

Integration Monday Class 8 - Chakra Balancing

Introduction to Chakra Balancing

The Power of Chakra Work

Chakra balancing is one of the most powerful techniques in energy medicine. The chakras affect:

- The spiritual body
- The mental body
- The emotional body
- The energy body
- The meridian system
- The physical body
- The glands and organs

Donna Eden has stated, "If I only had one thing to do, I'd be balancing the chakras."

Applications

- Can be part of an overall session or a standalone treatment
- Clients often report feeling "transformed" after chakra balancing
- Results can be profound because chakras connect all body systems

Goal Setting and Manifestation

The Power of Written Goals

John shared a personal story: In 1993, he wrote on paper "In the next year, I will work with Tony Robbins." Six months later, Tony Robbins' office called, inviting him to present at Life Mastery University alongside Deepak Chopra, John Gray, Norman Schwarzkopf, and Larry King. He has continued working with the program for 32 years.

Key Principles:

1. Write goals physically on paper (not just digitally) - this creates a magnetic attractor field
2. The goal should be for your higher good
3. Your nervous system and energy system align to meet the right people and opportunities
4. The saying from *Think and Grow Rich*: "Whatever you can conceive and believe, you can achieve."

Overcoming Blocks:

- Clear subconscious sabotage programs and psychological reversals
- These are unconscious blocks to manifesting
- Keep goals visible at all times
- Develop action plans to achieve goals

Student Success Story: Krystal shared, "I made my goal to make over \$10,000 a month repeatedly. I made \$10,000 in November, December, and then January—three months in a row. I hit my goal and am super happy about that."

Review: Advanced Meridian Testing

Testing the Occiput with the Tongue

Procedure:

1. Circuit locate the occiput on one side, then the other
2. If the occiput tests weak when circuit locating, it's out of place
3. To determine which side:
 - Have the client stick their tongue out to the left and test
 - Then have them stick their tongue out to the right and test
 - Whichever position goes weak indicates the occiput is displaced to that side
4. Correct by placing your hand on the occiput on the affected side

Note: The tongue test is only used for the lateral occiput, not for other cranial bones.

Testing Midline Alarm Points with Eye Positions

When to Use Eye Positions:

For bilateral meridians (like the Kidney), you can touch the alarm point on the right or left side to determine which side is affected. However, for midline alarm points (like the bladder alarm point), you need to use eye positions to determine laterality.

Procedure:

1. Touch the midline alarm point (e.g., bladder)
2. If it tests weak, you know the meridian is affected, but not which side
3. Have the client look to the right and retest
 - If it changes to strong, the problem is on the right side
4. If it doesn't change, have them look to the left
 - If it changes to strong, the problem is on the left side

Husband-Wife Imbalances

What Are Husband-Wife Imbalances?

A husband-wife imbalance occurs when paired meridians have opposite energies:

- One meridian is over-energy
- Its paired meridian is under-energy

Examples:

- Bladder over-energy / Kidney under-energy
- Lung over-energy / Large intestine under-energy
- Heart over-energy / Small intestine under-energy

How to Identify: You may find water (Kidney) under-energy at the head points, but water (bladder) over-energy when tugging around the navel.

Split Meridians

What Is a Split Meridian?

A split meridian occurs when:

- One meridian is over-energy on one side of the body
- The same meridian is under-energy on the other side

Physical Manifestations:

- Tight psoas on one side, weak on the other (Kidney) - can contribute to herniated disc
- Tight erector spinae on one side, weak on the other (bladder) - can cause scoliosis

Note: Touch for Health courses often don't teach this, but it's important to recognize and balance split meridians.

Most Common Split Meridians:

- Bladder
- Kidney

Meridian Walking Technique Review

Procedure:

- 1. Test Associated Muscles First:**
 - If the client has pain along a meridian (e.g., elbow pain on large intestine meridian), test all muscles associated with that meridian
 - For large intestine: fasciae latae, hamstrings, quadratus lumborum
 - Balance any weak muscles first
 - Often the pain will reduce or disappear after balancing the muscles
- 2. Perform Meridian Walking:**
 - Hold the tender point with one hand
 - With your other hand, start at the distal end of the meridian
 - Palpate along the meridian ("walk" your fingers)
 - Ask the client to notify you when you reach another tender spot
 - Hold both points simultaneously
 - Ask the client to breathe deeply and tell you when one point lightens up
 - Continue until all tender points are released

3. If Points Don't Release:

- Pulse back and forth between the two points to get energy moving
- Run the meridian several times at the end

Chakra Fundamentals

The Seven Main Chakras

What Are Chakras?

