



# EMOTIONAL BALANCING HEALING

## Overview:

The purpose of the Emotional Balancing Technique is to bring the client's emotional life into balance with what is really happening in the present moment. When emotions are in balance, they support the entire system by filling it with the appropriate energy to interact with the world and to stay present and aware of inner desires and needs in any given situation.

Emotions should naturally flow between highly charged and totally relaxed, and all levels in between based on the current environment. When the client is over-thinking and in defense, then their emotions keep them in turmoil and locked into either the past or the future. The mind can keep a person in emotional upheaval about issues that have long ago passed. A childhood trauma can be triggered through memory of the event in the present moment even when nothing like that event is actually happening in the moment. When the mind is in charge of the emotions, the emotional system stays in panic long after an event is over. These triggered emotional events leave the person unable to know how to connect to their lives since their emotional experience is not based in the present moment.

How you run your emotions depends on your core qualities and defensive profiles. Some people are very emotionally overcharged and flood with their emotions (EIS's and CL's in particular). Others repress their feelings and experience emotional shutdown (TP's, KA's and some CL's). This healing will help the client balance their emotions no matter which side of the fence they are on.

The deficient 2<sup>nd</sup> chakra will present as:

- Rigid and shutdown emotions
- Emotions dismissed as unimportant
- Stiff in the hips and pelvis
- Shut down sexually and sensually
- No connection to pleasure and passion
- Ruled by guilt

The excessive 2<sup>nd</sup> chakra looks like:

- Addicted to emotions, overly emotional and flooding
- Addictions in general: sex, drugs and alcohol
- Overly hedonistic to the point of being unhealthy

Your ability to feel your deepest inner feelings, which are the voice and guidance of your soul as it speaks through the chakras and calls you to your life, is facilitated by a functional second chakra. The ability to know who you are in each moment is a feeling. To know what to do in each moment should arise from a feeling. To be able to embrace intimacy and openness in relationships and set healthy boundaries must also come from your deepest feelings, not your mind. Mastery in life is about feeling your life, not thinking it. This healing awakens your feeling potential and begins to heal the blocks that prevent you from a full and healthy range of feelings.

## Emotional Balancing Healing Combines 2 Separate Healings Done Together:

- **Mind Clearing Technique:** This helps to relax the client's active mind, and frees the emotions from any negative personal history and mental patterns that stimulate negative emotional responses. Many people have to quiet the mind in order to feel their emotions.
- **Emotional Balancing:** This technique opens the second chakra and then connects it to all the other chakras so that emotions can arise organically without the client either repressing them or being flooded by them.

### Mind Clearing Technique (Part 1):

1. Sit at the client's head with your feet rooted. It's better sitting since you will be here for a while, but you can do this healing standing if needed.
2. Hold the cranium with your thumbs touching over the 6<sup>th</sup> chakra (third eye) and the fingers holding as much of the skull as is comfortable. Make sure you don't cover their ears.
3. Feel the current brain activity. Which side is more active? Is it over charged? Under charged? You will often feel one side of the brain is heavier or lighter than the other.
4. Gently send energy back and forth between your hands until there is a balance in both hemispheres. Use the universal infinity symbol in your mind to allow the energy to flow easily back and forth horizontally in a figure-8 between the two brain hemispheres. This is also connecting and integrating the masculine and feminine. Continue until you feel their brain become quiet and settle down.
5. Once in balance, move your hands under their head and support it gently with your fingertips in the occipital joint at the base of the skull. Feel the energy running up and down both sides of the spine. Feel the vertical flow of the infinity symbol in your mind and allow the energy to flow in a figure-8 back and forth through their whole body, with the heart at the center of the figure. This helps the system integrate spirit and matter.
6. Move your hands to the client's shoulders and send this balanced energy down through the body to the feet to balance the entire system.



## **Emotional Balancing Technique (Part 2):**

1. It's better to begin this seated. Position your seat at the client's hip with your sending/dominant hand towards the head of the table. Place your sending hand *over* and your receiving hand *under* their second chakra. Watch your hand placement -- top hand at the belly button or belt buckle!
2. **Charge the 2nd Chakra:** Fill the second chakra with bright, fluid-like orange light. The life force and passion for living is felt through the orange light in the second chakra. Visualize it as an infinite well of liquid orange light pouring in and filling the healer first, then upwelling from deep within the client's second chakra. Once the 2nd chakra is filled, it will begin to overflow down to the 1st chakra and legs.
3. **Fill Legs with Orange Light:** Gently pull your receiving hand out from underneath the client. Leave your sending hand over their 2nd chakra to continue to support its upwelling of orange light. You might choose to stand up at this time. Visualize orange light flowing into the lower half of the body by placing your receiving hand into each area until the energy is connected.

The sending hand stays on the 2<sup>nd</sup> chakra while the receiving/lower hand moves to:

- The 1<sup>st</sup> chakra position between the knees. Flow the orange light into the 1<sup>st</sup> chakra...
  - And to each of the hips, filling them with orange light...
  - Then to each knee, filling the upper legs with orange light...
  - And finally to each foot, filling the lower legs all the way to the feet with orange light. As you fill the legs, they will start to feel less rigid and more ready to move with passion and purpose and dance in life.
4. **Work Up the Body through the Chakras:** Move to the other side of the table while keeping contact with the client. Fill each upper chakra (up through the 7<sup>th</sup> chakra) with liquid orange light from the 2<sup>nd</sup> chakra. The sending hand stays over the 2nd chakra while the receiving/lower hand moves to:
    - The 3<sup>rd</sup> chakra (solar plexus). Flow the orange light up into the 3<sup>rd</sup> chakra...
    - To the 4<sup>th</sup> chakra (heart), sending orange light from 2<sup>nd</sup> up to 4<sup>th</sup>...
    - And to the 5<sup>th</sup> chakra (back of the neck), sending from 2<sup>nd</sup> up to 5<sup>th</sup>, filling the whole system with orange light as you go...
    - Then with your fingertips to the 6<sup>th</sup> chakra (forehead), sending from 2<sup>nd</sup> up to 6<sup>th</sup>, filling the whole system with orange light as you go...
    - And finally using a scoop hand position into the 7<sup>th</sup> chakra (crown), sending from 2<sup>nd</sup> up to 7<sup>th</sup>, filling the whole system with orange light as you go.

5. **Let go of your client:** Once all seven chakras are filled, give them a minute on the table with your hands off them. Allow them to feel their deepest feelings and the pleasure of unfiltered feelings and life force flowing through their entire body.
6. **Fill Yourself with Rose Light of the Heart:** Let the color of unconditional love fill your energy field during this hands-off period.
7. **Heart Becomes Emotional Balancing Point:** Using pointy fingers, place your sending hand on their second chakra and your receiving hand on their sixth chakra. Run the rose pink light between them. The purpose is to establish the Heart Chakra (4<sup>th</sup>) as the emotional balance point and decision maker in the system, where the emotions and the mind both have equal influence in the system and come into balance.

### **Standard Closing:**

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 a minute or two to let the healing settle and integrate within their system.

Ask them what their experience was before you volunteer any information that you may have gained.