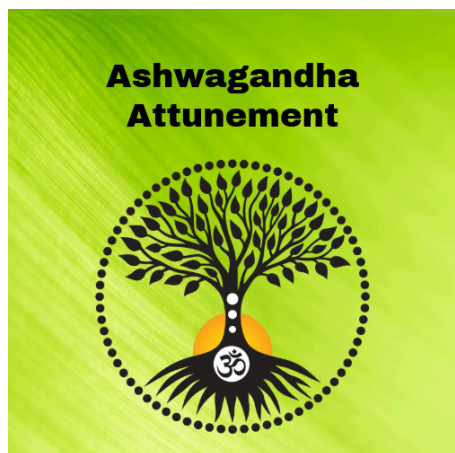


Ashwagandha Shamanic Energy Attunement



The ashwagandha shamanic energy can be channeled when a stabilization of the energy (body, mind, and spirit) is needed. It stabilizes the field by adapting to the needs of the energetic system or area, adding light or releasing unwanted energy depending on the recipient's needs.

The ashwagandha energy can also be concentrated into an area of disrupted flow. It opens the flow of life-force energy from the heart or from the area needed, activating the light in that area and allowing it to expand outwardly from there.

This energy can be playful. It amplifies feelings of gratitude, relaxes, releases tension and the need to control. It reminds us the plan existed long before we got here.

Ashwagandha shamanic energy can also be used to ground and to realign the chakras with intention. Imagine a tree – sturdy, aligned, and stable even through stormy weather.

After this attunement, you may call in the ashwagandha shamanic energy 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.