



## Chakras & Setting Chakras for Personal Authenticity

The Sanskrit word for “wheel,” chakras are centers in the energy body where energy is metabolized. The chakras are compact and defined. They serve as the conduit between what is thought and perceived and what is manifested through action - reality.

The body has thousands of chakras. However, most systems focus on the seven major chakras. There are many books available for in-depth research and understanding of the chakra system. A brief overview is helpful prior to exploring and clearing the chakras.

### Feet Chakras

Located in the arches of the feet.

Used for grounding, accessing the Earth and its energy.

In medical or healing settings, placing the hands on the feet chakras can help patients/clients return to body awareness, and regain access to their thoughts, beliefs and emotions.

Patients/clients can be encouraged to open their feet chakras (see last page for percentage guidelines) to create a more grounded sense of presence and to be available to their bodies and their needs as they evolve toward healing, wellness.

### Root or First Chakra

Located between the ovaries (women), base of the spine (men).

The root chakra is the center that focuses on the needs of the body. It also integrates the body with the Earth, creating an invisible web of connection that allows individuals to assemble and form ideas and physically implement or manifest them. The individual's physical experience is manifested in agreement with the energy of the Earth. The agreements between individual body and Earth are held in place through this chakra.

### Second Chakra

Located two fingers below the belly button.

The primary purpose of the second chakra is to assemble and integrate the individual's emotions. When set and “run” appropriately (chakras are wheels of light, energy centers that spin with the energy that flows through them), the individual is cognizant of and in relation to their own, unique emotions.



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Through lack of energetic awareness, cultural, religious, familial and societal programming and expectations, the second chakra is often a center of THE emotions – that’s right, whomever and whatever is hanging around in the collective energetic consciousness is available to one and all for attraction and access.

This is a direct result of the second chakra being set inappropriately.

Most individuals, and all those who complain of overwhelm in crowded places such as ball parks, malls, etc., have second chakras that are chronically open in excess of what is needed to be in relation to their own emotions. They’re literally taking in the energy of others. And because of the longevity of this pattern, they are unable to distinguish between the energy that is inherently theirs vs. the energy of others. Additionally, it is likely that these same individuals leak a lot of their own energy through this overly open chakra, and are chronically depleted, fatigued and overwhelmed.

Learning to manage the aperture of the second chakra, and discerning what is the individual’s vs. others, creates heightened awareness of how the emotions of others can be assimilated by others, and how easily individuals give themselves away in relationships.

In medical or healing settings, working with patients/clients to release energy from this chakra and to set the chakra accelerates understanding and acceptance of the patient’s/client’s role in their discomfort, disease and gives them concrete action to take that readily evolves experience.

## Third Chakra

Located at the notch of the ribs, or occasionally slightly below.

At its most basic, naïve level, the 3rd chakra is generally described as the center of power, will and control. Others speak of it as how and where the authentic self is defined. Upon deeper exploration, the 3rd chakra is aligned with initiative and ego. It’s the center of volition, with inspiration as its source and foundation.

Ideas that are enthusiastically held in the individual’s electromagnetic field metabolize authentically through the 3rd chakra. Paired with the 1st chakra, the third chakra is a key component of manifesting life experiences. No company was born or great idea materialized without the first and third chakras agreeing to make it so.

When an individual has an overly open 2nd chakra, they tend to have overly closed 3rd chakras. In graphic terms, the individual is awash with emotion, often to the point of achieving a state of numbness, and can’t get a damn thing done!



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Closing the 2nd chakra to its appropriate percentage, and opening the 3rd as a routine practice will resolve this situation. (See last page for percentage guidelines.)

In medical or healing settings, the third chakra must be set appropriately for real change, healing and evolution to occur. While some patients/clients will muster themselves to the challenge at hand, others, particularly those with wide-open 2nd chakras, will find progress difficult or filled with struggle. Helping the patient/client to become aware that wellness and healing are energetic as well as physical constructs, supports their understanding of why it is important to take a few moments to adjust their energy as part of their overall wellness and healing program.

