The Art & Science of Transformational Change
May 12-16, 2022 | Santa Ana Pueblo, NM

Steps To Mastering The Chakras

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ENERGY PSYCHOLOGY CONFERENCE

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Presentation Outline

1. Introduction
2. Objectives
3. What is a chakra?
4. Physiological and psychological correlates
5. A simple method for flushing the chakras
6. More bells and whistles
7. Evaluation
8. Bibliography

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Objectives

1. Name the seven major chakras and identify their locations in relation to the physical body.
2. Describe two physiological aspects (organ/gland) of the major chakra related to anxiety.
3. Be able to clear, balance, and/or flush each chakra with the focus of reducing anxiety.

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I understand that your chakra might be 'out of alignment', but can we check first if your broken arm might be causing your pain?

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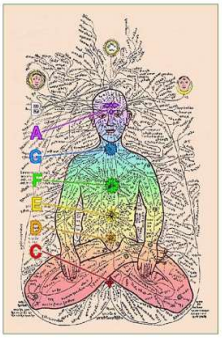
Nadi

(Sanskrit *nad* -Pathway, channel, flow)

These are pathways of life energy. According to Vedic tradition, there are 72,000 nadis that connect at special points of intensity called the chakras.



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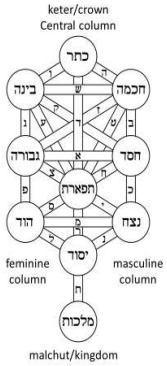

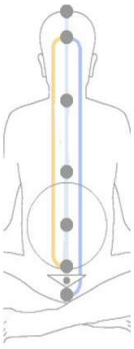

- The **ida nadi** (feminine) flows to the left leaving the root chakra and runs to the left nostril.
- **Pingala** (masculine) flows to the right, from the root chakra to nostril.
- **Sushumna** is the center channel, and it travels straight up the spine through the center of the seven chakras.

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Chakra

(Sanskrit *cakra* – wheels)

There is a vortex of swirling energy believed to reside in each chakra's location, each with a unique vibrational frequency and healing potency. There are 114 chakras:

- ❑ 7 major
- ❑ 21 minor
- ❑ 86 micro

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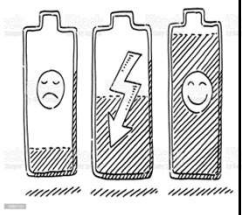
- ❑ According to tradition, the chakras are the energy systems/reservoirs associated with different parts of the body.
- ❑ They are vortices of energy that spin clockwise and counterclockwise at multiple levels as they metabolize life experiences and bring new life force.



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- ❑ Vedic tradition suggests they carry our history; family legacies and patterns; and cognitive, emotional and physical habit patterns.
- ❑ Vedic tradition also suggests they carry our karma and past life experiences.
- ❑ Chakra clearing doesn't have to be complicated or difficult to produce significant, positive changes in every aspect of a person's life.

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Physiological and Psychological Correlates

- Each chakra is seen as having connections to various organs and glands within the body.
- Each chakra also has psychological correlates.
- Being familiar with these correlates can help identify deeper meanings and additional aspects related to the issue at hand.

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"Sorry, sir, but your insurance does not cover a third eye."

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Chakra Locations

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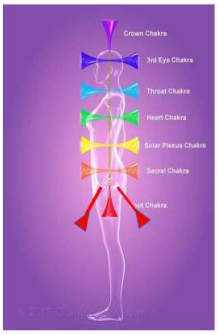

Chakra Visuals

- Treating the chakras treats the biofield as well.
- According to some traditions, the chakras create the levels of the biofield.
- The root chakra projects energy front, back and downward. It is like a tripod.

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Root Chakra - Muladhara

- Represents foundation.
- Function is grounding and elimination.
- Fundamental survival needs – food and shelter.
- Creates safety and security.
- Controls fight or flight.
- Connects with spiritual energies of ancestors, their challenges and their triumphs.
- Carries ancestral memories, basically challenges or blockages.

