

Chakra Healing Attunements

Master's Manual

By Stephanie Brail, Reiki Master



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About Chakra Healing Attunements

For this course, it is assumed you have a basic knowledge of the chakras and the body's energy system. You should also be a Reiki Master (or the equivalent) with the ability to send attunements to others. If you do not know much about the chakras, there are plenty of books available on the subject, especially at your local New Age bookstore (or online). This manual is not intended as an in-depth exploration of the chakras, but is meant to explain how the Chakra Healing Attunements work.

The Chakra Healing Attunements are a powerful way to send concentrated healing energy to a specific chakra. The attunement clears out negative energy in the chakra, re-aligns the chakra, and opens it.

The Chakra Healing Attunements work to cleanse and heal the chakras from old issues and negative energies that are being held there. A healing attunement is like a super-charged healing session and is an extremely powerful way to make changes quickly.

The Chakra Healing Attunements work as attunements only – they are not a separate Reiki system with unique symbols that are used during a normal Reiki healing session. You can certainly give someone a Chakra Healing Attunement when performing Reiki. But the attunement is a different process than how you would use a regular Reiki system.

You may find that the Chakra Healing Attunement clears out issues faster and more completely than a regular Reiki treatment. There are pluses and minuses to this. The plus is how quickly the attunements work. The minus is that sometimes, when a lot of energy is moved quickly, the recipient will experience clearing symptoms.

This could include physical detox (getting a cold, etc.) or emotional release (experiencing some emotional turmoil following the attunement). Please know that any clearing processes are temporary and will ease as the energy adjusts to the new level. However, you may want to notify clients beforehand and ask them whether they are ready to accept the rapid changes that might come into their lives prior to receiving the attunements.

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Spacing out the attunements for each chakra (over days, weeks, or even months) may lessen clearing symptoms. Use your guidance when deciding how to properly space out attunements. It will differ for each person.

Those who have already run a lot of healing energy (experienced Reiki Practitioners and Reiki Masters) should experience less in the way of clearing symptoms, because they have worked with the energy a lot already.



Overview of the Chakras and How They Work

The American Heritage® Dictionary of the English Language, Fourth Edition defines the word “chakra” as follows:

One of the seven centers of spiritual energy in the human body according to yoga philosophy.

The word chakra derives from the Sanskrit “cakram,” meaning wheel or circle. Indeed, the chakras are often described as being “wheels” of energy.

The chakras are centers of energy that correspond to different areas of the body as well as different issues we face as human beings.

For example, the first chakra is located in the base of the spine. It governs our overall health (as well as the health of sex organs for men). It rules our basic security and survival in life: Home, career, finances, etc. When our first chakra is healthy, we are healthier physically (less likely to get colds), and we are also more able to manifest security in our lives through solid careers and financial success. We also have more stable home lives.

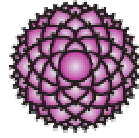
If the first chakra is out of whack, it may be due to stress in our physical world. Perhaps we are in the process of moving, we have just lost a job, or we have found out that our investments have tanked. Healing the first chakra can help us cope better with life’s stresses and become more successful.

Each chakra has an area of life it governs. The fourth or heart chakra governs our ability to give and receive love. The sixth chakra (third eye) governs our intuition. It is helpful to study the chakras and remember what each works on. Then, when we learn how to read chakras, we are better able to assist our clients in their healing.

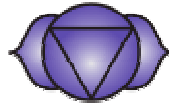
The following page provides a brief overview of each chakra and the areas it covers.

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The Chakras



7th Chakra: Crown (top of head)
This chakra is our connection to the divine.



6th Chakra: Third Eye (middle of forehead)
The third eye is our center of intuition and psychic ability.



5th Chakra: Throat (throat area)
Our "voice," both literally and figuratively. Creativity.



4th Chakra: Heart (center of chest)
Ability to give and receive love.



3rd Chakra: Solar Plexus (upper abdomen)
Personal power, boundaries, protection.



2nd Chakra: Sacral (lower abdomen)
Emotions and sexuality.



1st Chakra: Root (base of spine)
Basic physical survival, money, career, home, foundation, grounding.

If you spend any amount of time in the New Age community, you will hear of many alternative chakra theories. The most common is that we have more than 7 chakras – I have heard anywhere from 12 to 24 or even more! I have even taken a class where they claimed that our first chakra was actually 8 different chakras in one!

This may or may not be true. For our purposes, healing and clearing the standard 7 chakras is enough to achieve dramatic positive results in someone's life.

