



12 DAY BIOFIELD REBOOT CHALLENGE

For Metaphysical Anatomy

By Kamau @ lightbodybalancing.com

✱ 12 Day Biofield Reboot Checklist:

Created by Kamau @ Light Body Balancing

Follow me on Social Media [here](#) for more updates!

Get a Personal Demonstration scan for free [here](#)

Easy Pro Tip: Try Quick Balance* for 8 weeks 15-30 min a day + share your transformations with Light Body Balancing to be a part of our community research & powerful testimonials!

Tag @LightBodyBalancing / @LightbodyBasics (on X)

#BiofieldReboot or email kamau@lightbodybalancing.com

Join in weekly as we discuss the future of vibrational balancing and share new resources.

We are looking for ambitious people with diverse backgrounds who want to be a part of humanity's evolution process.

Learn more about it on the [Light Body](#) Blog ✱

Checklist:

- Day 1 - Learn grounding techniques []
 - Day 2 - Scan your aura []
 - Day 3 - Balance root chakra []
 - Day 4 - Clear meridians []
 - Day 5 - Balance sacral chakra []
 - Day 6 - Interpret aura colors []
 - Day 7 - Balance solar plexus []
 - Day 8 - Protect aura boundaries []
 - Day 9 - Balance heart chakra []
- Day 10 - Energetically cleanse home []
- Day 11 - Balance throat chakra []
- Day 12 - Reflect on progress []

Info Sheets:

One page info sheets explaining each practice in more detail. For example:

- Grounding techniques - earthing, tree pose, imagining roots
- How to scan your aura - sensing energy field, noticing colors
- Balancing each chakra - associated colors, sounds, crystals
- Protecting your aura - shielding visualization, bubble of light

+ Affirmation Cards

► Benefits of Balancing Your Chakras and Energy Systems:

Physical Health - Keeping your chakras aligned and biofield flowing freely can help optimize physical health. Energetic blockages often manifest as illness and pain. Energy balancing eliminates the root cause not just symptoms.

Emotional Balance - Your energy systems profoundly impact moods. Imbalanced chakras show up as emotional extremes. Realignment stabilizes mood, reduces anxiety, depression and supports self-esteem.

Mental Clarity - Blocked and muddy energy creates mental fog. Clear and vibrant energy centers enhance focus, inspiration, memory and mental performance.

Spiritual Growth - Awakened, aligned chakras and strong aura protect you from negative energy infiltration. This fuels faster manifestation and intuition development on your soul evolution path.

Self-Empowerment - Understanding your metaphysical anatomy for self-healing and growth frees you from relying solely on medical systems, pharmaceuticals or external authorities over your wellbeing.

Energetic Hygiene - Like bathing, regular energy clearing, revitalizing and shielding maintains your personal power, vitality, resilience and body's self-healing intelligence.

Personal Development - Awareness of your complete self - including the invisible realms of your energy anatomy - is key for holistic growth and realizing your full human potential.

► Risks of Not Balancing Your Energy:

Illness - Long term chakra imbalances and blocked energy often leads to chronic conditions from migraines to heart disease if left unaddressed.

Emotional Issues - Leaving auric holes, low chakra spin and clogged meridians in place often worsens mood instability, anxiety and depression.

Energetic Attack - Weak spots and tears in your aura can let in negative energetic influences that drain you mentally, physically and emotionally.

Lack of Joy & Inspiration - When your energy is stagnant and your vivacity dims, you may lose interest in hobbies, feel uninspired and sink into apathy.

Addictive Patterns - Those with underactive upper chakras frequently self-medicate with excessive food, alcohol, shopping, sex etc. in attempt to feel temporary 'highs'.

Disconnection from Self & Others - Blocked heart and throat chakras especially causes inner disconnect, loneliness and challenges communicating vulnerably with others.

Therefore, while committing to these daily energy balancing acts requires dedication and lifestyle change, the long term payoffs according to thousands of years of spiritual traditions are immense - vastly improving your relationships, creativity, mental health, self-awareness, life purpose and peace.

