

ACEP Comprehensive Energy Psychology Certification Module:

**The Chakras and Biofield for Addressing
Specific Energetic Imbalances**

MODULE STRUCTURE

This module is divided into four major sections, with sub-sections within each:

Module Overview:

- Learning Objectives
- The Human Energy System
- Basic Concepts

The Human Biofield:

- Background
- Layers of the Biofield
- Key points to Remember

Biofield-related Exercises:

- Centering Breath
- Brush-Down
- Multi-Dimensional Biofield Clearing

The Chakras:

- Overview of the Seven Major Human Energy Centers
- Background, Aspects and Healing Strategies for Each Chakra

Chakra-related Exercises:

- Chakra Balancing
- Chakra Spin
- Releasing a Dysfunctional Belief and Installing a Desired Belief
- Sample Dysfunctional and Desired Beliefs

Overview

Learning Objectives

1. Name three major components of the human energy system and identify their most significant contributions to emotional healing.
2. Name the seven major chakras and identify one physiological component and one significant psychological function of each.
3. Identify an example of both depleted and excessive energy in each chakra. Then, describe an energetic approach that can be used to restore balance for each identified example.
4. Describe one EP technique that uses chakras to release a dysfunctional belief and install an empowering belief.

The Human Energy System

The Human Energy System, also called the Human Vibrational Matrix, is a complex inter-related network of energy flows within and around the body that are often referred to collectively as subtle energies. Comprehensive Energy Psychology focuses on three of these energy systems, while other approaches may include other major components; e.g., Energy Medicine utilizes Radiant Circuits.

Meridians – Pathways of *Qi* or vital life force. Although more than 300 hundred meridians are known and used in Oriental medicine applications, only 14 major pathways are used in basic Energy Psychology treatments to influence emotions and psychological functioning. **Acupoints** are specific nodes along the meridians. Electrically, each acupoint has a minute charge and acts as a relay of the charge, or electro-magnetic flow, in the human body. Blockage of bio-energy flow along the meridians causes stagnation, lack of vitality, and ultimately “dis-ease.” At present, energy psychology approaches using meridian interventions are the most widely utilized and studied.

Chakras – The seven major energy centers, called *Charkas* in Sanskrit, align with the human spinal column, act as vortices of energy, and are thought to mediate or modulate the inflow and outflow of *Qi* from the Universal Energy Field. These centers differ in vibrational frequency relative to other parts of the body, as evidenced by electrical oscillations in the skin above each chakra ranging in frequency from 100 to 1,600 cycles per second (cps) compared to 0-100 cps in the brain, 225 cps in the muscles and 250 cps in the heart. Because each chakra occupies a different location on the body after which it is named, each has distinctive physiological effects upon the organs, tissues and all other systems within its energy field. Because these centers also differ vibrationally in relation to human consciousness, each has distinctive psychological functions. The seven major chakras are thus often referred to as “centers of consciousness.” The chakras effects on mood, personality and behavior are thought to be mediated by the centers’ influence on the endocrine system.

Other minor chakras exist at all joint intersections of the body’s 206 bones as well as at the eyes, palms of the hands and the soles of the feet. Thus, chakra energy is pervasive and vital to every

system of the mind and body. Some energy psychology approaches primarily utilize balancing of the chakras to address long-standing patterns of psychological distress.

Biofield – Vibrational emanations through and beyond the human body. The biofield may extend one to 10 or more feet beyond the body, depending on the essence and vital life force of the individual. The biofield can be seen by sensitives, or clairvoyants, and has a number of distinctive layers or concentric fields. These fields appear to be the standing-waves patterns or near-field emissions generated by the activity of the major chakras. Scientific confirmation of the subtle energy emissions of the biofield has been obtained through SQUID and other electro-magnetically sensitive devices.

Cohesion of the biofield can be enhanced through setting of intent, centering and grounding practices.

Basic Concepts

Therapeutic Use of Different Aspects of the Vibrational Matrix

Both chakra and meridian-based EP treatments require basic balancing of the biofield to enable accurate assessment, treatment efficacy and to assure that a treatments benefit will hold after it is administered. Thus, as you have already seen, meridian-based EP approaches utilize biofield treatments for non-polarization such as the Over Energy Correction. Numerous other balancing and centering practices utilized within Healing Touch and Therapeutic Touch as well as other pranic healing modalities and Educational Kinesiology exercises are also used to address imbalances in the Biofield.

Generally, practitioners familiar with energetic approaches recognize the meridian interventions as essential resources for handling life stressors such as anxiety and recent trauma; while, work with the chakras seems to assist in addressing long-term patterns such as repeated traumatization, holding limiting beliefs, and patterns of family illness.

