

## *For Women*

### *Clearing the Nurturing Circuits*

As part of our continued exploration of our natural female energy you'll next become more familiar with (and clear) the nipple chakras and two associated flows at an emotional (astral) level – i.e., clearing cords, pictures and energies that you have pulled into your aura. This clearing will address these energies at a nurturing, emotional level, so it will be helpful to explode pictures throughout the exercise from anywhere in your body and aura. Clearing the nipple chakras and these flows will help empower and balance your nurturing of others, as well as the often neglected nurturing of yourself. After the clearing we suggest you update your female grounding and replenish your nurturing circuits with golden cosmic energy, or a hot pink cosmic energy. (The pink cosmic is a higher frequency than golden cosmic energy so please update your female grounding if you replenish your nurturing circuits with pink).

If you find yourself spacey following this exercise please open your third chakra and deepen your female grounding, You might even begin to include clearing the nipples as part of your daily practice of female grounding, either with as much detail as possible or at a hello level.

*Note: Men will also benefit from clearing their nipple chakras, though not for the same reasons as women as men don't create portions of their aura through their nipple chakras in the same way that women do. According to our guides they will probably become more important for men over the coming years as we open up to group consciousness.*

#### **Clearing the Nurturing Circuits and Associated Flows**

- From the center of your head, breathe gently and deeply into your belly and female ground.
  - Become aware of your nipple chakras and spend some time observing and validating that energy and space. Explode pictures as this will tend to light you up.
  - Bring in golden cosmic energy and allow that energy help you open your nipple chakras as wide as they will comfortably open and explode pictures, vacuum energies and remove cords.
  - Next clear the path of the first flow: from the nipples up across chest, into your armpits, down your arms, and into your hand chakras. Then let it go. Let your hand chakras settle.
  - Next clear the path of the second flow: from the nipples, up through the throat to your telepathics - your fifth chakra, the jaw line, through the ears, across the temple and into the eyebrows. Then let it go.
  - When through update your female grounding and replenish your nipple chakra and associated flows with golden cosmic energy, (or pink cosmic energy).
  - Explode pictures throughout your body and aura, recycle that your energy back into your crown and replenish the rest of your aura with golden cosmic energy.
8. When ready stand up, stretch, and reverse polarities.
  9. You may find it useful to make some notes.