✓ Day 1 - Grounding Techniques

Grounding is the practice of connecting your energy field to the stabilizing frequency of the Earth. This helps you feel centered, balanced, and present in your body. Here are some beginner grounding techniques to try:

Earthing: This involves placing your bare feet directly on the ground, lawn or beach sand. Visualize energy cords extending from your root chakra down through your feet anchoring you to the Earth. Spend at least 15 minutes a day earthing to let the Earth's negative ions neutralize inflammation and replenish your system.

Tree Pose: Practicing yoga poses that root down through your feet establishes a strong mind-body connection. Stand with your weight on one foot, pressing it firmly down. Place the other foot against your inner thigh, sole facing the ceiling. Bring your palms together at your chest. Hold for several breaths, focusing on grounding through your standing foot. Repeat on the other side.

Granite Visualization: Imagine your feet growing thick, sturdy roots extending from your soles deep into the earth like a tree. Visualize drawing stabilizing energy up from the earth into your feet, which travels up your legs and torso into your body. Picture your legs and spine becoming dense, solid granite. Feel the gravity and pull of the earth keep you anchored.

Nature Immersion: Spend time in natural environments which naturally ground your system. Go barefoot, lean against a tree trunk, lie on the grass or dirt. Nature's vibrations automatically recalibrate your biofield.

Grounding Mantras: Recite grounding mantras and affirmations aloud to reinforce your sense of connection. "I am grounded. I am centered. I am calm and stable." Repeat louder and louder, stomping your feet on the floor. Hear, feel, and claim your grounded state.

Dense Foods: Incorporate grounding foods like potatoes, lentils, chickpeas, rice, oats, root vegetables, chocolate, meat and fish. Their heavier vibrations help anchor your system in your body. It's often said to avoid overly light foods when ungrounded.

Red Color Immersion: Focus on the red color shared by the Earth and your root chakra. Wear red, use a red crystal, visualize swirling red energy strengthening your most basic, foundational chakra that grounds your entire system.

✓ Day 2 - Scanning Your Aura

Your aura is the electromagnetic field of energy and light that surrounds your body. Auras are made up of different layers, colors and intensities, your Chakras act as keys for us to be able to get an insight into what is really going on. Scanning someone's aura provides insight into their physical, emotional, mental and spiritual states.

As we traverse through the realms of Spiritual Sciences, we can easily get lost, and the Chakras are one of the most important backbones you can always rely on to help you navigate. As mind-numbingly technical as we could get (Ancients studied these for 1000s of years) maybe it is better said as some say that 'you don't need to reinvent the wheel.' There are a million ways to tune up your power centers, but it's more important to just start now than wait around for the perfect day (or worse, an emergency!).

If you have been taking our Metaphysical Anatomy course, or The Metaphysics of Business & Marketing you are likely aware now that Chakras are akin to the energy centers located along the spine, each corresponding to specific physical, emotional, and spiritual aspects of our being. Balancing these wheels of energy can lead to enhanced well-being and a harmonious life to say the least. In Kundalini meditations, everyday people like you and I harness the raw power of these Chakra wheels together to seemingly do the impossible. Just realize that although it IS important to approach great power with great responsibility, it can be a fun and eye-opening process that is perfect for channeling into creative ideas and future collaborations. This info sheet will guide you through the associated colors, sounds, and crystals for each chakra to easily reference later.

This Biofield reboot was inspired by the incredible results (even after just one week) that my teacher Ariel Policano and our community discovered in a recent experiment to track health improvement over 8 Weeks using the simple Quick Balance function of Genius Insight. I invite you to check out [The Genius](#) for 2 weeks (with no CC required), to experience the best and only versatile Quantum Healing app we recommend at Light Body Balancing for Chakra balancing, Frequency healing, Scalar Light sessions, and PEMF therapy (for pain, stress, relaxation, peak performance etc).

