

Lesson Six: Chakra Testing and Balancing

Before working with a client's chakras do your own mini-ritual to set the sacred space. You can do all of these silently in less than one minute (see Lesson One for guidance):

- a. Purity Blast
- b. Set your own intention for supporting the highest possible results for your client.
- c. Invoke your Healing Team (spiritual guides, Master Healers, Christ consciousness or other sacred names) to support miracle results for you and your client.
- d. Call your energy in, ground to Earth Star, attune to Loving Presence.

Ask your client what their issues and needs are and notate on intake form. Use your intuition to notice what is behind their words and symptoms.

Chakra Kinesiology for Testing

There are many methods for evaluating chakras, some of which depend on high development of intuition or clairvoyance. This kinesiology method is much easier for professionals who have not yet developed those qualities sufficiently for reading chakras directly.

With client lying face up on a treatment table, test each chakra in this way:

1. Instruct client to put their arms straight up over their chest, with backs of hands touching each other. Tell your client to try to hold the backs of their hands together while you try to pull them apart. Use minimal force to find out where the breaking point of muscles is where the client's hands start to separate.



2. Once you have established this baseline, briefly stimulate and test each chakra. You do this by lightly tapping a chakra two or three times with your fingertips, then immediately do the arms strength test and note relative strength or weakness. For Root chakra only, move your fingers up and down a few inches above it without touching.



3. Note results. Do any arm muscle tests show weak after tapping any of the chakras?
4. This test simply shows if a chakra is balanced or imbalanced. For more detailed assessment of chakras test them with a pendulum, noting patterns of movement. This method is covered in my next level training.
5. After testing, look at the pattern of imbalanced chakras. Use your intuition as well as rational understanding of a client's symptoms and story to synthesize the chakra readings with what you understand about them. Share your overall impression with your client, as guided.

You can also test a person's chakras remotely over a phone or Zoom call. Open sacred space, then connect with your client's energy through your intention. Ask them to concentrate on one of their chakras while you use your physical or body pendulum to indicate a strong (positive) or weak (imbalanced) response. You can also silently ask questions about the client and their issues while doing this form of testing in person or remotely. To hear the answers, quiet your mind and put yourself into a trusting, receptive state.

After testing, choose one or two of the following chakra balancing methods.

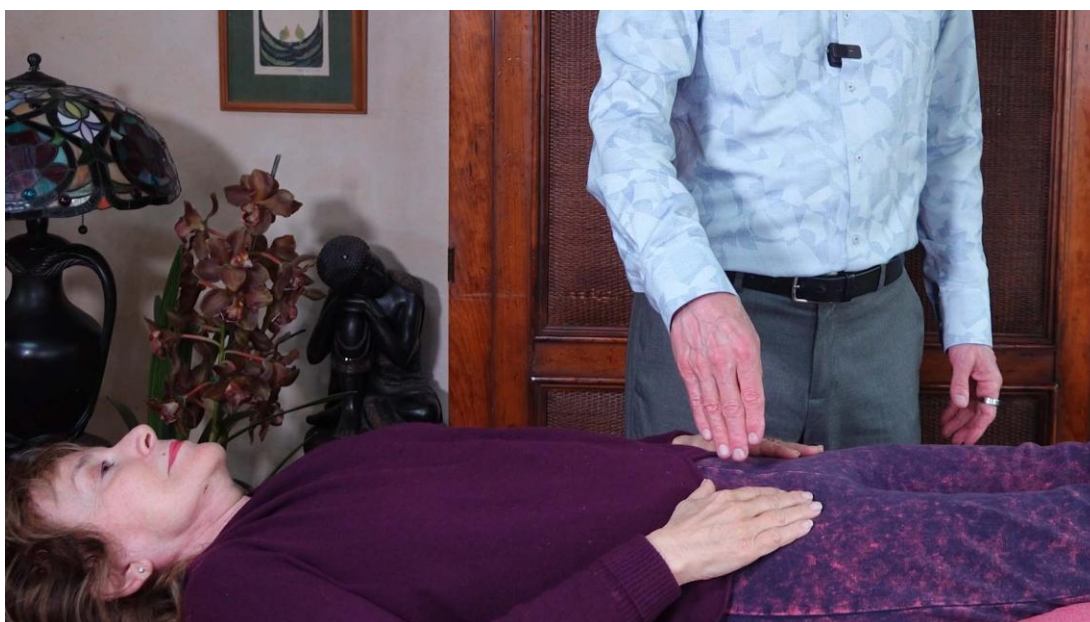
Hand Spiraling

This is a simple way to clear, and then strengthen imbalanced chakras.

Start by intending to clear any burdensome or toxic energies from the chakra system. Put your hand close to a chakra indicated by testing, right above the subject's body. Use your fingertips (other than the thumb) to trace a small counter-clockwise circle above it and close to the body. Then slowly raise your fingers up away from the body in expanding circles – as if you are creating an upward-rising spiral. Finish clearing through this spiral up to about two hand lengths above the chakra.

