

Gird Your Loins Empowerment

instructions

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Namaste!

About the Gird Your Loins Empowerment

To “gird your loins” means to get ready for battle or prepare yourself for a new challenge. The term comes from ancient times when soldiers wore long tunics that needed to be tucked in so they would not get in the way while fighting. This empowerment works to strengthen the first three chakras so you can be ready to tackle any challenge, whether it is a problem or a new project.

To Activate

Ask your higher self to activate the empowerment for yourself or a client:

Higher self, please activate the Gird Your Loins Empowerment for <name>.

Allow 10-15 minutes to process. The energy can be used weekly.

To Attune Others

Connect to your higher self, and then the higher self of the recipient. Ask to connect to the Gird Your Loins Empowerment energy. See it as a golden ball of light.

Use your traditional attunement method if in person to send the ball of light into the first three chakras.

Via distance, imagine the person in front of you as you send the ball of light to the recipient's first three chakras.

There is no time-limit or limit on re-attunements.

This energy can be freely shared with anyone, and it is also OK to charge for providing a personalized attunement if you offer attunements as part of your Reiki practice.

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Thank you.

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