Aura Scanning With The Genius App



In using **The Genius**, you do NOT need to be a genius, because you already are! Using one button, you can literally just '**Quick Balance**' your Chakras daily using a proprietary and intriguing program that some describe as '*Star Trek tech*'.

For the modern day and age, having the ability to do this through your phone is a game-changer, and can help those who have busy lives and find it hard to carve out enough time.

With that said, there are no 'shortcuts' technically, so you will still want to do the inner work for yourself, although having some assistance can make it significantly easier and save you time.

Refer to [Aura Scanning with The Genius](#) to see the full breakdown on how to do this. If you choose go the traditional route, and would prefer to practice on your own...

How to interpret the aura on the Genius:

The aura panel can be thought of as a sort of monitoring panel.

Place the frequencies you want to balance into the main hold tray.

Then, navigate to the Aura panel.

Once inside, choose a short time to balance. For example 1-3 minutes. Tap Begin Analysis to get an initial sense of where the person's aura is right at the beginning. Take a screen shot of the aura picture for comparison to a later one and then one at the end.

When the aura is filled with purple, pink, green and higher vibrational colors, you are at a good ending point for the session but it is not absolutely necessary to achieve these goals.

Once you have balanced for a few minutes, you will be able to choose "Begin Analysis" again and get new results as to where the energy is moving. The aura picture is facing you and frequencies are moving through the body from the person's left side, or as you view it the right side.

They take in frequencies through this side and they release energy through their right side.

Typically, you will start out with frequencies associated with the lower chakras, reds, orange and yellow.

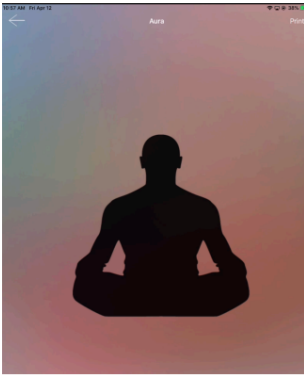
These may have a muddy tone to them. As you proceed, you will often see results progress to green, pink, purple and blue tones. If you run the frequencies for longer than 5 minutes, you may see the tones go through cycles. The higher chakra colors will revert to lower chakra colors and then come back to the purple and pink once again. You are viewing the process of the person working through the frequencies and experiencing that in the energy field in a cyclical way.

In the aura picture, the person is facing you. So your right view is their left side. The energy they are receiving from the Genius can often be visualized as the energy moving in on that right side view for you. On the other side, the energy is moving out. It takes some practice to understand the aura by reviewing the color meanings below.

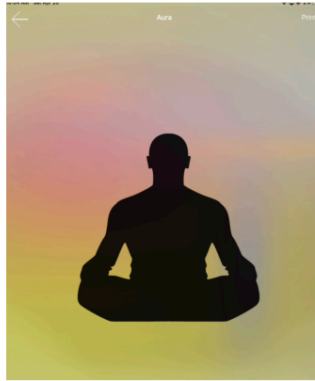
Do your own research on auras to take the information to a deeper levels.

The general pattern you are looking for is a clearing of gray, black, brown and murky appearance of the energy that may appear like "split pea soup" regardless of the color it has a fuzzy appearance. This should clear away during the session.

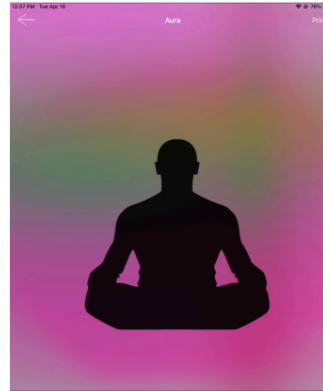
It is a great practice to monitor the aura at different times during the session, retesting it as you go along. You will be able to see your progress and your client can enjoy seeing the movement as well. It is perfectly fine to send the aura pictures of before and after and it is actually a great marketing tool as many people are fascinated by the aura. However, do remember to explain that it is energetic information only.



