



"One person's craziness is another person's reality."

Tim Burton American film director & writer.

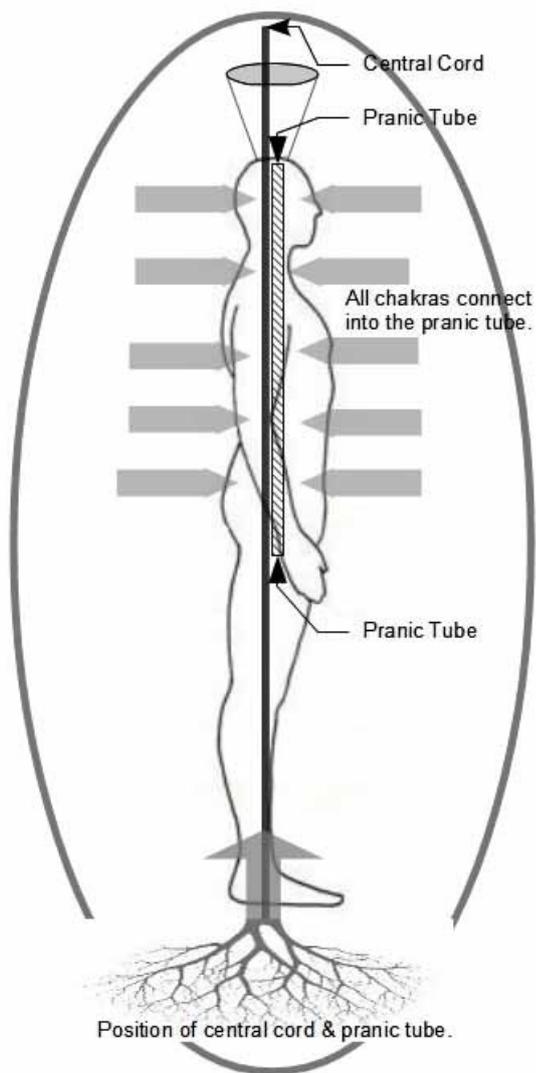
Chakra balancing...is it effective?

Within the field of complementary health, there is a plethora of modalities and services to choose from, which is a good thing really. We are all different, with differing needs, and therefore attracted to particular techniques depending on those needs. I do not profess to be an expert on every modality, far from it. What Chris and I practise is probably just the tip of the iceberg, and it's not for us to judge others. But there are some services that I do question. Chakra balancing is one of those services. Yes there is an appropriate time when it's necessary to balance the chakras in total, but not as a standalone therapy. I shake my head when I see offers of a quick 15 minute balance for X amount of dollars. There are thousands of chakras around the human body, all playing a role in a very complex energy system. You could study that system all your life and still not understand all the aspects. In this discussion I'm referring to the seven major chakras most of people are familiar with.

So what is chakra balancing?

Well again, the interpretation and technique differs between practitioners and modalities. Some will also interchange the term attunement with balancing, but I believe attunement is different. Generally there are two aspects to chakra balancing, with the first aspect working on the individual chakra. The general translation of the Sanskrit word chakra, is wheel or spinning wheel. So just like the spinning wheels on your car, they need to be balanced from time to time. (A crude analogy I know, but it's the best I've got.) Chakras can be pushed out of shape, slow down or become blocked for many reasons with a resultant imbalance in the energy flow. Balancing an individual chakra is really about restoring energy flow after the cause of any disturbance has been addressed. Using the car analogy, if you hit a pothole and bend the wheel rim, the rim must first be repaired before balancing. Yes it's possible to adjust a chakra in order to have a significant effect on the body, but if the underlying cause is not addressed, the effect will not last. Balancing an individual chakra is about major flow, while attunement is about finer, more intricate adjustment.

The following is a good example of how a chakra can be stressed. I was approached by a young woman, around twenty years of age, who had experienced quite an abusive childhood. Her heart chakra was significantly distorted and rather than being aligned along the mid-line of the body, it had been pushed over to one side. What we generally class as the opening of the chakra was somewhere near the left armpit. Not until the emotional and mental anguish was released, could the chakra be realigned and function as it should. And having realigned or balanced the heart chakra so that emotional healing could continue, it also had to be aligned with the other major centres.



