



ENERGY HEALING INSTITUTE
Education for The Consciously Curious

Astral Practitioner Program

Rewiring a Chakra



Rewiring a Chakra

Def: An intentional resetting and recalibrating of a chakra with the purpose of shifting and releasing long-held patterns of behavior, thought, belief and action.

Description

A practitioner and client mutually identify a chakra that is appropriate for rewiring. Reasons to rewire include:

- Persistent repetition of patterns and themes in spite of conscientious clearing
- As part of an energetic breakthrough where themes and patterns are shifting yet have reached a plateau
- Occasional relapses of themes and patterns that have been largely released and cleared

The practitioner tests all of the chakras for alignment and appropriate rotation, adjusting as necessary to achieve relative alignment and openness and clockwise rotation. It is easiest to use a pendulum to ensure that each chakra is appropriately aligned.


The practitioner facilitates the client's visualization of the chosen chakra decreasing in size and vibration through a counterclockwise rotation, descending into the center of the chakra. The practitioner places his or her hand on the client body, directly over the decreasing chakra. Using clairvoyance, intention, visualization and Etheric sensing, the practitioner facilitates the client's work. The hand chakra is largely dormant, the client is doing the work, and the hand chakra is providing focal point and conscious awareness.

The pendulum is used concurrently to test for still-point, the point at which the rotation of the chakra ceases. Sometimes the pendulum will reach still-point and then restart; the client is briefly resting, or perhaps lost focus. Waiting to see if the pendulum restarts ensures that the work is fully completed.

The practitioner removes his or her hand from the client body and facilitates the clients release of the chakra down his or her grounding cord. As above, the practitioner uses verbal coaching, intention, clairvoyance and visualization as primary tools to facilitate.

Facilitating from a hands-off perspective, the practitioner guides the client to clear the "cavity" or space in preparation for the re-emerging chakra. Suggestions for visualization often include: wash cloths, rainwater, chamois cloths, green or gold water.

Placing his or her hand on the body, directly over the chakra to be restored, the practitioner facilitates the clients visualization of the chakra increasing in size and vibration through a clockwise rotation, ascending from the center of the chakra. Using clairvoyance, intention,



visualization and the hand chakra Etheric sensing, the practitioner monitors the client's work. The pendulum is used to test for openness and clockwise rotation.

The practitioner facilitates the clients visualization integrating each individual chakra to the rewired chakra, beginning with the lowest chakra and continuing through the highest chakra to the rewired chakra, using a figure 8. Thus, a 5th chakra integration process would be:

1st chakra to 5th chakra

2nd chakra to 5th chakra

3rd chakra to 5th chakra

4th chakra to 5th chakra

6th chakra to 5th chakra

7th chakra to 5th chakra

All connections run in vertical figure 8's.

The practitioner tests and confirms integration through use of the pendulum, testing each chakra individually with the intention of assessing the alignment and integration of each one to the rewired chakra. An aligned, integrated chakra would be reflected in a vertical swing of the pendulum, when placed over the appropriate chakra. Adjust whatever is not aligned and integrated.

Ask the client to ground his or her energy field. The practitioner facilitates the client process using visualization and intention.


It's helpful for the practitioner to suggest the following:

- Pay attention to the chakra for the next week or so to ensure clockwise rotation
- Run a lot of energy into the chakra, gold or green/gold combination for 1st-3rd chakra
- Eat well, sleep well, eliminate or reduce sugar consumption

Background

Rewiring chakras is useful for clients who are working consistently on their self-care protocols and yet have occasional or frequent relapses into behaviors, themes, patterns.

The practitioner needs to carefully assess the viability of rewiring a chakra; it's not useful if the client is out of relation to the issues that are repeatedly created because of the patterns, beliefs, themes or behaviors that are actualized through the chakra. For example, a client who repeatedly is victimized and does not see his or her role in creating these experiences is not ready for a chakra rewiring. Doing so may provide a temporary relief from experiencing victimization, however the pattern will probably return and the practitioner can be perceived as having "failed." Worse, the client feels disempowered and further victimized.



The client plays an active role in rewiring the chakra; the practitioner is facilitating a process and holding space for evolved energy to emerge. It is important for the practitioner to hold the intention that the client is holding without any responsibility or need to control the process, its “success” in the client’s life. The practitioner has responsibility to **effectively facilitate the patient’s process**, from start to finish. What does this distinction mean?

