



THE CHAKRA BALANCE

The Chakra Balance is the basic healing for Full Spectrum healing. Its purpose is to bring the full energetic system into balance and clear and reconnect all the chakras. The chakras are connected together in a system and when one is blocked and unbalanced, it throws the entire system out of alignment. Balancing the chakras restores the whole system to balance, bringing the client into a state of relaxation and fully energized at the same time. It's an entire system reboot.

Preparation For Healing

Refer to the "Preparation For Healing" and "Mind Clearing Technique" sheets in your LMT Student Binder to prepare for the healing.

Which Side Of The Table?

Your dominant hand is your "sending hand" and the non-dominant hand is the "receiving hand." During this healing, you need to have your sending hand towards the foot of the table and your receiving hand towards the head of the table. Therefore, if you are right-handed, stand with your right hand towards the foot and your left hand towards the head. If you are left-handed, you stand on the other side of the table with the left hand towards the foot and the right hand towards the head. Your "sending hand" sends energy up the body. Your "receiving hand" holds the focal point where the energy is moving up to.

- A. **Start with Grounding:** Stand at the foot of the table. Ground yourself by remembering a time in your life that you were fully alive and in your life purpose. Take your time and bring that quality fully into the present moment. A few clearing breaths are good for both you and your client to let go of the stress of the day. Hold both their feet and put your thumbs in the grounding point on the sole of the foot. Feel the balance and flow of their energy. Experience the person as a mystery about to be unfolded.
- B. **Do the Bow:** The bow opens the client's energy along the spine, which is the central current of energy, to allow the energy to flow through the whole system.
 - Release the lower spine and sacrum. Create the lower arc of the bow by holding under both ankles and gently lifting, pulling, and aligning the spine. Use gentle traction on the sacrum and lower spine. Release the legs gently back to the table.
 - Release the neck and upper spine. Go to the head of the table to create the bow's upper arc by cradling the head and gently lifting, pulling, and aligning the upper spine and neck. Be very gentle but firm.
- C. **Release the Knees:** Go back towards the foot of the table and release the energy through the legs by pressing gently into the back of one knee and then the other. (**Important: Skip this step if your client is pregnant.)
- D. **Balance the Chakras:** Stand on the appropriate side of the table. You will now work from the feet to head, sending energy up through the body from your sending hand below while supporting each body section to fill energetically using your other hand above. Breathe slowly, staying loose and grounded throughout. A long slow "ocean" or yoga breath is helpful. The crystal bowls will help you hold the energy of each chakra while you learn.

Work up the client's body in this way:

1. **Foot to ankle:** Place your sending hand on the sole/bottom of the foot closest to you, and receiving hand up on that ankle. Hold the color red and the energy of the first chakra until you feel a flow of energy between your hands. Then do the same for the other foot/ankle.
2. **Ankle to knee:** Move your sending hand to the ankle closest to you and the receiving hand up to that knee. Breathe and hold red until you feel the energy flowing. Stay in the color red throughout all the leg positions. Then do the same for the other ankle/knee.
3. **Knee to hip:** Move your sending hand to the knee closest to you and receiving hand up to the side of that hip. Hold red until the energy is flowing. Then do the same for the other knee/hip.
4. **Cross knee to hip:** Leave your sending/lower hand where it is, on the knee. Move your receiving hand back to the opposite hip's side. Hold red until the energy is flowing. You only need to do this position once – its purpose is to balance left and right sides of their body.
5. **First Chakra:** Move your sending/lower hand between the knees, touching the side of at least one knee with palm facing towards the head. Leave your receiving/upper hand where it is, on the outer hip. Keep sending red and being in the energy of Chakra 1.
6. **Second Chakra:** Leave your sending/lower hand between the knees in the first chakra. Move your receiving/upper hand up to the 2nd chakra – the belly button/belt buckle area. Watch your hand position! Shift your color to orange and the energy of Chakra 2 until the energy flows freely.
7. **Third Chakra:** Place your sending hand on the second chakra position (belly button). Then move your receiving hand up to the 3rd chakra - the solar plexus. Shift your color to yellow and bring up the energy of Chakra 3 until you sense the energy is flowing freely between your hands.
8. **Fourth Chakra:** Place your sending hand on the third chakra position (solar plexus). Then move your receiving hand up to the 4th chakra - the heart. If your client is male, then the heart position is directly in the center of the chest. If your client is female, then position the hand at the upper breastbone. (Mind your thumb's location, and watch your hand position!) Shift your color to green and hold the energy of the heart chakra until you feel the energy flowing freely.
9. **Fifth Chakra:** Place your sending hand on the fourth chakra position (heart). Then move your receiving hand up behind the 5th chakra – the back of the neck, palm up. Shift your color to blue and hold the energy of the throat chakra until you sense the energy is flowing freely.
10. **Integrate the Arms:** Move the sending/lower hand first to the arm, elbow, and hand closest to you and then over to the other arm, elbow and hand. Leave your receiving/upper hand where it is, on the back of the neck. Stay in the color blue.
11. **Shoulders:** Move yourself to the head of the table. Place one hand on each shoulder and send white light down through their whole system.
12. **Sixth and Seventh Chakras:** Hold the crown of head with thumbs touching over the forehead in the "butterfly" hand position to open the 6th and 7th chakras. Send white or violet light.



E. **Perform the Standard Closing:** This close is used to complete almost all Full Spectrum healings.

1. Hold both hands over the forehead/third eye, palms down, sending hand on bottom, receiving hand on the top. Hover over the 6th chakra, but don't touch the forehead.
2. Send indigo energy going down through the body on the exhale breath. This allows them to see themselves in a different way.
3. Bring up orange energy on the inhale breath to help them feel themselves in a new way. Do this for a few breaths. It will help them hold and integrate the changes to their energy field.
4. Close the field. Lift your hands over your head and sweep them down in a circle to help seal up their energy field after the work they received. Use the color gold for this.
5. Close the front and back of your 2nd chakra to complete the healing for you.

Encourage them to stay on the table for 1-2 minutes to let the healing settle and integrate within their system.

Ask your client what their experience was, before you volunteer any information that you may have gained.