



ENERGY HEALING INSTITUTE
Education for The Consciously Curious

Evolving the Etheric Body



Balancing Etheric Chakras



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Def: Balancing Etheric Chakras is done with the primary Etheric chakras to stabilize the Etheric body, or with minor Etheric chakras to influence and support healing and evolution.

Description

Balancing an Etheric chakra is accomplished by placing both hands, side-by-side, in the Etheric field, with one hand directly above the Etheric chakra. The other hand is used to determine the optimal level of balance for that specific Etheric chakra and serve as a guidepost for the work to be completed to evolve the level of balance in the client's Etheric chakra.

The practitioner asks a series of questions to determine the optimal level of balance for the Etheric chakra, the relative balance of the client's Etheric chakra, and what increase in the level of balance the client can sustain. The hand chakras deliver the information; the practitioner maintains tight and precise focus on sensate awareness in the hand chakras. Intention is the primary key to successfully balancing a chakra.

The specific questions:

Show me a balanced Etheric [first, second, third...] chakra.

Slowly raise the hand that is reflecting balance away from the hand that is hovering over the Etheric chakra. The hand chakra is listening/sensing for the moment that balance is presented. This may take the form of a pulse, a pulling sensation to return the hand to the body, a tingling, heat or cold.

Show me the clients Etheric [first, second, third...] chakra.


Slowly raise the hand that is reflecting the level of balance in the chosen chakra. Using the same listening/sensing intentionality and focus, the practitioner pauses when the client's status is identified. The level of balance in the client chakra may be significantly less than optimum balance.

Show me what increase in balance the client can sustain in the Etheric [first, second, third...] chakra.

Slowly raise the hand that reflects the client's current state, using the same listening/sensing intentionality and focus, pausing when the level of balance the client can sustain is identified. In general, the increase is quite small.

Background

Healing in the body is always about a return to balance and homeostasis. When a body is in balance, disease and illness cannot take root, and when a disease is already present in the body, it can be treated and even resolved by a return to homeostasis.



For the body to be in balance, the emotional and mental field must also vibrate in balance. Emotional volatility or extreme sensitivity tends to create stress in the immune system. The individual who experiences life through the lens of emotional volatility may suffer chronic physical complaints, a weakened immune system or frequent injury.

An individual with mental perseveration may also experience muscle and tension-related injuries – TMJ, neck, discs, shoulders.

Balancing Etheric chakras supports the body's ability to let go, to surrender somatized emotion, to ease up on overactive responses and to generate flow where energy and function is sluggish.

A sluggish digestive system will be supported by balancing the Etheric 1st, 2nd and 3rd chakras.

Hyper or hypothyroidism can be supported with balancing the Etheric 5th chakra. When working with a client on physical healing, using this approach to balance the Adrenals supports the body's ability to evolve, restore and recover. The adrenals are always involved in any disease or illness experienced in the body.

With chronic issues, helping the Etheric chakras achieve balance may require ongoing treatment, and would be considered part of a treatment plan or strategy for a client.

When the chakras are balanced, the client generally finds immediate relief. It is useful to dialogue the client's energy and invite it to remain in this state so that the body can heal.

In some cases, the client will immediately begin to recover and the body will continue to seek balance and homeostasis. The client's mental and emotional state, adrenal health, overall energy and of course, environmental conditions all play a role in sustaining and evolving healing.

It is important to remember that less is more when working in the Etheric body. Unlike the Astral body, where there is always material available for clearing, and the more clearing that is done, the faster the evolution of awareness, the Etheric body needs to integrate with every change that occurs in the field. The thousands of chakras, nadis, and the aura are all interconnected, and when a shift is made in the field, the entire Etheric system 'gets the memo', and needs time integrate and regulate into the evolved awareness.

When Balancing an Etheric chakra, do so only when the case requires it, and minimize the amount of chakras being balanced in an individual session. Usually one chakra is all that's appropriate to balance.

