

# **Integration Thursday Class 8 - Chakra Balancing**

## **Introduction to Chakras**

### **Definition and Importance**

The chakras are swirling wheels of energy that affect virtually everything in the body. They serve as step-down transformers, connecting the subtle energy bodies to the physical body. Each chakra relates to:

- Nerve centers (plexuses)
- Meridians
- Organs and glands
- Muscles
- Vibrational frequencies (musical tones and colors)
- Emotions and affirmations

Chakra balancing can be a complete session in itself, making it possible to specialize as a chakra balancer while integrating multiple healing modalities.

## **Class Warm-Up Procedures**

### **Auricular Correction (Ear Unrolling)**

- Unroll the ears from top to bottom
- Repeat three times
- Benefits: Relieves stiff neck, energizes the body, helps auditory input, acts as antennae for the acupuncture meridian system
- Special use: Combine with Spleen 21 after traveling to reset the body clock

### **Eye Integration Exercise**

- Move eyes up and around in one direction
- Repeat in the opposite direction
- Purpose: Integrates the visual cortexes of the brain
- Additional support: Use Kidney 27 for people with visual learning challenges (brain gym technique)

### **Brain Reflexes**

- Rub the brain reflex points to complete the warm-up

# The Seven Chakras: Locations and Correspondences

## 7th Chakra - Crown

- **Color:** Violet
- **Musical Note:** B (at 40 octaves up, the sound becomes the color violet)
- **Meridians:** Kidney and Bladder
- **Affirmation:** "I know."

## 6th Chakra - Brow (Third Eye)

- **Color:** Indigo
- **Musical Note:** A
- **Meridians:** Central and Governing (Conception Vessel and Governing Vessel)
- **Affirmation:** "I see."

## 5th Chakra - Throat

- **Color:** Blue
- **Musical Note:** G sharp
- **Meridians:** Lung and Large Intestine
- **Affirmation:** "I speak."
- **Common issues:** Challenges speaking one's truth, thyroid disorders

## 4th Chakra - Heart

- **Color:** Green
- **Musical Note:** F sharp
- **Meridians:** Liver and Gallbladder
- **Affirmation:** "I love."
- **Note:** While the heart organ relates to the fire element (red/root chakra), the heart chakra corresponds to the wood element

## 3rd Chakra - Solar Plexus

- **Color:** Yellow
- **Musical Note:** E
- **Meridians:** Spleen and Stomach
- **Affirmation:** "I can."
- **Common issues:** Most frequently out of balance, associated with low dopamine, procrastination, and difficulty completing tasks
- **Related muscles:** Latissimus dorsi, Pectoralis major sternal

## 2nd Chakra - Sacral

- **Color:** Orange
- **Musical Note:** D
- **Meridians:** Circulation Sex, and Triple Warmer

- **Affirmation:** "I feel."
- **Location:** Just below the navel
- **Function:** Reproductive organs

### **1st Chakra - Root**

- **Color:** Red
- **Musical Note:** C
- **Meridians:** Heart and Small Intestine
- **Affirmation:** "I am."
- **Location:** At the level of the sacrum/coccyx

## **Screening Procedure for Chakra Imbalances**

### **Step 1: Initial Screening**

1. Touch the left Spleen 21 point on the client (or on yourself if surrogating)
2. Test a strong indicator muscle
3. If the muscle goes weak, at least one chakra is out of balance
4. **Note:** If the client touches their own Spleen 21 and the muscle goes weak, this indicates a blood chemistry imbalance instead

### **Step 2: Locate the Imbalanced Chakra(s)**

1. Place the palm of your hand over each chakra location, starting from the root
2. Test the indicator muscle at each position:
  - Root chakra: At the level of the sacrum
  - Sacral chakra: Just below the belly button (umbilicus)
  - Solar plexus: Above the umbilicus, below the xiphoid process
  - Heart: At the heart center
  - Throat: At the thyroid
  - Third eye: Between the eyebrows
  - Crown: At the top of the head
3. Note which chakras test weak

