



# **“SEEING” THE CHAKRAS HEALING**

## **(Advanced Chakra Assessment Skills)**

This healing uses the accumulation of all of your knowledge about chakras to help you assess which chakra needs a healing and which healing to use. The assessment will be a combination of:

- Physical/visual assessment (What does the client look like?)
- Verbal questions about their presenting issue
- Reading their energy and profile

Once you know what chakra you are going to work on, you will pick a healing from the list of healings by chakra. This process can and should be done every time you work on someone, and your assessment will change depending on what is up with the client at any given time.

Being “seen” and acknowledged for who you really are is the primary healing gift. Before a healing, the healer’s ability to “see” or assess the state of the client’s chakras is essential in the choice of healing and a decision how best to therapeutically support them. No special psychic skills are needed, just a sensitivity and openness to the client and a deep understanding of what a chakra really is. The use of simple questions, visual assessment, listening to what is being said and not said, and sensate skills to see how present or withdrawn the client is, are the beginning of really “seeing” the client.

## **Introduction**

To begin the assessment process, you want to establish what the client is coming to you for, each time, to find the presenting issue. Use simple statements and questions like:

- “It’s really nice to meet you. What would you like help with today?”
- “Welcome! How are you? Where would you like to focus the energy work today?”
- “What can I do for you today? What’s bringing you in for a session?” (Lisa’s favorite...)
- “What do you need in your session today?” (They usually know!)
- “If you could heal any aspect of your life right now in this session, what would it be?”

If they are in defense you will need to ask more questions to get to a real issue.

Very often, their presenting issue may be covering over something deeper that they are unable to access in the moment or have resistance to looking at. For example, a concern about a physical issue may be the tip of the iceberg for a big emotional wound. The client complains of chest pains, sore back or a chronic issue and what the underlying issue is might be something like unresolved grief.

Doing assessments is like detective work! Keep an open mind, don’t prejudge, and drop your expectations. Just stay curious, open hearted and grounded. If you do, you can follow the clues until you hit the bottom of the issue and then you know which chakra and which healing to do.

## Chakra One

To “see” Chakra One, look at the entire body. What is it designed to do in the world? (Are they huge like a football player, or small and dainty?)

How have they taken care of it? Do they have general good health and vitality? Any obvious physical characteristics? Pay attention to the legs and feet, since they are good indicator of the first chakra. Also the general mass of the body can help you figure out excessive and deficient first chakras.

Notice tight or loose areas. Notice how dense or diffuse their body energy is. Where is the energy and density distributed? Head, shoulders, chest, upper arms, lower arms, belly, hips, upper legs, lower legs?

How strong or weak do they appear? Is the energy of the body going up and out? Down and in? To the side or back? Is there a head tilt? Notice size and strength of hands. If they have their shoes off, what kind of feet do they have? Large, wide, long toes, flat, high arch, etc? How tightly do they hold their arms? Tight areas are related to both First Chakra as well as the chakra that it is closest to.

Ask questions like:

- Are you having any problems physically? Are they chronic? When was the point of onset? What was happening in your life when you were injured or took ill?
- What does the doctor say is happening?
- Do you take care of your self? How is your diet, exercise and sleep?
- ...and anything else you need to ask to get deeper into what is happening in their body.

To open the first chakra, do balance and grounding with them, holding hands or leaning into each other, or stomping feet, or bio-energetics.

Use the Chakra Balance Healing to work on the first chakra.

## Chakra Two

To “see” Chakra Two, you are going to evaluate their connection to their own emotional body. You are looking for how they manage their emotions.

During the assessment and the initial conversation you can notice: are they overflowing with poor me emotions (excessive 2<sup>nd</sup> chakra), or exhibiting no emotions at all (deficient)? Also assess their level of passion, enthusiasm, holding, withdrawing, fearfulness, anxiety, longing, neediness, rigidity, aggression and control. The 2<sup>nd</sup> chakra holds all these qualities. To get this, you can ask them:

- How are you feeling right now? (Waaaaah! or... Feelings? What feelings?)
- How have you been feeling lately?
- How deeply are you affected by the attitude and feelings of others toward you or around you?

The Second Chakra is a dimension where the client will be struggling with addiction, co-dependence, sexual trauma, control issues, victim issues, and where most relationship struggles get played out. So you are on the lookout for these issues too.



You can look at their hips and how they move them to see if this chakra is excessive or deficient. People with loose and wide hips will tend to be excessive while those with tight, narrow and rigid hips are deficient.

To open the second chakra, have them go into a feeling they are having and then ask them to dive into it like in a pond and see how deep it goes and what it is telling them at a deeper level than their first reaction.

Try these healings to balance the second chakra:

- Emotional Balance Healing
- Fibromyalgia-Lyme Healing
- Candida / Parasite Healing

## Chakra Three

To “see” Chakra Three, you are looking for their strength of character, their willingness to be seen as unique and their level of self-esteem. You can also assess this chakra based on their level of self-discipline and the ability to get things done. It's good to hunt for people-pleasing tendencies here. This chakra will either submit to others (deficient) or try to bully and manage others (excessive).

Ask them:

- How effective do you feel in your life and relationships right now?
- How independent are you?
- Do you feel that you sacrifice yourself for your relationships?
- Do you feel successful or defeated in your life or life situation?
- How is your self-esteem?

Good posture or slouching is a dead giveaway about excessive and deficient. Look at the core of their body - do they have their chest and belly out/forward and shoulders back? Or when they sit down, do they collapse in the middle?

