Spirit**  
Empowering You to Greater Health in Body, Mind and Spirit

**Are You Ready to Heal?**  
**7 Steps to Healing Body, Mind & Spirit**  
**[EmpoweredSpirit.com/healingcourse](http://EmpoweredSpirit.com/healingcourse)**

---

---

---

---

---

---

---

---