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CHAKRA TRUST BUILDING EXERCISE

Use this chakra process after a betrayal to help you rebuild trust with someone.

If the other parties are willing, you can use it as a script to work through, with the betrayer reading the first statement and the betrayed reading the response statement. Alternately, you can use it as a joint chakra meditation and even intensify it by using sex.

You can use it on your own as a chakra meditation, using the statements that apply to you to as the betrayer or betrayed.

You can also direct the energy towards the other party, by just visualizing it or using something like the infinity bonding exercise.

You can either grant your forgiveness or generate feelings of trust in them on an energetic level if you've betrayed them.

Saying the statements out loud can have a powerful positive effect, and even though they aren't heard, they are felt on the energetic level, and you should see results in reality pretty quickly.

Like all the chakra exercises, you are free to visualize spinning vortexes and orbs or bubbles of light, chant or do laughter yoga, or you are free to forgo that and just focus on the chakra area using sensation, temperature or colour.

Alternately feel free to use the script to run a verbal or mental exercise, or for a reality shifting exercise.

STATEMENTS



I am sorry that I hurt you and I ask that peace and forgiveness are chosen for us both so that our separation may be healed; I'm sorry, I love you, I forgive you, please forgive me



I see a long united future for us together



I express my deep love for you freely



Our connection completes me



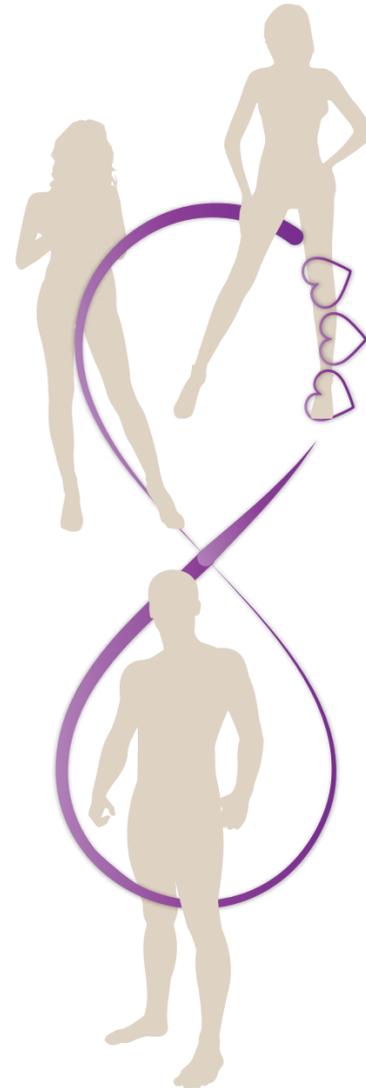
Our love unleashes a powerful creative force



Together we will create a happy future



It is safe for you to trust me



RESPONSES

I choose to forgive you and ask that peace and forgiveness are chosen for us both to heal this separation; I'm sorry, I love you, I forgive you, please forgive me

I choose to share in your vision and trust that you will show me the way

I welcome your sexual advances and expressions of love, trusting that you will honor the gift of my intimacy

I choose to feel emotionally bonded to you and to place my trust in you on all levels

I choose to be energized by this fountain of power and energy and experience a surge of trusting energy that connects me to you

I trust you to be my cocreator and to help me stay focused on our future together

I will place my trust in you



categories



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Life Coaches Toolbox has a number of free diagnostic tools and resources that coaches, trainers, mentors and managers can use with clients, or that you can use on your own.

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