

Plug into

The logo consists of a large white circle centered on the page. Inside this circle is a smaller red circle. Within the red circle, the words "Earth" and "Jakked" are stacked vertically in white, bold, sans-serif font. Below the text are five small white dots arranged horizontally.

Earth
Jakked
.....

Consciousness

<https://earthjakked.com>

EJT How To

Seven Steps

1. Prepare yourself and your environment for meditation (that is: quiet, without distractions and settled, being as free of anxiety as possible.)
2. Always pre-read the affirmations when working with a chakra for the first time. This reduces mental curiosity when listening.
3. Be emotionally committed. When you speak the affirmations out loud, they're meant for your subconscious mind to hear and not a third person. Speaking the words out loud makes them 'real.'
4. Be kind to yourself. Feel your inner warmth. **EJT** is most effective when in a calm, safe and loving emotional state. Reading the affirmations out loud (before the actual session,) can bring such a state into being.
5. For **EJT** audio sessions, wear headphones, and you might wish to queue a lead-in track to help you settle.
 - Allow yourself to drift with the audio. Don't be concerned if you microsleep and miss something.
 - There's an opening call after the 2nd 'ding'. It speaks to and reassures any hurt and fragmented parts of your subconscious.
 - On the 3rd 'ding,' repeat the affirmations after you hear them. Feel your words as you speak. Experience the gratitude for maximum effect.
6. For non **EJT** audio sessions, e.g. when reading the chakra affirmations, read the 'call to the soul' as well. If you prefer, you can substitute something else. It's better to create a sacred space first instead of just launching into the affirmations.
 - Maintain a steady pace with the affirmations. Stop and settle should you feel mental activity arising.
 - Feel your words as you speak them. Experience the gratitude for maximum effect.
 - It's okay to repeat affirmations for greater effect.
7. After the session, make a note of any affirmations that triggered responses, such as tears, disbelief, self-deprecation or a quiet chuckle and so forth. These (and possibly immediately prior affirmations) are areas requiring your attention.

Session time

Sessions can be as short as the audio, being around 15 minutes, but with preparation could extend longer. It's very much up to you and your needs. The chakra affirmation section is only 7 minutes.

Overall healing time

EJT is open-ended and the experience varies from person-to-person. The healing and elevation of any given chakra is wholly subjective and the time taken for one chakra will not relate to the next, yet it's good health will reduce the effort required elsewhere.

As a rule-of-thumb, expect the root chakra to take between three to six months of work. Higher chakras could be quicker because there's a knock-on effect. Much of the healing effort is to do with the root. The first few weeks are the most intense. Use the website's chakra self-assessment tools in conjunction with this process to gain progress insight.

For those with a heavily damaged chakra system, but with an aptitude for self-healing and empathy, it could take several years.

Consider: "what seems perfect today, looks rough tomorrow." Resolving emotional issues is a moving target. Keep at it and don't lose heart: if you think you've solved everything and new issues arise, be grateful for the work you did, because it's brought you this far.

It's a common mistake to think that things have been resolved, when in fact they've only been cleared at the level of subtlety you're aware of. The collective resolution of issues increases your subtle awareness, thus returning you 'back to square one.' Well, it's a finer square one, so keep up the good work, and never lose hope. Be beautiful.

The Root Chakra

For my rootedness, I am grateful
For my foundations, I am grateful
For my solidity, I am grateful
For my self-discipline, I am grateful
For my energy, I am grateful
For my fullness, I am grateful
For my community, I am grateful
For my security, I am grateful
For my peacefulness, I am grateful
For my stability, I am grateful

For my endurance, I am grateful
For my tenacity, I am grateful
For my adaptability, I am grateful
For my safety, I am grateful
For my self-acceptance, I am grateful
For my confidence, I am grateful
For my belonging, I am grateful
For my trustworthiness, I am grateful
For my healthy relationships, I am grateful
For my well-being, I am grateful

For my healing, I am grateful
For my strength, I am grateful
For my passion, I am grateful
For my empowerment, I am grateful
For my expressiveness, I am grateful
For my sexuality, I am grateful
For my courage, I am grateful
For my prosperity, I am grateful
For my abundance, I am grateful
For my freedom, I am grateful

The Sacral Chakra

For my simplicity, I am grateful
For my peacefulness, I am grateful
For my self-nourishment, I am grateful
For my fertility, I am grateful
For my creativity, I am grateful
For my power, I am grateful
For my fullness, I am grateful
For my joyfulness, I am grateful
For my gracefulness, I am grateful
For my sensitivity, I am grateful

For my sensuality, I am grateful
For my fluidity, I am grateful
For my flexibility, I am grateful
For my innocence, I am grateful
For my self-acceptance, I am grateful
For my self-trust, I am grateful
For my confidence, I am grateful
For my perception, I am grateful
For my identity, I am grateful
For my self-reliance, I am grateful

For my discipline, I am grateful
For my authority, I am grateful
For my warmth, I am grateful
For my lovingness, I am grateful
For my empathy, I am grateful
For my good relationships, I am grateful
For my passion, I am grateful
For my vitality, I am grateful
For my sexuality, I am grateful
For my sexual energy, I am grateful

The Solar Plexus Chakra

For my energy, I am grateful
For my power, I am grateful
For my vitality, I am grateful
For my drive, I am grateful
For my determination, I am grateful
For my authority, I am grateful
For my leadership, I am grateful
For my self-control, I am grateful
For my self-discipline, I am grateful
For my willpower, I am grateful

