

## Your Chakras: Learn How to Spin and Balance Your Primary Energy Centers

### Basic Principles of Energy Health

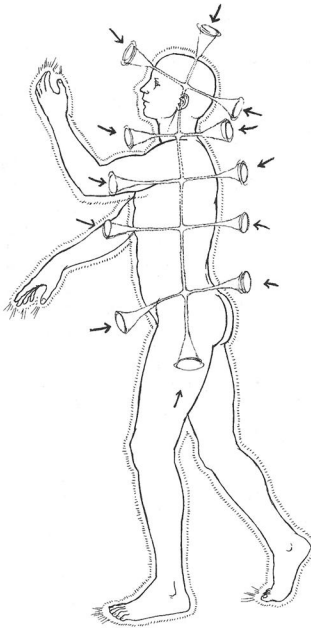
On one level, energetic health can be easily explained in terms of overcharge, undercharge, or fragmentation. When beginning this work, simply noticing where in our bodies there is an overcharge or undercharge is a great start. We learn to move our awareness through the body and energy system and notice where we feel heavy (overcharged) or too light and weak (undercharged). In the next chapter, we practice doing this in our chakra system, but we can also do this throughout our body, in our Auric field, and even in our organs and meridians.

As we become more comfortable tracking and assessing our own energy field, we are also better able to notice what is happening with our loved one's/client's field. Because our energy system provides a blueprint for what happens in our bodies on the physical level, an undercharge or overcharge provides us with information about our health and wellbeing.

#### Energy Work Tips

1. Intention and surrendering to the highest good are what move energy. We connect deeply to ourselves and trust.
2. In the area of the body where we are working, we move our mind and hands and connect our breath and awareness deep inside the body. Connect as deeply with our awareness, hands, and breath as we can or need to in order to be in contact with any energy distortion. Do not force the connection. Melt gently in, like butter on a grill.
3. The deeper the connection, the more strongly the energy flows. Though we can use physical touch with our hands, we don't have to—because it is intention and energetic connection that are needed for a strong flow. We do need deep contact with ourselves.
4. Invite the cells, tissues, muscles, and bones to open and receive. Just ask them. They have intelligence; trust they can do the work. Then, assess and notice if a negative defense is preventing the higher frequencies from entering. If a defense enters, there are two choices. First, you can focus on where the defense *is not* presenting. Support the areas that want to receive, and let that good energy spread to areas of low or no sensation.

**Front Chakras Rule Emotion  
Back Chakras Rule Will**



**Central Channel Runs  
Through  
The Center Of The Body**

## **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 our 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*

### **How to Strengthen Your Outer Energy Egg**

This practice strengthens our energy container and creates strong protection from any negativity entering our energy field. If our field is too sponge-like and soaks up external negative energy easily, we can practice this exercise over and over again to create more safety and security. For instance, if we enter a room where there is dirty energy or negative energy being projected toward us, this exercise will help prevent it from entering our Me-B system. However, it is important to note that our Enlightened Observer can take any energy, even LVC, and convert it into HVC. The purpose of this exercise is to supplement the power of our Enlightened Observer and make it easier to have a protective energetic structure around us.

#### **STEP 1:**

Balance and charge your field using any of the techniques already outlined, such as spinning your chakras, dancing, or exercise. Use what works best for you. Remember to stay in the playful, curious mode of the **Explorer's Mind**.

#### **STEP 2:**

Standing, bring your hands up next to you, palms down, up high, and on either side of your head. Breathe in deeply. Then, as you exhale, keeping palms facing downward, move your hands down and push any dense energy into the Earth. You can even bend your knees and squat as your hands move downward, eventually touching the floor. (Repeat 3 or more times until you can imagine all the dense vibrations swept away and your outer energy egg much cleaner.)

#### **STEP 3:**

Repeat the same procedure, except have one hand in front of you and the intention of having the other hand behind you (place it as far toward the back of you as possible). As you exhale, push dense energy into the Earth. (Repeat 3 or more times until you can imagine all the dense vibrations swept away and your outer energy egg much cleaner.)

#### **STEP 4:**

Now, bring your breath and awareness to the outside of your outer energy egg, a golden grid of HVC, Divine Wisdom. The outer energy egg is about 3 feet from your body. Imagine it firm, strong, and vibrant. Connecting breath with awareness, scan your outer energy egg for incoherencies. If you sense any cracks or holes, imagine them being repaired.

#### **STEP 5:**

Now bring your breath and awareness slightly inside the egg to the 5<sup>th</sup> level of the field. Imagine that grid strong and bright. Then bring your breath and awareness slightly more inside the egg to the 3<sup>rd</sup> level, a yellow grid that is about 12 to 6 inches from the body. Imagine that grid strong and bright. Lastly, bring your breath and awareness to the 1<sup>st</sup> level, a blue grid about an inch from the body. Imagine that grid strong and bright.

