



ENERGY HEALING INSTITUTE
Education for The Consciously Curious

Evolving the Etheric Body



Etheric Neutrality



Achieving Neutrality

Def: Neutrality is a state of open-handed acceptance for the client, his or her issues and state of readiness and willingness to heal and release.

Description

Achieving Neutrality becomes an essential energetic practice when the practitioner finds him or herself enrolled in the client's drama, story, pain, ambivalence, victimization, etc. To Achieve Neutrality, the practitioner imagines infusing his or her crown chakra with the sparkling gold energy of the Universe or Cosmos. The over-identification with the client resolves, and the practitioner is returned to a fluid state of presence and availability. Elapsed time: 10 seconds – 1 minute

Background

Practitioners are humans. Each has stories, pasts, problems and issues, dramas and episodes. It is usually possible for practitioners to remain neutral and unaffected by client dramas – even when the stories resonate closely with the practitioner's life experiences.

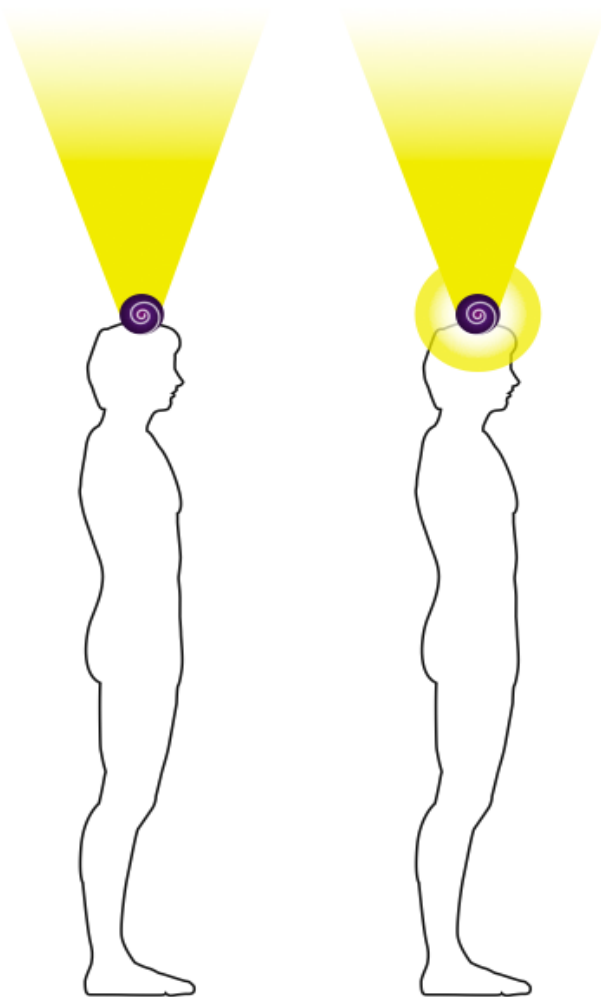
Sometimes the client issues will connect deeply with the practitioner's pain, unresolved issues and traumas. When this occurs, the practitioner tends to "associate into the story" of the client, and he or she loses perspective, balance and neutrality. The blending of stories, issues, dramas and episodes between the practitioner and the client is mutually unproductive.

Neutrality provides an energetic lift, and returns the practitioner's energy to a balanced, resourceful state.

Often practitioners notice that during particularly stressful periods in their lives, their clients present similar issues to their own. Clients are attracted into a healing practice for lots of reasons – not the least of which is rapport with the practitioner. Sometimes the rapport is about more than the appreciation of the personality and effect of the practitioner. The vibrational resonance between the practitioner and client extends well beyond the personality. It is largely unconscious, and unspoken, as the practitioner is unlikely to divulge that his or her issues are similar to those of the client.

Achieving Neutrality returns the practitioner to presence when he or she is lit up by client issues.

Illustration: Achieving Neutrality



Practitioners frequently attract clients into their practice who are wrestling with similar issues to their own internal work. Thus, the practitioner has the potential for activation or “lighting up” in response to their issues. When this occurs, perspective is lost and the ability to support evolution and growth is minimized.

The practitioner can achieve neutrality by bringing a large stream of golden Cosmic energy into the crown chakra.

Infusing the crown with this energy allows the practitioner to get back on track and rise above his or her own personal resonance with the client issue.



Exercise: Achieving Neutrality

Take your attention to your crown chakra

Imagine gathering a ball of golden, Cosmic energy
from one foot above your crown

Draw the energy down into the crown chakra,
infusing the chakra with the neutral energy of the Cosmos

Notice the shift in perspective, consciousness, availability