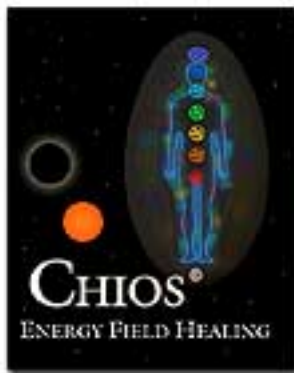


CHIOS[®]

Energy Field Healing

Course Manual



Healing Level I

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INTRODUCTION

Congratulations on your decision to begin a study of energy field healing. Chios Level I is intended to be an introduction to this fascinating and important healing art.

You will begin your study by learning to work with the *energy*. Every living thing that exists is permeated by a universal energy that connects and nourishes all life. This energy has been called by many different names, such as prana and chi. An “invisible” energy field composed of this life energy surrounds each human being. It is this energy field around each person which integrally supports the life process in all its aspects—the material operations of the physical body, the functions of the emotions and mind, and even the spiritual life.

The energy in this field is not lifeless or inert—it is active and intelligent. It is *conscious* energy, a manifestation of the universal consciousness that is the source of each of us and the entire universe. The energy is one of the important expressions of the realm of pure consciousness, the spiritual source of life, in the manifested physical world. The energy field acts as a bridge, a connection, between the realm of pure spirit and the manifested world. It is both an indicator and a regulator of the manner in which the life force and higher potentials that exist within this higher realm are expressed in worldly life.

If this energy field is clear, healthy and free from defects, the living person will likewise exhibit good health, in all its physical, emotional, mental and spiritual aspects. Innate health and harmony in body and mind, spiritual awareness and higher human potentials will all manifest in the person and in their life. Many times, however, dysfunctional energetic patterns are present in the energy field. When the flow of energy within this energy field becomes weak, impure, unbalanced or blocked, the energetic defects prevent the pure connection to the higher spiritual reality—the realm of pure consciousness and the true self of the person. This prevents the full and healthy expression of the living potential of the whole person and removes the natural condition of energetic health that is a requirement for physical, emotional, mental and spiritual well-being.

The ultimate cause is usually traumatic experiences in the past (often including past lives) which have fragmented the psyche, allowed invasion of impure energies, and established faulty energy patterns into the functioning of the energy field. These three effects—personality fragmentation, invasion by unhealthy psychic energies and fundamental energetic defects in the aura and chakra system—usually occur together. The dysfunctional patterns in body, mind and spirit will eventually lead to problems in the worldly life. They will inhibit, in various ways particular to each person, the healthful and balanced functioning of body, mind and spirit which would otherwise be possible. Diseases or afflictions of a physical, emotional or mental nature often eventually become manifest.

Energy field healing is the art of correcting energetic defects in the energy field. In energy field healing, the healer seeks to restore the flow of the energy to its strong, natural and healthy state and correct any defects that are present, thereby helping to restore and

maintain health to the body, emotions, mind and spirit—to all levels of the being. The healer, in doing this, treats the *ultimate cause of disease*. By treating ill conditions in the energy field, the healer may work to assist in the resolution of a disease condition which has already manifested in the physical body, or in the mental and emotional life of the patient. The activities of the healer may also serve to prevent future disease, by treating faulty energetic conditions in the patient's energy field which might otherwise result in illness in the future, should they remain untreated. Additionally, the activities of the healer are beneficial simply because they enhance the entire life process of the patient, even if disease is not present, enhancing functioning of body, mind and spirit and enabling the patient to live a healthier, more balanced and fulfilling life.

As an energy field healing treatment is performed, the healer conducts an extra measure of the universal life energy into the patient. This serves to supplement and enhance the overall health of the energy field. The healer also expands his or her awareness for the purpose of gaining information regarding the condition of the energy field of the patient—to detect energetic anomalies of various kinds. The healer then treats these faulty conditions by using various special techniques, to work with the field in various ways to correct the undesirable conditions that may be present. A skilled healer is therefore capable of supplementing and enhancing the health of the vital energetic life processes of the patient, upon which physical, emotional and mental health depend. Instrumental in the healer's art is the acquisition of expanded awareness, for it is the healer's expanded awareness that makes it possible for the healer to become fully aware of the condition of the energy field, and to acquire and use the various abilities and techniques that are useful in healing. To do this, the healer heals not from any specific state of mind, but from a wider realm of awareness—from the whole being. As afflictions of body, mind and spirit begin in the wider realm of consciousness—the whole being—so does the healer heal from that level.

