



**ENERGY HEALING INSTITUTE**  
Education for The Consciously Curious

## **Evolving the Etheric Body**



## **Releasing Extremities**



## Releasing Extremities

Def: Dissipating energy held in the arms and legs using the joints as conduits and the Etheric chakras for release. Often the energy released is somatized emotion and can get lodged in the joint chakras and create physical constriction and pain.

### Description

Once the practitioner has gotten a perspective on the Astral and Etheric energy bodies of the client, it's helpful to release energy held in the extremities. The practitioners hand chakras are used to access and flush the energies in the joints. One hand is placed on the shoulder or hip joint and the other is placed on the hand or foot chakra. The energy opens up in the shoulder or hip and migrates down the arm or leg (gravity). The energy is released through the patient's hand or foot chakra, into the cord in the treatment floor. The practitioner can think of the process as pushing the energy in the shoulder and hip and pulling it out from the hand or foot chakra.

This release is operating largely in the Etheric field, although it is important to do an Astral cleanup afterwards since the energy released is often somatized emotion.

Dialoguing the energy during the Etheric release informs the practitioner about what to 'say hello' to and acknowledge in the Astral cleanup.

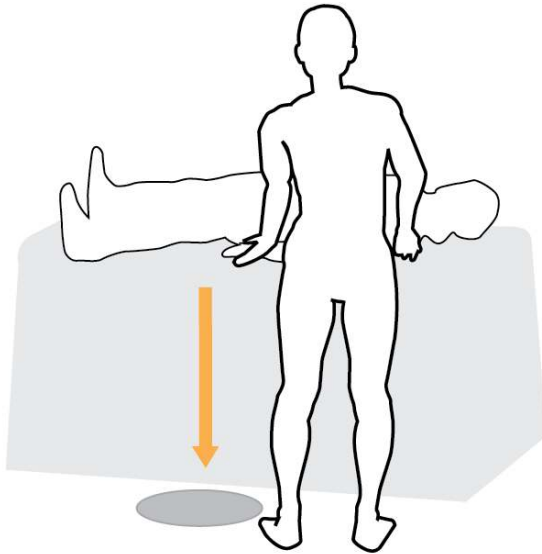
### Background

This treatment is a standard practice for virtually every client who receives table work. Everyone somatizes emotion. Stress is a key contributor to somatizing emotions. And clients generally seek therapeutic, complimentary and allopathic care for stress-related conditions.

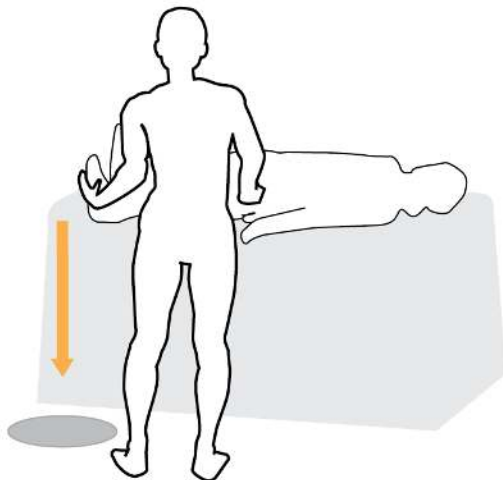
Often people will report an experience of profound relaxation during and following the session that is largely due to the release of somatized emotion.

In general, it's useful to complete some Astral and Etheric release work prior to Clearing the Extremities. The release work in the field highlights the somatized energy in the extremities, making the release more effective. The subsequent return to the Astral and Etheric field releases further energies from the extremity process.

## Illustration: Releasing Extremities



*The practitioner releases somatized emotion in the extremities by placing one hand on the shoulder joint and the other on the hand chakra (with the fingers in the palm of the patient's hand). The somatized energy moves down the patient's arm, through the hand and into the grounding cord in the treatment space.*



*The same process is used to release somatized emotion from the patient's legs. One hand is placed on top of the hip socket, and the other on the foot chakra, with the fingers in the arch of the foot. The somatized energy moves down the patient's leg, through the foot and into the grounding cord in the treatment space.*



## Exercise: Releasing Extremities

With Etheric/hands-On Hygiene Protocols in place

Clear energy in the Etheric and Astral fields

When releases begin to slow in the Astral,  
place one hand on the hip or shoulder and the other on the foot or hand chakra

Facilitate the release –  
hand on hip/shoulder ‘pushes’ and hand on hand or foot ‘pulls’ energy

Repeat on all four extremities

Return to the Astral and Etheric fields to facilitate further release

Complete the treatment with other appropriate Astral, Etheric protocols