The practitioner ensures that the client:

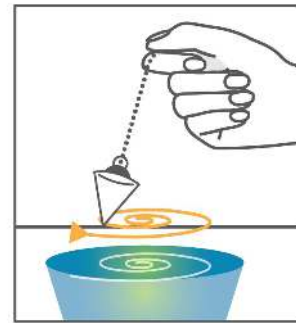
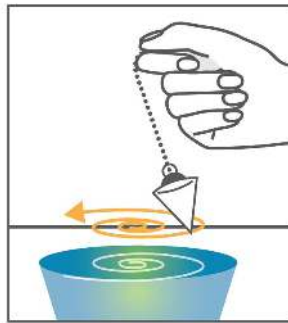
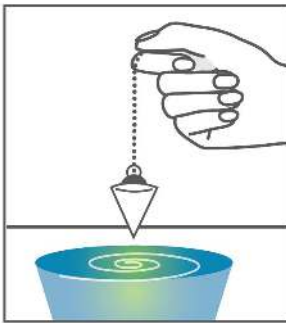
- Is in relation to the issues in the chakra and has spent time and effort to clear and release them using appropriate tools and skills
- Can discern when the issues (patterns, beliefs, behaviors, themes) are activated and takes action in the moment to release the energy
- Is motivated to move forward and committed to his/her healing process

During the rewiring process, the practitioner:

- Observes and monitors the client’s work to decrease, release, recreate and integrate the chakra
- Creates a safe space for the client to do his or her work
- Tests and verifies the completeness of the process
- Makes appropriate suggestions for self-care following the work – diet, exercise, clearing skills, etc.
- Recommends a follow-up session to ensure rewiring stays in place and to assist client to move forward with new behaviors, beliefs, etc.

Illustrations: Rewiring a Chakra

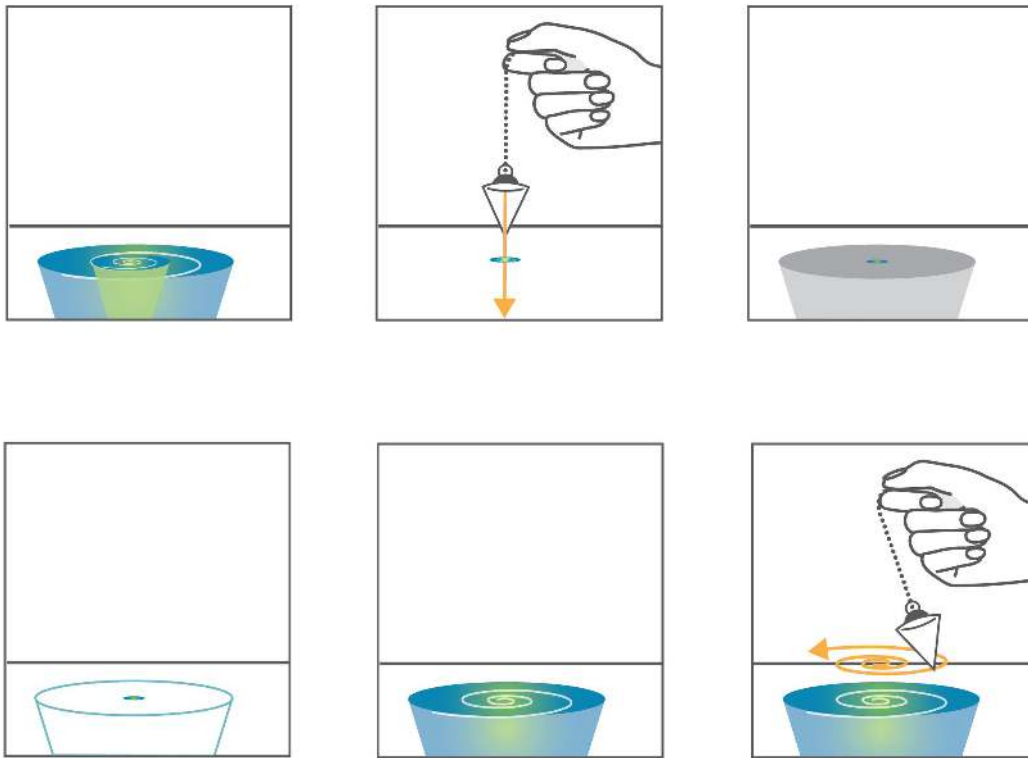
Using a pendulum (or your hand), test the rotation of each chakra for clockwise rotation. Assist the client to adjust any chakra(s) that are rotating counterclockwise or are too open or closed.



Guide the client to visualize rotating the chakra in a counterclockwise direction, with the intention of decreasing the size of the chakra to a pinpoint. The practitioner's hand is placed over the chakra being rewired. Either beam green into chakras 1-3 or gold Cosmic energy into chakras 4-7 with the hand chakras while focusing intent on the letting go - counterclockwise rotation of the chakra.