The first step in becoming an energy field healer is learning to conduct the energy in a simple way by using your hands. You will acquire the ability to channel this energy into your patient for the purpose of supplementing and enhancing your patient's life processes, at all levels. You will receive an energy *attunement* that will greatly assist you in opening the ability to channel this healing energy through your hands. You will become able to draw a greater amount of this energy into your energy field, transfer it through your hands and into your patient during each healing treatment.

To channel this universal energy in this way is a natural human ability that already resides within you, and yet the first-level attunement you receive will greatly accelerate and potentiate this energy-channeling ability, so that you may begin to practice this ability much more easily. You will also learn, in this first level, a simple technique that will enable you to begin to sense the energy field around your patient, through the use of your hands. The attunement given to you will also assist you in becoming more sensitive to the life energy, as it flows in and around the human body. You will acquire the ability to sense areas in your patient's energy field that harbor energy defects.

As you begin your practice of channeling energy into your patient, the patient's energy field will use the energy you conduct in the way that is most needed. As you grow in your healing abilities, you will become increasingly more able to sense the energy, more aware of areas of disturbance or disease in your patient's energy field, and more able to use the energy in various ways to benefit your patient. As your awareness and abilities increase, you will become a progressively more conscious participant in the healing taking place, and you will, should you continue your study of Chios energy field healing, learn some extremely powerful and exciting tools to effectively sense and heal the human energy field.

It is important, during the learning process, that you practice your healing skills regularly. The healing ability grows with practice, and practice is essential to proper learning as well. It is through practice that you will experience, feel and form questions on the healing treatment methods. Your healing teacher will then be able to assist you by validating your experiences and answering your questions.

LEARNING TO CHANNEL THE ENERGY

All around you, and throughout the entire universe, circulates the life energy. It exists not only as an energy field around every living thing, but also circulates through the earth, through the atmosphere around us, and in nature. The flow of this energy connects everything that exists, and you, as a living being, are taking in this life energy at every moment. You are always drawing this life energy into your own energy field, and it is this life energy that supports your life, as well as the life of all you seek to heal. In order to conduct a greater measure of this energy into your patient, for the purposes of performing healing work upon them, you must first learn to bring a greater measure of the energy into your own energy field.

The way you will do this is referred to as *calling in the energy*. After receiving your first attunement you will practice this ability. You will, using your power of visualization, request that this energy begin to flow into you, in greater and greater measure—you will “see,” in your mind's eye, this energy flowing into you from all around. You will also “see” this energy, as it flows into you, move through your body towards your shoulders, down your arms, and collect in your hands, so that you may transfer this energy into your patient. The first attunement procedure gives you the inner ability to bring in and conduct the energy in this way, and this visualization, this “seeing,” in your mind, will ask and allow the energy to flow in this manner when it is time for you to begin a healing treatment. This is a very useful and important ability to learn. The following exercise will help you in becoming practiced and comfortable in calling in the energy:

Each day, for 3 times or more (at various times during the day), summon the energy. Close your eyes and place your hands in front of you, and effortlessly see, in your mind's eye, the energy coming into your body from the earth, from above and from all around you. Feel it filling your body and then moving through your shoulders, down your arms and moving into your hands. As you hold your hands in

front of you, really see and feel the energy coming into you from the universe, through your body, down your arms, and then filling up your hands like water filling a glove. Allow the energy to collect in your hands—you may feel a tingling or a sensation of heat as it does so. Each time you practice this should only take a minute or two.

