

# The Closing Process

The closing process has been designed to turn down and lower your energetic frequency. You may choose to use the closing process when you're feeling overwhelmed, or when you feel that you need a rest, or even when you go to bed at night. We begin the closing process by sitting comfortably or lying down.

## STEPS

1. When you're ready, begin to take nice, gentle breaths, deep into your belly, and on your exhale release any of the worry, concern, or static coming in from other people
2. Call on your unconscious mind to come to the front so that as you breathe, continue to feel lighter and calmer, and gently start to bring your energy down
3. On your exhale, continue to release any of the energy that is bothering you at this moment
4. As you continue to breathe, start imagining, seeing, or feeling a gentle white light hovering just above your head
5. As you breathe, bring that light down into your crown, dimming the light around your head
  - Use your own breath in this energy to begin to close down the chakra system. Starting at the crown and dimming it down with every breath
6. As you move on to your third eye, visually close your third eye, cutting off extra energy from other people, events or situations happening in your life
7. Bring your awareness down into your throat, calming and relaxing the throat area, the jaw, and the breath itself
8. As you breathe, allow yourself to feel a little heavier, but remain comfortable in the weight
9. Breathe down into your heart, relaxing, and releasing any of the tension that is being held there
10. Using your own breath, come down into your solar plexus, relaxing, the digestive system, the organs, and the internal part of your stomach. Allowing the anxiety to reduce and simply fall away
11. Breathe into your sacral, relaxing down through the hips, releasing the need to create right now, and instead using this energy to bring healing to your mind and body
12. Breathe into your root and feel safe and secure that even if your chakra system is closed down that everything is being taken care of and that everything is well in your life
13. For just these moments, allow yourself a break, some time to simply relax into who you are; letting go the outside people, the outside situations, and bring that awareness down through your body. Imagine that energy going out the bottom of your feet, easily being absorbed by Mother Earth
14. As you breathe, visualize, or see, or feel, a gentle light coming down, dimming out your chakras, and allowing you these moments of divine rest in peace