

# **Increase the Result of your Hypnosis Sessions**

## **How to Balance the Energy-System**

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**Chakra Alignment**

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## **Introduction**

In my search for more effective ways to support my clients in their journey of self-discovery, I have had the opportunity to study various approaches of healing. The one I feel drawn to the most is often referred to as Energy- or Vibrational Healing. The idea being that ALL is energy, every being, you, I, all of creation. This also includes all thoughts, intentions, verbal as well as non-verbal language.

As hypnotists we know about the power of words and use these to stimulate changes within the mind, affecting changes in feelings and thoughts at the same time. Guided imagery or visualizations are ways to use the power of words to create the space for change.

When we are challenged physically, emotionally or spiritually, our body will often respond with a state of imbalance and the longer this state prolongs it can develop into a state of dis-ease.

The goal of this program is to offer you a new technique (by using guided imagery) that is easy to use, astonishing in its effect, and simple to teach.

There are many different ways how to align, stimulate and balance the energies in our body. This journey into the realm of the rainbow is only one possible way .... just take a nice deep breath in... and enjoy.

## Chakra Alignment

Chakras could be described as subtle sense organs, which channel energies and vital forces in the human body. The 8 major charkas are aligned up the spine from the base to above the crown of the head. Their function is to channel and direct energy throughout our system. If one or more of the chakras are blocked, our life energy cannot flow freely through our body.

Think of the body as a musical instrument inside, composed of eight notes, eight different rates of vibration, and a spectrum of eight colors. When all notes are played in harmony, the symphony of your life unfolds. Learning to work with all the notes, colors and vibrations creates a harmonious, kaleidoscopic work of art.

In addition, the charkas could also be described as the databanks in which we store our memories; our lives' experience. Each of these eight levels "... contains a single sacred truth. This truth continually pulsates in us, directing us to live according to the right use of its power. Violating these truths weakens both our spirit and our physical body, while honoring them enhances the strength of our spirit and our physical body." (C. Myss)

During a study in the Department of Kinesiology at UCLA, it was found that the frequencies of the human energy field (aura) correlate with the frequencies of visible light. Furthermore this research provided evidence that the human electromagnetic energy field is generated by the smaller vortices of energy – the chakras.

Each chakra has at least five characteristics: color, size, shape, spin, and intensity, affecting the amount of energy produced by a chakra at any given time. Each chakra produces its own energy field and all chakras in combination produce our aura, the energy field around us. This program introduces simple methods to enhance our experience of these subtle energies.

In addition to the major chakras, there are about 122 minor or secondary chakras throughout the body. A secondary chakra is found in every joint, where a bone touches a bone and where there is a nerve plexus. These secondary chakras are generally smaller than the major ones.

It is said, that a healthy chakra will spin clockwise in a round, centered shape. If a chakra spins in other than a round shape or is not centered in the middle of the body this might indicate a blockage in the energy flow of the body.

The Chakra alignment can be used:

- to support the healing process
- to eliminate blockages in the energy system
- as an energy booster.

## ***How to do it***

(In States where touch is restricted, you may envision the process below)

**Step 1:** You hold the head of the person gently between your hands and **envision your client in a column of violet light that comes from infinity, goes through him/her into Mother Earth and into infinity again.**

**Step 2:** Send a beam of golden light down the spine, as a center on which the charkas spin.

**Step 3:** Alignment of the chakras

### **1. Chakra:**

Picture the first chakra as a **red** wheel or disk at the **bottom of the spine**; the spine filled with golden light being the center of this wheel/disk. In your minds eye, locate the chakra and start and spin the chakra wheel clockwise until it is spinning very fast.

Concentrate on steadying the wheel so that it doesn't wobble. The center of the wheel is on the middle line of the body. See the golden beam of energy up and down the center of the body as an axle keeping the wheel in alignment.

Keep the first chakra wheel spinning and see how the red light spreads around the body.

### **2. Chakra:**

Now start the same procedure with the **second chakra**, located at the level of the navel, envision the color **orange**.

**3. Chakra:**

Align the **third chakra** using the color **yellow**, located at the level of the solar plexus, while the first two chakras are still spinning and spreading their colors.

**4. Chakra:**

Align the **fourth chakra** using the color **green** or **pink**, located at the level of the heart, while the first three chakras are still spinning and spreading their colors.

**5. Chakra:**

Align the **fifth chakra** using the color **light blue**, located at the level of the throat, while the other four chakras are still spinning and spreading their colors.

**6. Chakra:**

Align the **sixth chakra** using the color **indigo blue**, located between the eyes, while the other chakras are still spinning and spreading their colors.

**7. Chakra:**

Align the **seventh chakra** using the color **purple**, located on top of the head, while the other chakras are still spinning and spreading their colors.

Hold this vision of all chakra wheels spinning and the person being enveloped in a column of all the colors of the rainbow.

## The Chakra-System