The browns and earth tones are stuck energy, pain, physical condition of some taking



The greenish yellow color is associated with digestive distress and liver gallbladder congestion



Higher energy healing is flooding the aura with the pink tones you see here, heart reconnection. It is likely there is a brain/head/neck area healing still taking place.

Pictures provided by Dr. Ariel Policano*

Color	Meaning
Red	Relates to the physical body, heart or circulation. The densest color, it creates the most friction. Friction attracts or repels; money worries or obsessions; anger or unforgiveness; anxiety or nervousness
Orange	Relates to reproductive organs and emotions. The color of vitality, vigor, good health and excitement. Lots of energy and stamina, creative, productive, adventurous, courageous, outgoing social nature; currently experiencing stress related to appetites and addictions;
Yellow	Relates to the spleen and life energy. It is the color of awakening, inspiration, intelligence and action shared, creative, playful, optimistic, easy-going. If the yellow has a mustard/green tinge to it, it is often related to digestion and specifically to the need to clear liver/gallbladder.
Green	Relates to heart and lungs. It is a very comfortable, healthy color of nature. When seen in the aura this usually represents growth and balance, and most of all, something that leads to change. Love of people, animals, nature; teacher; social.
Blue	Relates to the throat, thyroid. Cool, calm, and collected. Caring, loving, love to help others, sensitive, intuitive.

Color	Meaning
Violet	Relates to crown, pineal gland and nervous system. The most sensitive and wisest of colors. This is the intuitive color in the aura, and reveals psychic power of attunement with self. Intuitive, visionary, futuristic, idealistic, artistic, magical.
Gold	The color of enlightenment and divine protection. When seen within the aura, it says that the person is being guided by their highest good. It is divine guidance. Protection, wisdom, inner knowledge, spiritual mind, intuitive thinker.
Black	Draws or pulls energy to it and in so doing, transforms it. It captures light and consumes it. Usually indicates long-term unforgiveness (toward others or another) collected in a specific area of the body, which can lead to health problems.
White	Reflects other energy. A pure state of light. Often represents a new, not yet designated energy in the aura. Spiritual, etheric and non-physical qualities, transcendent, higher dimensions. Purity and truth; angelic qualities.

Here's how to practice scanning your own aura (Without the app):

Relax and meditate briefly before your scan to clear your perception. Rub your palms together to activate and sensitize your hands. Hold your arms out with palms facing each other and slowly move your hands away from your body. Pay attention to any sensations - buzzing, pressure, temperature shifts. These signal you are moving through your auric field.

Notice colors and brightness. Your inner aura closer to your body is brighter. The outer zones appear more like colored smoke or mist. Notice if any parts feel blurry, faded, patchy or obstructed. This can indicate blocked chakras and meridians in those areas.

Tune into your dominant aura colors which reflect your personality, mood and health. Blue indicates calmness and flow while red signals energy and strength. Purple shows spirituality and yellow relates to intellect. Black or brown can mean stuck energy while white/gold indicates spiritual elevation.

Scan for energy leaks. Move your palms slowly around your entire body. Note any sensations of energy thinning or aura holes. Visualize patching leaks with bands of light and mentally seal your auric shell. Replenish with showers of light flowing through the tops of your hands into weak spots.

Finish by scanning your back along the spine. Detected issues here can link to specific chakras. For instance blockages between the shoulder blades may be tied to heart chakra issues. End your scan with a full aura cleansing visualization.

Innerstand it may take time to get good at this, so be patient and use the provided training resources to help simplify the process.

✓ Day 3 - Balancing Your Root Chakra

The root chakra, or Muladhara, is located at the base of the spine. It governs stability, grounding, safety, and basic human needs. When your root chakra is underactive, you may feel ungrounded, unstable or fearful. An overactive root can cause obsessiveness, greed or excessive focus on physicality. Here are ways to balance and strengthen this foundational energy center:

Imagine a spinning red lotus flower with four bright red petals at your tailbone area. Chant "LAM" out loud or silently while visualizing your root chakra glowing bright red. Envision any blockages as muddy darker red swirls being cleared out by the vibration of your chanting.

