



Video Transcript

Self Reiki Use Light & Color For Chakra Healing

Hello, beautiful beings, and thank you for joining me today. I'm Maria Marshall with Gaia Goddess.

In this segment, we will be working with the energy of a Reiki. I will be guiding you through the self-Reiki hand positions. And even if you don't have Reiki certification or attunements, it's okay because you can still channel this energy through your hands. We will also be combining the energy of Reiki with lights and sacred geometry. So it's very simple. We're going to start with hands on our root chakra. So we could place them on our pelvic bone right here, just below your navel. This is our root chakra.

This is what connects us to our bodies and to the earth. So as you're imagining energy coming through your hands to this energetic center, you can imagine the color red and I will be introducing that in a light during the meditation

so sending this color red with the insert metatron's cube to your root chakra keep your hands where they are and just look at the color red, visualize it and send it to your root.

And I'm going to give you a little affirmation to also work in the center. I am safe in my body.

I am safe in my body. I am safe. In my body.

I am safe in my body.

We're going to place that color down. And the next hand position will be on the navel.

Just right where the belly button is, a few inches down.

This is the sacral chakra, and this color is orange.

So imagine yourself running energy to your sacral chakra.
 As I pick up the color orange paired with the Fibonacci spiral.
 We are working with that color now on our sacral chakra. This is our creative center.
 to this energetic center and know you have the ability to align your energies.
 Send energy here. And as you do, I will be working on your center with the yellow and the flower of life. You can look up these symbols on your own if you're interested, but know that they're working and they have been selected for you. With your hands on your solar plexes, You know,
 I am powerful
 you are always creating as you walk this journey and you are powerful.
 So let's put this color down and move our hands up to The next chakra, our heart. Everybody knows where their heart is. So place your hands on your heart chakra, and I will be picking up the color of the heart chakra, the color green paired with pyramid. So this is a focalizer of energy.
 The pyramid really channels the energy in a focalized way to the heart. As you have your hands on your heart, send energy to your heart.
 The highest vibration is love, and you are love.
 Allow that to sink in, allow the color to penetrate,
 and allow the energy to flow and align.
 Next, we will be picking up the color blue, which is the throat, where we speak our truth from, how we express in the world.
 So, place your hands, you may lay both hands on your throat and send energy to this energetic center, opening up your expression, opening up your voice.
 And while you do so, I'll be sending you the blue with the infinity symbol.
 Look at the color blue and send it to your throat chakra.
 My words are powerful and they create.
 My words are powerful And they create.
 My words are powerful and
 they create.
 Allow that blue to permeate the energetic center, aligning,
 releasing any blockages. Know that your words do create.
 Use them wisely, choose them wisely. And next, we're going to move up to our third eye, which is between our eyebrows. So I'm placing the color blue down.
 And this is the hand position, the self-raiki hand position for the third eye.
 The color is indigo. So I will be using indigo with the geometric insert cubes.
 And look at the color violet with the sacred geometry insert.
 I am connected to all that is.
 I am connected to all that is.
 I am connected to all that is.
 hour class doesn't take a lot of time, the energy that comes through you becomes even more strong. And the more you use it, it intensifies even more.
 So I highly recommend to anyone who is interested to go ahead,

get trained in Reiki. You can then channel the energy to yourself more intensely and also to others, to animals, to plants, and even to the planet.

Thank you again for joining me in this self -rake with lights and sacred geometry meditation. I look forward to seeing you again.