Just as a radio tunes into other frequencies, the different levels of the field hold different vibrations. As we learn to tune into these frequencies, we can alter our consciousness and improve our way of life. *In Me-B transformation™, we learn how to move between the levels of the field to collect information about us and about our client's defenses and gifts.*

Just as playing scales on the piano helps increase a pianist's skills, moving through and assessing all the levels of the field improves our psychic and self-mastery skills. If we can assess what is happening in a chakra or level of the field, we can better understand ourselves and guide others. In addition, energetic awareness brings the subconscious to the conscious.

#### **Meditation to Assess/Shift Emotional Aspects of Your Chakra System**

Once we know "our way in," we can practice, practice, practice.

Have a piece of paper and pen nearby to record the information you collect. In the beginning, this assessment can take an hour or more. Eventually, you will be able to assess each chakra in a few moments. If you can assess your system, you will then be better able to assess another's system. *Working with a Me-B Guide (or anyone) that can confirm your skill is important as well. Confirmation builds self-confidence, which builds skill.*

#### NOTE: How to Tell If A Chakra Is Turning Clockwise

Place a clock or watch face over the chakra, facing outward. That is the direction that a clockwise-spinning chakra turns. Another way of understanding the direction is to take your right hand and place your thumb into the center of the chakra. The direction in which the fingers fold over is clockwise.

Beginning with the 1<sup>st</sup> chakra, follow the procedure below with all 7 chakras.

#### **STEP I:**

Let your mind and breath focus on the area, and set your intention to collect information. Do this exercise from your **Explorer's Mind**. Stay in child-like joy and curiosity. Write the answers down. Is the chakra under- or overcharged, or is it balanced? Is it turning clockwise—bringing in energy—or counterclockwise, taking out energy? Or is it wobbling in different directions?

Do you sense dark colors, congestion, and dense energy that doesn't flow? This suggests overcharge, whereas few sensations or light energy and colors suggest undercharged energy.

Learning how to access personal information by connecting to the body and/or energy system is an important skill in Me-B Transformation and in personal transformation, because it supports self-empowerment through self-assessment.

Begin with imagining what you think is there. Trusting yourself to accurately collect information may take time and patience. Don't give up— remember, 98 percent of success is **showing up for our selves!** Excel and Spiritual personality types will have the most difficulty with feeling energy/sensations in the body, because the Spiritual type energetically escapes from the body and the Excel type shuts down their feelings. So, continue to practice. Support by an Me-B Guide and patience are needed.

**STEP 2:**

Imagine what positive beliefs are held there, such as: "I love myself." Be curious—how do these beliefs feel, sensation-wise, in the body? (Do you feel tingles, flows, heat, cold . . . ?) What images do you imagine support those beliefs? Images could be past experiences, symbols, archetypes— anything that helps you anchor into the positive beliefs. For instance, you can imagine a screen showing an image of when you did something well and were proud of yourself.

**STEP 3:**

What emotional blocks (negative beliefs) get in the way of the chakra's psychological functions?

Read what you wrote down for Step 2, the positive beliefs/images. Now feel, imagine, and visualize the positive growing somatically, energetically, and cognitively—and the negative melting way.

**STEP 4:**

Now, go back to reassess the chakra. Do you imagine its frequency changed? Did the positive beliefs melt away the negative? What can you pick up?

If you have trouble picking up any information, it takes practice, practice, practice. Work with a Me-B Guide to learn how to self-assess and shift to a healthier vibration.

**This journey is more about noticing that we already interacting with one another and our world based on what is happening energetically around us. All we have to do is notice and bring it deeper into our conscious mind to claim that power.**

### **Don't Give Up!**

When I first began learning how to feel, track, and experience energy, I thought it was impossible. My friend Cindy always had the profound spiritual and energetic experiences. She saw energy, and even worked with a Shaman who froze time on a busy Washington, D.C. street. Then she would come home and ask me to explain everything that had happened to her. I was the explainer, not the person experiencing it.

And that is the first place I had to start. I had to redefine who I thought I was and open that definition to more! This was harder than I thought. My old identity kept coming in to talk negatively to me—"Are you kidding, you can't do this!" it chided.

When I first learned Reiki, I placed my hands on my teacher's head and felt strong sensations move across my palms. I jumped, my hands flew away, and I said, "What was that?"

Gradually, over time, my ability to feel energy grew. Eventually, I began to "know" (7<sup>th</sup> chakra) what was happening energetically. I couldn't really see it, but I knew what I was seeing (6<sup>th</sup> and 7<sup>th</sup> chakras working together). Teachers, clients, and friends confirmed my experiences, and I began to trust what I was sensing.

As my trust grew, so did my abilities. Now, I often see energy as clearly as I see the mountains framing my house. We can go slowly, be patient, and keep our focus toward success.

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