Place both palms on your lower belly. Breathe deeply into your root, abdomen and pelvic area as you visualize breathing red vitality into those spaces on the inhale. Exhale tensions and stuck energy. Continue breathing into your root for several minutes.

Go barefoot and stand with feet hip-width apart. Practice squatting, visualizing energy being pushed down from your root into the earth with each squat. Stomp your feet making a "LAM" chant with each one. Imagine with each stomp you are powerfully grounding through your root.

Wear red, use red crystals like garnet or ruby, or project red light on your lower back. Carry grounding red crystals in your left pocket. Sleep with crystals under your pillow or mattress under your root area. Let red nourish this chakra as you sleep.

Reflect on any fears or insecurities blocking your root. Journal about these. Feel them but don't let them overpower your sense of stability. Affirm "I am grounded, safe and secure."

Dance freely and shake your hips visualized stuck energies being loosened and released from your root. Finish by lying on your back, knees bent with feet on the floor. Feel gravity rooting you down like a sturdy tree.

✓ Day 4 - Clearing Your Meridians

Meridians are energy pathways running through your body that distribute vital life force energy or Chi. When meridians get blocked, your energy flow stagnates. Clearing meridians helps manifest goals, alleviate pain, regulate hormones and moods, clear chakras, and promote self-healing. You can clear your 12 major meridians through:

Acupressure: Using your fingers, massage down each meridian pathway while focusing on breathing into blocked areas. Visualize your Chi flowing freely through your meridians. Acupressure strengthens and balances your flow.

Energy work: A reiki practitioner can clear your meridians through a full body session. You can balance your own meridians using hand movements like tapping, pinching or spiraling along each pathway while envisioning channels opening.

Reflexology: Massaging reflex points on your feet, hands or ears correspond to meridian endpoints. This clears energetic congestion from related body areas and organs. Search for foot or hand reflexology charts to locate key points.

Detoxing: Meridians get blocked by toxins. A toxin releasing diet along with sauna therapy, Epsom salt baths and dry brushing your lymphatic system can aid powerful meridian cleansing. Stay hydrated!

Movement: Gentle exercises like yoga, qi gong, tai chi and walking meditation help move stagnant chi and open meridian flow. Deep breathing enlivens oxygen flow to meridians.

Chanting: Chanting OM, the 5 primal sounds or seed syllables associated with specific meridians clears blocks verbally. Sound current resonance repatterns your biofield.

Visualization: Picture each meridian as a clear flowing river, waterfalls washing and widening channels. Or imagine them as hollow tubes and yourself as a majestic bird flying smoothly through each one.

✓ Day 5 - Balancing Your Sacral Chakra

The sacral chakra, or Svadhisthana, is your creativity and vitality center located in the lower abdomen. It governs sexuality, sensuality, emotions, pleasure, and change. When imbalanced, you may experience emotional extremes, intimacy issues, addictions, depression or lethargy. Here are steps to bring your sacral into alignment:

Envision an orange lotus flower with six petals pulsing at your lower belly. Chant "VAM" out loud or silently while visualizing your sacral wheel spinning with vibrant orange hues. Let the resonance flush away built-up stagnancy.

Wear items in vibrant shades of orange. Place an orange crystal like carnelian on your sacral. Embody orange's vitalizing, confidence boosting vibrations. Reflect orange's qualities within yourself. Ornament your space with orange hues.

Do hip opening asanas like warriors or wide legged forward folds. Feel tightness release across your pelvis as you stretch deeper. Visualize orange light infusing flexibility, sensuality and freedom.

Nourish your sacral by favoring sweet juicy fruits, smoothies with protein powders, Earl Grey tea and warming spices like cinnamon and ginger. Avoid excessive stimulants or drugs.

