Chakra Rebuilding Healing

When And Why To Use This Healing

When a chakra is severely traumatized or neglected, it can become so unstructured, torn open or depleted that the person cannot experience that level of life at all. Or they can only experience the wounded aspect of the chakra as depression, fear, hopelessness, rage, etc. Clients may present with acute or chronic pain in an area, or depression, or anxiety or be delusional. De-structuring of a chakra can be caused by trauma of any kind, including cancer or other illnesses, surgery, drug addiction, abuse or violence, rape, war, traumatic accidents, seeing a murder, the death of a loved one, the loss of a relationship, betrayal of some kind, severe childhood circumstance, etc.

The healthy golden immunization filter that protects the outside of our aura and defines our individuality in our universe can also be damaged and leaking at the chakra site. Traumas can literally shred and rip this golden screen-like filter that is at the outer edge of our energy field and covers the outer edges of the chakra.

Sometimes more than one chakra needs to be rebuilt. This is a very powerful healing and only one chakra should be worked on in a session. Make sure that you are only working on either the front **or** back aspect of the chakra at a time. If you are dealing with the back aspect of a chakra, the client will need to be face down on the table. This is not a good first healing to do on someone, but may be needed after you have been working with that client for a while. (Stick with the Chakra Balance as a standard first healing.)

Chakras can “break” in a few ways so you might experience them as:

- Squashed flat like a pancake
- Ruptured and leaking (flat tire)
- Caved in and convex
- Thin and wobbly
- Ripped, torn, shredded
- Not rooted into the Life Purpose Line
- Tilted to either the right or left side (notice which, since it means different things!)
- Wrong color: muddy color, dark, black or gray

Preparation For Healing

1. Make sure you know which chakra you are rebuilding!
2. Set up the client and table normally. If you are working on the back aspect of the chakra, have the client lay face down on their belly (prone), using a face cradle.

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Chakra Rebuilding Technique

1. Start with a Chakra Balance all the way through the 7th chakra, but do not close.
2. Prepare yourself to work with the client's particular chakra by going deeply into the experience of your own chakra, calling forward that quality in you, spinning your chakra and filling it full with its specific color light. This healing technique is dependent on you being able to fill and hold at that level of your being.
3. Go to the chakra that is going to be rebuilt. Assess with your psychic sight and through conversation with the client what is actually going on in the chakra. Is it leaking, ripped, depleted, pulled to one side, etc.?
4. **Fill the Chakra**: Fill the area with high, clear vibrational energy and color of that chakra using both hands. Hold your hands a little bit above the body and charge the chakra strongly with the appropriate color. This gives the chakra some energy so that you have something to work with. Stay grounded and strong in your own chakra.
5. **Place the Dividers:** Call in your guides to support you and make available the energetic tools you need for this rebuild. Prepare the area for the rebuild by isolating the chakra area from the other chakras. Place energetic dividers both above and below the chakra to allow the energy to fully build up in the chakra without leaking to the other chakras. To place the dividers, sink the upper hand into the main power current and let the guides place a divider there, supporting the chakra with the lower hand during this procedure. Then place the lower divider the same way while supporting the chakra with the upper hand.
6. **Cup and Re-Align** the chakra with both hands like you are holding the spinning vortex. The chakra may be much smaller but you are intentionally creating a structure for the chakra to expand into. Hold that and fill it with the chakra light, red for first chakra, orange for second chakra, etc. Become aware of what the issues are that have damaged this chakra.
7. **Place the Outer Rods:** Begin by calling your guides to help you, sending fifth level blue template rods from your finger tips that hold the shape of the outside of the chakra. The outside rods are flat and create the round edge of the chakra. Leave the lower hand cupping the chakra to support it while the upper hand places rods. Then switch.
8. **Fill the Interior with Rods**: Then send much finer fifth level blue template rods into each of the many vortexes that make up the chakra. These go in spinning, creating a uniform set of vortexes that spin within the chakra. Each inner vortex may need more than one of these support rods. Send as many as you can and continue to acknowledge your guides in this process. You will need to surrender and let the process unfold; you cannot use your will in this.
9. **Spin the Chakra**: Once the chakra and the vortexes are rebuilt and restructured, hold the chakra and gently swirl the energy clockwise as you continuously fill with light. Use your fingers and stir, like you are stirring a pot. Do not send. Allow it to take what it needs.

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10. **Weave the Seven Levels**: Do a quick energetic weaving over the rebuilt chakra to integrate all changes through the seven levels of the auric field at that spot. Hold both hands just above the body over that chakra, raising them a bit higher for each level of the field:
    - Chakra 1 Level - Charge and clear, repair by restructuring with thin blue lines
    - Chakra 2 Level - Clear, sweep gently, charge and balance
    - Chakra 3 Level - Charge and clear, repair by restructuring with thin yellow lines
    - Chakra 4 Level - Clear, sweep gently, charge and balance
    - Chakra 5 Level - Charge and clear, repair by restructuring with spiritual template indigo lines
    - Chakra 6 Level - Clear, sweep gently, charge and balance, synchronize with all lower levels
    - Chakra 7 Level - Charge and clear, repair by restructuring with thin gold lines. Ask your guides to place a healthy, gold immune system screen over the top of the site that will filter out toxins and negative energies. Feel gold light pouring through every level of the field.

11. **Remove the Dividers**: Remove the upper and lower energetic dividers by sliding your lower hand in and loosening the lower one first. Call the guides to remove it. Then do the upper one and thank your guides. As the upper one is removed, the client often feels a huge rush of energy flowing through that area.

12. **Sweep the Field**: Sweep the body from feet to head through all 7 chakra levels, holding each of the chakra colors in your own field to integrate the new energy in the system throughout their entire field.

13. **Standard Closing:**
    - 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.
    - Send indigo energy going down through the body on the exhale breath. This allows them to see themselves in a different way.
    - 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.
    - 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.
    - Close the front and back of your 2nd chakra to complete the healing for you.

Give your client time to integrate on the table, before gently bringing them back.

Ask your client to share about their own experience first.

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