That brings us to the second aspect of chakra balancing. The synchronising of all the major chakras which includes pulsing. Once you have the individual chakras flowing, they must be synchronised together in order to work holistically. Pulsing is part of that synchronising with all the chakras matching the rhythm of the heart energy. This is all done as a final act of creating a balanced flow of energy through the entire being. It is not healing in itself, but rather an expression of the true self allowing energy to flow. Now I want to delve a little deeper so you get an understanding of just how magnificently we are created. The pranic tube, which runs down the mid-line of the body from the crown to the base chakra, connects all the major chakras. It acts a bit like an anode, cathode arrangement. This arrangement helps to control energy exchanges on multiple levels. During our healing sessions we routinely remove the pranic tube for cleaning, repairs and adjustments. Any adjustments to the pranic tube have an effect on the chakras and in turn the hypothalamus and the endocrine system, including hormonal balance...and more. If this is sounding familiar, I have discussed this in previous articles and it is described in the eBook *Being Human*. The point is, the pranic tube is intricately linked, and indeed coded, to all the chakras.

Major adjustments to the chakras are actually made internally. Along with changes to the pranic tube, it's also possible reach down into the core of a being to begin the balancing process. At the base of each chakra we have the junction with the pranic tube. For the chakra to function optimally, each one must be coded and keyed with the tube at each junction. It's a bit like working a Rubik's Cube with your eyes shut. This can be done by reaching into each individual chakra or via the long axis of the pranic tube moving from the base to the crown. Remember, we are talking about the major chakras. Adjustments to these have a flow-on effect to other minor chakras; the exceptions being the spleen and thymus chakras, which can be individually adjusted.

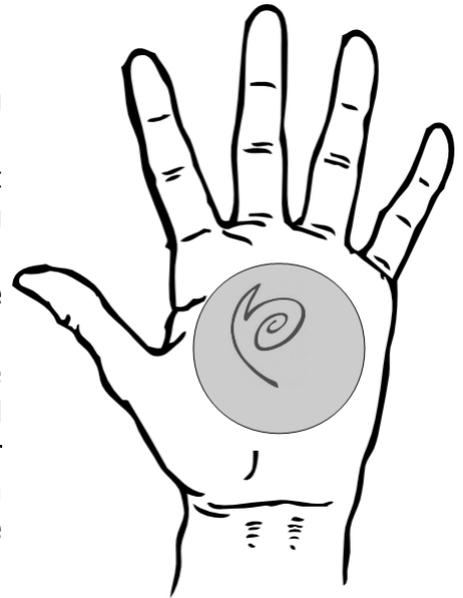
So that's the balancing process, what about programming?

Major reprogramming of a chakra may also need to be done. Each chakra, as previously mentioned, is keyed or coded. It's possible to remove the core of each chakra if you have the appropriate key or code to unlock it. Fitting into the palm of your hand, the keys are usually a combination of glyphs or symbols. Once you have the key in place, the core of the chakra can be unlocked and removed so you end up with the equivalent of a mini pranic tube around 6 centimetres in diameter. The length or depth of the mini-tube depends on the physical body as the chakra core extends a centimetre or two past the physical, front and back. Once removed, the core can be repaired, reprogrammed or replaced.

Where does the key or code come from?

The practitioner intuitively downloads and scribes the pattern on the palm of the hand. Remember, there are chakras in the palms of both hands which are used to direct energy. By scribing the code within the palm chakra, you manifest or create from energy, a "real world" key...for want of a better term. You could refer to it as an energy code or key if you like. One that is specific for the chakra and to the client.

Just as an example, Chris and I had been helping a young boy through distant healing to overcome some learning difficulties. After completing a series of healing sessions, the feedback although positive, described our young client as being extremely boisterous to the point of disrupting his school class. When we investigated, it was determined that the sacral chakra needed to be reprogrammed as the energy flow was excessive. Basically it had to be re-tuned to accommodate all the changes we had facilitated. The core of the chakra was unlocked, removed and adjusted before replacing and balancing. These are the minor adjustments that commonly need to be made days after a healing session as the energetic changes permeate through the body.



Hand chakras are connected to the heart. Fingertips can also direct energy to specific points.

So do you really need to be aware of all these technicalities? Not really, but the next time you are offered some quick chakra balancing, consider what is being offered and whether it will really help you get to the root cause of what ails you. If it's just a bit of a tune-up you're looking for then go for it with your new understanding. Let's hope the practitioner also understands what they're doing.

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