For my presence, I am grateful
For my security, I am grateful
For my fearlessness, I am grateful
For my bravery, I am grateful
For my honour, I am grateful
For my principles, I am grateful
For my committedness, I am grateful
For my spontaneity, I am grateful
For my instincts, I am grateful
For my intuition, I am grateful

For my inspiration, I am grateful
For my authenticity, I am grateful
For my honesty, I am grateful
For my integrity, I am grateful
For my self-regard, I am grateful
For my solidity, I am grateful
For my confidence, I am grateful
For my purpose, I am grateful
For my precision, I am grateful
For my goodness, I am grateful

The Heart Chakra

For my peacefulness, I am grateful
For my belonging, I am grateful
For my harmoniousness, I am grateful
For my fairness, I am grateful
For my fullness, I am grateful
For my generosity, I am grateful
For my unity, I am grateful
For my freedom, I am grateful
For my healthy relationships, I am grateful
For my trustfulness, I am grateful

For my hopefulness, I am grateful
For my understanding, I am grateful
For my toleration, I am grateful
For my forgivingness, I am grateful
For my compassion, I am grateful
For my tenderness, I am grateful
For my sensitivity, I am grateful
For my kindness, I am grateful
For my empathy, I am grateful
For my warmth, I am grateful

For my lovingness, I am grateful
For my passion, I am grateful
For my devotion, I am grateful
For my committedness, I am grateful
For my loyalty, I am grateful
For my self-care, I am grateful
For my safety, I am grateful
For my self-regard, I am grateful
For my healing, I am grateful
For my joyfulness, I am grateful

The Throat Chakra

For my uniqueness, I am grateful

For my confidence, I am grateful

For my self-belief, I am grateful

For my inner-truth, I am grateful

For my authenticity, I am grateful

For my honesty, I am grateful

For my soulfulness, I am grateful

For my sensitivity, I am grateful

For my kindness, I am grateful

For my humanity, I am grateful

For my diplomacy, I am grateful

For my flexibility, I am grateful

For my tactfulness, I am grateful

For my patience, I am grateful

For my calmness, I am grateful

For my peacefulness, I am grateful

For my connectedness, I am grateful

For my positivity, I am grateful

For my willpower, I am grateful

For my creativity, I am grateful

For my authority, I am grateful

For my leadership, I am grateful

For my self-discipline, I am grateful

For my inspiration, I am grateful

For my clarity, I am grateful

For my simplicity, I am grateful

For my thoughtfulness, I am grateful

For my decision making, I am grateful

For my generosity, I am grateful

For my good actions, I am grateful

The Brow Chakra

For my inner peace, I am grateful
For my truthfulness, I am grateful
For my honesty, I am grateful
For my integrity, I am grateful
For my sincerity, I am grateful
For my wisdom, I am grateful
For my discernment, I am grateful
For my self-belief, I am grateful
For my positivity, I am grateful
For my fearlessness, I am grateful

For my lucid dreaming, I am grateful
For my self-control, I am grateful
For my intuition, I am grateful
For my inner knowledge, I am grateful
For my consciousness, I am grateful
For my inner vision, I am grateful
For my inner voice, I am grateful
For my spirit self, I am grateful
For my oneness, I am grateful
For my joyfulness, I am grateful

For my imagination, I am grateful
For my free-thinking, I am grateful
For my openness, I am grateful
For my resourcefulness, I am grateful
For my creativity, I am grateful
For my humanity, I am grateful
For my forgivingness, I am grateful
For my gracefulness, I am grateful
For my respectfulness, I am grateful
For my good words, I am grateful

The Crown Chakra

For my principles, I am grateful
For my ethics, I am grateful
For my diplomacy, I am grateful
For my humility, I am grateful
For my selflessness, I am grateful
For my gracefulness, I am grateful
For my courage, I am grateful
For my trustfulness, I am grateful
For my self-surrender, I am grateful
For my wisdom, I am grateful

For my consciousness, I am grateful
For my memory, I am grateful
For my open-mindedness, I am grateful
For my awareness, I am grateful
For my focus, I am grateful
For my cognition, I am grateful
For my reasoning, I am grateful
For my free-thinking, I am grateful
For my fluidity, I am grateful
For my insight, I am grateful

For my intuition, I am grateful
For my holistic view, I am grateful
For my inclusivity, I am grateful
For my connectedness, I am grateful
For my oneness, I am grateful
For my spirit connection, I am grateful
For my spiritual awareness, I am grateful
For my spiritual vitality, I am grateful
For my spirit's guidance, I am grateful
For my good thoughts, I am grateful

Call to the Soul

I am protected.
This is a safe place,
It's safe to be me,
Let's come together,
And there's no judgement,
When I open my inner eye.

This is a safe place,
A healing space:
Warm, friendly, and secure.

It's safe to be me,
All of me:
The hidden, forgotten, and lost.

Let's come together,
Re-joined as one:
Loved, honoured, and cherished.

And there's no judgement,
Yet grieved, I am:
Humble, compassionate, and listening.

When I open my inner eye,
I'm revealed to be:
Beautiful, whole, and transcendent.

I hear the chorus,
Of creation's song:
Called to join, and with gratitude, I am protected.