

# Chakra Healing And Balancing



by: Tom OM

## **What are the Chakras?**

*Chakra means “wheel of light” in Sanskrit.* The chakras act as conductors of cosmic and earth energy. They connect with the 7 layers of the aura. The point where these energies meet is the chakra which resembles a whirling vortex of light.

An accurate description of the chakras is a spiral of light that radiates from the universe with the point of the spiral located at the chakra position on the body.

Chakras exist in the *etheric* level. Each chakra links an organ or group of organs to the higher levels of our being. The chakras flow energy from spirit to physical manifestation.

### **The states of the chakras:**

**Open** - When in a sacred and healing space the chakras are more open than in normal daily life. The open state allows a free flow of energy between the person and the environment. *We open the chakras in the beginning of a healing session.*

**Blocked** - The chakra isn't spinning or it's spinning backward. A blockage in one chakra can affect the other chakras. When a chakra is blocked the energy isn't flowing through it properly. *We use universal energy to heal the chakras and unblock the stuck energy.*

**Sealed** - Chakras have a protective sealing layer on the outside of them. The seal is part of a healthy functioning chakra keeping the person from absorbing extraneous energy. *At the end of a session we seal the chakras.*

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**Healthy and Balanced** - A properly function chakra will be the same size in relation to the other chakras. It will be open to an amount

unique to each individual, yet it will be allowing the free flow of energy through it. It will also be spinning the proper direction.

There are different belief systems about which way chakras spin. One states they all spin clockwise. The other says some clockwise and some counter-clockwise.

*For our purposes we will use clockwise as the proper spin for all of the chakras.*

**Earth Star Chakra** *anchors* us to the earth plane in this time/space reality and co-ordinates the grounding cord to the center of the earth. The Earth Star Chakra *connects* us to the earth's elemental energies and nature.

It *secures* the aura to the Earth plane, *grounding* us while we manifest as light beings. In order to be here and participate in our present embodiment in this transformational time, we *need to be grounded*.

It holds the memory of your intention for your highest path in this life. It also anchors and aligns all of your chakras which allows You to connect with Earth and Universal energies.

*Location:* 12 to 18 inches beneath your feet.

*Color:* deep silver, black to deep red/maroon.

*Psychic Ability:* Grounding

*Gemstones:* hematite, garnet, onyx, tiger eye

*Wisdom:* Being conscious that I AM spirit manifesting on the physical plane.

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*Power:* passion for life, fully present in the Now, infusing Spirit into mundane activities

*Shadow:* lack of motivation, depression, disconnected from life, immune disorders

**Root Chakra** *roots* our energy into physical existence. It is the source of usable physical energy.

The root chakra relates to *survival* and family issues, *group* beliefs and relationship to the *physical* world and groups that *support* our life. The root chakra is the foundation for all aspects of our being.

*Location:* perineum at the base of the spine spiraling down towards the earth.

*Color:* Red

*Note:* G below middle C

*Element:* Earth

*Sense:* smell and touch

*Psychic Ability:* Clairscentence (smelling), Clairsentience (feeling) *Gem Stones:* Ruby, Garnet, Bloodstone, Red Jasper, Black Tourmaline, Obsidian, Smoky Quartz, Red Quartz, (think of the color red or black for root chakra.)

*Physical body:* blood/circulation, bones/skeleton, excretory system including kidneys, bladder and rectum, hips, legs and feet, skin, and Adrenal gland.

*Wisdom:* Understanding that everything is connected. *Power:* Ability to face uncertainty and to manifest, grounded, knowing You belong, structure that supports, abundance, patience, security, stability, Mother Archetype

*Shadow:* unable to cope, giving up, feeling You don't belong, excluding others, superiority, scattered, unstable, insecure, Victim Archetype

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**Sacral Chakra** *relates* us to our *emotions, relationships* with others, *sexual energy*, and *creativity*. The sacral chakra helps us interpret the outside in terms of our inner world.

Sacral chakra recognizes the vital and sacred energy of duality, yin/yang. Keeping the opposite energy of yin/yang in proper relationship causes healings and manifestation.

This chakra takes in life force from the root to create, feel and manifest. The sacral chakra represents the ability to handle money, sex, power, creativity and to evaluate situations on how they relate to your survival.

*Location:* About 2 inches below the navel

*Color:* Orange

*Note:* D<sub>2</sub>, just above middle C

*Element:* Water

*Sense:* taste/touch

*Psychic Ability:* Clairsentience, clairpathy

*Gem Stones:* Carnelian, Coral, Amber, think orange when picking stones for the sacral chakra.

*Physical body:* reproductive organs and glands, lower back, bladder, kidneys, lymphatic system, large intestine, spleen.