You may also read conflicting reports on what each chakra does. The most glaring error I have ever read in regards to chakras actually came in a book written by a very well-respected New Age author – Caroline Myss. In her book "Invisible Acts of Power," Myss actually credits the second chakra for being our center of financial power. (The conventional wisdom for many years has been that financial and money issues reside in the first chakra.)

Myss mistakenly equates second chakra "creative" power with the ability to manifest our financial goals. Actually, any creative power in the second chakra is more "sexual power" or reproduction – the fifth chakra is our true center of creativity in the artistic sense of the word.

Myss seems to view the chakras as a sort of metaphor for spiritual growth in our lives. I am not entirely sure if she has any first-hand experience reading chakras (it doesn't seem that she does). She seems to relate to them more on the level of mythology and symbolism (in a sort of Carl Jung way).

Regardless, you'll find that many healers and leaders in the New Age community have completely conflicting concepts regarding the chakras. So as you continue your personal studies on chakras, read everything with a grain of salt and base your final decision on your own intuition and the *results* your clients get when giving them the chakra attunements. And who knows? Everyone's different. Perhaps one client needs help with their heart chakra to get their finances going. You never know!

A few other points on chakra languaging and theory:

Chakras – Open or Closed?

Some healers will tell you that once you actively open your chakras, you must close them again when you are done using them (immediately!) so they don't "leak" energy. I am not sure if they are using the same concept I use when I say a chakra is open or closed.

When I say a chakra is “open,” I mean the energy is flowing through it in an even, smooth, healthy way.

When I say a chakra is “closed,” I mean the chakra has shut down. The energy is not flowing. The energy is blocked.

I trust that when a chakra is healthy, it knows what to do to handle its basic functions, much like your liver knows how to function properly when it is free from disease and toxins. Therefore, I personally do not see a need to actively direct a chakra to open or shut itself. When it’s healed, it will do what it needs to do automatically.

Direction of Spin

Some healers suggest that chakras should spin one way or another. Some also suggest that a few chakras on men spin in the opposite direction than they do on women. I’ve even read somewhere that some believe a second chakra spinning in the wrong direction can mean someone is homosexual (and suggesting this is somehow bad!).

Due to all these conflicting reports, I don’t bother with which direction a chakra spins in. I look at whether it’s open or closed and is the energy flowing in an even way. I trust the healing I send to get the chakra spinning in whatever way it needs to spin.

Chakra Color

There are also conflicting reports on what “colors” the chakras are. The main chakra of debate is the heart chakra. Some see it as green, others see it as pink. I don’t see the chakras as having colors per se. I think the colors are really what our human brains use to *interpret* the energy patterns the chakras have. I do not believe the chakras glow with color in the way a neon light does. But, if you do think they have an inherent color, that’s fine. Still, it is not necessary to know the exact right color a chakra is “supposed” to be to heal it. So don’t feel you need to get hung up on it!

Chakra Size

I don’t rate chakras based on size so much as whether the energy is over-active or under-active. An over-active chakra (with too much energy) can be a problem as much as an under-active chakra (that has too little energy). Different people have different sized chakras naturally. You can judge whether a chakra is over-active or under-active by comparing its level of energy flow to the other chakras. If any one chakra is highly active, much more so than compared to the others, or one is highly under-active, then the person’s chakra system is out of balance.

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What you want is for all 7 chakras to be open (energy flowing) in an even manner. They should all have the same general rate of energy flow (all the same “size” as it were).

The most important issue with chakras (in my opinion) is to remove negative energy and blocks that keep the chakra from functional at its best naturally. The Chakra Healing Attunements remove that negative energy. You do not have to do extra work to manipulate the chakras beyond the attunement. So you don't have to worry about what size, shape, or color a chakra is. The attunement will handle all of that for you.



Reading the Chakras

Many people claim they can “see” chakras. But if you can’t naturally read auras or energy with your naked eyes, how can you read chakras?

One standard way of doing a reading is to close your eyes, tune into the person and chakra, and record what your mind sees. This is where we have a lot of talk about chakras looking like many-petaled flowers of certain colors. This is how our mind often perceives a chakra. This is an interpretation of the energy our brain creates to enable us to grasp the energy in ways that fit our three-dimensional worldview.

By visualizing the chakra, we might perceive “dark” spots as being stuck negative energy. We may see the chakra as closed. We may see it spinning more slowly than other chakras. If this method of chakra reading works for you, great!

If you aren’t so great at mental visualization, here is another method I use that is direct and easy. (And I don’t have to worry about my brain making stuff up or my mind wandering!)

