CLEARING AND BALANCING YOUR CHAKRAS
(Based on the Work of Donna Eden)

The seven main Chakras (spinning wheels of light) are energy centers and transformer stations in your energy body.
If the energy at any of these centers becomes blocked, both emotional and physical health can suffer.
The Chakras greatly influence the endocrine system in your physical body.

CHAKRAS AT A GLANCE

<table>
<thead>
<tr>
<th>Chakra Development</th>
<th>Sanskrit Name</th>
<th>Meaning of Name</th>
<th>Chakra Theme (Demon)</th>
<th>Identity Association</th>
<th>Endocrine Relationship</th>
</tr>
</thead>
<tbody>
<tr>
<td># 7 Throughout Life</td>
<td>Sahasrara</td>
<td>One Thousand</td>
<td>Awareness (Attachment)</td>
<td>Universal</td>
<td>Pineal Gland (Pituitary)</td>
</tr>
<tr>
<td># 6 Adolescence</td>
<td>Ajna</td>
<td>Perceive, Command</td>
<td>Intuition, Imagination (Illusion)</td>
<td>Archetypal</td>
<td>Pituitary Gland (Pineal)</td>
</tr>
<tr>
<td># 5 7 - 12 Years</td>
<td>Vissudha</td>
<td>Purification</td>
<td>Communication (Lies)</td>
<td>Creative</td>
<td>Thyroid</td>
</tr>
<tr>
<td># 4 4 – 7 Years</td>
<td>Anahata</td>
<td>Unstruck or Unhurt</td>
<td>Love, Relationships (Grief)</td>
<td>Social</td>
<td>Thymus</td>
</tr>
<tr>
<td># 3 18 Months to 4 Years</td>
<td>Manipura</td>
<td>Lustrous Gem</td>
<td>Power, Will (Shame)</td>
<td>Ego</td>
<td>Pancreas, Adrenals</td>
</tr>
<tr>
<td># 2 6 Months to 2 Years</td>
<td>Svadhisthana</td>
<td>One’s Own Place</td>
<td>Emotions, Sexuality (Guilt)</td>
<td>Emotional</td>
<td>Ovaries</td>
</tr>
<tr>
<td># 1 Womb to 12 Months</td>
<td>Muladhara</td>
<td>Root Support</td>
<td>Survival (Fear)</td>
<td>Physical</td>
<td>Testes (Adrenals)</td>
</tr>
</tbody>
</table>

CLEARING AND BALANCING TECHNIQUES

- Start with Basic Energy-Balancing Self-Care Techniques
  - Crown Pull, Five Thumps, Belt Flow, Triple Warmer Smoothie, Hook-Up
- If Working with a Partner, Test Each Chakra
- Clearing and Balancing Techniques (Self-Care or with a Partner)
  - Spin a Crystal Over the Chakras
  - Work with Your Hands Above the Chakras

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BASIC ENERGY-BALANCING TECHNIQUES

1. Crown Pull
   • Relieves Headaches and Mental Congestion
   • Clears and Refreshes Your Mind
   • Sharpens Your Memory
   • Opens Your Crown Chakra to Higher Inspiration

2. Five Thumps
   • Clears Head and Sinus Congestion
   • Relieves Eye Fatigue
   • Boosts and Restores Energy
   • Increases Strength and Vitality
   • Strengthens the Immune System

3. Belt Flow
   • Connects the Energies of the Top and Bottom Parts of Your Body
   • Promotes Energy Flow between the 2nd and 3rd Chakras
   • Reestablishes Top-to-Bottom Harmony in Your Body

4. Triple Warmer Smoothie
   • Calms the Nervous System
   • Relieves Stress and Feelings of Being Overwhelmed

5. Hook-Up
   • Calms, Helps You Feel Connected
   • Leaves You Feeling Whole Again
   • Strengthens Your Auric Field

For more information, please visit www.MountainLightHealing.com or call 719-648-5234.
CHAKRA ENERGY TEST

• Tap Twice On (or in the Field a Couple of Inches Above) the Chakra being Tested

• Person being Tested Extends Arms, Brings Backs of Wrists Together, and Holds

• Person Doing the Test Slides Open Hands Between the Wrists and Pulls Against the Resistance

• A Weak Test Result Indicates that the Chakra is Clogged, Weak, or Out of Balance

GENERAL GUIDELINES FOR CHAKRA CLEARING/BALANCING

• Work from the Root Chakra Up to the Crown Chakra
  – If the Recipient has a Headache or is Prone to Headaches, Go in the Opposite Direction
  – If the Recipient Gets a Headache during the Chakra Session, Stop the Process; Do a Crown Pull, and Work from the Crown Chakra Down

• Clear / Balance over Both Breasts when Working on the Heart Chakra

• Circle in the Opposite Directions above a Man’s Crown Chakra

• Finish by Tracing Figure-8s over the Recipient’s Body to Anchor the Healing Effects
  – Draw Figure-8s over the Throat Chakra to Interconnect the Chambers

• Retest the Recipient’s Chakras to See What was Achieved with this Clearing/Balancing

  Be in the Moment and Observe what You See, Feel, Hear and Sense!

CHAKRA CLEARING/BALANCING PROTOCOL

• Move Hand(s), Palms Facing the Recipient’s Body, about 4-5 Inches Above the Root Chakra in a Counter-Clockwise Direction to Clear
  – Circle Hand(s) Slowly for about 3 Minutes; Shake Hand(s) Off

• Move Hand(s) Clockwise over the Root Chakra for about 2 Minutes to Balance

• Continue in the Same Manner through All Seven Chakras

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