## Fourth Chakra

Located between the nipples.

At its most basic level, the 4th chakra is associated with love - at the center of someone's life. At a deeper level, the 4th chakra is about affiliation, collaboration and communion. It is also about love and forgiveness of the self, which is then more naturally felt for others. The 4th chakra, when appropriately tuned offers open-handed acceptance of each individual's separate boundaries within shared space.

People who have experienced moments of one-ness, the sense that all beings throughout time and space are somehow interconnected and share consciousness, perceive this experience through the energy of the heart chakra. The experience transcends the intellect, and the emotions. Most describe it as a moment of unity, fullness and clarity.

In medical/healing settings, assisting the patient/client to connect to the heart chakra is a very powerful agent for healing and self-awareness. In moments of extreme distress, through disease and recovery, it is advisable to support the patient/client to engage their heart chakra and to expand beyond the sense of the individual's aloneness and isolation.

Patients/clients routinely describe it as a connection to the larger consciousness of All That Is (or the universe, or God, or divinity, or the angels however the patient/client describes the experience).

Additionally, it is possible to transcend and release held emotional blocks, energy, restrictions that hold the individual tethered to their body and its experiences, so that they're free to explore life in its larger constructs. This could signal a return to health and wellness, or the decision to pass out of the body.



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## Fifth Chakra

Located at the notch of the neck.

The 5th chakra deals with communication and telepathy. At a deeper level, inner identity and self-expression in the world manifest through the 5th chakra.

Sometimes people with tiny or extremely high-pitched voices have issues with their self-esteem or feeling as though they are allowed to take up space in the world. In many cases, these people often have wide-open 2nd chakras, coupled with an overly closed 3rd chakra. Issues of worth, esteem and self-awareness are acutely painful to these people, offer validation of their right to thrive while encouraging them to modify the way they set and run their energy.

In other cases, an individual's verbal skills compensate for other chakras that are not vitally and effectively tuned. Their opinions, constant jokes, "schticks", criticisms, etc., serve as a buffer for the lack of vital energy that would more effectively support their presence and countenance.

The 5th chakra also houses rules, belief systems about self, society, the universe and appropriate self-expression. Clearing these rules offers opportunities for self-integration, true self-expression and freedom from restricting beliefs and boundaries. Decision-making becomes more easily aligned with the authentic self.

In medical/healing settings, the individual can't heal unless they're integrated and present for themselves. Individuals need to make authentic, informed choices as they contemplate treatments, resources for their healing process. An empowered and vital 5th chakra will allow the individual to assert their needs and interests and evaluate their choices as they progress in their process.

## Sixth Chakra

Located in the center of the head; near the energy of the pineal gland.

The 6th chakra is the energy center where the veils between energy and physicality thin and conjoin. It is the place of vision, intuition, deep knowing, and imagination. Trained clairvoyants, clairaudients and clairsentients access the 6th chakra as part of the "resource team" for viewing, hearing or feeling/knowing energy.



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The third eye (in the center of the forehead) is not the 6th chakra. The third eye is the mechanism for receiving or experiencing psychic/spiritual energy. The 6th chakra engages the third eye to discern the psychic/spiritual energy and what is perceived is assessed and understood through the 6th chakra.

Interestingly, the 6th chakra is also used to bind up energy and create thoughtforms, beliefs, and rules known as “pictures.” Pictures are the psychic embodiments and emotional remnants of physical experiences.

Pictures are catalogued and stored throughout the electromagnetic field. There are energy clearing tools that can be used to release pictures. Clearing pictures helps individuals evolve their beliefs, rules and thoughts, creating space for new possibilities to emerge, first in consciousness and then in life experiences.

Much has been written and spoken about the power of positive intention. Intention is a by-product of 6th chakra consciousness. If an individual says all the right things, but believes that wellness or recovery is a long shot, the challenge or illness will remain in stasis, perhaps with mild fluctuations of progress and relapse, etc. Speaking words won't change intention, clearing energy and consciously reframing intentions in the 6th chakra moves mountains.

