



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

## **Evolving the Etheric Body**



## **Clearing the Etheric Chakras**



## Clearing Etheric Chakras

Def: The major and minor Etheric chakras are cleared using intention, attention and energy. The practitioner dialogues the Etheric energy body to determine whether a chakra needs to be cleared of low-quality Etheric energy. The work is completed in a hands-on or hands-off approach, depending on the chakra location, client comfort and bounded practice.

### Description

Etheric Clearing is delivered via hands-on or hands-off work. In general, the practitioner determines the clearing required, based on client symptoms, diagnosis, Energetic Assessment, and the overall treatment strategy.

To work effectively, dialogue both the major Etheric chakras and the 'minor' chakra associated with the organ, system, gland, joint, muscle, ligament, etc. requiring treatment. Clear and infuse the major Etheric chakra that regulates and delivers energy to the minor chakras in the area of the body.

If appropriate, clear the minor Etheric chakra that regulates the energy of the specific gland, organ, system, bone, muscle, tendon, ligament, nerve.

Because Etheric energy has a qualitative association, make note of the quality of the energy cleared – heavy, viscous, dense, sticky, brittle, dry, etc. – so that the treatment progression is monitored, and to determine the quantity of Pranic infusion.

While Astral energy can be relatively simple to clear – one hand on the chakra, the other over the hole in the floor – Etheric energy can require finesse. There may be a need to pull the energy, like taffy. The extraction may need to be carefully managed with the fingertip chakras if the energy is dry or brittle.

Always ask for somatized emotion – specifically emotions that are perceived and cleared in the Astral field. Often what lights up in the emotional also exists as somatized emotion in the Etheric.

As an Etheric chakra is cleared, infuse with Prana to refresh the chakra and ensure the most vital energy flow possible for the client in the moment.

Combine Etheric clearing and infusing with other appropriate protocols such as Untangling Nadis, Combing Health Rays, Releasing Extremities, etc.

### Background

Etheric clearing is more complex than Astral clearing in that the body's health and wellness is very tightly connected to the Etheric energy. Practitioners must develop comfort and competency with dialoguing Etheric energy and using the information gleaned to develop a session approach and strategy.

Typical sensations:

- Pulling or pressure in hand chakra
- Resistance and then "lava lamp globs" moving
- Pulsing or throbbing – on the client body, in the practitioner hand chakra
- Intense heat or cold
- Shaking – on the client body, in the practitioner hand chakra

Completion indicators:

- Pressure releases
- Globs are gone
- Throbbing or pulsing slows and then ceases
- Temperature normalizes or reverses
- Shaking ceases

In cases of illnesses that metastasize or spread, for example, viruses such as shingles, flu, HIV and diseases like cancer, the major chakras may be cleared and infused, and the minor chakras must be dialogued to see if clearing is appropriate. Opening and flushing a chakra may energize the virus or cancer and affect the client's ability to heal.

Do not hesitate to place both hands on the body to release energy. With eyes and intention, releases can be directed to the grounding cord in the healing space.

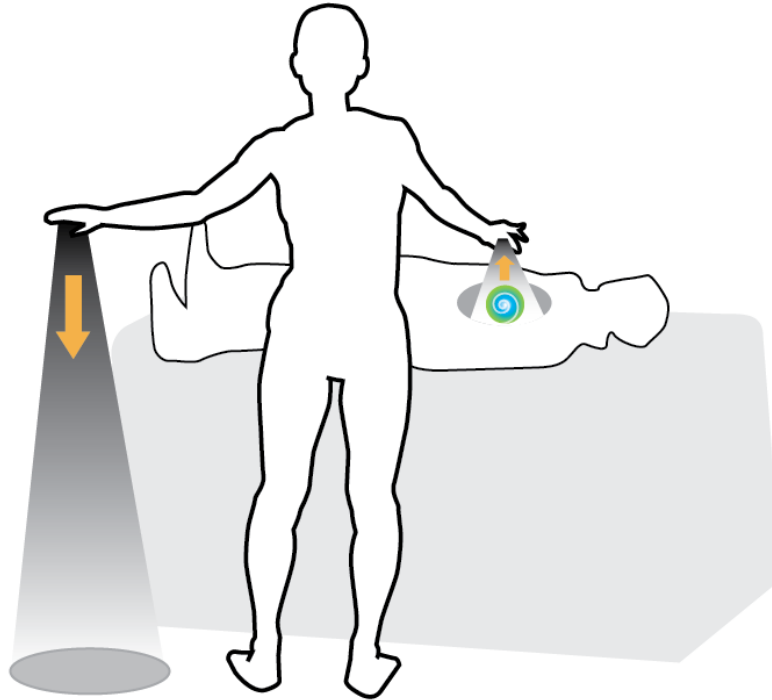
For example, when working on releasing energy in the client's head, placing both hands on either side of the head and intentionally extracting Etheric energy, directing it to the grounding cord in the floor is both effective and relaxing.

At times it is appropriate and relaxing to have the client seated upright, to put the hands on the chest and the back, or on the front and back of the head.

Intention and focus will move and release Etheric energy whether or not one hand is positioned over the grounding cord in the treatment space.

Important: Always balance Adrenals. Draining Adrenals can create an imbalance in the hormones. Use a pendulum to test for balance (when balanced, the pendulum will move left to right).

## Illustration: Clearing Etheric Chakras



*One hand is placed on (or immediately above) the Etheric/physical chakra. The other hand is placed palm-down in the air, directing the energy into the grounding cord in the treatment space. Note that the energy being released moves from hand to hand, not through practitioner's body.*

*Alternatively, both hands may work in the client field to more accurately access and release Etheric energy.*

*The quality of the Etheric energy is worth noting as a measure of treatment progression and overall understanding of the client's evolution to health and wellness.*



## Exercise: Clearing Etheric Chakras

Begin by dialoguing the Etheric body to determine which chakras will benefit from clearing

Using the client diagnosis, symptom as a guide

Clear Major and Minor Etheric chakras as appropriate

Ensure that energy is delivered into the Grounding cord in the treatment space

Finish each chakra cleared with an Infusion (See **Infusing Etheric Chakras**)