After you have become confident in your ability to call in the energy, you can proceed to giving simple healing treatments. During these treatments you will conduct the energy through your hands and into the chakras of your patient. The chakras are the primary energy centers or energy junctions within the energy field, and it is these centers that you will usually be treating in this first-level course. They are the primary points at which energy enters the body, as well as the points within the energy field where important life-supporting energetic operations take place. You will be placing your hands palms-down in these locations, so that you may channel the healing energy through your hands and into the person you are treating. Using the correct hand positions is an important part of doing so effectively. The correct sequence of hand positions is given later in this level-one section. This energy channeling, through the hands, is the essence of the *laying-on-of-hands* method (also called *hands-on-healing*) where the hands of the healer are placed on the body to conduct the energy. You can see how useful the hands are in transferring this energy—they can be moved anywhere on your patient’s body so that the energy can be transferred to any needed location. As you will learn, the hands are also very sensitive to the energy flows, informing the healer of what areas need further treatment.

As you practice this process of calling in the energy and channeling it into your patient, it is best to follow these important guidelines:

1. Remove all rings, watches and jewelry from your hands before beginning a treatment. It is also a very good idea, as a courtesy, to wash your hands.
2. Do not let doubt interfere. Expect and believe that the energy is flowing. Do not worry—the energy does exist and will flow, if only you allow it.
3. Do not press too hard with the hands. You might think that it is better to press firmly when placing the hands, but this is not the case. Use ZERO PRESSURE with the hands to maximize the energy flow.
4. BE OPEN to the energy flow. Energy channeling is not a practice of the intellect; it is a practice of RELEASE TO THE ENERGY. Image the energy flowing through you and out of your hands, and you will feel a sense of openness to the energy. You will find, if you simply release yourself to its flow, that it comes easily. Do not try to force the energy, but just open yourself and “see,” in your mind’s eye, the energy flowing through you. Effortless intention alone is sufficient to call in and conduct the energy.

It is important, while you are conducting the healing energy, not to be self-conscious or wonder if you are “doing it correctly.” Don’t worry—it will “do itself.” The energy is

intelligent, it is conscious energy, and has the ability to come into you, to conduct through your hands, and work on your patient in the manner that is needed—all without you “making” it do so. The energy, as a manifestation of consciousness, already knows how to move and where to go. Focus instead on opening yourself to feeling and sensing the energy flow in your patient, being aware of the energy as it moves through you and into the body of your patient.

Do not be too concerned with whatever sensations you may feel, or not feel, as you channel the energy. For different healers, and with different patients, there will be times when the energy is sensed and also times where it is not sensed, or just barely sensed. The degree to which you “sense” the energy conduction into your patient is not necessarily related to the amount or kind of energy you are conducting or the effectiveness of the treatment you provide. You will find, when you gain a good deal of experience in energy transfer, that you will become “transparent,” in a sense. You may sense the flow of energy through you, but you will also sense a freedom from your body and mind, a simple awareness of acting as a channel for the energy, as though you were witnessing your own body and the energy transfer. Begin to learn to move away from worrying about yourself, and instead begin to become aware of the energy, and the energy field of your patient. In healing, you must “forget yourself” and instead seek to become one with your patient, as you work.

BEGINNING TO SENSE THE ENERGY FIELD

In addition to learning to call in the energy and channel it into your patient, you can begin to learn another important skill the healer needs: the ability to sense the energy field of the patient. This skill is important, for the healer must have the ability to sense where and how the energy field has acquired defects, for the purpose of working to correct them and bring renewed energetic health. The ability to become aware of the condition of the energy field of the patient, including the condition of the chakras, is a big advantage to the healer as he or she works during the course of the healing treatment. Acquiring the ability to sense problems in the energy field of the person you are treating will enable you to pay special attention to these areas—to conduct a greater measure of the healing energy to these locations and begin to work to correct whatever problem exists there.