When chakra three is full, the client will have a confidence and an inner peace. When it is depleted or out of balance they will feel exhausted, or will feel put upon, or be hyper-vigilant and not trusting of others. Check in and see how they are with goal setting. Do they get things done and how do they get things done? If they can't get anything done, it's a weak and deficient 3<sup>rd</sup> chakra or if they are rigid and overly controlled it's excessive.

To open the third chakra, let them scream or hit, get them in a deep meditative state, or ask them to challenge themselves or get more rest to come into a better balance of internal power.

Healings to open the third chakra:

- Spinal Support Healing
- Stress Releasing (Adrenal-Endocrine) Healing
- Chakra Rebuilding Healing

## Chakra Four

To “see” Chakra Four, you want to feel how warm your client is toward you and others or how distant or critical they are. You are also gaging their ability to love freely, both themselves and others.

Notice how they talk about their relationships and families. When they talk about it, is it coming from their head or are they really feeling it? A client may say, “Family is the most important thing in my life,” and you can feel that one client is the family protector and the other just feels safe and loved in the family environment. Another client may say “Love is all there is,” and you can feel one client is full of love and the other feels like they never get enough. Also listen for how loving they are towards themselves. Intense self-criticism will sneak into their conversation if they feel it. Or they might talk about themselves with kindness and respect.

Opening questions are:

- How are your relationships going?
- How much love are you giving and how much are you getting in your life?
- What have you done in the last week to nurture yourself?

Look at their chest. Is it sunken and hollow, shoulders rounded over the heart to protect it? Often you can feel the energetic “heart wall” which protects the heart and makes it feel hard and closed.

To open the 4<sup>th</sup> chakra, have them talk about someone they love or when they feel the most loved by another.

Healings for the heart chakra:

- Heart Spiral Healing
- Past Life Healing

## Chakra Five

To “see” Chakra Five, make sure you listen first for the quality of their voice. Is it a squeaky mouse voice or the roar of a lion? As they talk listen for:

- Strain in the throat, avoided topics, clamming up, verbal releasing through constant talking with no thought behind it.
- Coughing and clearing the throat is often fear of speaking the truth.
- Also notice how they listen. Are they interrupters or bad listeners?

Some good questions are:

- What do you really want?
- Is it hard for you to ask for what you want?
- How expressive are you?

Notice how easily they speak about the aspects of who they are. You can assess this whole chakra just by listening to the quality of their voice and what they say.

To open the 5<sup>th</sup> chakra, use toning or bowls or get them to talk about something they love.

Use the Chakra Balance Healing with crystal bowls playing to work on the fifth chakra.



## Chakra Six

To “see” Chakra Six, watch their eyes - are their eyes clear and in the present moment, or moving and looking off into the past or into the future? Since the 6<sup>th</sup> chakra is really their mind and how they see the world, you are looking for how they think and how tight of a grip their mind has on the rest of their system.

To get a sense of their worldview and their place in it, ask them:

- How do you see your life and how do you fit into your own life?

Listen to their story. Do they use wounding and excuses or get defensive and angry just thinking about their situation? Has the story of their life become their identity and defense? Has it created a fog around them that protects them from change by saying they don't know who they are or what they want or rigidly know who they are? Is their mind open to new thoughts, or rigid shut down in a black and white way of thinking?

You are looking for their mental self-image. Notice how they take in concepts and feel them or just quickly organize them in old mental patterns. Notice if their feelings are a result of how they are thinking or if their mind can let their feelings flow and support their release and awareness.

Are they pigheaded? Or space-shot? Or somewhere on the spectrum in between?

Do they have a spiritual mask that says “I really have already done so much work on myself there really isn't any problem, and my guides have taught me most of what I need to learn. What are your guides telling you?”

Ask them, “What do you think your life purpose is?” and you may get, “I don't know” (the fog of the Sixth Chakra) or they may present an ego ideal of being all good and loving, some external event, a person or relationship, or accomplishment as their true life purpose.

To open the 6<sup>th</sup> chakra, ask them to look you in the eyes and see if they can see what you are thinking, or tell you what is really happening in the room and if their current emotion is from their ideas or from reality.

Healings to open the sixth chakra:

- Life Purpose Healing
- Opening To Wisdom Healing

## Chakra Seven

To “see” Chakra Seven, look to see if they live in infinite possibility in each of the chakras. You are also going to assess them on the level of faith that they possess.

Ask lots of questions to see how open they are to their unique mission, to infinite and unconditional love, to their infinite creative expression of themselves in the world and to their vision of who they are in a flowing universe.

What are their beliefs about god and religion?

Ask them:

- What is the biggest problem in your life right now?
- How much faith do you have?
- What's your connection to God and/or religion?

If the 7<sup>th</sup> chakra is closed then they will have very little faith and a limited view of what might be possible for them.

Healings for the seventhchakra:

- Life Purpose/Soul Healing
- Opening To Wisdom Healing

## Summary

Once you have scanned the body this way, discuss an issue with them around the main wounded chakra and whether that is the primary issue they came to deal with today. Select a healing that you feel will support them in awakening to this issue. Play a few crystal bowls that match the primary chakras that need to be worked on and ask them where they feel them or what comes up. Go to the chakra before you begin your healing and muscle test to see what other chakras are going to be important in balancing the energy in that wounded chakra.

All of the healings you have been taught support chakras in specific ways. Knowing which one to use begins with seeing the chakras. You do not have to discuss anything about chakras, you use the language of the chakra and you begin the healing while you talk.

At the end of the healing, help them feel how they are in a different space and can experience their true self with no limitations. Suggest methods that can support them in holding their energy that way in the future, such as: deep breathing, chanting, using crystal bowls, meditation, bio-energetics, taking care of themselves, tapping, setting goals, talking out issues, embracing their profile, reading enlightened books, etc.