- Swirling energies or wheels of energy
- Located at nerve plexuses
- Step-down transformers connecting subtle energy bodies to the physical body
- Connect to meridians, organs, muscles, glands, emotions, and states of consciousness

Recommended Reading:

- *Handbook to Higher Consciousness* by Ken Keyes (from the 1970s)
- *Conscious Person's Guide to Relationships* by Ken Keyes - "Rather than find the right person, be the right person"

Chakra Correspondences

Sound and Color Connection:

Sound and color are related vibrationally. If you take middle C and go up 40 octaves, it turns into the color red. Light and color are multiples of sound.

Chakra	Location	Color	Musical Note	Meridians	Affirmation
1st - Root	Below pubic	Red	C	Heart, Small Intestine	"I have"
2nd - Sacral	Lower abdomen	Orange	D	Circulation-Sex, Triple Warmer	"I feel"
3rd - Solar Plexus	Upper abdomen	Yellow	E	Spleen, Stomach	"I can"
4th - Heart	Center of chest	Green	F/F#	Liver, Gallbladder	"I love"
5th - Throat	Throat	Blue	G	Lung, Large Intestine	"I speak"
6th - Third Eye	Between eyebrows	Indigo	A	Conception Vessel, Governing Vessel	"I see"
7th - Crown	Top of head	Violet	B	Kidney, Bladder	"I know"

Note on Glands:

- The heart chakra relates to the thymus
- The third eye relates to the pituitary gland
- Crown relates to the pineal gland (spiritual gland)

Testing Protocol for Chakras

Initial Screen Test

Spleen 21 Screen:

1. Touch the client's left Spleen 21 point (or use surrogate)
2. Test a strong indicator muscle
3. If it tests weak, at least one chakra needs balancing

Important Note:

- If the client touches their own Spleen 21 and it goes weak, this indicates blood chemistry is out
- Correct with Kidney 27
- This is a great pre-check for sessions

Testing Individual Chakras

Procedure:

1. **Physical Testing:**
 - Hold your palm 2-3 inches in front of the body over each chakra
 - Test a strong indicator muscle
 - Note which chakras test weak
2. **Finding Priority:**
 - If more than one chakra tests weak, use priority mode
 - The priority chakra will change from weak to strong when holding the priority finger mode
 - The priority mode can be held by either the practitioner or the client
3. **Test Associated Muscles:**
 - Test the muscles related to the meridians associated with each chakra
 - Example: For heart chakra (green/F#), test pectoralis major sternal
4. **Test the Affirmation:**
 - Have the client say the affirmation for that chakra
 - Example: For the heart chakra, "I love"
 - If they test weak, the chakra needs balancing

Chakra Balancing Demonstration with Olga

Client Goal: "I deserve to make more money doing kinesiology and energy medicine."

Testing Phase

Initial Testing Results:

1. Tested all seven chakras by holding hand 2-3 inches in front of each location
2. Found weakness at:
 - o 2nd chakra (sacral)
 - o 4th chakra (heart)
3. Used priority mode to determine which to balance first
4. **Priority: Heart chakra (4th)**

Associated Muscle Testing:

- Pectoralis major sternal: Weak on both sides
- Anterior deltoid (positioned over the thigh for Gall Bladder): Tested to check for involvement

Affirmation Testing:

- "I love" - tested weak initially

Balancing Phase

Tools Used:

1. **Sound:** F# from pitch pipe app
2. **Color:** Green glasses
3. **Hand position:** Over heart chakra
4. **Affirmation:** "I love."

The Correction Procedure:

1. John held his hand over Olga's heart chakra
2. Olga looked at green through colored glasses
3. The F# tone was played through the pitch pipe app
4. Olga repeated the affirmation "I love" and expanded on it:
 - o "I love myself."
 - o "I love my family."
 - o "I love money, money loves me back."
 - o "I love helping people."
 - o "I love serving."
 - o "I love what I do."
 - o "I love doing kinesiology."
 - o "People love my work."
 - o "I love getting paid for what I do."