Take up hobbies fueling your creativity like dancing, pottery, baking, painting. Let your sacral energies flow uninhibited into projects YOU enjoy, not just what earns. Fulfill your soul's passions.

Strengthen intimacy through tantra, eye gazing, sensual massage, or relishing touch with mindfulness. Build emotional bonds through vulnerability. Resolve issues compassionately.

Flow with change. Release control, perfectionism and rigidity. Adapt to life's ups and downs with optimism. Unleash your playful inner child!

✓ Day 6 - Interpreting Aura Colors

Your aura's colors, intensity and size offer intuitive clues about your mental, physical, emotional and spiritual states. Here are some basic interpretations:

Red - Red indicates strong physical energy, vitality, and passion. Dark muddy red may reflect anger issues. Bright clear red shows healthy life force.

Orange - Bright orange auric hues represent creativity, confidence, extroversion and emotional health. Muddier orange can indicate low self-esteem.

Yellow - Yellow highlights mental activity, logic, optimism, playfulness, inspiration and decisiveness. Cloudy yellow points to low concentration or lack of inspiration.

Green - Emerald green in the aura relates to healing abilities, love of nature and life, compassion. Darker muddy green can reflect jealousy, resentment.

Turquoise - Turquoise and teal tones point to healing capacities, sensitivity and emotional balance. These colors enhance clarity in communication.

Blue - Different hues of blue indicate optimism (royal blue), calmness and intuition (deep indigo), and psychic sensitivities (bright sky blue).

Purple and Violet - Purple and violet represents intuitive abilities, mysticism, and connection to spirituality. These hues are common among evolved souls.

Pink and Rose - Pink or rose-colored auras display gentle, compassionate love, tenderness in relationships, affection and friendship.

Gold or White - Gold or bright pearly white in the aura symbolizes enlightenment, divine wisdom, purity, spiritual awakening and self-realization.

Black or Brown - Dense black or brown energetic debris can indicate stuck negative energy and energetic imbalances manifesting as physical ailments.

Gray or Absent Colors - Areas of the aura that appear empty, grayed out or lacking color point to energy depletion, low

✓ Day 7 - Balancing Your Solar Plexus Chakra

The solar plexus chakra, Manipura, is situated at the upper abdomen. It is your power center associated with self-confidence, self-discipline, life force, warrior spirit, and shone. Its light is the yolk yellow color in your aura. Imbalances may manifest as inflated or low self-esteem, digestive issues, adrenal fatigue, perfectionism, or feeling nervous and small. Here are ways to even out and empower Manipura:

Close your eyes and take 3 deep breaths. Envision a radiant 10-petaled golden lotus blooming at your solar plexus. Chant “RAM” out loud or inwardly while imagining yellow light purifying, energizing and brightening your power center.

Wear yellow, surround yourself with yellow, amplify yellow when your confidence lags. Yellow energizes optimism and esteem. Let the yellow sun fill your solar plexus. Yellow crystals like citrine, carnelian or amber strengthen your Manipura.

When self-critical, place both palms over your stomach. Silently repeat affirmations like “I believe in myself. I am powerful. I am at peace with myself.” Inhale golden confidence, exhale self-doubt.

Practice solar plexus stretches. Interlace fingers behind your back, straighten arms and push chest out. Or, place hands on lower back and gently arch backwards. Open up your power center.

Strengthen your core with plank poses. Feel your Manipura corona glowing brighter as your core ignites with power. Envision your inner light expanding, radiating strength and charisma.

When you feel small, close your eyes and imagine growing to a giant golden size. Stomp around, show your full form. Then return focus to your glowing Manipura, still giant-sized within. Feel your magnified confidence.

Nourish your solar plexus with yellow foods like bananas, pineapple, lemons, corn, starfruit, squash, saffron, turmeric and chamomile tea. Avoid processed foods.

✓ Day 8 - Protecting Your Aura

Your aura extends on average 3-5 feet out from your body. Auras have no physical boundaries so it's important to intentionally shield your energy field from intrusions and energetic influences.

