

The 4 Root Causes of LCS

Leaky Chakra Syndrome: A condition that occurs when a person's chakras have holes that allow other people's energy to seep into the chakras, but then the energy cannot escape and becomes lodged within the person's energetic body.

1. Chakras Too Open

There is an appropriate size for the chakras and that depends on what you're doing and where you're doing it. If your chakras are the size of a house when you're going to the mall, you're going to get EVERYTHING everyone else is experiencing inside your chakras. No fun. Don't do it.

If you are in a public, crowded place, the chakras need to be about the size of a ping pong ball.

If you are at home getting psychic information for your own use (or doing psychic readings for other people), your chakras need to extend outside your body 6 inches to 2 feet.

If you are at a place where you are comfortable, such as home or at work, your chakras should be about the size of softballs.

Prescription: Change the size of your chakras to match the activity you are about to engage in, and clear them out on a regular basis.

2. Approval Seeking / Energetic Reaching

Any time you look for approval from another person, and do not look within, you are creating scenario where another person is now responsible for your emotional state.

They are now responsible for your feelings of love and acceptance, which means the part of your chakra that relates to the type of approval you're seeking, is now in the hands of someone else, who is likely not aware that they have that responsibility, or may not be able to appropriately take care of it.

This means that part of your chakra is no longer inside your energetic body, but you've put it completely outside of yourself. That creates a hole, which creates a leak. Which, of course, creates stress and tension and allows for other energy that does not belong to you to come into your energetic field.

Prescription: Practice centering your energy and bringing in all the displaced parts of your awareness. To do this, focus on your breath, and any time you have an approval seeking thought or feeling, focus on the bodily sensation that comes with it, and bring your awareness back to your body and your energetic center, located a few inches behind the sternum.

3. Stuck in Psychic Receiving State

You are both a psychic sender and a psychic receiver. Everyone finds one state easier to access and control, and when you are in a receiving state too often, it will contribute to your LCS.

When you are in a psychic receiving state, you are energetically welcoming psychic information and energy from whomever you are around or energetically connected to.

When you stay in this state all the time, you will always be receiving psychic or energetic information, instead of being in a neutral or sending state.

When you are around others who have low vibrational energy, it is important to be in either a psychic sending state or in a neutral state, so your energy cannot easily absorb their energetic patterns or psychic broadcasts.

Prescription: Focus on an object in front of you, such as a crystal, and imagine love energy going from you and into the object. Get familiar with the FEELING of being in a psychic sending state and sending high vibrational energy. Once you're used to doing this, you'll be able to easily go into your psychic sending state when out and about in the "real" world.

4. Unhealed Resentments and Anger

Unhealed resentments and anger have the exact same effect as approval seeking. When you are in a state of blame, you are giving another person or circumstance power over your emotional experience.

You have put the responsibility for your emotional experience into someone or something else's hands. The part of your chakra that relates to the type of blame or resentment you are experiencing (they took my power away, they took away my love, they took away my job and security) is no longer inside your energetic body, and is now outside of yourself, creating a hole.

Where there is a hole, energy, good or bad, can seep in and live in your chakra. For free. Without your conscious permission.

This is sucky.

Prescription: Forgiveness! Write down the name of the person who you blame or resent. Then repeat these four sentences until you feel the pop or release of the emotional energy. In between each sentence, allow one or two seconds to pass so the blame and other emotions can arise and be released.

I forgive you for the hurt you caused.

I release you to your highest good.

Thank you for being my teacher.

I love you exactly as you are.