Base Foundation

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Location	perineal area and just over the edge of the torso front and back
Physiological Connection	adrenals, feet, legs, bones, large intestine, perineal floor
Psychological Balance	basic survival, safety, groundedness, mother, tribe, feminine divine, passion, determination, righteous anger, courage, strength
Psychological Imbalance	scattered energy, eating disorders, **anxiety**, fear, greed , excessive negativity, insecurity, frustration, resentment, lack of connection to core self, stubbornness

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Sacral Chakra - Svadhisthana

- Represents procreation.
- Function is empowerment.
- Seat of creative force and emotions.
- Houses the hara.
- Location of bliss experience.
- Mediates the ability to move forward on path of growth.

Your Own Place

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Location	centered 2 inches (3-4 finger-widths) below the navel
Physiological Connection	womb, genitals, kidney, bladder, low back, gonads
Psychological Balance	creativity, generativity, self-concept, pleasure, sensuality, healthy appetite, joy, vibrancy, tenderness, nurturing, curiosity, independence, healthy boundaries, elation
Psychological Imbalance	jealousy, guilt, emotional isolation, chronic low back problems, arthritis, hip issues, hedonism, rigidity, manipulation, poor social skills, obsession, need for attention, mood swings

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Solar Plexus Chakra - Manipura

- Represents sustenance, will power, personal responsibility, clarity, & independence.
- Function is survival.
- Seat of confidence and in control of life choices.
- Storage for sensitivity, ambition, and ability to achieve.
- "I" shines from here where one feels strength, will and personal power.
- Core.

Gem City of Jewels

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Location	midway between the navel and the bottom of the sternum
Physiological Connection	pancreas, adrenals, stomach, small intestine, large intestine, liver, gall bladder
Psychological Balance	personal power, control, self-control, self-discipline;
Psychological Imbalance	low self-esteem, lack of clear direction, manipulativeness, control issues, lack of ambition, anger, frustration, powerlessness, shame

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Heart Chakra - Anahata

- ❑ Represents time.
- ❑ Function is emotion.
- ❑ Emotion is seen as a free flow of time.
- ❑ Love and compassion.

Unstuck

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Location	in the small dip of the sternum between the nipples, or 2 finger-widths above the nipples
Physiological Connection	thymus, chest, arms, hands, lungs, heart, blood and lymph flows
Psychological Balance	love, joy, compassion, forgiveness, empathy
Psychological Imbalance	depression, excessive isolation, unforgiveness, jealousy, defensiveness, rescuer role, grief

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The Throat Chakra - Vissuda

- Represents ability to communicate.
- Function is wisdom.

Pure Purification

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Location	at hollow of the throat
Physiological Connection	thyroid, throat, neck, ears, mouth, shoulders, immune system
Psychological Balance	communication, artistic expression, the ability to speak one's truth,
Psychological Imbalance	difficulty expressing one's thoughts, feeling timid or shy, talking without thinking, dishonesty, insensitivity, insecurity, social anxiety, difficulty making sound decisions.

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The Brow Chakra - Ajna

- The function is spirituality.
- It represents the ability to see the larger picture.

Perceiving Command

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Location	center of the forehead
Physiological Connection	pituitary (or pineal), face, ears, lower brain, base of skull, central nervous system
Psychological Balance	understanding, belief, intuition, sight (both physical and psychic), imagination, perception, knowing
Psychological Imbalance	lack of clarity, feeling stuck, overreaction, unhealthy illusions and fantasies, confusion, illusion, excessive questioning

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The Crown Chakra - Sahasrara

- The function is divinity.
- Represents the ability to be fully connected.

Thousand Petaled

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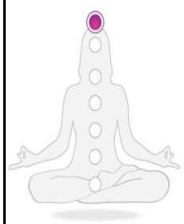

Location	top of head
Physiological Connection	pineal gland, upper brain, central nervous system, biorhythms
Psychological Balance	information, understanding, acceptance, bliss
Psychological Imbalance	disregard of what is sacred, closed mindedness, disconnection from spirit, living in the head

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"Ow! — I've got something in my third eye!"

