



ENERGY HEALING INSTITUTE
Education for The Consciously Curious

Evolving the Etheric Body

Untangling Nadis



Untangling Nadis

Def: Nadis are minute energy streams that are most readily understood and experienced by thinking of their energy generating from the chakras. In mystical and quantum terms, the generation capacity of the Nadis is just as efficacious as the capacity of the chakras. And the generative experience happens through both the chakras and the Nadis. The Nadis are discerned on the 2nd sub-plane of the Etheric plane or body. The Nadis and the chakras serve as a distribution system for energy delivered to the body's organs, glands, systems and structures.

Description

Using the fingertip chakras poised over an Etheric chakra, the practitioner senses the energy of the Nadis and whether the channel or stream of energy is clear, flowing or blocked, obstructed. If there is an obstruction in the energy flow, the Nadi is knotted. The practitioner uses the fingertip chakras to untangle the Nadi. A newly practicing practitioner may need to rely on discernment, intuitive awareness and dialoguing the energy field to sense constricted Nadis.

With time and practice, the practitioner develops a facility with sensing the Nadis. Of course, the client story will also inform the work. Someone with irregular menses or chronic sinus conditions offer clues to constrictions in the Etheric field.

Background

Incorporating this therapeutic strategy into an Etheric treatment protocol enables physical healing to expedite because stabilizing the flow of energy to a challenged gland, organ or system is generally empowering and healing.

Remember that the goal of any Etheric healing is to advance the patient's ability to self-heal. Remaining intentional and active in the listening/discernment/perception of how much is enough in any particular treatment ensures that a treatment does not exceed the patient's ability to receive and integrate the work.

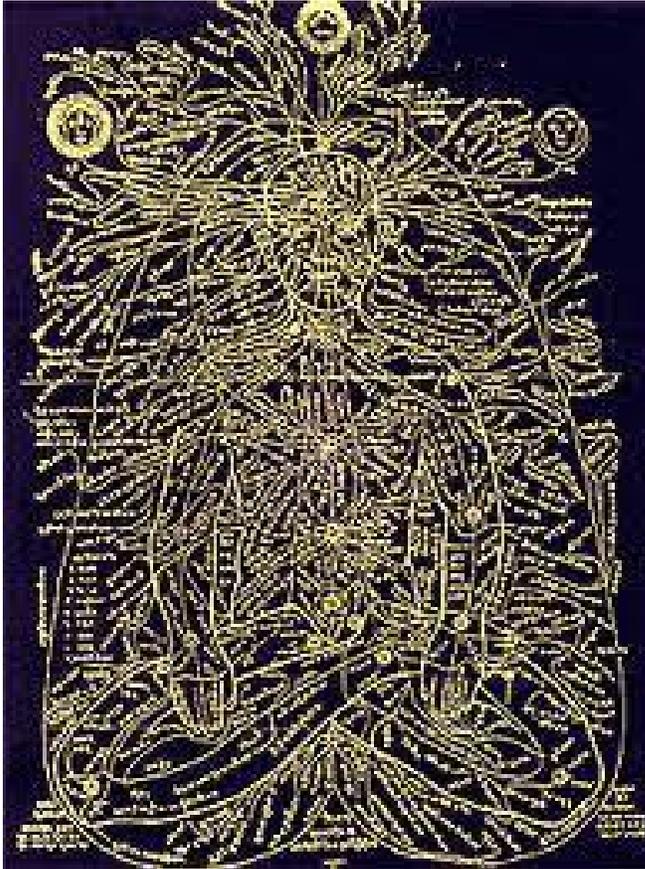
The body evolves and self-heals as Etheric flow and quality are restored. And depending on the overall state of the individual, that may take a little or a long time. A healing practitioner who 'goes for the gold' to effect a giant healing when a patient's energy can only sustain a smaller evolution is off the mark and can actually cause harm.

There is no serious risk of causing harm or damage Untangling Nadis. The context for these statements lies in the overall strategy for the Etheric healing. Supporting the body's evolution, ability to self-heal and take up the release and healing in its own way and on its own terms is the important consideration.



In general, clearing and infusing the Etheric field prior to Untangling Nadis and Combing Health Rays is an appropriate strategy for this treatment protocol.

Illustration: Nadis



An illustration of Nadis. The fingertip chakras can be trained to sense the Nadis and any constrictions or blockages. Untangling Nadis increases energy flow to the chakras, organs and systems of the body.

Two ways to do etheric healing - quality and flow.

When Etheric energy is stagnant, sensations will likely be cold

When Etheric energy is over-active, sensations will likely be hot

When Etheric energy is excessively moist [damp], the patient is dealing with hyperactive emotions

When Etheric energy is dry, the patient is heady, mentally focused, intellectual and alienated

When there are Etheric leaks, the patient is porous and unstable emotionally



Exercise: Untangling Nadis

With Etheric/hands-On Hygiene Protocols in place,

Extend your hands in to the client's Aura,
bringing your awareness and attention to the Etheric aura – about 1-1.5" off of the skin.

Bringing awareness to the fingertip chakras, move your hands
in the auric field and sense for the energy of the Nadis

(some report little tube-like strands, others are aware of very
subtle flows into and out of the Etheric body)

Dialoguing the energy or using your sensory awareness, notice and untangle
Nadis that are constricted, obstructed or knotted.

Complete treatment and Etheric/hands on Hygiene Protocols as appropriate