A very good way to begin to sense the energy field around the body of your patient is through the use of your hands. This energy, which you are learning to channel using your hands, can also be *sensed* with the hands. In sensing the human energy field, through the use of the hands, the hands are slowly passed palm-down along the body surface of the patient, approximately four to five inches above skin level. Whatever energetic defects may exist in the energy field around the body of the patient register as subtle sensations in the palms of the healer’s hands. Often, these sensations will be a subtle feeling of a “bump” or “dip,” or a subtle sense of heat or coldness. You may receive other subtle sensations, as well. It is these sensations in the palms, along with the intuitive impressions which are received while performing this technique, that inform the healer of the condition of the energy field in whatever region of the subject’s body is being examined.

You will sense the condition of the energy field of your patient in this way at the beginning of healing treatments, before beginning to channel the energy. This technique is included in the treatment procedure given later in this section. Sensing the energy with the hands takes a little time to learn, as the sensations are often subtle, but it is an excellent (and very grounded) way to begin to sense the human energy field. The following exercise will assist you in beginning to feel the sensation that the energy field produces in the hands of the healer:

Place your hands out in front of you, somewhat less than a foot apart, with palms flat and facing each other, fingers together. Call in the energy, as you learned to do in the exercise above (to sensitize your hands). Now turn one hand, and bend the wrist so that the palm of that hand points towards you, and the fingertips of that hand point towards the open palm of the other hand, and “sweep” these fingers across the open palm slowly, with finger-tips about 3 or 4 inches away from the opposite palm. Try sweeping one finger, or a few. What sensation do you feel in your other hand as you do this? Try sweeping the fingertips across the opposite palm in different positions. The sensation will be subtle. You are sensing the energy field emanating from your fingertips as it sweeps across your other hand. Repeat this exercise a few times a day to become accustomed to sensing the aura energy. It may take a little practice.

After you have begun to sense the energy field emanating from your fingertips, through practicing this exercise, it is time to try sensing the energy field of another person:

Have your patient lie flat on the treatment table, arms at sides. Now, call in the energy as you have learned to do (to sensitize your hands), and begin to scan the body of your subject, by using the palm of one hand at a time. Use your right hand (if you are right-handed or left-handed)—the right hand is “dominant” in most people. Hold your hand level, with fingers spread slightly, as if resting). Begin at the top of the head, and as you scan, move your open palm slowly, about 4 or 5 inches above the skin surface of your patient. Move downwards, scanning the entire body, to the patient’s feet. Pay particular attention to each chakra location, and also the abdominal area. Do not move your hands too quickly—2 to 3 inches per second is the ideal speed. “Forget yourself” while you do this, and instead open yourself to any sensation that may form in your hand as you do so. Just be open to any sensation which comes. What do you feel? Are there certain areas of the body over which you feel something—a subtle sensation in your hands? Examine the entire front of the body in this way, from head to toe. Do you feel anything around the area of the chakras? Are there other areas of the body over which you sense something, and if so, what impressions are you getting as you do so? It is easiest to work with one hand, at the beginning, but after you have begun to sense the energy field try the other hand, as well. Use only one hand at a time, while learning.

Try this “feeling” exercise without expectations. To sense the energy effectively you must have faith and believe in the energy, and release your expectations. You will then be able to feel the energy as it is. Move away from concentrating on just your hand, or worrying if you are performing this method correctly, and instead simply relax and allow sensations and impressions form in your *entire being* as you scan the energy field of your patient. You already have the ability to gain these impressions and this information. All you need to do is suspend your thinking process and allow them to come.

It is wise to practice this technique by incorporating it into your treatments, just prior to conducting the energy, to “get a feel” for the condition of your patient’s energy field. This technique is referred to as the *passing of hands*, and as you “scan” your patient’s energy field, you may also receive information—impressions in your mind—giving you further details about the condition of areas in which you have detected sensations in your palms. Your teacher will assist you in beginning to practice this technique correctly, and in interpreting whatever you may be sensing.

INTRODUCTION TO THE CHAKRA SYSTEM

In healing, the chakras of the patient are often of central importance to the healer as he or she works. Because the chakras are so important, and because you are learning to channel energy into them and sense the energy field above them, it is beneficial to begin to gain some understanding of them.