After clearing all the imbalanced chakras in this way, boost them using a reverse movement. Put your hand about two hand lengths above the chakra and make a large, clockwise circle, intending to transmit healthy, coherent energy from spiritual source into it. Continuing clockwise movement, gradually move your hand closer to the body in ever-smaller circles until you are right above, or touching the chakra.

Re-test chakras after this guided practice and note changes.



Breath of Ascension / Chakra Colors & Tones

This is a powerful method for clearing chakras while infusing a person with love and positive energy. Guide clients through this practice, doing it with them.

In this practice you use a special form of super-charged breathing that clears and activates chakras. As you practice you intend to increase your ability to directly sense the energy of each area. Also guide your client in sensing their own chakras more if appropriate. This increases your energetic sensitivity and strongly supports embodiment.

It is important for you and the client to drink a glass of pure water before starting this practice so you will be well hydrated. You can focus Breath of Ascension through all the chakras, or just one region you wish to develop.

Steps of the Breath of Ascension:

1. Sit in a comfortable meditation posture with your spine erect. It is best if you are not leaning onto the back of the chair or sofa you are sitting on, although a small pillow behind your lower back can be supportive. Sitting in yogic lotus position is also suitable.
2. If you have not done this yet, engage with the foundational practices – Purity blast, grounding, Master hook-up, complete breath, calling yourself in and loving presence. All of these can be done in a few seconds once you are familiar with them (See Lesson One).
3. Tighten Mula Bandha (Root Lock) between your legs during each inhale and relax it on each exhale throughout this practice. These are the muscles you use to control urination.
4. Visualize the Earth Star chakra two feet (.6 meter) beneath the surface of the Earth, directly beneath you. With a strong in-breath visualize a ball of golden energy moving up from Earth Star into your Root chakra.
5. When your lungs are full of air from your in-breath take an additional strong sniff of air in through your nose, with your mouth closed. This supercharges your lungs with extra oxygen and vital energy.
6. At the same time visualize beautiful red light filling your Root chakra as you concentrate on it. Radiate love and connection to this chakra, which represents a fundamental part of you.
7. Hold your in-breath for 2 – 4 seconds then open your mouth and release the breath and tone the Sanskrit seed sound for the Root chakra: LAM. Sound each letter separately:
LLLLLLLLLAAAAAAAAAMMMMMMMMMMM. Intend to direct the sound into the Root chakra area, so you feel buzzing or vibration there.

Chakra	Sanskrit Seed Sound	Native Color	Complementary/ Balancing Color
Root – 1 st	LAM	Red	Turquoise
Sacral – 2 nd	VAM	Orange	Indigo
Navel – 3 rd	KAM	Gold	Silver
Solar – 4 th	RAM	Yellow	Violet
Heart – 5 th	YAM	Green	Magenta
Throat – 6 th	HAM	Blue	Orange
Brow – 7 th	OM or AHHH	Indigo or Blue	Orange or Yellow
Crown – 8 th	AUM	Violet or White	Silver, Gold, “higher colors”

8. As soon your lungs are emptied of air immediately close your mouth and start the next in-breath through your nose. There should be no pause between the out-breath and next in-breath
9. Go through additional Breaths of Ascension continuing to concentrate your attention on your Root chakra, intending to feel the sensations within that part of your body. Explore how you can increase your sensitivity to what you can feel there
10. After a few minutes of focusing on the Root chakra move your attention up to the area of the second Sacral chakra which is located about halfway between the top of your pubic bone and your navel. Do your best to tune into this part of yourself, blessing it with your attention and breath while slightly squeezing the muscles in your lower abdomen to “hug” this chakra internally. Visualize Orange light in the second chakra while radiating love into it. When you breathe out tone the Sanskrit sound VAM. Stay with this chakra for as long as you are drawn to, building your ability to directly sense it. VVVVVVAAAAAMMMMMMM
11. In the same way continue the Breath of Ascension while focusing on each of the 8 chakras in the body in turn – See the chart of tones and colors below.
12. Re-test chakras after this guided practice and notate the changes.

When you are complete with your Breath of Ascension practice release all the techniques and focusing you have been doing. Sit quietly for a few minutes, doing nothing but allowing yourself to feel and enjoy yourself. This “yin” aspect of the practice is vital because trying to get up right away after doing this powerful practice could be disorienting.

The intention of this practice is to develop your ability to tune into, energize and sense all of your chakras, not just the ones you can feel easily. Attune yourself to the sensation of feeling or visual images in each chakra. The combination of breathing into the chakra, squeezing Mula Bandha, visualizing light there and supercharging your breath helps to activate and awaken this part of you. And Love yourself through each of your chakras! Your chakras hold the essence of who you are. Being willing to direct love and acceptance to each area is deeply healing.

Chakra Toning

The Sanskrit seed sounds are best toned with emphasis on each letter in turn. For example the tone LAM would be toned as LLLLLLLLLAAHHHHHHHHHHMMMMMMMM. For the “L” sound the lips are close together with the tongue touching the roof of the mouth behind the front teeth, for the “A” sound the mouth is wide open without tongue touching and for the “M” sound the lips are pressed together. Each of these aspects of LAM vibrate differently and together they target the Root center.

