

How to balance your ear chakras!



"It can be a fascinating game, noticing how any person with vitality and vigor will have a little splash of red in a costume, in a room, or in a garden..."

Edgar Cayce, American Mystic and Akashic Records Reader

Ear Chakra Balancing Exercise

Believe it or not, we all have ear chakras (and armpit chakras, but we will cover that exercise on another day!).

Several years ago, I was attending a course about energy with a teacher called Victor – no last name. His teachings were highly effective, but I was struggling to see aura colors around other people, and most seemed to be managing it. I got frustrated.

Victor stood close to me and had me look at my friend and business partner. He lent me his energy, and I saw bright colors moving around my friend, including purple around both of her ears, like earmuffs. The ear chakras!

I still do not see auras often, because my stronger suit is to feel or sense energy rather than see it. That experience was enough to convince me that chakras exist. So, let us get to balancing your ear chakras!

Akashic Records Readings with Sarah Lawrence

1. *Find a quiet place to rest and relax. Breathe in for a count of 4, hold for a count of 4, and out for a count of 8. Do this 3 times to raise chi or vital force energy in the body.*
2. *If you like scents, use an essential oil, such as Frankincense or Lavender, put a drop on one wrist, rub wrists together, and inhale. You can burn incense or sage if you prefer.*
3. *Gently pinch all around the rims and lobes of each ear so that you become more aware of the edges of your ears.*
4. *Hold each palm about 6 inches from your ears (palms facing your ears), and circle in a forward's direction, giving the intent to balance your ear chakras, do this for at least 30 seconds, up to 2 minutes if you can manage it.*
5. *You may sense energy around the ears, some people hear ringing or tones, it's not a requirement to sense anything, and perfectly fine if you don't.*
6. *Breathe deeply and relax. Your ear chakras are now balanced!*

Further reading about clairaudience or clear-hearing for interest

[Developing your Intuition – Clairaudience, or clear hearing, the Inner Voice and some ways to hear it](#)

[Clairaudience part II – a blog reader's experience and Sarah's interpretation](#)

[Chakra Readings – rebalance your Chakras through action](#)

I hope you enjoyed your free New World Energetics energy exercise! Any further questions, [feel free to contact me via the client portal](#).

To have an Akashic Records reading or energy coaching session with Sarah, you must be over 18 years of age.