There are seven major chakras in the human body, and also numerous less-important minor ones. The chakras are energy centers, points of energy flow, and act as energy junctions in the body. They are energy processing centers, and the chakra system (comprised of the seven major chakras) is our energetic connection to the realm of pure consciousness and our spiritual essence. The energetic operations in them are what make every aspect of our bodily, emotional, mental and spiritual life possible. Each of the seven major chakras, or primary energy centers, has its own character and corresponds to a unique aspect of our being. They are patterns of energy, and are shaped something like funnels or whirlpools of energy. Their vortices lie inside the body, along the spinal cord (which corresponds to a central energy channel) and up into the head (see diagram).

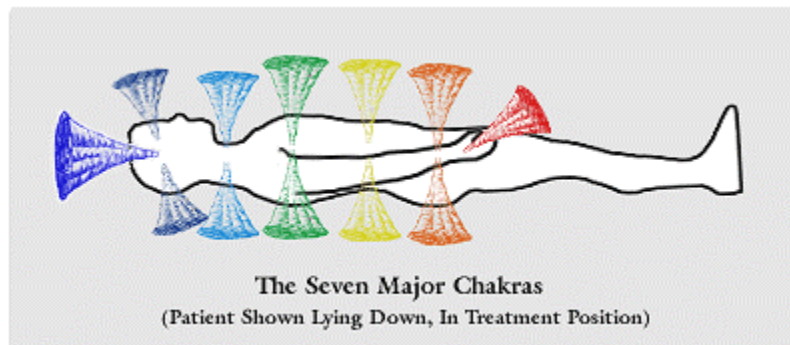
Because the chakra system is the central processing center for every aspect of our being, blockage or other energetic dysfunction in the chakras usually gives rise to disorders in the body, mind or spirit. A defect in the energy flow through any given chakra will result in a defect in the energy provided to certain portions of the physical body, as well as an impairment in the entire energy field’s ability to process energy—affecting all levels of the being. This is because the energy field is a holistic entity; every part of it affects every other part.

The chakras do not actually exist as “objects” in the physical body (they are actually energy patterns) but there are certain specific locations on the body, where you will place your hands, that correspond to the chakras, five along the spine, and two on the head. Each

chakra also has a certain *true color* of the visible light spectrum associated with it—the intrinsic color of the chakra. Because the chakras are spiritual entities, it is impossible to convey a complete explanation of the nature of each chakra in words alone, but the table below will provide an introduction to the nature of each.

Number	Name/Location	Character	True Color
7	Crown	Totality of beingness. Spirit-ual perfection.	Violet
6	Forehead (third eye)	Clear Seeing. Visualization (psychic sight).	Indigo
5	Throat	Communication. Creative Expression.	Blue
4	Heart	Universal Love. Compassion. Empathy.	Green
3	Solar Plexus	Creation of self. Perception & projection of self.	Yellow
2	Sacral (pubic)	Desire, including sexual energy.	Orange
1	Base of spine	Physical vitality. Survival.	Red

Each of the seven chakras has both a front (usually dominant) component, and a rear (usually less dominant) component, which are intimately related. The seventh and first chakras, though, are usually represented and thought of as having only the one dominant component, as it is far, far more significant than the weaker component in these two chakras. The seventh chakra extends vertically upwards above the head. The first chakra extends forwards from the base of the spine, and downwards, at roughly a 45 degree angle, although its exact position will vary from person to person. The other five chakras, spaced between the first and seventh, have at their appropriate locations a front component extending out the front of the body and a rear component extending out the rear of the body.



During energy channeling, the energy field healer receives the energy through his or her own chakra system, from all around, and from the Earth, too, which also acts as a

conductor. The energy circulates in the entire universe, and conducts through the Earth, and also through the atmosphere, and into the healer's body. When you "call in" the energy, you are receiving a greater quantity of it, so that you may pass it on, through your hands, into your patient. You receive the extra energy at first primarily through your first and seventh chakras, but later, with practice, through all your chakras equally.