Note: If you are using The Quantum Genius App, the Quick Balance function can help with the best Aura Cleansing frequencies to stimulate the process. Without having the app, you may also still be able to do this, although it may take more practice and patience to master.

Here are some techniques:

Golden Egg: Visualize yourself inside a glowing golden egg shell radiating protective light around your entire aura. Golden light dissolves negative energy and seals aura holes. Replenish your golden cocoon daily.

Bubble Shield: Envision a sphere or bubble of glowing white light surrounding you. See it as a flexible, breathable shield allowing beneficial energy in while keeping detrimental energy out. Affirm this bubble empowers and protects you. Fortify it routinely.

Cloak: Imagine a hooded metaphysical cloak, brilliant royal purple or bright white surrounding you. Pull the cloak tightly around your aura like a wizard's garment. This renders you invisible to unwanted energies.

Shield: Picture a large, reflective silver mirror shield emanating a gentle blue healing light around its edges. Place this shield completely around you deflecting unhelpful influences. Polish and strengthen your shield regularly.

Bright Cross: Visualize gazing upward into a giant glowing golden cross radiating protective light down around your entire aura. Its horizontal plane secures you from all sides. Thank the cross for its shielding.

Crystal Grid: Design a crystal grid with black tourmaline, black obsidian, labradorite and clear quartz crystals in a circle around you to create a protective lattice of energy anchoring your aura. Cleanse and recharge crystals regularly.

Authenticity: Being fully yourself fearlessly retains your personal power and naturally strengthens your auric boundaries. Release people pleasing and embrace your values. Your soul's shine keeps your aura secure.

✓ Day 9 - Balancing Your Heart Chakra

Your heart chakra, Anahata, governs love, compassion, relationships, and acceptance. Its color is emerald green and it's located at the center of the chest. Signs of imbalance include co-dependency, jealousy, bitterness, criticalness, or holding grudges. Here are steps for realigning your heart center:

Picture a glowing green 12-petaled lotus spinning at your heart center. Chant "YAM" out loud or inwardly while envisioning brilliant green light energizing and opening your heart. Let the resonance dissolve blocks and stagnancy.

Place a green aventurine or malachite stone over your heart chakra daily. Green stones activate the heart. Feel warmth, expansion and love fill your chest as you hold it there. Breathe green light into any tension.

Wear green, fill your space with greens, and spend time in nature to absorb the heart color. Green represents healing, growth, renewal. Surrounding yourself with verdant energy restores the heart.

Practice heart-opening yoga poses like camel pose, bow pose, fish pose, or wheel pose. Feel your chest physically expanding as you unlock emotional blockages. Stretch arms wide, then hug yourself, hands crossed over your heart. Practice loving self-acceptance and forgiveness. Release judgment or rejection of any parts of yourself.

Do a unifying heart chakra meditation envisioning your heart at the center of everything, sending loving energy to all unconditionally. See that all beings share the same light within.

List your positive qualities, things you admire in yourself, your talents and skills. Build gratitude for your own goodness, not just others. Affirm your worthiness of love.

Nourish your heart with greens, pink berries, mushrooms like lion's mane, garlic, leafy greens, spirulina, avocado and matcha. Limit processed foods, oil, sugar and excessive salt.

✓ Day 10 - Energetically Cleansing Your Home

Just as your physical space needs regular cleaning, your home's energy requires routine cleansing to prevent toxic energetic buildup which can adversely affect mood and health. Here are some tips:

Open windows to circulate fresh air and lift stagnant energies. Let sunlight in to naturally cleanse. Play uplifting music and fill spaces with live plants to invigorate chi.

Clean thoroughly removing clutter, dust and stale remains. Scrub surfaces, floors and windows to refresh their vibrations. Discard unneeded items that drain or lower home's energy.

