



King Blessings Energy Centers Practice

Notes

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The King blessing energy centers practice helps to uplift and install the vibrational and foundational imprints of support and power in the energy centers.

DECREE: My (insert chakra) is anointed with the King's blessings

1. Bring your awareness to your root chakra at the base of your spine
2. Inhale, hold for 3 seconds, release.
3. Decree: My root chakra is anointed with the King's blessings.
4. For each chakra after, inhale into the chakra, hold for 3 seconds and release before stating the decree.
5. When you get to crown, repeat twice, then move down each chakra with the same decree until you get to root chakra
6. You may continue this practice for at least 3 minutes or more but end the practice in the root chakra.



Do this practice daily and let me know if you have any further questions.

Divine Blessings,
Nicole Gayle
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