Aside from the entry of energy into the body through the seven major chakras, there is also an upward flow of energy in the body, from the lower to higher energy centers. The lower chakras are simpler-functioning, but as one ascends upwards there is a greater degree of sophisticated and more spiritual functioning, intimately related to the life experience and state of being of the individual. The seven chakras, with the correspondences that exist between them and different aspects of our being and the interrelationships between them, are of great importance to the energy field healer. It is important to know, however, that an "intellectual" understanding of the chakra system is not a useful adjunct to healing work. The true energy field healer will learn to expand his or her consciousness and experience each of the chakras as a *realm of being*. As you begin to sense the chakras, as you practice the passing of hands and energy channeling, you may wish to begin to allow some sense of the unique nature of each chakra form in your awareness. You may also begin to gain some insight into the condition of each chakra in your patients, as well. In later Chios healing levels, you will learn more advanced methods for expanding your awareness in order to sense the condition of, and treat, the chakra system of your patients.

A TYPICAL TREATMENT

Treatment Atmosphere:

It is beneficial to your patient to conduct your energy field healing treatments in the proper setting and manner. Treatments should take place in a peaceful, restful, calm and supportive environment. It is important that the patient be lying down, and warm and comfortable. It is generally best to have a special table for treatment. A massage table of the proper height is ideal (it is virtually a necessity for this type of healing), as it easily enables you to place your hands in the positions without tiring or straining. Some people enjoy having music playing softly in the background, yet make sure this does not distract you from giving an effective treatment.

It is important to have the proper manner as well as the proper skill in treatment. An air of calmness and confidence is most helpful, and above all, an interest in nurturing the person you are treating. Healing is an act of nurturing, done to aid another human being. Generally, it is best not to carry on a "busy" conversation while treating with the energy, but it is acceptable to share a few words to the person if you feel it is beneficial during the treatment.

It will be often that the patient will enter into a calm, peaceful and relaxed state, and perhaps have experiences of expanded awareness. It is also possible, on occasion, that healing treatments may coincide with experiences or memories of past traumas, repressed

emotions surfacing, or other symptoms unpleasant to the patient which sometimes accompany the personal healing process. In healing there are occasions where the healing process of the patient may manifest these disturbances in the body or mind, and they cannot be predicted or controlled by the healer. It is the responsibility of the healer, at these times, to be a present and compassionate supporter and yet not become “wrapped up” in whatever is coming up—to maintain the openness and clarity necessary for healing while acknowledging and encouraging the patient to express and embrace whatever thoughts or emotions may be manifesting during treatment. It is also possible for the patient to have “peak experiences,” unusual or extraordinary experiences in consciousness, and the healer can again act in an affirming and supportive role.

Calling In the Energy:

To begin a treatment, you must first summon the energy, requesting that it begin to flow. Stand by yourself for a moment, close your eyes and begin to see and feel the energy flowing into you from all around you, into your body. See the energy filling your body, and then moving to your shoulders, and down through your shoulders and arms, and down into your hands, filling them like water filling a glove. Really see the energy coming in, flowing through you and building in your hands. Do not try to “force” the energy, just see it effortlessly building in this way, as you have practiced. Release yourself to the energy.

Passing the Hands:

For a few brief moments, before laying on the hands, pass your hands over your patient to gain some idea of the condition of their energy field. Move your hands, slowly, over the front of the body, from the top of the head all the way down to the feet, with your open palms about 4 or 5 inches away, using one hand at a time. Relax your hands as you do this, and be open to sensations in them. What do you feel? Are there certain chakras that you sense are going to need extra energy during this treatment? Are there certain other areas in which you feel an energy disturbance of some sort—a “bump,” a “dip,” a hot or cold feeling? Are your hands drawn to certain areas, or are there certain areas you have sensed something and have received the impression that they are in need of special treatment? You may wish to make note of all such areas, later giving special attention to them during treatment by conducting extra energy to them, if you feel it is required. You should also be aware of any intuitive information you receive about these areas, as you pass the hands over them. Your patient may also find this passing of hands quite soothing.