5. During the treatment, John's hand was pushed further away from Olga's body as her energy field strengthened and expanded

Post-Balance Testing

Results:

- Heart chakra: Now strong
- Pectoralis major sternal: Strong on both sides
- Affirmation "I love": Now strong
- 2nd chakra: Now strong (cleared by balancing the priority)

Client Feedback: Olga reported feeling:

- Great
- More confident
- Encouraged

Time Required: 10-15 minutes maximum for complete testing and balancing

Home Program Determination

Testing for Home Program:

- Affirmation: Yes
- Hand position: No
- Color: No
- Sound: Yes (F# or F)

Frequency:

- Once per day
- For five days (one week)

Recommendation: Set a daily alert/reminder to complete the home program.

Student Practice Session Results

Krystal's Session (Practitioner: Pam)

Initial Status: Krystal had already been doing so much self-balancing that her chakras were already in balance when tested.

Practitioner Experience: Pam noted that Krystal's infectious energy helped Krystal overcome her initial blockage upon entering the session, which she was dealing with due to illness and other problems.

Techniques Used:

- Sound frequency
- Color (found using iPad next to the client)
- Affirmation

Practitioner Feedback: "When she added the affirmation, it was like putting dynamite underneath the situation. It really made a shift. I think this is really like a corner I'm turning into a better time in my life, and this is going to really facilitate it."

Richa's Session (Practitioner: Pamela)

Priority Chakra: Third eye (6th chakra)

Client Experience:

- Initially felt closed off and guarded
- Wanted the balance but was somewhat resistant
- As the session progressed, felt the resistance releasing
- Once she let go, experienced:
 - Tingling sensation in the root chakra area
 - Lightness throughout the whole body
 - The most intense sensation in the root chakra

Affirmation Work:

- Affirmation: "I see."
- Initially, not feeling the affirmation
- Started visualizing indigo going through her body
- Began visualizing what she wanted to manifest
- The combination became "pretty powerful."

Interesting Note: Although the priority was the third eye, the root chakra (1st) also tested weak initially. When the priority (3rd eye) was balanced, the root chakra also cleared—demonstrating how balancing the priority clears other imbalances "backed up behind it."

Debby's Session

Priority Chakra: Solar plexus (3rd chakra) - "I can."

Client Goal: "I wanted to be better organized."

Techniques Used:

- Sound
- Color
- Affirmation with feeling - "conceive it, believe it, and know that I'm going to achieve it."

Results: The chakra balance helped support her goal of being better organized.

Additional Discussion: John discussed feng shui and environmental energy:

- Clean up clutter to balance your energy
- A cluttered bedroom affects sleep quality
- An impeccable environment allows better brain function and peaceful energy flow
- Consider hiring someone who loves organizing if it's not your strength
- Barter services if needed

Gordana's Session

Priority Chakra: Solar plexus (3rd chakra)

Client Goal: Better organization

Results: The solar plexus balance helped support her organizational goals.

Instructor Note: The solar plexus is the most common chakra John finds out of balance in himself, and it directly relates to efficiency and organization.

Additional Techniques and Tips

Matching Pitch as a Home Program

Optional Technique: Clients can hum the tone of their chakra as a home program.

Procedure:

1. Play the pitch pipe or tuning fork
2. Have the client try to match the pitch
3. If they can't match it precisely, have them start low and gradually go higher
4. Give feedback when they hit the right note

Alternative: If the client isn't musically oriented, they can simply play the tuning fork or pitch pipe near their body and feel the vibrational field while saying the affirmation.

The Power of Heart Math

Visualization Technique:

1. Feel everything in the heart
2. Visualize a challenging situation
3. Allow it to morph into a positive outcome in your heart
4. Spread this positive feeling through your whole body

Scientific Basis:

- Heart rate variability is one of the most powerful healing factors
- More powerful than factors like smoking or high cholesterol
- Gratitude is one of the most powerful healing vibrations

Application: Send love and gratitude from your heart to any part of your body needing help, especially diseased organs.

Available Resource: There's an 11-minute recorded meditation with ambient music guiding through heart math visualization available in the course materials.