Muscle Testing to determine Energetic Imbalance

Muscle testing can be used to establish that the entire system via the biofield is “on” and ready for interventions. Muscle testing, as shown in Energy Checking Module can be used to find and treat acupoint meridian patterns that are in need of recharging. By the same token, muscle testing can be used to find which chakra is most depleted or overactive so that interventions can be made to establish balance.

The Human Biofield

Background

Historically, four dimensions of the human psyche, or aspects of consciousness, were recognized more than 5,000 years ago in ancient Egypt, the cradle of Western civilization:

1. **The Physical**—represented by the reigning pharaoh
2. **The Emotional**—represented by the deities Amen-Ra, Isis, and Osiris
3. **The Mental**—represented by the deity Ptah, ruler of the mind
4. **The Spiritual**—represented by Horus, the hawk, later symbolized as the “all-seeing eye” (which has been on the United States dollar bill since Independence)

These four dimensions became integrated into daily life through the Tarot symbols for intuitive divination, and later the four suits of our modern playing cards (hearts, spades, clubs and diamonds). In the Eastern India yoga traditions, these same four major dimensions were seen as “sheaths,” or layers enfolded within each other and extending outward beyond the human body. Yogis and yoginis intuitively sensed the more subtle layers that emanated from persons with higher spiritual development. Yoga, utilizing breath (prana), body postures (asanas) and repeated phrases (mantras), is intended to bring the dimensions of the biofield to unity and to open spiritual awareness.

Layers of the Biofield

Modern-day sensitive and physicist, Barbara Brennan, teaches that there are seven layers of the human biofield and that each corresponds with one of the seven human energy centers (chakras). Thus, each biofield layer is supported and stimulated through its association with a specific energy center. For example, the root chakra supports the physical biofield layer, the sacral chakra connects with the emotional biofield dimension, and the solar plexus chakra enhances the mental layer of the biofield. William Tiller maintains that each chakra acting as a biologic antenna generates a standing wave near-field radiation pattern or auric field resulting in multiple auric sheaths surrounding the physical body. Preliminary research at the California Institute of Human Science (CIHS) supports this concept (G. Chevalier, pers. comm. 2/05). Barbara Brennan (NY: Bantam, 1988) describes the layers of the biofield and associated chakra as follows:

1. **The Ketheric Template**—Outermost Structured layer associated with the crown chakra
2. **The Celestial Body**—Fluid, multicolored layer associated with intuition of the brow chakra
3. **The Etheric Template**—Structured layer that is thought to hold the genetic template for each individual and is associated with the throat chakra
4. **The Spiritual/Astral Layer**—Fluid, multicolored layer associated with the heart center and healing endeavors (Krieger/Kunz)
5. **The Mental/Causal Layer**—Structured, yellow layer related to the solar plexus that may be most involved with Thought Field Therapy (Callahan)
6. **The Emotional Layer**—Fluid, multicolored layer related to the sacral center and most involved in pranic healing or techniques that smooth the biofield such as Therapeutic Touch
7. **The Physical/Etheric Layer**—Structured, light blue layer about two to three inches beyond the body associated with the root chakra and physical healing techniques

Key Points to Remember about the Human Biofield

- ❖ The biofield serves a protective function: the stronger the field, the less likely we are to experience effects of severe trauma, whether physical or psychological.
- ❖ All dimensions of the biofield are affected by even slight trauma and require psycho-energetic rebalancing to restore the biofield to optimal functioning.
- ❖ Even voluntary trauma (e.g., surgery, assisting troubled people - vicarious traumatization of doing psychotherapy) affects the human energies and requires rebalancing of the dimensions of the human biofield.
- ❖ Complex, long-term adult onset illness slowly progresses from outer biofield layers to the physical body. Thus, diseases such as cancer and arthritis have mental, emotional and spiritual components.
- ❖ Healing can occur in any dimension of the energy field. The further away from the physical body the rebalancing occurs, the more pervasive the healing apparently tends to be. Thus, a spiritual or mental “break-through” can bring about profound emotional and even physical changes.
- ❖ Work with the biofield and chakras is based on the 5,000 year old traditions of India in which *prana* was seen as the vital life force and associated with the breath. Work with the breath is therefore essential in all pranic healing.

Integration of the Biofield can be achieved through (specific instructions for the asterisked procedures are given on subsequent pages):

- a. Breathing practices*
- b. *Qi Gong, Tai Qi*
- c. Grounding and centering work
- d. Meditation, prayer
- e. Clear setting of one’s intent
- f. Psycho-energetic non-polarization corrections, such as “Cook’s hook-up” and the “Quick Starts” (found in the Readiness module on page 8)
- g. Specialized treatment of specific aspects of the biofield, energy centers, or meridian pathways that are not functioning optimally that includes tapping, holding, modulating, clearing, smoothing or releasing maneuvers.

