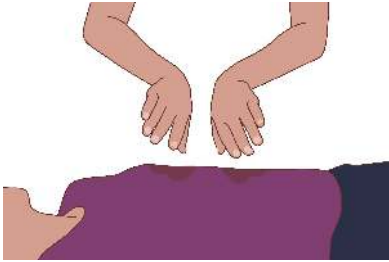




ENERGY HEALING INSTITUTE
Education for The Consciously Curious

Illustrations of Hand Positions: Astral Break

Astral Break



An Astral Break is generally the result of significant trauma, often from early experience. The aura is divided into two segments, the upper layers of the aura, supporting chakras 4-7 are separated from the lower layers that support chakras 1-3. When working in the aura, the hands might feel drawn to the surface of the body as the void between the layers is identified.



Beginning at the first layer of the aura, the hands are placed side by side, with one thumb on the top of the hands, and the other thumb resting underneath. The first layer is reconnected by gliding the two index fingers together very slowly. Your hands are 'listening' for the completion of the reconnection of the first layer.



The hands never leave the aura until the Astral Break is fully repaired. Extending the hands slowly upward to find the boundary of the second layer, the repair continues with the same hand position and motion.



Reconnecting the third layer.



Astral Break



Like the first layer, the fourth layer can take a while to reconnect. You're moving from the lower chakras to the upper chakras, and it is a significant shift to bring the fourth layer into relationship to the lower three layers. This is a huge healing! And yes, once it's done, it's permanent.



Reconnecting the fifth layer.



Reconnecting the sixth layer. Things can move quite quickly at this point, which is a nice thing, because it's likely that your arms will be fatiguing from the work.



The seventh layer reconnected. When you feel the layer has completely zipped up you can remove your hands from the field and give your arms a rest for a moment. Assuming there's time remaining in the session, it's helpful to say hello to residual energies that held the Astral Break in place and release them.

