



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

## Krystagraphs™ for Healing Body, Mind & Spirit

### 7 Steps to Achieving & Maintaining Your Ideal Weight

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## Agenda

- ♥ Who I am
- ♥ Access to Symbols
- ♥ Your Body's Energy System
- ♥ Clearing Your Energy

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## Agenda

- ♥ The effects of Your Thoughts
- ♥ The effects of Fear
- ♥ Anger and Blame

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## Agenda

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

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## The Bodies Energy System

- ♥ Would You Like to Achieve & Maintain Your Ideal Weight?
- ♥ Primary Energy Centers
  - ♥ 7 Centers – Carolyn Myss – Anatomy of the Spirit
  - ♥ Relate to:
    - ♥ Multiple areas of health & weight issues
    - ♥ Emotions

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## The Bodies Energy System

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

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### Root Chakra

- ♥ Location
- ♥ Color - Red
- ♥ Emotionally - Lack of Support
- ♥ Physically
  - ♥ Hips – Lumps of Anger
  - ♥ Thighs – Anger/Rage

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### Sacral Chakra

- ♥ Location
- ♥ Color - Orange
- ♥ Emotionally - Fear of Loss
- ♥ Physically
  - ♥ Abdomen
  - ♥ Hips

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### Solar Plexus Chakra

- ♥ Location
- ♥ Color – Yellow
- ♥ Emotionally - Fear of Rejection
- ♥ Physically
  - ♥ Abdomen

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## Heart Chakra

- ♥ Location
- ♥ Color – Green
- ♥ Emotionally
  - ♥ Fear of Not Being Loved
  - ♥ Fear of Not Being Loveable

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## Heart Chakra (cont.)

- ♥ Physically
  - ♥ Upper Body
  - ♥ Arms
  - ♥ Chest

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## Thymus Gland

- ♥ Location
- ♥ Emotionally
  - ♥ Lack of Will to Live

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### Throat Chakra

- ♥ Location
- ♥ Color – Indigo Blue
- ♥ Emotionally
  - ♥ Unable to Speak Up for Yourself
  - ♥ Inability to Speak Your Truth
  - ♥ Inability to Speak Positive Affirmations

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### Third Eye Chakra

- ♥ Location
- ♥ Color - Violet
- ♥ Emotionally
  - ♥ Emotional Chatter
  - ♥ Beating Yourself up about your weight

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### Crown Chakra

- ♥ Location
- ♥ Color - White
- ♥ Emotionally
  - ♥ Disconnected from Source Energy
  - ♥ Depression
  - ♥ Eating to Feed Your Depression

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### ID Shutdown Centers

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

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### Opening & Balancing Your Chakras

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

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### Chakra Opening & Balancing Krystagraph™



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### Krystagraph™ for Opening Your Root Chakra



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### Krystagraph™ for Opening Your Sacral Chakra



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### Limiting Thoughts & Beliefs

- ♥ What we focus on is What we create
  - ♥ It's hereditary
  - ♥ I always get the flu
  - ♥ I never get sick

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### Limiting Thoughts & Beliefs

- ♥ Belief in what an authority (doctor) tells us
  - ♥ Broken Leg Example
  - ♥ Wayne Dyer Example

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### Limiting Thoughts & Beliefs

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

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### 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

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### Limiting Thoughts & Beliefs

♥ The Power of Positive

- ♥ Unconditional Love
- ♥ Unlimited \_\_\_\_\_
- ♥ Effortlessly \_\_\_\_\_

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### Limiting Thoughts & Beliefs

♥ Positive Examples:

- ♥ I Love How Great I Feel at My Ideal Weight of \_\_\_\_\_
- ♥ I am Feeling Awesome at My Ideal Weight of \_\_\_\_\_

♥ Key Point – Focus on the End Result Only After Bridging

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### Fear

♥ Weight Related

- ♥ I'll never loose this Weight
- ♥ My Obesity is Going to Kill Me

♥ Listening to TV and Other Media About Obesity & the Risks

♥ Remember What You Focus on is What you Create

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### Releasing Fear Process

- ♥ Releasing Fear Krystagraphs™
- ♥ Another Way to Release Fears...
  - ♥ See yourself doing whatever you fear...

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### Repressed Anger & Blame

- ♥ Health Related Issues
  - ♥ Eating away at yourself
  - ♥ Remember Earlier I said
    - ♥ Root Chakra – Lumps of Anger at parents
    - ♥ Root Chakra – Anger/Rage at father or...
    - ♥ Sacral Chakra – Anger at Being Denied Nourishment

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### Forgiveness

- ♥ The Importance of Forgiving Others
  - ♥ Understanding From Their Position
  - ♥ The Only One You are Hurting...

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## Forgiveness

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

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## Self Love

- ♥ The Most Important Thing You Can Do
- ♥ 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?

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## Self Love

- ♥ **When You Find Yourself Being Judging or Berating Yourself, Consider this...**
  - ♥ God doesn't judge us, what makes you think you are better than God.
  - ♥ Nancy – Lost 5 pants sizes – and improved work relationships when she started loving herself

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## 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

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## Summary

- ♥ Your Body's Energy System
- ♥ Clearing Your Energy
- ♥ The effects of Your Thoughts
- ♥ The effects of Fear

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## Summary

- ♥ Anger and Blame
- ♥ Power of Forgiveness
- ♥ Power of Self Love

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**Next Steps?**

**7 Steps to Your Ideal Weight**

**EmpoweredSpirit.com/wl**

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**Q & A**

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**Are You Ready to Loose Those Extra Pounds?**

**7 Steps to Your Ideal Weight**

**EmpoweredSpirit.com/wl**

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