Biofield-related Exercises

CENTERING BREATH

This technique allows a sense of inner focus to develop and is particularly useful at the beginning of the treatment phase.

Instructions

1. “While sitting comfortably, release the breath fully with a sigh as if blowing out a candle. Do this three times or more while imagining your stress and tension flowing out through your hands and feet. The breath in will naturally be deeper as you proceed.”
2. “Imagine a peaceful place in nature; seeing, hearing, feeling, smelling and sensing it. Feel the peacefulness filling your body with light and warmth with each inspiration.”
3. “After several minutes, notice how you feel and carry forward in your experience any ideas or images that have come to you.”

BRUSH DOWN

This technique allows the release of the negative effects of stress events.

Instructions

1. “While thinking of a recent stressful event, set your intent to release its effects. While sitting or standing, take a deep breath and let it go, fully releasing pressure and tension to the earth. Again, breathe in and out letting any remaining tension flow out through your hands and feet.
2. “On the next inspiration, bring your hands above your head and then as you fully exhale, gently brush downward from head to toe. You may sigh or groan to help release the tension fully as the hands touch the floor.”
3. “Continue releasing with each exhalation, brushing from under each arm, the upper and lower back, and the groin area.”
4. “Notice how you feel after four or five minutes of this exercise.”

MULTI-DIMENSIONAL BIOFIELD CLEARING (a Healing Touch method)

This technique allows for clearing, “unruffling” or smoothing of one or more dimensions of the human biofield. (To learn how to do this quickly and on your own, read the book, *The High Performance Mind* by Anna Wise. It also provides exercises to access theta and delta states.) The effects are also multi-dimensional. In the physical body, clients report relief of pain or tension, ability to breathe more fully, and reduction of environmental sensitivities. In the emotional body, clients report relaxation, release of effects of trauma and an enhanced sense of wellbeing. Mentally, there is increased imagery and ability to think clearly. Spiritually, clients report a sense of connectedness to Higher Power or of inner peacefulness. This method is also helpful in preparing for any medical procedure, such as diagnostic processes, chemotherapy or surgery, as well as in releasing the effects of anesthesia or other accumulated toxins.

General Instructions

- Have client *select a treatment issue* (but remember that this procedure can also be beneficial even when the client has no specific treatment issue in mind)
- Have client *attune* to (think about) the issue and provide *baseline* SUDs/VOC/VOI
- While client is *attuned*, do a *diagnostic scan* of the client’s body with your hands (this originated as a Therapeutic Touch method and was later incorporated into Healing Touch)
- With client *remaining attuned, unruffle and modulate* wherever your dx indicates
- Have client *re-evaluate* SUDs/VOC/VOI.

Multidimensional Clearing Procedure Mechanics

1. **Have Client Get Comfortable:** Encourage the client to find a comfortable position in an easy chair or recliner, loosening belts or constrictive clothing, and removing glasses.
2. **Above Head:** After centering, set your intent for the layer of the biofield with which you wish to work, and then begin with the hands comfortable, close together above the client’s head, 6-10 inches above the body.
3. **Downward Sweep:** Slowly and gently move the hands from above the client’s head downward toward the feet in a continuous sweeping motion. A count of 30 will help to set the pace as you move steadily down the midline of the client’s body.
4. **Notice and Modulate:** You may notice areas where the field is thick or congested. Imagine your hands becoming like magnets to attract this disturbed vibration and bring it below the client’s feet. There, allow the disturbance to transmute and release to the earth with a shaking motion of the hands.
5. **Repeat:** Repeat the clearing of this layer of the biofield until it is smooth and even (the first, and usually most congested layer may take 5-10 sweeps).
6. **Next Layer:** Continue with another layer of the field. Set your intent and move your hands slightly further away from the client’s body. Clear this layer in the same slow, steady manner.
7. **Continue:** Complete the work with several layers, noting how successive sweeps are easier and lighter. In total, 20-30 sweeps may be needed for about 10 minutes.
8. **Debrief:** Let the client know you are finished and ask for a sharing of the inner experience while the client is in the same relaxed position. Have the client re-evaluate SUDs/VOC/VOI. This should also be a time of new insight or meaningful imagery.
9. Then, allow the disturbance to transmute and release to the earth with a shaking motion of the hands.
10. **Repeat:** Repeat the clearing of this layer of the biofield until it is smooth and even (the first, and usually most congested layer may take 5-10 sweeps).
11. **Next Layer:** Continue with another layer of the field. Set your intent and move your hands slightly further away from the client’s body. Clear this layer in the same slow, steady manner.
12. **Continue:** Complete the work with several layers, noting how successive sweeps are easier and lighter. In total, 20-30 sweeps may be needed for about 10 minutes.
13. **Debrief:** Let the client know you are finished and ask for a sharing of the inner experience while the client is in the same relaxed position. Have the client re-evaluate SUDs/VOC/VOI. This too should be a time of new insight or meaningful imagery.

