



Video Transcript

Empower Yourself Learn To Check Your Energetic Centers

Hello, beautiful beings. My name is Maria Marshall, and today I would like to show you how to check your energetic centers. We call these centers chakras. They're basically energetic wheels, and I really dive into a deep explanation on them in another piece in the content library. So if you'd like to learn what they are and their corresponding energies, please do tune in and learn more about your energetic centers because when you learn about your centers and how you are flowing in the world, you learn more about yourself. You're actually able to be in response to life. We won't

center. Some examples of this are if you're not expressing from your throat, chakra, if you're not speaking, if there's someone you're not talking to, if you're not expressing your gifts in the world, this could be blocked. And over time, a possible disease could show up as polyps on the vocal cords or thyroid problems because each energetic center

But it would be great if you learn it. Everybody can learn Reiki. It's a very simple practice to learn, and it's very powerful. But as I was saying, when I go to these conventions or speaking engagements where I might be volunteering some healing, I often ask the audience who would like me to check their chakras. And everybody's hands go up. And it takes a second or two, but I feel like, well, it would be nice if everybody could just do it for themselves because we all. body actually shakes. That's a no. That's a lie. My crown chakra is open right now. I'm going to teach you just one other really simple way to tap in truth and then we'll go through the chakra system. So, this was something I learned a long time

ago. Truth. And then you say your name. My name is Maria Marshall.
That feels so light in my body that...
chakra and I can just put my hands. I don't even have to put my hands on my
chakra. But for you to tap in, why don't you? Put your hands on your hips or your
pubic bone and just shut your eyes, go within.
Take a deep breath.
Connect. Connect to your inner knowing. Truth.
My root chakra is open.
And just notice, how does that feel? If you had a pen and a piece of paper handy
when you first start doing this, it might be helpful to remember. So you could jot
down what it felt like and which chakra you were testing. And now you could say,
truth, my root chakra is closed.
our intuition.
Make it fun.
Next thing, we're going to move up to our sacral chakra, which is just below our
belly button on your belly, and you put your hands there. Truth, my sacral chakra
is open. And just notice how that feels in your body.
Now you can say the
attraction or an expansion.
Maybe you feel a sensation somewhere in your body like your heart each time you say
a statement. Okay, next we're going to move our hands up to our solar plexus on a
rib cage and we're going to say truth. My solar plexus is open.
I feel,
does it feel open? Or does it feel like, hmm?
Maybe you'll have a blockage or maybe you're guarding against something or don't want
to feel something or going through something like grief that could temporarily cause
the chakra to shut.
It's okay. It's not an emergency.
My crown chakra is open.
How does that feel?
Truth. My crown chakra is closed.
And how does that feel?
Now,
journaling as you begin this practice might be helpful. Try to do this every day,
because as I said, the more you practice, the stronger the response is. The stronger
the response, the more you can trust it. And then you can use the question to
develop your intuition even further about other things.
Oftentimes, I'll ask what shampoo my body can use because I'm very sensitive to
chemicals. I'll check foods with questions.
They actually spin when they're open in a clockwise
motion. And when they're blocked or something's going on out of alignment,
they go the other way. They go counterclockwise. So when I tap into myself or
someone else, I can actually see how open the chakra is because it could be kind

of small on the way to closing down like this, or someone who has a really open third eye, probably very developed psychic abilities, would spin like this.
So this is a little bit more informative than just the question.
So I do go into pendulum work and I do have an intuition 101 class on learning with Gaia, but just
is that the higher self, which is that aspect of you that is of the divine, has a vibration and is answering on my behalf. So this is my crown chakra.
So it's quite open. I meditate a lot. I pray. I spend time in nature.
So my crown tends to be very open. So now I'm going to go into my third eye and ask how open that is today.
I did some breath work this morning, so I wanted to make sure that I showed up pretty open. So it's no surprise that everything's kind of coming open, but I'll tap into someone else's energies after this to show you that you can also surrogate for someone else if you get permission. This is my solar plexus.
And again, Try not to be distracted or be thinking about something else.
Sometimes I find myself doing that, like as I'm teaching and talking right now, I have to tap into now the sacral chakra. So I'm calling in the energy of my sacral chakra asking to be shown how aligned, how open it is, and as you see, it's quite open. And then my root chakra, lastly.
Then I go into this on an Intuition 101 class, how to program your pendulum.
So I'm checking this person's crown chakra. It's very, very small, and it's open, but it's as small as it could be, which means not a lot of energy is flowing through, but it's flowing. So now I'm going to check this person's third eye, rather or suffered a loss of sorts so the hearts not open solar plexus is also not open it's going the other way and the sacral chakra is actually open so if you know about the chakras and you know this
And that would certainly account for a closed root chakra. So I'm just going to send that person positivity in love, maybe a little later, some long -distance Reiki, and give that person a call just to let them know that I'm here for them.
The more you check your own energies, also the more tuned you become with others. and I hope to see you again soon. Namaste.