### **Step 3: Determine Priority (if multiple chakras are weak)**

1. Hold the hand over the first weak chakra
2. Touch the priority mode point
3. Test the indicator muscle
4. If it doesn't strengthen, move to the next weak chakra
5. Continue until you find the chakra that changes the muscle from weak to strong when in priority mode
6. This is the priority chakra to balance first

## Step 4: Confirm with Related Testing

Additional confirmation methods (optional but recommended):

- **Muscles:** Test muscles associated with the chakra's color/meridians
- **Head Points:** Test the corresponding element point on the head
- **Affirmation:** Have the client say the chakra's affirmation and test the muscle response

## Correction Methods

### Hand Method (Primary Technique)

#### For Most Chakras:

1. Place one hand in front of the chakra and one hand behind it
2. Position palms facing each other
3. Have the client breathe slowly and deeply
4. Act as a jumper cable, holding the position for 90 seconds to 10 minutes
5. Feel the chakra getting stronger
6. Gradually move your hands further apart as the energy strengthens

#### Special Positions:

- **Crown chakra:** One hand above the head, the other over the right eye
- **Brow chakra (third eye):** One hand over the third eye, the other over the left eye
- **Root chakra:** Inform the client first; place one hand on the sacrum and the other on the coccyx (or hold hands in position behind them without touching if standing)

### Sound Correction

1. Use a pitch pipe app (such as Pitch Pro)
2. Play the musical note corresponding to the chakra
3. Have the client hum the sound while you balance
4. The whole body resonates with the frequency
5. Alternative: Play classical music in the corresponding key

### Color Correction

1. Use colored glasses in the chakra's corresponding color
2. Have the client wear the glasses during the balancing
3. Duration: Continue wearing as indicated by muscle testing
4. Alternative: Wear clothing in the chakra's color against the skin to absorb the frequency
5. Can be used as a home care technique (e.g., wearing glasses while walking the dog)

## Affirmation Correction

1. Have the client repeat the chakra's affirmation with conviction and feeling
2. Examples for customizing affirmations:
  - Third chakra: "I can accomplish all the things that I wish," "I can reach my goals," "I can be more satisfied."
  - Fifth chakra: "I speak words that are uplifting," "I feel safe to speak my truth," "I can speak in ways that make other people feel respected."
  - Fourth chakra: "I love myself."
3. Breathe deeply while repeating
4. Visualize the chakra's color
5. Feel the affirmation as true

## Complete Correction Protocol

1. Position hands over the chakra (front and back)
2. Have the client breathe slowly and deeply
3. Play the corresponding musical tone
4. Have the client visualize the chakra's color (or wear colored glasses if available)
5. Repeat the affirmation with feeling and conviction
6. Continue for at least 90 seconds, up to 10 minutes
7. Feel the energy strengthening and expand the hand positions gradually

## Re-testing After Correction

Test all indicators that were weak before the correction:

1. **Affirmation:** Have the client repeat it and test
2. **Chakra point:** Hold your hand over the chakra and test
3. **Related muscle:** Test the muscle that was weak
4. **Head point:** Test the corresponding element point
5. **Spleen 21:** Touch the left Spleen 21 and test

All should now test strong.

## Student Practice Results

### Luka's Balance

- **Imbalanced chakras:** Third (solar plexus) and fifth (throat)
- **Priority:** Third chakra (yellow)
- **Related muscle:** Right pectoralis major sternal tested weak
- **Head point:** The stomach point on the right side tested weak
- **Affirmation response:** "I can" tested weak initially
- **Personal experience:** Acknowledged having many things to do with everything running over the edge
- **Post-balance result:** Felt more relaxed

- **Home program:**
  - Practice the "I can" affirmation twice daily (morning and before bed)
  - Hold your hand over the third chakra for 2.5-3 minutes
  - Use circular motion while holding
  - Tap on the left temporal sphenoidal line while saying affirmations
  - Wear yellow clothing

## **Cristina's Balance**

(Balanced by Francesco)

- **Imbalanced chakra:** Second chakra (sacral)
- **Synchronicity:** Was wearing orange (the color of the second chakra)
- **Duration:** Needed 10 minutes of balancing
- **Post-balance result:** Felt balanced and good
- **Home program:** Continue the balancing for 10 minutes for the next week