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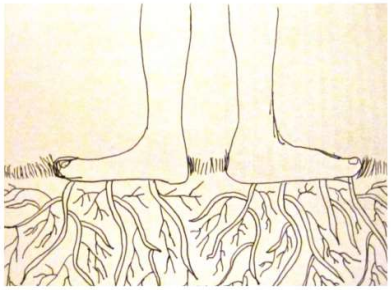
Grounding



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Forest Bathing

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Flushing The Chakras

(Sarette Zecharia)

1. Tune into to the emotion/issue/problem. _____
2. Give it a SUD (Subjective Units of Disturbance) rating or simply notice the intensity of the issue in your body sensations.
3. Bring awareness to the 7th chakra (crown).
4. Inhale, expanding it as much as is comfortable
5. Notice any aspects of _____ in this chakra
6. Wrap and contain all pieces.
7. Inhale when ready and pause breath
9. Send pure healing vibrations to the chakra.
9. Exhale through the mouth, when ready, flushing the chakra.

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Flushing the Chakra's (cont.)

10. Turn your focus to the 6th chakra (brow) and feel its presence within.
11. Repeat steps 3 - 9.
12. Repeat steps 3 – 9 for the 5th (throat), 4th (heart), 3rd (solar plexus), 2nd (sacrum) and 1st (root) chakras.
13. Inhale and then exhale any remaining undesired emotions.
14. Pause and notice feelings, thoughts, sensations about the issue.

What is your current SUD rating regarding the emotion/issue/problem?

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Flushing the Chakra's (cont.)

15. Turn your focus to the 1st chakra, and with an inhale, fill it with a desired positive emotion and/or reaction to the issue/problem.
16. Pause and allow the sensation to warm your being.
17. Exhale and smile.
18. Continue the process in Steps 15 -17 with the 2nd through the 7th chakras.

What is your current SUD rating regarding the emotion/issue/problem?

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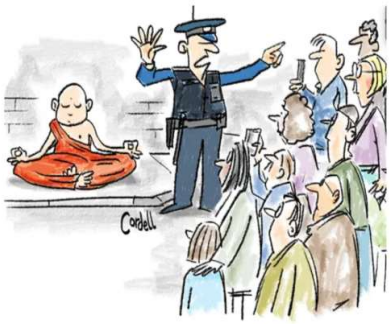

"Move along, folks...nothingness to see here."

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More Bells and Whistles

Once you understand the basic concepts, you can build on the basic approach and make it more elaborate.

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More Bells and Whistles Checking Progress

In the beginning, simply use intuition to determine how long to treat each chakra. With more experience, there are other means to check progress.

Examples:

- Pendulum
- Muscle testing

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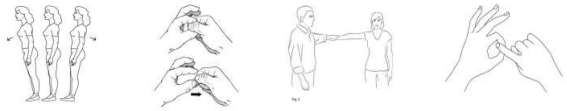
More Bells and Whistles Customized Treatments

If you are trained in muscle testing (MT), you can create a customized treatment sequence for any given issue. Use MT or self (surrogate) MT to determine which chakras need to be treated for that particular issue and which do not.



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More Bells and Whistles Clearing the Chakras

CEP Techniques (Comprehensive Energy Psychology)	Energy Psychology	Breathing/Yogic Tradition
Breathing	Tapping	Nadi shodhana breathing
Spinning - Counterclockwise to release problem states - Clockwise to instill positive qualities	Holding with one hand Holding with two hands (e.g., as in AIT) Using a pendulum	Sitali pranayama breathing Sitkari pranayama breathing Mantras
Weaving		

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Evaluation

- ✓ Name the seven major chakras and identify their locations in relation to the physical body.
- ✓ Describe two physiological aspects (organ/gland) of the major chakra related to anxiety.
- ✓ Name one way to balance or clear the chakras.

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