The Treatment Hand Positions:

After practicing sensing the energy field, begin the hand positions, conducting energy to the chakras. It is important to use proper hand placement on the chakra positions. In each of the positions, keep your hands relatively open and flat, with fingers together but relaxed, and remember to use zero pressure. In each position, be open and aware of the energy flow. How much energy does each chakra draw—do some “want” more energy than others?

Treat your patient in each of the following positions, allowing yourself to feel the energy flow through your hands, and treating each position until you feel the flow diminish or until you gain a sense of completeness. This will inform you when it is time to move to the next hand position. You will often find yourself treating each chakra position for three to five minutes, but this will vary, because some locations will need more of the energy than others. As you treat, allow yourself to begin to gain a sense of how the energy is flowing through you and through your patient. Begin to “tune in” to your patient’s energy field. What are you sensing or feeling about the patient? Suspend your rational thinking process and simply be aware, and allow impressions to come to you. Healing is best done in a state of openness and holistic awareness. All you must do to access this state is to set yourself free, and release yourself to the energy and the healing taking place.

You will notice that the first chakra is not treated in a standard treatment. This is because to do so would require placing the hands directly on the genital region. In healing the hands are never placed on or near the genital region as this might disturb, offend or cause psychological discomfort to the patient.

7th Chakra:

Place your hands, not on the very top of the head, but on the top sides of the head. This provides for maximum stimulation. The hands should not be too far apart, perhaps with a gap of 2 to 3 inches between the little fingers. You will need to stand at the head of the treatment table for this position.

6th chakra:

Center your right palm between and just above the eyebrows. At the same time, place your left palm underneath the head, centering it, not directly underneath, but between the back of the head and the neck, just below the curve of the back of the head. You are treating both components at the same time, one with each hand. This will require you to stand to the patient’s side, usually the right side, for this and the following chakra positions.

5th chakra:

Center your right palm over or just above the pit in the throat, and your left palm below the base of the neck, underneath the patient and directly back from the front palm.

4th chakra (front component):

Center your right palm directly between the breasts (between the nipples), and then place your left hand alongside your right hand, and just above it on the patient’s body, so that they gently overlap (just thumbs, or thumbs and index fingers may overlap). If you are a male healer treating a woman, you will have to use care, and vary hand positions somewhat to show courtesy, but try to keep the right palm centered over the chakra. You are just treating the front component of this chakra—you will treat the rear component later.

3rd chakra (front component):

Center your right palm at a point about half way between the depression at the bottom of the sternum and the navel. This will be several inches above the navel. Place your left hand just above the right, with them gently overlapping, as before.

2nd chakra (front component):

Center your right palm at a point about half way between the navel and the protruding front portion of the pubic bone (which is at the top of the genital region). Place your left hand just above the right, and gently overlapping.

Arms and Legs:

It is most important to treat the chakras, but your patient will also benefit from treatment of the arms and legs if you wish to do so or feel it would be beneficial. Begin with the right arm, placing your right palm on the inside of the elbow joint, right palm on the outside. Proceed around the treatment table, in either direction, using your right palm on the inside portion of each limb joint (elbows and knees), your left palm on the outside.

Supplemental Areas:

You may also, at this time, treat any special areas that you sensed in the aura at the beginning of the treatment. Place your hands directly over these areas in the same manner as with a chakra, the right palm centered over the area, with the left hand gently overlapping the right hand. You may also sense with your intuition, during treatment, additional areas that would benefit from treatment. Treat all such areas accordingly. In all such positions, allow yourself to be open to sensing the flow of energy—where it may be going—and to information on what the patient’s condition in that area may be.

In addition, you may also at this time wish to treat any area in the patient’s body where injury, illness or disease are present. Place your hands directly over, or adjacent to, the affected area. See “Precautions and Special Situations,” below, for some suggestions for situations you may encounter.

2nd chakra (rear component):

Ask your patient to turn over, so that they now lie on their stomach. Center your right palm on the 4th or 5th lumbar vertebra (1 or 2 vertebra up from the sacrum), and place your left hand just above the right hand, gently overlapping.