In medical/healing sessions, it is essential to recognize that the patient/client's version of the progression of their healing/return to wellness is formed through the 6th chakra. As illness and despair deepen, the patient/client often closes the 6th chakra beyond its normal, healthy state. The patient/client can be encouraged to attend to the 6th chakra to expand its capacity if it's an appropriate aspect of their healing process. An individual who is peacefully moving into transition can be left with their 6th chakra as is.

## Seventh Chakra

Located at the top of the head.

Spiritual systems teach that the 7th chakra is the gateway to the Divine. In Eastern thought, one aspect of the 7th chakra is 'bliss consciousness,' a state achieved through meditation.

Seventh chakra energy is larger than bliss consciousness. The 3-part cycle of creation, sustaining and destruction is accessed and engaged using this chakra. It is possible to access the 7th chakra and expand the awareness beyond bliss consciousness to perceive and experience All That Is, the Divine, the godhead, or universal consciousness.



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The 7th chakra is also activated and accessed for channeling – a method for collaborating with energy either for the purposes of direct communication, or for moving energy, such as Reiki, and other channeled modalities.

Individuals who are spacey, indecisive, describe themselves as “out-of-body,” have a wide-open 7th chakra. With attention and intention, the chakra can be retrained to a more appropriate setting. Embodiment is a key issue for these individuals, and learning to discern when the person is in- or out-of-body helps them to evolve their understanding of themselves and empowers them to take action by closing down the chakra to regain embodiment. These individuals may also have 2nd /3rd chakras set inappropriately, as well as issues with the hand, feet and first chakras being set incorrectly.

In medical/healing sessions, it is important to understand that the patient/client cannot heal or transition without being in-body. A coma is another state of consciousness; there is embodiment within a coma. A person who is hovering between life and death is actually moving in and out of the body as the decision to stay or go is actualized.

Assisting the patient/client to be in-body, (sometimes it is enough to draw awareness into body consciousness by placing the hands on the arches of the feet, other times it is necessary to support the individual to close their crown to achieve embodiment), supports the healing process, regardless of the outcome.

## Hand Chakras

Located in the palms of the hands.

The hand chakras are receptors for giving and receiving energetic information. Individuals learn a lot about one another through their handshakes and touching. Clairsentient individuals often receive their information about others through their hand chakras – many times without touching the individual.

Some individuals are unconscious healers. Often these individuals are overly concerned with the well-being and process of others, or they are deeply concerned about the health and well-being of the planet, the universe, the animal kingdom. These individuals have highly activated and sensitive hand chakras. They are sensing distress and need in others through their hands and feel compelled to get involved. Where involvement is unwelcome or impossible, worry may set in. In many cases, these individuals also release or leak a lot of their own energy through their hands, as they try to energetically support the people or planet or animals or...that concern them.



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In medical/healing it is important to clear the hand chakras regularly, as they are in constant use, especially when we touch others. Energy workers and body workers who work with their hands to move energy or manipulate the physical body should be aware of this and clear the hand chakras before and after every client.

Contact the Energy Healing Institute for information on educational programs about running the chakras for personal authenticity – <http://www.energyhealinginstitute.org>

## Guidelines for Running Chakras for Personal Authenticity

Feet chakras – 60%

First chakra – 30%

Second chakra – 25%

Third chakra – 40%, males, 55% females

Fourth chakra – 50%

Fifth chakra – whatever feels comfortable – stretch yourself a little!

Sixth chakra – 50%

Seventh chakra – 25-50%, more closed down for unconscious healers

Hand chakras – 50%

Training the chakras to run at these percentages may take time and consistent practice. Those who are energetically sensitive frequently have 2nd chakras that run at 75% or greater, and crown chakras that run at 100% open much of the time. Playful, consistent attention is the ticket to harnessing and corralling runaway chakras!