



ENERGY HEALING INSTITUTE
Education for The Consciously Curious

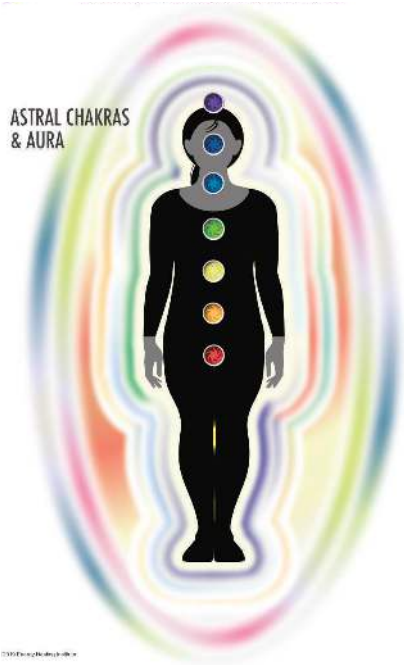


Skills: The Present of Presence




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Setting Chakras - Containment & Awareness



Percentage of Chakra Openness

-  25-50%
-  50%
-  #% + 2
-  50%
-  40% (M), 55% (F)
-  25%
-  30%



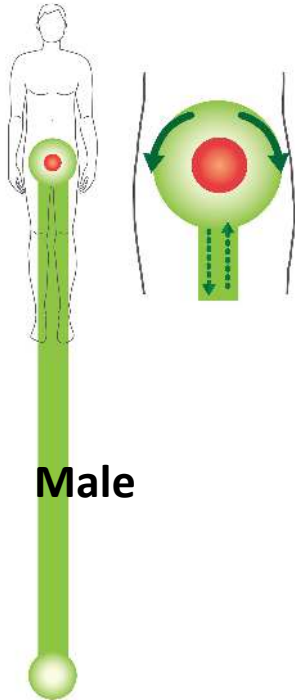
25-50%



60%



Grounding - Present and anchored

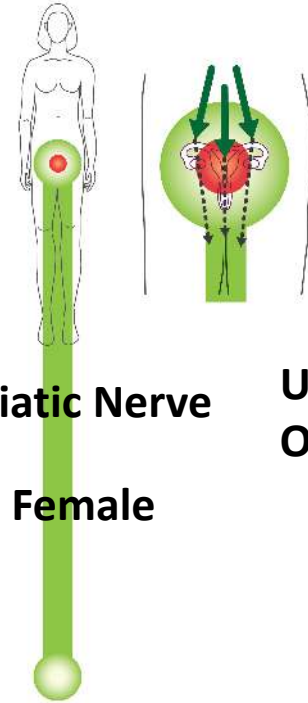


Male

A cord of green energy is imagined in the 1st Chakra, extending down to the center of the Earth.

Small strands of energy are gathered from the Sciatic Nerve and tucked into the Grounding Cord. Calms and stabilizes the nervous system.

Females gather small strands of energy from the uterus and ovaries and tuck them into the Grounding Cord. Minimizes perfectionism and the tendency to fix other people.



Sciatic Nerve

**Uterus &
Ovaries**

Female