Overview of the Seven Major Human Energy Centers

ENERGY CENTER & ENDOCRINE GLAND	PHYSICAL AREAS OF INFLUENCE	MAJOR PSYCHOLOGICAL FUNCTION	CORRESPONDING BIOFIELD LAYER	PRIMARY COLOR & SOUND (of the vibrational pattern)
TRANSPERSONAL CENTERS OF CONSCIOUSNESS				
7 Crown (Pineal)	Upper brain, biorhythms	Being connected to spirit, alignment with Higher Will, fulfilling one's sense of purpose and meaning <i>"I honor my true nature/purpose about..."</i>	Ketheric Template	Purple, Lavender, White "ti" to "do" B to C (in higher octave)
6 Brow (Pituitary)	Face, eyes, ears, lower cerebral function	Seeing clearly, clairvoyance, insight, compassion <i>"I am compassionate and intuitive about..."</i>	Celestial	Indigo blue "la" A
RELATIONAL/EXPANDED AWARENESS CENTERS OF CONSCIOUSNESS				
5 Throat (Thyroid)	Throat and neck	Expressing , creative, self-awareness, playfulness, humor, singing, writing, etc. <i>"I am creatively expressive about..."</i>	Etheric Template	Light blue "sol" G
4 Heart (Thymus)	Chest, heart, blood and lymphatic flows	Caring , positive accepting or self and others, unconditional forgiveness <i>"I accept..."</i>	Spiritual/ Astral	Green "fa" F
3 Solar Plexus (Pancreas, insulin)	Upper abdomen, early digestion	Thinking , sense of power, identity, control, self-esteem, effective assertion & decision-making <i>"I think clearly about..."</i>	Mental	Yellow "mi" E
BASE/FOUNDATION CENTERS OF CONSCIOUSNESS				
2 Sacral (Gonads)	Lower abdomen, pelvis, assimilation and release	Feeling , letting emotions serve as sensors, choosing and releasing <i>"I choose what fits about..."</i>	Emotional	Orange "re" D
1 Root (Adrenal)	Feet, legs, thighs, hips, perineal floor	Connecting to survival, safety, security, sense of vitality, joy in being alive <i>"I am secure about..."</i>	Etheric	Red "do" C

The First Chakra: Root, Base, or *Muladhara*

BACKGROUND

- **Biofield Layer Connection:** Connects to the structured, light blue, *etheric* (also called “vital”) layer of biofield.
- **Location:** Located at the base of the spine, aligned with coccygeal nerve plexus.

ASPECTS

- **Chakra-Related Developmental Tasks:** Object permanence, motor skills, physical growth, trust, sense of security, right to be fully alive.
- **Traumas Most Affecting This Chakra:** Birth trauma, abandonment, neglect, poor bonding, feeding difficulties, major illness or surgery, physical abuse, inherited family patterns.
- **Signs of Depletion of This Chakra:** Fatigue, disconnection from body, difficulty focusing, disorganization, generalized fearfulness, financial difficulties, poor boundaries, underweight.
- **Signs of Over Activity of This Chakra:** Obesity, overeating, hoarding, greed, fear of change, addiction to security, rigidity.
- **Physical Symptoms of Problems With This Chakra:** Eating disorders, frequent illness, issues with legs, hips feet, knees, bones, teeth, lower bowel disorders, not feeling fully alive – “half here”, in “limbo.”

HEALING

- **Physical Healing Strategies for This Chakra Include:** Reconnecting with the body through touch, massage, physical activity, grounding; “holding” with each hand in the etheric biofield layer one of two adjacent major or minor chakras (e.g., knee and ankle).
- **Emotional Healing Strategies for This Chakra Include:** Development of trust, close object relationships, appropriate attachments and boundaries, release of fears.
- **Mental Healing Strategies for This Chakra Include:** Affirming
“It is safe for me to be alive,” OR
“I love my body,” OR
“I am surrounded by abundance; the earth supports my needs.”
- **Energetic Healing Strategies for This Chakra Include:** “Filling” strands between joints and chakras.
- **Psycho-energetic Reversal Treatments for This Chakra Include:**
 While tapping this chakra or moving its energy in a clockwise direction, have the client repeat three times –
“Even if I’m insecure about... OR
“Even if it’s not safe for me to be/feel alive if I have this issue... OR
“Even if I hate my body regarding this issue... OR
“Even if the earth ignores/sabotages my needs...I deeply and profoundly accept myself”.
- **Beliefs Installation Treatments Related to This Chakra Focus On:**
“I am secure about...”