When it feels as though the chakra has reached a pinpoint, test for still point with the pendulum (center image).

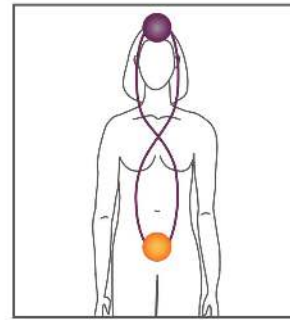
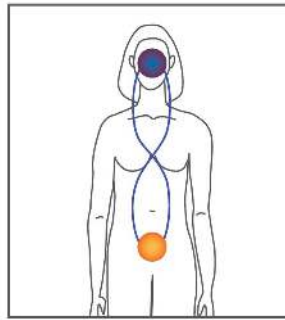
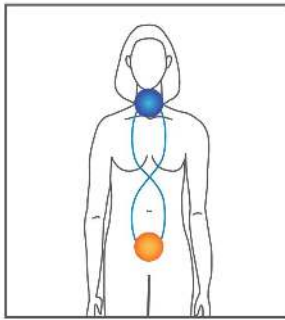
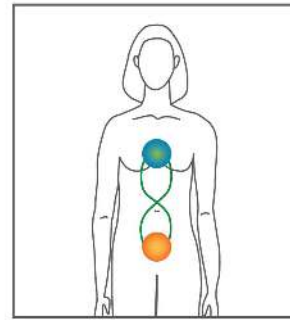
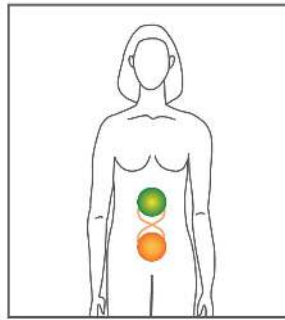
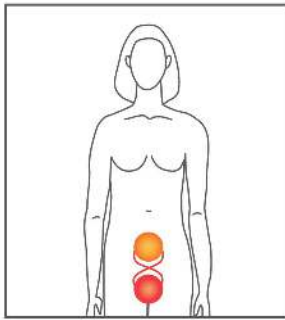
The client then releases the chakra down his or her grounding cord, leaving the cavity or space where the chakra is housed.



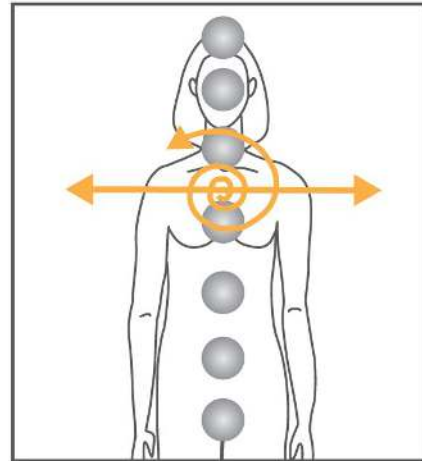
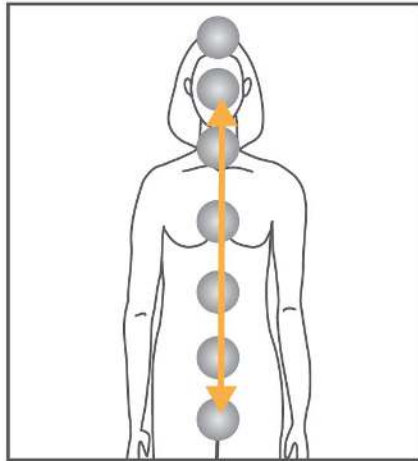
With hands-off intent and focus, guide the client to clear the space or cavity where the rewired chakra will emerge. The pendulum remains at still-point.

When the chakra space is cleared, place your hand on the body directly above the chakra cavity and beam energy (green for 1-3, gold for 4-7). Facilitate the client's visualization and intention to spin a chakra back into the space, rotating in a clockwise direction.

Use the pendulum to test rotation, appropriate openness of the chakra aperture.



Guide the patient to connect each 'older' chakra with the newly rewired chakra, using a figure 8 visualization. Begin with the 1st chakra integrating with the new chakra, then the 2nd and so forth.



The practitioner uses the pendulum to test the alignment and congruence of each chakra. Integrated, aligned chakras will be reflected by the pendulum swinging vertically up and down as it hovers over the chakras.

Misaligned or non-congruent chakras will be reflected by a counterclockwise spin and/or swinging left to right, horizontally as the pendulum hovers over the chakras.

The practitioner adjusts any chakras that are out of alignment with a hand on the chakras to correct rotation. Re-test to confirm the adjustment.