Burn palo santo, sage or incense to smudge and purify. Let the smoke spread to corners as you visualize transmuting dense energies into light. Ask that only beneficial vibrations remain.

Place bowls of salt water in each room. Salt absorbs negative ions. Imagine the water as a prism splitting light into rainbows that uplift the energy. Replace water daily.

Spray essential oil infused cleaners like citrus, lavender, eucalyptus or peppermint to uplift and revitalize stale energies. Infuse sprays with Reiki by charging with your hands.

Trace clockwise clearing circles or infinity symbols over doorways or windows with an open hand visualizing sealing portals against lower vibrations. Affirm only light and goodness may enter.

Use clear quartz, selenite, or citrine crystals

✓ Day 11 - Balancing Your Throat Chakra

The throat chakra, Vishuddha, located at the throat governs communication, self-expression, truth, listening and manifesting. When blocked or closed, you may feel shy, misunderstood, creatively blocked or unable to speak your needs. Here's how to align your expressive fifth chakra:

Visualize a glowing blue 16-petaled lotus spinning at your throat as you chant "HAM". Blue's calming and cooling vibrations flush out accumulated anger, hurt or grief lodged in your throat. Feel energy descent.

Wear blue stones like blue lace agate, aquamarine or blue topaz touching your throat to amplify blue's soothing frequencies. Sleep with blue crystals by your bed to process dreams and nighttime clearings.

Speak positively using words that uplift, empower, inspire and promote harmony and understanding. Avoid gossip, exaggeration or manipulation. Voice your authentic truth respectfully.

Stand tall with your head tipped back slightly, arms extended to sides with palms facing up. Breathe fully into your open chest and throat. Let energy flow freely through your expressive gateway.

Hum, toning or chant OM opens your throat channel to manifest desires faster through potent vibration. Chant into a glass of water then drink the charged water.

Massage your throat and neck while encouraging your feelings and needs to be voiced and received. Ask angels to help you and others communicate from the heart.

Avoid excessive smoking, alcohol and greasy foods that congest your throat. Nurture your Vishuddha with mint, lemon, blueberries, grape juice, electrolyte water, sea vegetables.

✓ Day 12 - Reflecting on Your Biofield Growth

Congratulations on completing the 12 Day Biofield Reboot Challenge! Before diving back into "real life", be sure to pause and integrate all that you've experienced over the past 12 days.

Reflect on what biofield cleansing and balancing practices resonated most. What felt most nurturing and empowering for you personally? Consider continuing those daily.

What shifts, big or small, did you notice in your sense of wellbeing, energy levels, calm or pain from day 1 to now? Appreciate the transformation.

What deeper insights around your relationship to your body, mind or emotions surfaced through the energy exercises? What "stuckness" or blockages did they help clear?

How do you relate to the concept of energy anatomy now compared to day 1? Does it feel more tangible and real through your direct experiences?

Are there any core limiting beliefs about your self-worth, capacity for growth or inherent divinity that became apparent to heal?

How will caring for your biofield change how you approach health, stress or challenges moving forward? What personal power has it returned?

Who could most benefit from learning this biofield knowledge? How can you pay it forward to uplift them too?

Close your reflection by acknowledging yourself for dedicating 12 days to expanding your self-knowledge. Set intentions for continuing your metaphysical learning journey. You've opened the doorway to greater possibilities!

Easy Pro Tip: Try Quick Balance* for 8 weeks 15-30 min a day, share your transformations with Light Body Balancing to be a part of our community research & powerful testimonials!

Tag @LightBodyBalancing / @LightbodyBasics (on X)

#BiofieldReboot or email kamau@lightbodybalancing.com

Join in weekly as we discuss the future of vibrational balancing and share new resources.

We are looking for ambitious people with diverse backgrounds who want to be a part of humanity's evolution process.

Learn more about it on the [Light Body](#) Blog *

Also, if you love eclectic art and appreciate ancient futurism designs, check out my Art Shop where I post my latest creations and gift ideas @ [Time Travel Arts](#)