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The Second Chakra: Sacral Center or *Swadhisthana*

BACKGROUND

- **Biofield Layer Connection:** Connects to the unstructured, multicolored *emotional* layer of the biofield.
 - **Location:** Located below navel and at sacrum of the back.

ASPECTS

- **Chakra-Related Developmental Tasks:** Developmental tasks are locomotion, exploring the world through the senses, choosing, movement toward pleasure and away from displeasure, connecting with emotions, permission to feel, sexuality.
- **Traumas Most Affecting This Chakra:** Neglect, emotional coldness, rejection, emotional abuse, sexual abuse, enmeshment, denial of child’s feelings, invalidation, manipulation.
- **Signs of Depletion of This Chakra:** Poor social skills, rigidity in body and attitudes, fear of intimacy, fear of change, denial of pleasure, low libido, anhedonia.
- **Signs of Over Activity of This Chakra:** Hysteria, being ruled by emotions, sentimentality, obsessive attachment, chemical addictions, sexual addiction, hedonism, emotional dependency.
- **Physical Symptoms of Problems With This Chakra:** Disorders of reproductive organs, bowel dysfunction, sexual dysfunction, low back pain, lack of flexibility, poor appetite.

HEALING

- **Physical Healing Strategies for This Chakra Include:** Movement therapy, choosing foods and activities that support and enhance a sense of wellbeing.
- **Emotional Healing Strategies for This Chakra Include:** Finding pleasurable experiences, emotional release work, learning to attenuate excessive emotionality, containment of emotions, inner child work, learning to set clear boundaries, 12 step programs.
- **Mental Healing Strategies for This Chakra Include:** Affirming that
“I deserve pleasure in my life,” “I enjoy my feelings,” “My feelings are useful,” “I can learn from them,” “I choose what is right for me.”
- **Energetic Healing Strategies for This Chakra Include:** Unruffling, releasing, smoothing, modulation over second chakra.
- **Psycho-energetic Reversal Treatments for This Chakra Include:**
 While tapping this chakra or flowing its energy in a clockwise direction, have the client repeat three times –
“Even if I don’t deserve pleasure in my life... OR
“Even if I don’t enjoy my feelings... OR
“Even if I don’t believe my feelings aren’t useful...
 (or some other client-appropriate but chakra-relevant variant in this wording),
“...I deeply and profoundly accept myself.”
- **Beliefs Installation Treatments Related to This Chakra Focus On:**
“I choose what fits concerning... “I release my attachment to...”

The Third Chakra: Solar Plexus or *Manipura*

BACKGROUND

- **Biofield Layer Connection:** Connects to the causal or *mental* layer of the biofield.
- **Location:** Located at base of the sternum, the solar plexus, or “knock-out point” and corresponding area in the back.

ASPECTS

- **Chakra-Related Developmental Tasks:** Establishing ego identity, sense of autonomy, self-definition, sense of personal power, self-esteem, and ability to set and accomplish goals, effective will and self-direction.
- **Traumas Most Affecting This Chakra:** Domination, authoritarianism, shaming, excessive punishment, manipulation, physical abuse, dangerous environment, tasks inappropriate for child’s age.
- **Signs of Depletion of This Chakra:** Weak will, poor self-esteem, difficulty completing tasks, difficulty following details, victim mentality, blaming of others, passivity.
- **Signs of Over Activity of This Chakra:** Aggression, dominance, over-control, violent outbursts, competitive behavior, need to be right, stubbornness, type A personality.
- **Physical Symptoms of Problems With This Chakra:** Ulcers, heart disease, hypertension, muscular disorders, upper gastrointestinal tract disorders, hypo- and hyperglycemia.