Illustration: Balancing Etheric Chakras



With both hands resting side by side, one hand directly over the Etheric chakra being balanced, the hand chakra is used as a proxy for a balanced chakra.

The command issued: Show me an optimally balanced Etheric [1st, 2nd, 3rd, Liver, Heart, Pancreas...] chakra.

Slowly lift the hand that is NOT over the chakra, sensing with the hand chakra when the balanced 'aggregate' chakra has been achieved. The hand chakra might pulse or bounce, feel stretched, or have either a stronger or diminished sensation.

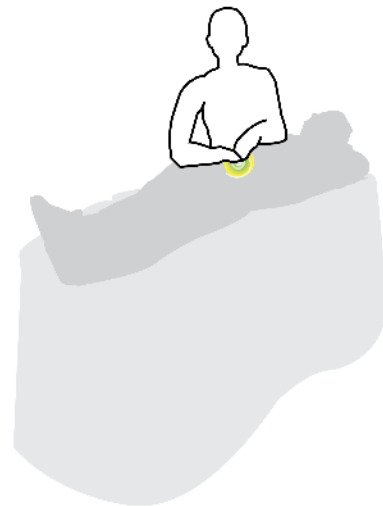
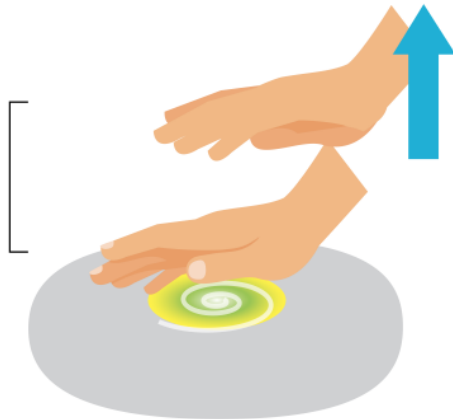


Illustration: Balancing Etheric Chakras continued



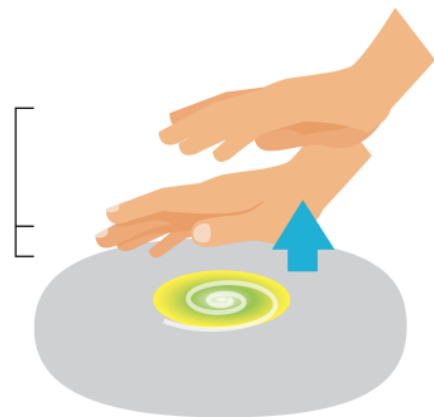
Pause and leave the elevated hand where it is, returning attention to the hand poised over the Etheric chakra being balanced.

Two steps to the final process of Balancing an Etheric Chakra.

First command: Show me the client's current state of Balance. Using the hand that is over the client's Etheric chakra, raise it slowly, sensing for the feedback that indicates the current state of balance. Pause.

Second command: Show me what the client can sustain and integrate. Again, slowly raise the hand, sensing for the feedback that indicates the client's capacity to integrate. The increase will be quite small, often less than 1".

Stop. Withdraw both hands.





Exercise: Balancing Etheric Chakras

Bring your two hands side-by-side into the Etheric field,
one hand hovering over the chakra you're choosing to balance

Ask, Show me the optimum balance for the Etheric [first, second, third...] chakra

Slowly raise the hand that is NOT hovering over the chakra,
listening/sensing for the point of optimum balance

Ask, Show me the client's level of balance in the Etheric [first, second, third...] chakra

Slowly raise the hand that is hovering over the chosen Etheric chakra,
listening/sensing for the point of balance the client is currently holding

Ask, Show me the level of balance the client can sustain
in the Etheric [first, second, third...] chakra

Slowly raise the hand that reflects the clients current state of balance,
listening/sensing for the point of balance the client can sustain

The increase is generally quite small, ½-1" at most