

## Blue Lotus Shamanic Energy Attunement



The blue lotus energy connects to the full uninhibited expression of who you are! It can be worked with to unlock ancient wisdom within you, open spiritual gifts, and connect to divine guidance. This energy is especially potent for throat and sacral chakra opening.

The blue lotus energy:

- Was sacred and deeply woven into spirituality
- Was associated with the sun god Ra and believed to symbolize rebirth and awakening
- Is euphoric, sensual, and spiritually opens
- Calms and opens the heart and gently uplifts the mood
- Relaxes the mind and assists accessing intuition, dreams, and clairvoyance
- Deepens inner awareness and supports dreamwork

After this attunement, you may call in the blue lotus by picturing it or calling it in by name. You may channel its energy through the mind (3rd eye), the body, or the hands similar to Reiki. It can be worked with on the self or channeled to others.