Clients are more comfortable toning when the practitioner tones with them.

For Tips and Enhancements for Breath of Ascension – see *Awakening the Avatar Within*, Chapter 23

After Breath of Ascension, it is empowering to guide the client in speaking decrees appropriate for the chakras you are working with. See suggested decrees below in this document. Clients can focus on a chakra, breathing in and out of it or visualizing a color of light while speaking an appropriate decree.

Decrees for Chakra Healing

Instruct clients to focus on an imbalanced chakra, visualizing golden (or other color) healing light filling it while speaking decrees that address the emotions or functions of the chakra. Here are examples of Decrees for imbalanced chakras.

Root Chakra (1st)

I AM steady, grounded and safe

The foundation of my being is secure and unshakeable

I love the Earth and am safe and supported

Sacral Chakra (2nd):

I delight in the rich feelings and textures of my life

I AM innocent

I AM freely expressing my creativity and joy

Navel (2.5):

My deep reserves of energy and vitality are replenished

I breathe vitality and power into my belly

I AM nurtured by the loving embrace of Divine Mother

Solar Plexus (3rd):

I freely and confidently share who I AM

I manifest my visions and joyfully see them come true

I AM releasing all blocks and inhibitions from my power to co-create with God

Heart (4th):

I AM free to love fully

The love of God / Divine flows through my heart

God / Christ / Goddess lives in my heart

I AM free to expand my heart love because I am safe and secure in Divine Presence

Throat (5th):

I AM clearly expressing my truth and passion

I AM fearlessly sharing who I AM, and people hear and receive me

I have released inhibitions from my self expression, and now speak from wisdom and Presence

Brow (6th):

I can see clearly now

I accept responsibility for perceiving what is, and this empowers me

I always see what I need to see for myself and my clients

Crown (7th):

I am in my divine transmission

The Light and Love of God stream through me

I AM that I AM that I AM

I AM a spiritual being having a physical experience

Summary

Chakra testing and balancing is a powerful adjunct to most holistic or medical healing arts because it addresses the underlying energetic roots of health or disease. The benefits of the methods outlined in this Lesson have been proven out through thousands of clinical sessions. Your greatest results working with chakras will come as you move out of techniques into the realm of higher sense perception - direct seeing, feeling and knowing. Practicing chakra testing and balancing has certainly accelerated my awakening, and it can do so for you.

Positive and Negative Qualities of the Chakras

Chakra	Generates Color	Healthy chakra qualities	Imbalanced chakra qualities	Associated diseases (partial list)	Associated Endocrine Gland
Root - 1	Red	Grounded, vitalized, empowered, healthy fire energy in body	Ungrounded, fatigued, "accident waiting to happen", tends to feel cold	Most inflammatory diseases, chronic fatigue feet/hands/bone/teeth problems	Male Gonads, adrenals
Sacral - 2	Orange	Flowing with creativity, open to pleasure, abundance	Lots of emotional issues, shame, poverty consciousness, creative blocks, lack intimacy	Impotence, frigidity, low sex drive, bladder disease, enlarged prostate, wrist and ankle prob.	Female gonads, Leydig cells, adrenals
Navel – 2.5	Gold	Vital energy, healthy nurturing from Divine Mother	Lack of Qi & Jing, un-nurtured, feel cut off from Magic	Digestive/intestinal issues	Leydig cells (in intestines)
Solar - 3	Yellow	Influential, confident, able to take effective action, Divine Will attunement	Unassertive, hard to complete projects, wallflower	Indigestion, pancreatitis, liver disease, diabetes, irritable bowel syndrome, ulcer, arthritis, anorexia, bulimia, leg/arm pain	Pancreas islets of Langerhans
Heart - 4	Green, Magenta, Cyan, Rainbow	Loving, harmonizing, integrated, joyful, compassionate, devotional, high emotional intelligence, surrender to Divine	Muggle mind overactive, feel isolated, alone, depression, anxiety, all kinds of mental illnesses	Heart disease, asthma, coughing, underweight, torticollis, mental illness, depression, anxiety, insomnia, knee/elbow problems	Thymus
Throat - 5	Light Blue	Power of clear & effective communication, sound power	Feel "unheard" & unexpressed, hard to close the deal with life	Thyroid disease, speech disorders, lung diseases, ears, shoulder/neck issues	Thyroid, parathyroid
Brow - 6	Indigo	Seeing what is real, penetrating insight, higher intelligence	Caught up in illusions, can be manipulated, deceit	Sinusitis, skin irritation, headaches, OCD, left eye problems	Pituitary, hypothalamus
Crown - 7	Violet, White	Intuition, sense of connection, oneness with Divine, inspiration channels open	Feel cut off and abandoned by Divine, stuck in the mind	Substance abuse/alcoholism, insanity, high BP, kidney disease, right eye problems	Pineal