Sound as the Highest Form of Healing

Sheldon Deal's Teaching: Sound is the highest form of healing because it affects:

- Chakras
- Spiritual body
- Physical body
- Emotional body
- Everything in the system

Home Program Ideas:

1. **Classical Music in the Chakra's Key:**
 - Example: For the 2nd chakra (D), listen to Pachelbel's Canon
 - Google "classical songs in the key of [your chakra note]"
 - Play these songs regularly
2. **Singing:**
 - Healing for all body systems
 - Sing in the shower, in the car, anywhere
 - Especially healing if singing in the key of your chakra that needs balancing

Advanced Meridian Balancing: Polarity Correction

The Concept

Goal: When every point on a meridian is balanced, running the meridian backwards will not weaken the associated muscle.

Finger Polarity:

Right Hand:

- Thumb: Neutral
- Index: Positive (South)
- Middle: Negative (North)
- Ring: Positive (South)
- Pinky: Negative (North)

Left Hand:

- Thumb: Neutral
- Index: Negative (North)
- Middle: Positive (South)
- Ring: Negative (North)
- Pinky: Positive (South)

Test: Place your hands so corresponding fingers touch (index to index, etc.) - this feels balanced because north and south poles connect. Try offsetting your fingers—it feels stressful.

Procedure for Balancing All Points on One Meridian

When to Use:

- Priority under-energy meridian
- Meridian related to a failing organ
- Meridian in an area of pain or dysfunction

Step-by-Step Process:

1. **Test the Associated Muscle:**
 - Example: For the conception vessel, test the supraspinatus
 - Ensure it's strong to start
2. **Run the Meridian Backwards:**
 - Run your hand along the meridian in the opposite direction of normal flow
 - Retest the associated muscle
 - If it goes weak, the points on the meridian are unbalanced

3. **Find Unbalanced Points:**
 - Use two fingers (neutral polarity) to palpate along the meridian
 - When you find a point that tests weak, note its location
4. **Determine Polarity Needed:**
 - Place one finger on the point and test
 - Place the other finger on the point and test
 - Whichever finger makes it go strong indicates the polarity needed
 - Left index strong = needs negative (North)
 - Right index strong = needs positive (South)
5. **Correct the Point:**
 - Hold your finger with the correct polarity on the point
 - Or place a magnet with the correct pole over the point
 - Advanced: Shine a laser through the magnet for even more powerful correction
 - Hold until it balances
6. **Retest Running Backwards:**
 - Run the meridian backwards again
 - Test the associated muscle
 - If still weak, repeat the process to find additional unbalanced points
 - Continue until running the meridian backwards no longer weakens the muscle

Clinical Success Story

Case: A man referred to hospice with the system shutting down and organs failing

Treatment: Balanced every point on every meridian over 3-4 days (not all in one session)

Result: Total healing. The client is still alive 12 years later.

Key Teaching Points

Combining Techniques

The power of energy medicine comes from combining multiple modalities:

- Chakra balancing
- Psychological kinesiology (affirmations, subconscious blocks)
- Meridian balancing
- Heart Math visualization
- Sound and color therapy
- Goal setting

Each of the 24 classes contains valuable techniques that can be blended together for comprehensive sessions.

Session Ending Visualization

Recommended for Every Session:

Visualize the client:

- In perfect health
- Making healthy choices with food, thoughts, and language
- Waking up feeling great
- Getting in touch with their passion and purpose
- Living their best life

This creates a powerful, energetic template for healing.

The Command Points Connection

Important Recognition: The colors of the chakras coincide with the colors of the command points in Five Element acupuncture. This integration allows for more targeted balancing.

Practice Recommendations

Weekly Break Activities:

1. Continue posting in the WhatsApp group
2. Arrange practice sessions with classmates
3. Practice remotely using surrogate testing
4. Be proactive—don't wait to be invited
5. Suggest specific times (e.g., "Sunday afternoon at 2:00 Eastern Time")
6. Work on your own chakras using the home program protocols

The Proactive Principle: From *The 7 Habits of Highly Effective People*: Be proactive. The people who make a difference in the world don't wait for invitations—they take action.

Summary

Chakra balancing is a profound and efficient technique that can:

- Transform how clients feel in a single session
- Be completed in 10-15 minutes
- Address multiple body systems simultaneously
- Be incorporated into any session
- Serve as the main focus of a specialized practice

The combination of color, sound, hand positions, and affirmations creates a multi-dimensional healing experience that clients describe as transformational. When combined with proper home programs and ongoing practice, chakra balancing becomes a cornerstone of effective energy medicine.