## **Francesco's Balance**

(Balanced by Cristina)

- **Imbalanced chakra:** Fourth chakra (heart - green)
- **Synchronicity:** Chose to wear green that day
- **Affirmation response:** "I love" brought him close to crying with tears of joy
- **Emotional release:** Experienced release of emotions related to love, joy, and compassion for himself and others
- **Musical note:** D

## **Götz's Balance**

(Balanced by Luka)

- **Imbalanced chakra:** Second chakra (sacral)
- **Self-balance:** Balanced his own sacral chakra first while listening to the instruction
- **Partner balance:** Received more energy when balanced by Luka
- **Post-balance result:** Felt awake and full of energy
- **Key learning:** The importance of testing as much as possible (chakra, head point, affirmation, neurolymphatics)

## **Madison's Balance**

(Balanced by Götz)

- **Imbalanced chakra:** Fifth chakra (throat)
- **Synchronicity:** Was wearing the color corresponding to the balanced chakra
- **Key learning:** Can touch neurolymphatic points and other points to confirm and balance
- **Appreciation:** Values how chakra balancing approaches healing from many different angles and can be a complete session

# Additional Testing Options

## For Remote Sessions

When you cannot directly test muscles:

- **Neurolymphatics:** Have the client touch the neurolymphatic points and test
- **Organs:** Have them place hands on the corresponding organ
- **Alarm points:** Test meridian alarm points as an alternative to muscle testing
- **Meridian points:** Touch the meridian points directly

## For In-Person Sessions

Test actual muscles related to the chakra's element and meridians for more comprehensive confirmation.

# Home Care Recommendations

## Daily Chakra Maintenance

1. Check which chakra needs balancing using the hand method
2. Wear colored glasses in the corresponding color
3. Wear clothing in the chakra's color against the skin
4. Practice the affirmation with hand placement

## General Wellness Routine

- Morning neurolymphatic check: Go through all neurolymphatic points
- If any show as out of balance, perform the correction
- Touch vascular points regularly
- Run the meridians
- Maintain peak performance through regular balancing

## Frequency Recommendations

Based on muscle testing, typically:

- Twice daily (morning and before bed)
- Duration: 2.5-3 minutes per session
- Can be combined with circular hand motion over the chakra

# Integration with Other Modalities

## Using Chakras with Other Techniques

1. **Head Points:** The chakra color corresponds to the element (e.g., yellow = Earth = Spleen and Stomach)

2. **Tibetan Figure Eights:** Each meridian has a corresponding Tibetan figure eight that can be combined with chakra balancing
3. **Goal Setting:** Test "in the clear" first, then set a specific goal and retest to find what corrections are needed for that specific intention
4. **Muscle Testing:** Combine chakra balancing with origin-insertion work, neurolymphatics, and other corrections

## The Power of Presence

- The more balanced the practitioner is, the better they can balance others
- Higher frequency people uplift others simply through their presence
- Regular self-balancing enhances the practitioner's healing field
- As the instructor noted: "If you can't bring other people up, don't let them bring you down"

## Key Distinctions

### Golgi Tendon vs. Origin-Insertion

- **Golgi tendon:** A nerve reflex; push in to strengthen, pull out to weaken
- **Origin-insertion:** Rubbing the muscle back to the bone (like tightening a screw in a door hinge)
- The origin-insertion technique was the first correction discovered by Goodheart
- Sometimes a muscle won't strengthen until the insertion is addressed (e.g., psoas at the lesser trochanter)

### Priority Mode vs. Specific Goals

- **In the clear:** Testing without any specific goal or intention
- **With a goal:** Setting an intention or specific destination (like entering an address in GPS) often reveals different imbalances that wouldn't show up without the goal
- Both approaches are valid depending on the session's purpose

## Important Notes

- Chakra balancing can be an entire profession in itself
- It affects multiple systems simultaneously: meridians, organs, glands, muscles, emotions, and energy bodies
- The instructor considers it one of the most favorite things to balance due to its comprehensive effects
- The third chakra (solar plexus/yellow) is the most commonly out of balance
- Emotional releases during chakra balancing are common and should be honored
- The higher the practitioner's personal frequency, the more effective they become at helping others