

## **Assess and Balance the Central Channel: Reconnect to Your Power**

One main component of the Auric Dimension is the Central Channel. The Central Channel runs like a hollow pipe in the center of the body, from the top of the head and out the perineum where the root chakra is located. All chakras, front and back, hook into the Central Channel as shown in the diagram above. The chakras' primary job is to bring in HVC and energy to feed and fill the Central Channel, which pumps energy throughout the center of the body.

As we strengthen our energetic and biological consciousness container, the Central Channel widens. A strong Central Channel will be at least two inches in diameter. During Me-B Sessions, it might get as wide as six inches in diameter.

In the Auric Field, the emotional centers are in the front of the body, and the will centers are in the back. If the Central Channel is too far forward, we become overly emotional. If it is too far backward, we are pushing and overusing will. Ideally, the Central Channel should be equally balanced in front as well as in back. This balances our will centers (back chakras) and our emotional centers (front chakras). With will and emotion balanced, there is more energy to move out of our Core Distortions, and we can more easily connect to the wholeness of our Core Being.

### **Balance and Charge the Central Channel**

During stress, illness, or emotional chaos, we can practice realigning our Central Channel. If it is too far forward, we become overcharged with emotions, if too far back, we become distant or pushy. Align it in the center, and live from balance.

**STEP 1:** Engaging your Explorer's Mind and Enlightened Observer, bring your awareness to the top of the crown chakra. Allow energy to come in through the crown chakra and move down through the center of the head. Imagine the crown chakra energetically feeding the Central Channel.

**STEP 2:** Split your awareness between the front and back of the 6th chakra, and 3rd Eye. Allow energy to come in through both the front and back at the same time and energetically feed the Central Channel. If this is too hard, first allow the energy to come in the front, and then allow it to come in through the back. It can be more difficult to allow energy in through our back chakras, so be kind to yourself and patient. This is because in our fast-paced life, we can push ourselves to move forward to the next task instead of filling and expanding our field by balancing our central channel.

Imagine how wide the Central Channel is from the crown down to the sixth chakra. Let the energy fill and widen it slightly. Use all of your senses, and focus only on feeling good sensations and intending high vibrational consciousness to come in. If you sense a Core Distortion or Negative Belief, ignore it and focus on cultivating only good sensations and high vibrations. Melt into the positive sensations and let them expand and fill areas of low or no sensation. Let the good sensations fill the Central Channel just as sand fills an empty glass. As the energy fills up the Central Channel, invite the channel to widen and fill up even more.

**STEP 3:** Continue working through all the chakras. Next is the throat chakra. Once again, receive energy in through the front and back, filling the Central Channel. Use all of your senses and focus only on feeling good sensations. If you sense a Core Distortion or Negative Belief, ignore it and focus on building only good sensations and high vibrations. Then move to the 4th chakra, front and

back, and repeat the process. Focus on the 3rd chakra, solar plexus, front and back, and the 2nd chakra, pelvic center, front and back.

**STEP 4:** Now receive energy from the Earth through the root chakra and let it fill and expand the connection between the root and the 2nd chakra.

**STEP 5:** Lastly, allow your awareness/breath to sense into the Central Channel from the root chakra upward. As you sense, notice any areas where the Central Channel may narrow or seem to collapse. Also notice if it is equally balanced in the front and the back. Using breath, awareness, and intention, invite the Central Channel to balance in the middle and to widen where it narrows or collapses. Do not judge one way of being better than the other. We invite balance, but do not think we are less than if the energy and consciousness are not ready to expand.

**STEP 6:** Draw a picture of your Central Channel and note which areas might need extra support. Usually the connection between the root and the 2nd, the 3rd chakra, diaphragm, and throat tend to narrow. Whatever is true for you, notice the areas that don't balance. Make a note of what negative beliefs, defenses, or Core Distortions might need more love and support so you can address them in a future Me-B Transformation™ session.