What you’ll need is a standard pendulum (some sort of weighted object on a chain). The best pendulums to use for chakra readings have a solid weight to them but aren’t so heavy they are hard to move.

You may have to practice swinging the pendulum manually at first to get it going, especially for a distance reading. As you continue to practice, the pendulum will start to move more easily of its own accord.

Do not worry that you have to keep your arm perfectly still or that means you are cheating! Pendulums work based on the subtle movements of your body. So it’s OK if your body moves a little bit!

For an in-person chakra reading, simply hold the pendulum so the weighted part is directly in front of the chakra you are reading. The pendulum will (hopefully) begin to move in circles.

If you are reading someone at a distance, simply hold the pendulum far enough front of you that it’s away from your own chakras. Then ask to read the specific chakra of

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the other person. It will swing (or not swing) in the same way as when you read in person.

Here is what the different pendulum movements mean to me. They may mean something else to you:

Swinging in an even, wide circle: Chakra is open and healthy.

Swinging but back and forth or erratically: There is a block in the chakra causing a major energy skew. Often this means that a person is angry or agitated.

Swinging in a circle but not by much: Chakra has low energy.

Pendulum is stopped or almost stopped: Chakra is shut down.

When a person's energy system is healthy, this will show up as follows: For each chakra you read, the pendulum will swing in an easy, circular, smooth manner. Each chakra has the same SIZE circle (i.e., the pendulum moves around at the same rate and with the same circumference).

As you play with the pendulum, you may notice other subtle movements it makes. This will tell you other information about the energy system. Sometimes you'll see recurring patterns and know that this can refer to a specific illness or block. For example, often when I see someone with erratic swinging in the first *and* second chakras (but not the other chakras), it indicates an active addiction.



Sending the Attunements

Sending Chakra Healing Attunements is a simple process. You are also welcome to use any existing attunement method you are already familiar with. You do not need any symbols to send the attunements.

You will need to send each attunement for each separate chakra separately. You can send all attunements in one session, but that is NOT recommended, especially for people who are not Reiki Practitioners. For those who are really eager, you can send a new attunement once a week or every few days. However, you may be guided to only send one attunement per month. You may also want to send multiple attunements to the same chakra if it really needs a lot of help. (This is not common though, but may be needed for people with sever addiction problems.)

In-Person Attunement

Have the client sit in front of you with eyes closed to receive the attunement.

To pass the attunement, get ready to place both hands on the client's head. Ask for assistance from Archangel Raphael. Get clear on which chakra attunement you are sending. You will feel a large ball of energy filled with light (it may even have color in it, but don't worry about the specific color). Putting palms on top of the client's head, place this ball of energy into the top of the head. It will descend into the appropriate chakra from there.

Distance Attunement

Distance attunements are just as effective as in-person attunements. You do not even need to send the attunement at the same time the client receives it (as attunements can be sent through time and distance).

If you want to send the attunement at the same time the client receives it, then you will need to set a mutually beneficial time to do so. Have the client prepare themselves on their end by finding a quiet place to meditate for at least a half-hour.

You can also send the attunement with the intention that the client will receive it when they are ready. All you need to do is send the attunement with that intention,

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and then direct the client to set aside a time to receive the attunement (a half-hour at least) at their convenience.

However, on some occasions, the client's chakra will want the energy so badly it will eat it up immediately, in which case the client does not need to receive the attunement later. (Use your guidance.)

To send the attunement:

Close your eyes. First, ask Archangel Raphael to help you. Get clear on the attunement you are sending. You will see a ball of energy filled with light appear (see In-Person Attunement above). Then, imagine that this ball of light is being placed into the crown of the head of the recipient. It will then descend to activate whatever chakra it is healing.

Attuning Other Reiki Masters to Pass the System

To pass this system to other Reiki Masters, you will simply need to give them all 7 chakra attunements. No special master symbol or additional attunements are necessary. It is recommended to space out the attunements even for Reiki Masters.

Once the Reiki Master has received all 7 Chakra Healing Attunements, you can give them their certificate and manual. They are then able to send the attunements to others.



Chakra Maintenance

In the course of our daily lives, we interact with others and experience many events, positive and negative. Over time, a previously healthy chakra can shut down or gather negative energy. This can even happen to the most experienced of Reiki Masters.

Therefore, you may find that you or your client will need a re-attunement for a specific chakra on occasion. This is perfectly normal.

You should also check your own chakras on a regular basis (using your pendulum). If at any time one of your chakras are out of whack, you can easily self-attune (just put your hands on your own head as if you were a client and send yourself the attunement).

Now you have an easy-to-use tool to keep your chakras healthy and happy!

Enjoy!