HEALING

- **Physical Healing Strategies for This Chakra Include:** Stress management and relaxation techniques, imagery.
- **Emotional Healing Strategies for This Chakra Include:** Learning self-management skills, effective assertiveness, building self-esteem, finding satisfaction in setting and completing goals, setting realistic tasks.
- **Mental Healing Strategies for This Chakra Include:** Affirming that “*I honor the power within me,*” “*I am in charge of my life,*” *I can effectively set goals, take steps, and complete what I set out to do.*”
- **Energetic Healing Strategies for This Chakra Include:** Slow movements to strengthen body and will such as yoga, Qi Gung, Tai Qi
- **Psycho-energetic Reversal Treatments for This Chakra Include:**
While tapping this chakra or moving its energy in a clockwise direction, have the client repeat three times –
“*Even if I dislike/don’t notice the power within me...OR*
“*Even if I don’t feel in charge of my life... OR*
“*Even if I have difficulty setting goals/taking steps/completing what I set out to do*
...I deeply and profoundly accept myself”.
- **Beliefs Installation Treatments Related to This Chakra Focus On:**
“*I think clearly about...*” “*I enjoy taking charge of my life*”

The Fourth Chakra: Heart or Anahata

BACKGROUND

- **Biofield layer connection:** Connects to the spiritual or **astral** layer of the biofield.
- **Location:** Located in the mid-chest region and corresponding area between the shoulder blades.
- This center is seen as the **essential energy for healing work**, mandating that those involved in therapeutic endeavors have a sense of mastery of the lower chakra functions by holding a healthy sense of survival, are able to identify and deal with their emotions, and can effectively assert themselves without aggression or passivity.

ASPECTS

- **Chakra-related Developmental Tasks:** forming deep peer and family relationships, reaching out and taking in.
- **Traumas Most Affecting this Chakra:** rejection, abandonment, loss, loveless environment, betrayal.
- **Signs of Depletion:** loneliness, isolation, fear of intimacy, lack of empathy, narcissism.
- **Signs of Over-Activity:** poor boundaries, being demanding, clinging, jealousy, overly sacrificing.
- **Physical Symptoms of Problems:** disorders of heart/circulation, shortness of breath, sunken chest, asthma, chest pain, disorders of lungs, thymus (Immune system), arms and hands.

HEALING

- **Physical Healing Strategies for this Chakra:** breathing exercises, stretching and aerobics, working with arms and hands.
- **Emotional Healing Strategies for this Chakra:** emotional release of grief, forgiveness when appropriate, self-acceptance, psychotherapy to explore relationships.
- **Mental Healing Strategies:** journaling, self-discovery exercises, affirmations—
“I am worthy of love,” “I give and receive caring from others.”
- **Energetic Healing Strategies:** surrounding loved ones with healing light, receiving healing light from each loved one in turn and integrating to the heart center.
- **Psychoenergetic Reversal Treatments for this Chakra:**
“Even if I am not able to forgive...*or*
“Even if I cannot accept myself...*or*
“Even if taking in caring from others feels strange...
...I deeply and profoundly accept myself.”
- **Beliefs Installation Related to this Chakra Focuses On:**
“I give and receive love easily...I release resentments toward_____ As I release my grudges I increase my ability to love myself and others”

The Fifth Chakra: Throat or Vissudha

BACKGROUND

- **Biofield layer connection:** the throat chakra relates to the etheric template layer of the biofield, that is believed to hold the family genetic patterning that we receive at birth.
- **Location:** the throat center is at the front and back of the neck.

ASPECTS

- **Chakra-related Developmental Tasks:** creative thinking, self expression, communication in symbols.
- **Traumas Most Affecting this Chakra:** lies, mixed messages, verbal abuse, excessive criticism, authoritarian parents, family secrets.
- **Signs of Depletion:** fear of speaking, weak voice, introversion, shyness, poor rhythmic timing, tone deafness, difficulty putting feelings into words.
- **Signs of Over Activity:** overtalking, talking as a defense, inability to listen, interrupting, poor auditory comprehension.
- **Physical Symptoms of Problems:** disorders of the throat, ears, neck, hoarseness, tightness of jaw.

HEALING

- **Physical Healing Strategies for this Chakra:** Loosen neck and shoulders, singing, chanting, toning.
- **Emotional Healing Strategies for this Chakra:** journal writing, story telling, learning to listen, voice dialogue, communication with inner child.
- **Mental Healing Strategies:** letter writing,
“I hear and speak the truth,”
“I value each communication—from myself and others.”
- **Energetic Healing Strategies:** listening to nature, walking, meditation.
- **Psycho-energetic Reversal Treatments for this Chakra:**
“Even if I cannot comprehend what someone is saying to me... Or
“Even if I want to hold back...
...I deeply and profoundly accept myself.”
- **Beliefs Installation Related to this Chakra Focuses On:**
“Creativity flows in and through me”... “My voice is necessary.”

The Sixth Chakra: Brow or Ajna

BACKGROUND

- **Biofield layer connection:** the brow center is related to the Celestial Body layer of the biofield.
- **Location:** the brow center is above the eyebrows and through to the back of the head, traditionally known as the "third eye."

