

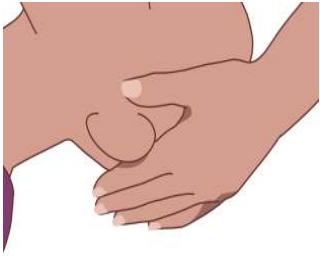


ENERGY HEALING INSTITUTE

Education for The Consciously Curious

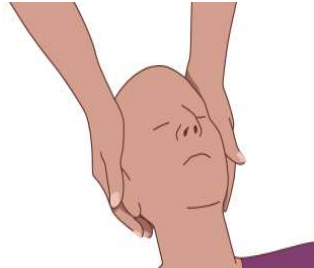
Energy Balancing

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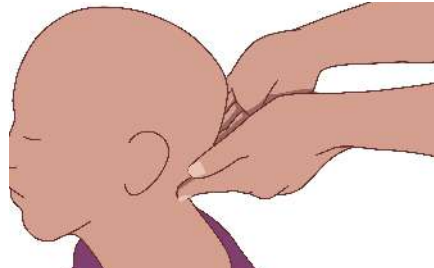


Side view

Placing your hands on either side of the head, with thumbs in front of and fingers behind the ears, place your intention on balancing the left & right hemispheres as you Sync the System.



Overhead view



View from below

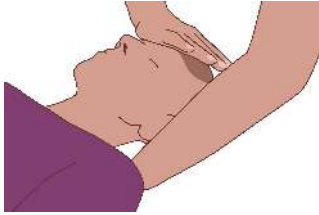
Without lifting the client's head, drive your index and middle fingers of each hand into the table padding so that you can place your fingers in the hollow at the back of the neck to activate and Activate the Occipital chakra (4 pilot lights).



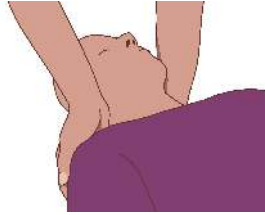
Choose which hand you will use to anchor the Occipital chakra and Engage the Medulla. One hand goes underneath the neck, with the hand chakra centered over the hollow at the back of the neck. The other hand is placed on the forehead with the hand chakra centered over the third eye just below the middle of the forehead.



Energy Balancing slide 2



Same position, seen from the other side. Bottom (L) hand on the Occipital, fingers extending out toward the left shoulder. Top ® hand centered on the third eye, fingers extending toward the right shoulder.



Leave the hand on the Occipital as is. Place the other hand on the nearest shoulder, cupping the shoulder in the palm, fingers extending down toward the table.



Leave the hand on the Occipital as is. Remove the hand from the nearest shoulder, place it on the opposite shoulder. Notice that the wrist DOES NOT twist.

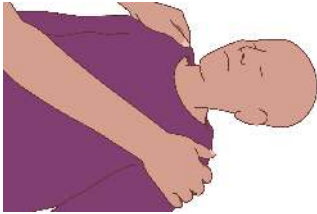
Take one step back from the table. Lift the palm from the nearest shoulder and move it in a parallel direction to the opposite shoulder, without twisting your arm or body, to cup the opposite shoulder, fingers pointing down to the table.



Leave the hand on the Occipital as is. Remove the hand from the shoulder, place the hand chakra directly on the physical heart, fingers angled down and to the left.



Energy Balancing slide 3



Moving to the side of the table, perpendicular to and facing the client, cup the top of the shoulders with your palm chakras, fingers pointing down to the table.



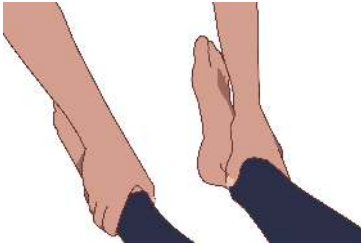
Continuing to face the client, move down the table below the hips, and place your hand chakras on the top of the hip bones, fingers pointing down to the table.



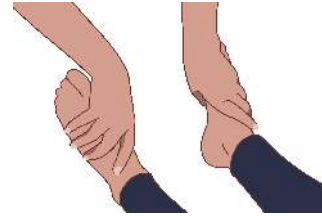
Continuing to face the client, move down the table below the knees, and place your hand chakras on the top of the knees. Notice the hand position in the image above. This avoids stress on your body, and keeps the energy circuitry detangled.



Energy Balancing slide 4



Continuing to face the client, move down to the foot of the table, and place your hand chakras on the top of the soft spot where the ankle meets the foot. Notice the hand position in the image above. This avoids stress on your body, and keeps the energy circuitry detangled.



Slide your hands down the tops of the feet, anchoring your thumbs in the center of the arch of each foot. Your fingers will wrap around the top of the foot. Notice the hand position in the image above. This avoids stress on your body, and keeps the energy circuitry detangled.