3rd chakra (rear component):

Imagine, first, where the rear component of the 4th chakra is (directly in back of the body from the front component), then center your right palm about half-way between this point and the point where you treated the rear component of the 2nd chakra. Then place your left hand just above your right, gently overlapping.

4th chakra (rear component):

Center your right palm at a point directly in back of the body from the front component. Place your left hand just above your right, gently overlapping.

Ending Treatment:

End the treatment by standing by yourself for a quiet moment, and requesting that the energy stop flowing. It is a quieting. See it stop its flow into your body, then stopping its flow through your hands. Feel a sense of completeness, and perhaps give a moment of thanks in the heart.

The hand positions, as given above, are a guideline while learning. It is ideal for the healer to get a sense of exactly where each chakra is, and thereby center the hands more precisely, to maximize the energy flow. It is sometimes beneficial to use a brief passing of hands to sense, with the hands, exactly where each chakra is, and after you have gained this sense, using it to center your hands during the treatment hand positions. The precise positions on the human body that correspond to the chakras may vary from person to person, as each person is unique.

The vast majority of healers will find it comfortable to employ the hand positions described above, centering first the right palm over the chakra and then placing the left partially overlapping the right. The right hand is generally a little more active and more attuned to the energy flow. This is true for nearly all healers—whether right or left-handed—and so to place the right palm directly over the chakra position provides maximum stimulation. If, however, you find yourself continuously uncomfortable using this arrangement, try centering your left palm on the chakra.

PRECAUTIONS AND SPECIAL SITUATIONS

There are certain situations which require you to take precautions or special measures to increase the safety and effectiveness of your treatments. It is wise to ask every patient, prior to treatment, if there is any physical condition or disease present that you should know about, or if they are under a doctor's care for any specific condition. Always include the following precautions or special procedures, when appropriate:

Heart Disease: When treating a person with mild heart disease, proceed as usual. For a person who is on medication for heart disease, treat the heart chakra last. If the person has heart disease in an advanced stage, treat the heart chakra last, and for an extended period of time (up to half an hour in some cases).

Diabetes: Always treat diabetics from the lower chakras upwards (start at the lowest chakra you usually treat, the 2nd chakra, when treating the front of the body, and move upwards, as you usually do in the back).

Neurological Diseases: Treat from the lower chakras up, as with diabetics, above.

Burns: When the hands may not be placed on the body, as with burned areas, the hands may instead be placed a few inches, up to 3 to 5 inches, above the burned area, and the energy will still transfer to the patient in good quantity, although it will not be quite as effective.

Diseases of the Internal Organs: Treat as usual, but spend extra time on the chakra(s) nearest the affected organ(s).

Mental Disorders: It is impossible to predict the effect of treatment. You must proceed with caution. Treat the person for a short time, one-half or one-third of the normal treatment time per chakra, and note any effects. Proceed carefully.

Cancer: No special precautions are required, but place your hands directly over the diseased area, or as close as you can, for an extended period (up to half an hour). It is beneficial to, instead of keeping the hands in a static position, vary the position of the hands around the affected area during treatment.

Pregnancy: Pregnant women must always lie on their side for treatment. You may alter the usual hand positions in such a way that you treat both components of the fourth, third and second chakras at the same time, if you wish. If you do so, center your right palm over the front component, and your left palm over the rear component.

Colds and Flu: For persons suffering from colds, passing viral illnesses, etc., you may give frequent treatments, but of shorter duration, one-half or one-third of the usual time on each chakra position. These short treatments are a tonic to the sufferer, but a longer treatment tends to tire the body.

AIDS: Special considerations are not necessary, but after you have gained considerable experience with energy transfer, you may try the following advanced exercise: seek to impart a *stillness* in the energy of your hands, rather than an energizing force. Feel the stillness in yourself, and pass this on, as the energy, through your hands.

Broken Bones, Sprains or Traumatized Areas: Place your hands directly over the afflicted area in addition to normal treatment.

Children: Treat children for one-half to one-third the usual amount of time at each chakra position. Children should not receive more than one treatment every 8 or 9 days, also.