ASPECTS

- **Chakra-related Developmental Tasks:** seeing with insight, having compassion for others, being able to put oneself in another's place, intuition.
- **Traumas Most Affecting this Chakra:** invalidation of intuition or psychic perceptions, ugly or frightening environment; e.g., growing up in a war zone.
- **Signs of Depletion:** insensitivity, poor memory, difficulty seeing alternatives, lack of imagination, difficulty visualizing, denial, seeing only one way of doing things.
- **Signs of Over Activity:** delusions, obsessions, nightmares, difficulty concentrating.
- **Physical Symptoms of Problems:** headaches, vision problems.

HEALING

- **Physical Healing Strategies for this Chakra:** create visual art, observe nature carefully, eye exercises.
- **Emotional Healing Strategies for this Chakra:** meditation, art therapy, dreamwork, hypnosis, guided visualizations.
- **Mental Healing Strategies:** willingness to generate alternatives, seeing things from a different perspective.
- **Energetic Healing Strategies:** opening to inner wisdom, seeing good will coming to self, visualization.
- **Psychoenergetic Reversal Treatments for this Chakra:**
*"Even if I cannot see another point of view...Or
 "Even if I am lacking in imagination...Or
 "Even if I can't see what is really going on...
 ...I deeply and profoundly accept myself."*
- **Beliefs Installation Related to this Chakra Focuses On:**
"I see all things with clarity...I am open to the wisdom within."

The Seventh Chakra: Crown or Sahasrara

BACKGROUND

- **Biofield layer connection:** the crown chakra holds our spiritual connection to humanity and connects to the Ketheric template which extends to the Collective Unconscious (Jung).
- **Location:** the crown chakra is exactly at the top of the head, the tender spot that is soft in newborn babies.

ASPECTS

- **Chakra-related Developmental Tasks:** assimilation of knowledge, developing human collective consciousness and sense of the trans-personal.
- **Traumas Most Affecting this Chakra:** forced religion, invalidation of personal beliefs, misinformation, spiritual abuse.
- **Signs of Depletion:** spiritual cynicism, rigid beliefs, apathy, materialism, greed.
- **Signs of Over Activity:** spiritual addiction, lack of good reality testing, confusion, dissociation.
- **Physical Symptoms of Problems:** migraines, brain tumors, amnesia, cognitive delusions.

HEALING

- **Physical Healing Strategies for this Chakra:** recognize spiritual needs in the world around us.
- **Emotional Healing Strategies for this Chakra:** re-establish connection to the trans-personal, meditation, connect to the wisdom of the body.
- **Mental Healing Strategies:** develop a spiritual practice or discipline.
- **Energetic Healing Strategies:** read devotional material, poetry, centering practices.
- **Psychoenergetic Reversal Treatments for this Chakra:**
*"Even if I'm not sure about a Higher Power...or
 "Even if I have difficulty accepting deeper wisdom...
 ...I deeply and profoundly accept and honor who I am in the world."*
- **Beliefs Installation Related to this Chakra Focuses On:**
"Divinity resides within me... The world is my teacher...I am guided by powers greater than my personal self."

Chakra-related Exercises

Chakra Balancing

One basic technique for balancing a chakra that becomes perturbed when a problem state is accessed is to focus on or *lock in the problem state* and then:

1. Circle the area over the chakra with either hand, using a counter-clockwise motion (imagine the client's body as the face of the clock) for about 30 seconds.
2. Pause over the chakra and take a deep breath.
3. Circle in a clockwise direction for about 30 seconds.
4. Pause over the chakra and take a deep breath.
5. Recheck. If there is no correction, repeat or check for psychological reversals or SEI (refer to the Readiness Module).

The Chakra Spin

This exercise allows you to experience your own chakras and bring movement into your energy body. It can be used for daily self-care of the practitioner as well as to increase *Qi* in sluggish or depressed clients.

1. Allow yourself to center by feeling grounded to the earth. Spread your hands on your thighs, bending your knees, and sensing the connection to the earth through the outflow of *Qi* from your hands and feet.
2. Sense the inflow of *Qi* from the Universal Energy Field into your heart center and your hands, which may be held facing each other over the heart as you focus with a sense of gratitude and thanksgiving. Remember that there are strong energy vortices in the palms of the hands and the soles of the feet.
3. Bring the *Qi* from the heart to the root chakra area at the base of the spine while affirming the joy of being alive in the body. If desired, add a vigorous spin as you would if you were moving a "hula hoop." Enjoy the spin and your sense of aliveness.
4. Next, allow *Qi* to flow from your hands to the sacral center, front and back. Affirm your ability to select and choose the nutrients, people, and situations that are right for you. Continue spinning the body while focusing on the sacral area.
5. Bring your awareness and your hands to the solar plexus with its strengths for taking charge and communicating effectively. Add slight rotations while feeling your own power.
6. Let *Qi* now flow freely from your hands to the heart center, enjoying a sense of acceptance and forgiveness. Imagine reaching out to your loved ones and then bringing in their caring with large arm movements and rotation of the body.
7. Bring the hands over the throat center, front and back, while sensing support from the Universe for your creativity. Allow yourself to make a sound, finding the tone that is most pleasing to you as you gently rotate the body.
8. Allow the hands to rest above the brow chakra both front and back, affirming your ability to develop a higher sense perception and to see with insight and compassion.
9. Bring the hands to the crown while feeling the inflow of *Qi* from the Universe. Sense the connection with infinite peace, love and wisdom for your life, its meaning and purpose.