*Wisdom:* Showing respect and integrity in relationships. *Power:*

Creativity, pleasure and enjoyment, sensuality, financial wisdom, clair-sentience, joy and ease, healthy relationships, Emperor/ Empress Archetype

*Shadow:* moody, dis-empowering or using others, addictions (give power away to things that control You), deny pleasure, not enough, want more, guilt, fear, Martyr Archetype

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**Solar Plexus** empowers us to be aware of our *personal power, self-esteem, integrity, and honor*. The Solar Plexus seeks *empowerment* of self and others.

The solar plexus relates to *mental* energy. By connecting the will to survive and be well with the psychic intuition it become the place of *gut instinct* and *decision making ability*.

The solar plexus ensures the equal exchange of emotional energies in relationships since it is situated between the sacral and heart chakras.

*Location:* about 2 inches above the navel and below the sternum.

*Color:* Yellow

*Note:* F

*Element:* Fire

*Sense:* Sight

*Psychic Ability:* Gut Instincts.

*Gem Stones:* Citrine, gold topaz, amber, tiger eye, gold calcite, and gold, Orange Quartz, gold color

*Physical body:* Digestive system –stomach, liver, gall bladder, pancreas, and small intestine

*Wisdom:* Honor yourself by living with respect and integrity. *Power:* self-respect, confidence, self-discipline, ambition, courage, generosity, ethics, instincts, gut level intuition, clear decision, uplifting, self-worth, knowing where to direct your energy, fulfilling work, Warrior Archetype

*Shadow:* low self esteem, unworthy, anger, giving away power of choice from need for approval, lack of personal identity, shame, narcissistic behavior, indecision, lack of personal identity, giving too much, enabling, need constant reassurance, Servant Archetype

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**Heart Chakra** centers us in *love* (romantic and unconditional), *compassion*, and *forgiveness*. The emotional pain experienced in the heart is a catalyst for *transformation*.

*Humanitarian* cares stem from the heart chakra. The heart chakra is the center of the energetic body, where the physical and spiritual meet, where the upper and lower chakras meet.

Love is the basis of our lives.

*Location:* over the heart in the center of the body. *Color:* Green or Pink

*Note:* G

Element: air

Sense: Touch

Psychic Ability: Clairsentience, clairtancy/psychometry (connected with palm chakras)

*Gem Stones:* Emerald, Green Tourmaline, Pink Tourmaline, Malachite, Green Jade, Green Aventurine, Rose Quartz, or Moss agate. Think green or pink when choosing stones for the heart.

*Physical body:* respiratory system – heart, lungs and diaphragm, the heart energy is also connected to the hand chakras.

*Wisdom:* Love is the Highest Power.

*Power:* love, compassion, forgiveness, dedication, inspiration, hope, trust, ability to heal, Peace, harmony, unity, open-hearted, kind, humor, balance, the Lovers Archetype

*Shadow:* Jealousy, anger, resentment, unable to forgive, closed-hearted, secretive, abusiveness that separates us from others, The Actor/Actress Archetype

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**Thymus chakra (a.k.a. Ascended Heart chakra)** *infuses* us with *unconditional Love*, Divine Light, healing and wisdom. It is a doorway to access our akashic records and our highest *life path*.

The Thymus chakra is where *intent originates* from combining the emotions of the heart with the language of the throat. It causes us to take a breath before speaking or stops us from saying something when we are upset. It activates higher levels of consciousness and communication with our *dreams* and guides connecting them with physical reality.

The Ascended Heart is like a pair of wings giving us the ability to cross the unknown under our own power. The fully awakened thymus chakra can act like an antennae connecting us with beings of Light and radiating unconditional love. Tapping the thymus brings feelings of well being and energy.

*Location:* between the heart and throat chakra.

*Color:* Aqua with secondary colors purple or green.

*Physical Body:* thymus gland, endocrine system and immune system  
*Element:* White Fire

*Gemstones:* aquamarine, turquoise, azurite, lapis

*Psychic Ability:* Lucid Dreaming

*Wisdom:* Love is our Highest Intent

*Power:* Spiritually open, intent to express emotions, aspiration and love for the Divine, unconditional love, connect dreams to reality, realizations, unity, life path, healthy immune system

*Shadow:* Easily manipulated by outside forces, so focused on spirituality at the detriment of being grounded or relating to others, reject or fear spirituality, unable to express emotions even though they are felt, judgment, weak immunity



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**Throat Chakra** *wills* us to *self-expression, communication* of hearing and speaking, *creativity, will power, choice*, and living up to personal sense of honor. It connects the heart and the mind.