Note: A commonly asked question is “what direction should the energy move, up or down?” For the purposes of this exercise, we are not running energy up or down, we are filling and expanding the Central Channel. We simply allow the energy in and allow it to fill. The energy has the intelligence and knows where to go.

## Your Chakras

Another well-known set of energetic structures within the Auric Dimension is the set of energy vortexes known as the chakras. There are seven major Chakras that we work with in Me-B Transformation™, although the Chakra system extends beyond the seven.

Using the Explorer's Mind, we can balance and assess our Chakras daily to help us stabilize our emotions, increase the amount of energy available to us, and support our immune system. Eventually, we will be able to self-assess and balance your Chakras in just 5 minutes. The more we practice working our energy system, the more we are able to cultivate HVC and the skill of assessing a client's system.

***No one has all perfect chakras or a perfect energy system.***

***Knowing our baseline and improving it over time is a realistic goal.***

When working with a client on their energy system, a Me-B Guide can track how much a client's Auric Field improves over a month or a year. If our client's field (or our field) does not improve, it is important to explore why. What support do they (or do we) need? What Core Distortion, subconscious material, ego, or internal saboteur is getting in the way?

Barbara Brennan, author, founder of the Barbara Brennan School of Healing, and premier healer and scientist, outlines the psychological and physical expressions of the Auric Field in her book *Hands of Light*. As of this writing, she currently has three schools on three continents that teach her master form of healing—North America (U.S.), Europe, and Japan. Like many energetic teaching modalities, Me-B Transformation also follows Brennan's anatomy of the energy field with a few additions, variations in interpretation, and clarifications. We urge anyone interested in learning her life-changing hands-on healing modalities to attend any of her three schools. Her web site is [www.barbarabrennan.com](http://www.barbarabrennan.com).

CHAKRA	COLOR	ENDOCRINE	AREA OF BODY
7th – Crown	Violet-White	Pineal	Upper Brain, Right Eye
6th – Head	Indigo	Pituitary	Lower Brain, Left Eye, Ears, Nose
5th – Throat	Blue	Thyroid	Bronchial, Vocal Apparatus, Lungs, Alimentary Canal
4th – Heart	Green	Thymus	Heart, Blood, Vagus Nerve, Circulatory System
3rd – Solar Plexus	Yellow	Pancreas	Stomach, Liver, Gall Bladder, Nervous System, Pancreas
2nd – Sacral	Orange	Gonads	Reproductive System
1 – Root	Red	Adrenals	Spinal Column, Kidneys

Barbara Brennan, Hands of Light

CHAKRA	LOCATION IN BODY	EMOTIONAL GENERAL	EMOTIONAL FRONT ASPECTS	EMOTIONAL BACK ASPECTS
1st	Perineum	Life Task	Connection to the Physical	
2nd	Pelvis/Sacrum	Personal Power	Quality of Sexual Energy, Giving and Receiving Physical, Mental, Spiritual Pleasure, Passion for Carrying Out Life Task	Quantity of Sexual Energy
3rd	Solar Plexus	Sense of Self, Ego	Who You Are in the Universe	Intention Toward Health/Healing
4th	Center of Upper Chest and Between Shoulder Blades	Compassion	Love of Self / Other	Will, Ability to Love Self and Other
5th	Neck – Front and Back	Authority, Authority Issues	Taking in, Assimilation, Ability to Communicate Feelings	Ability to Be in One's Profession, Will to Stand Alone
6th	Forehead – Back of Head	Inner Seeing	Ability to Visualize and Understand Mental Concepts	Capacity to Carry Out Ideas in a Practical Manner
7th	Crown Center	Spiritual Connection	Integration of Total Personality with Life and with Spiritual Aspects of Mankind	

*Some information came from Barbara Brennan's book, Hands of Light*

For more information on this and other programs from the Mind Energy Body School of Transformation, please visit us as: <http://MindEnergyBody.org>