

# Sierra's Chakra Communication "Tricks"

Getting to know our chakras and making them happy (balanced and cleared) can be a pain in the butt if you can't *feel* the energies. Fortunately, there are some "tricks" to quickly get into communication with our chakras without having to *feel* for the information. These are two of mine:

## **Tipping**

Tipping works by using your body as a pendulum.

To begin: Stand up and ask your body what it's Yes is and notice how your body reacts. When I ask my body what Yes is I tend to fall back. My sister leans to the right, and my mom goes forward. Like a pendulum, everyone is different.

After establishing your Yes, ask about No, and notice your body reactions to No. I fall forward.

Once the Yes/No has been established you can ask your chakras questions...of course they do have to be Yes/No.

Questions to ask: Do I need to work on my root chakra? Is my root chakra balanced? Is my root chakra blocked? Is my root chakra clean? You can ask questions specific to chakra issues as well, just make sure it's a yes/no question.

## **Finger Dowsing**

Take your hands and make an OK sign with both hands, now link the two OK signs together. Ask a question and pull super hard, if the links break, the answer is No, if they stay linked the answer is Yes. Again start asking yes/no questions to get the ball rolling.

## **Ok...so how do I learn to *feel* the chakras?**

When you get an answer, feel the chakra. How does it feel energetically? Do this for each question. Check each chakra BEFORE Reiki-ing by using tipping or finger dowsing and feel the chakra after you get the answer. Reiki. Then at the end of the session use tipping or finger dowsing to ask if the chakra is clean/cleared (which ever your preferred wording is) and feel the chakra again to see how it feels energetically. Eventually you'll get to the point where you'll be able to feel how your chakras are doing without using tricks. Take your time, it will happen.