The throat chakra represents the teacher who communicates the *truth* of her soul which opens the space for others to experience and speak their own truth. It gives us the desire to express what we are experiencing.

The throat is where we take in sustenance such as food and drink, therefore we find our ability of willpower here. The throat chakra is the mode for the soul's expression.

*Location:* Base of the throat  
*Color:* Sky Blue

*Note:* A

*Element:* ether

*Sense:* hearing

*Psychic Ability:* clairaudience (hearing) clairgustance (tasting), clairscency (smelling), ability to hear or speak psychically through guided writing, channeling, trans-medium or telepathy

*Gemstones:* sodalite, amazonite, turquoise, aquamarine, lapis (stones the color light blue)

*Physical Body:* throat, neck, thyroid gland, mouth, teeth, jaw, tongue, voice

*Wisdom:* Merge personal will with Divine will.

*Power:* uplifting, clear, honest and creative self-expression. Ability to speak truth of soul, Will directed toward joyful life. Clairaudient, telepathy, making choices that reflect who You are, ability to keep your word, clear speech, The Communicator Archetype

*Shadow:* inability to express self, critical speaking, dishonest, lack of will power, unclear or confused communication, using speech to gain control, fail to speak truth because of fear, The Silent Child Archetype.

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**The Third Eye Chakra** *focuses* our intuition, intellect, visions, perceptions of truth and decision making ability. The brow chakra is where our psychic abilities, awareness of our guides and dreams reside.

The brow chakra is where You find your *life path* and the ability to apply and *evaluate* insights and inspiration. The third eye generates *wisdom* from experience.

We *trust and allow* life to give us what we need when the third eye is in balance, eliminating the need to make things happen. The brow chakra helps us perceive beyond duality.

*Location:* center of forehead, between the eye brows *Color:* indigo blue to violet

*Note:* D (octave higher than middle C)

*Element:* spirit energy (electrical or telepathic ) *Sense:* inner knowing or thought

*Psychic Ability:* clairvoyance, telepathy, astral travel

*Gemstones:* amethyst, lapis, (color purple or dark blue)

*Physical Body:* head, pituitary gland, brain, nervous system, skull, eyes, and all the sense organs

*Wisdom:* Seek only your Highest Truth.

*Power:* wisdom, focused mind, imagination, past life awareness, self mastery, The Wise Person Archetype

*Shadow:* feelings of boredom or apathy, defining truth in self-serving ways, judgement, criticism, over-rationalization , lack of imagination, The Intellectual Archetype (who dismisses intuition)

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**The Crown Chakra** *unifies* us with our Higher Self and the Cosmic and Spiritual consciousness. The crown chakra holds the energy of initiation to opening to higher dimensions and enlightenment available to all.

We find inspiration, beauty and healing in the crown and have total access to the conscious and subconscious from the crown. The crown chakra is the miracle worker that can defy the laws of nature.

The crown chakra acts as the gateway to the ascension chakras. The crown chakra acts as a transmitter of healing energy and enlightenment to the collective consciousness.

*Location:* just above the top of the head

*Color:* white, purple, gold

*Note:* G (2nd octave above middle C)

*Element:* cosmic and photon energy,

*Sense:* spiritual awareness and thought

*Psychic Ability:* claircognizance, telepathy, channeling

*Gemstones:* clear quartz, selenite (white to purple in color)

*Physical Body:* brain, parts of spinal cord, pain center of the brain, nerves, pineal gland

*Wisdom:* Live in the Now

*Power:* channeling, telepathy, Inner guidance, accepting our own divinity, open to Source, The Guru Archetype

*Shadow:* dogmatic, materialistic, depression, deny Source energy and guidance, The Egoist Archetype

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**The Soul Star Chakra** *filters* high intensity Light so our earthly energetic systems can assimilate the higher dimensional energies. The soul star chakra provides access to akashic records delivering the soul's intent for being incarnated.

This chakra provides the spiritual energies needed to remind You of your soul purpose. The Soul Star chakra delivers a deep knowledge of soul aligned action in every situation since the soul star chakra is a pure expression of the soul's energy.

The soul star chakra is the Transpersonal chakra because it where the individual soul merges with the Universal Mind. It holds our contracts and agreements related to this lifetime. It represents Oneness with All that Is. The Soul braids itself into the physical body at incarnation and leaves the physical body at death via the Soul Star Chakra.

The Soul Star chakra increases the vibration of the body's physical cells through soul braiding during a lifetime. Opening this chakra increases communication with higher dimensional Light beings.

*Location:* above the head about 6 inches and slightly to the left side

*Color:* white

*Gemstones:* selenite, lemurian seed crystals

*Lesson:* Integrate your Higher Self into your life.