Releasing a Dysfunctional Belief and Installing a Desired Belief

Many people hold dysfunctional beliefs of which they are not even aware, or they may know about one but had no resources for change. The following page provides a sample of some common limiting beliefs and the corresponding desired beliefs. The following method using the chakras for releasing such dysfunctional patterns and installing more functional ones is based on some of the insights of Asha Clinton's Seemorg Matrix work.

Instructions for Releasing an Undesired Belief

1. Select one or more beliefs from the left-hand column of the sample list, or help the client to select appropriate wording for a pattern that he/she wishes to change.
2. Muscle test to make sure the limiting belief weakens the client's system. If you wish, you may also muscle test to determine which chakra is most impacted by the dysfunctional pattern.
3. Muscle test to establish the Validity of Cognition (VOC) of the belief on a 1-7 scale in order to determine if there is an objection to releasing the belief. If so, start at the crown and work **downward** through the chakras with the client stating: "Even if I have objections to releasing this belief, I deeply and profoundly accept myself."
4. Release by thinking about the belief as you spin the hands in a **counterclockwise** fashion over each chakra, starting at the crown and moving **downward**.
5. Retest the VOC of the belief and make sure it is at a "0."
6. Seal with a deep breath and an exultation (Yeah! Alleluia!).

Instructions for Installing a Desired Belief

1. Consider the corresponding desired belief from the list on the following page and make sure the wording fits your client.
2. Muscle test to determine the VOC of the desired belief (1- weak, 7- very strong).
3. Muscle test to determine if the desired belief empowers the client.
4. Muscle test to determine if there are any objections to installing the desired belief; if so, treat with "*Even if I object to embodying this belief, I deeply and profoundly accept myself.*"
5. Move **upward** starting at the root chakra holding each one in turn to clear any objections.
6. Install the desired belief by having the client spin the hands in a **clockwise** direction beginning at the root chakra and moving **upward** while repeating the new belief.
7. Muscle test to find out if the VOC has increased. When it is a seven, encourage a deep breath and an exultation to seal the work. Also, encourage the Chakra Spin (Exercise A above) as another way of celebrating the internalization of the new belief.

Sample Dysfunctional Beliefs

Sample Desired Beliefs

I have nothing to live for	I can find something worth living for
I have to please everyone/be perfect	I can be myself/make mistakes
I must not find out who I am	I can safely find out who I am
I want to die	I want to live
I'm an easy mark	I can learn to/can protect myself
I'm incapable of independence	I am capable of independence
I'm not allowed to become who I really am	I'm allowed to become who I really am
My safety is at the whims of the world	I am internally safe no matter what the world does
I'm not worth comforting/protecting	I am worth comforting/protecting
I'm only worth what I do	I have intrinsic value (My worth is in who I am)
Independence is bad	Independence is good
Life is not worth living	Life is worth living
Life is suffering and then you die	I can find the good and beauty in life
Life is too hard for me	Life is a challenge I can meet
Life is too lonely to live	There are enough people I can share life with
My therapist can never help me heal	My therapist can help me heal
People abandon me	I remain capable with people who are abandoning
People abuse me	I remain capable with people who try to abuse me
People are unloving	Many people are loving
People control/manipulate me	I remain capable with manipulative people
People don't allow my power	I remain in my power around people
People don't see/hear/mirror me	Many people can see/hear/mirror me
People endanger me	Most people do not endanger me
People exploit/use me	I remain capable with exploitative people
People fuse with me	I remain capable with people to fuse with me
People humiliate/tease me	Most people do not humiliate/tease me
People neglect you	Many people don't neglect me
People victimize me	My power is in my own hands
Something basic is missing in me	I have everything I need within me
The world is dangerous	The world is both safe and dangerous
The world is evil	The world has evil, good and everything in between
I object to (fully) releasing ____ (a limiting belief)	I have no objection to (fully) releasing ____
I object to (fully) embodying ____ (a desired belief)	I have no objection to (fully) embodying ____

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