*Power:* conscious of Highest purpose, clear connection with God, easily receive spiritual guidance, being present

*Shadow:* preoccupied with sprituality, mental instability, breathing issues

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## Balancing the Chakras

- ~Begin by setting a sacred space for yourself.
  - ~Ground yourself and connect with Earth energy.
  - ~Connect with cosmic energy. Imagine golden universal energy entering through your crown chakra and going to your heart chakra then out of your hands. You can also imagine the golden energy coming up through your feet and meeting in your heart. This will also provide you extra grounding energy.
  - ~Invite your healing and spirit guides in and/or say an opening prayer or affirmation. I like to say “I am a clear and open channel and my ego has stepped aside”. This allows me to instantly get in the space of allowing healing energy to flow through me for the highest good. It gets my head out of the way and centers me for the process of healing.
1. **Scan the aura slowly 3 times** with your dominant hand with the receiver lying on their back. Start at the head and go to the feet, once over the middle of the body, once over the left side of the body, and once over the right side of the body. *Feel where the chakras may be blocked.* This is good practice for learning to feel where the chakras are and for noticing blockages in your hands. The pendulum will confirm for You when you check the chakras later.

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2. **Open the chakras** with your dominant hand. Place the palm of your hand over the chakra while allowing universal golden energy to flow through your hand and *spin your hand 3 times clockwise* to open the chakra. You may start at the crown or the root, whichever feels appropriate.

3. **Use a crystal pendulum to check the state of the chakra.** Hold the pendulum over the chakra You wish to test. Usually a few inches above the body gets good test results. You might need to adjust where You are holding the pendulum, the height or up or down the body, to get the pendulum correctly over the person's chakra.

- State or think to yourself : **“I am now testing the (root) chakra”**.

Sometimes the pendulum will instantly start spinning sometimes it takes a minute.

## 4. Pendulum results

a. **Properly functioning chakra** – pendulum will spin in a **clockwise circle**

b. **Blocked chakra** – pendulum will spin **counter clockwise, won't spin** at all, or the diameter of the circle is **very small** compared to the rest of the chakras.

c. **Overactive chakra-** pendulum will spin in a **very wide circle** compared to the rest.

## 5. Clearing and balancing the chakras

a. Start at the crown or the root. I often start at the root to make sure the person is grounded during the healing process.

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- b. Place your hand over the blocked chakra and **slowly rotate your hand clockwise**. As the energy increases, the hand will
- c. rise farther from the body. You may also **bounce** the healing energy into the chakra by slowly making a bouncing motion with your hand.

~If You came across an overactive chakra, you can spin your hand counter clockwise to promote balancing with the other chakras.

~You may also visualize the color of the chakra as the energy radiating from your hand and the chakra.

~Toning the notes for the chakras balances the chakras.

~You may also visualize a translucent globe glowing the color of the chakra or a flower opening and spinning clock wise the color of the chakra.

- c. You may ask the person how they are feeling to help You determine if more clearing in the chakra is needed.
- d. You may work on more than one chakra at a time.
- e. You may give healing energy to all the chakras or just the ones that were blocked.
- f. A blockage in one chakra can affect other chakras since the chakras are connected.

## 6. Rechecking with the pendulum

- a. Recheck the chakras to see if they are all spinning in the proper direction at the same width or diameter.
- b. If they are then move on to sealing the chakras.
- c. If not, then give more healing energy to the ones that were still blocked. Then recheck with the pendulum.

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7. **Seal the chakras** by spinning your golden energy filled hands 3 times counter clockwise.
8. **Seal the aura** by slowly sweeping your golden energy filled hands over the aura from head to foot.
9. **End energy healing** by holding your hands over the aura and open and close them quickly.
10. **Step back crossing Your hands over your heart and thank the your guides.**

## Self Chakra Testing and Balancing

You can perform the pendulum chakra test on yourself. Just imagine that You are lying on a table, couch or the floor. Hold the pendulum where your chakras would be and state to yourself “I am testing my sacral chakra” or whichever chakra You are testing.

After You’ve tested with the pendulum, You can clear and balance your chakras. Sit or lie in a comfortable position. Treat your own chakras the same way You would clear another’s. The only difference is clockwise appears counterclockwise when you are looking out from your own body. You can use the same visualizations, gemstones, tones, and hand movements.

After You’ve treated your chakras, You can retest them.

Another good idea is to notice how your chakras appear to You before You test with the pendulum. This will develop your psychic ability to sense them further. The pendulum will give You feed back to confirm your awareness and bring attention to a chakra You missed in your inner psychic scan.





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