

Balancing the Energy Centers (Chakras) with Emotions

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A long time before we notice a physical imbalance or symptom we are having imbalances in our subtler bodies. Each Energy Center controls a major system within the body! It is therefore very useful to test the Energy Centers. We will be teaching how to correct the imbalances with positive emotions.

Over the past years we have been teaching Biokinesiology courses in Denmark and would like to share with you how to test for Energy Center Imbalances, because they are so important! Each energy center controls a major system or type of tissue within the body. John Barton describes these

plexuses as energy centers (some people describe them as chakras). A plexus is comprised of nerves which divide, join and again subdivide in a very complex manner forming a network.

To determine whether there is a major imbalance in any of these energy centers, first find any strong indicator. Pre tests the the indicator for:

switching
water
overenergy.

When all tests are OK, you are ready to go on.

Table 1. Chakra Locations

<u>Nerve Plexus</u>	<u>Location</u>
1. Crown	Midline on top center of head directly above the ear. Near the acupuncture point Governing Vessel 21.
2. Pineal	Midline in center of forehead.
3. Throat	Midline on the center of the Adam's Apple
4. Heart	Midline on the breast bone near the 4th ribline. Near Central Vessel 18.
5. Diaphragm	Midline directly under the breast bone. Near Central Vessel 15.
6. Solar	Midline 1/2 way between the navel and base of breast bone. Near Central Vessel 12.
7. Spleen	At the base of the rib cage below nipple. Near Spleen 16.
8. Abdominal	Midline 1 and 1/2 thumbs width below the navel. Near Central Vessel 6.
9. Genital	Four thumbs width from midline immediately below hip bone. Near Spleen 13.
10. Tailbone	Pointing up at the base of the tailbone. Governing Vessel 1.

Table 2. The Energy Center Connections

<u>Energy Center</u>	<u>Emotions</u>	<u>Part of Body</u>	<u>Symptoms</u>
1 Crown	Love (unloved)	Muscles	Achy Muscles
2 Pineal	Joy (sorrow)	Hormones	Color Allergies
3 Throat	Mildness (aggressive)	Fascia	Jams Arm Test
4 Heart	Faith (unfaithful)	Meridians	Meridian Imbalance
5 Diaphragm	Peace (unpeaceful)	Ligaments	Weak Joints
6 Solar	Patient (impatient)	Mucus Lining	Food Allergies
7 Spleen	Goodness (foolish)	Circulation	Sound Allergies
8 Abdominal	Hope (forlorn)	Tendons	Weak Tendons
9 Genital	Kindness (mean)	Bones	Achy Bones
10 Tailbone	Self Control (careless)	Nerves	Neuralgia

Point your fingertips directly into the body at the location listed below. You should be close to, but do not need to touch the body with your finger tips. If the indicator weakens, say the appropriate positive emotion. A strengthened indicator would verify that you have an imbalance in that energy center.

The emotions associated with the energy centers are very important and the "fruits of the spirit" that the apostle Paul wrote about in Galatians 5:22,23.

Prioritizing the Imbalances

It is simple if we remember that when we temporarily bring into balance any weakness we simultaneously bring into balance everything else that is secondary to that imbalance. Let's say that we have found plexus no. 1, 4 and 8 to be "weak". Point into plexus no. 1 and say "love, love". Recheck no. 4 and 8. Are they all in balance? If they are not all in balance by strengthening 1 and 4 repeat the procedure for 8. Let's say strengthening 1 strengthened 1 only, strengthening 4 strengthened 1, 4 and 8, strengthening 8 strengthened 8 and 1. Obviously in this

case we would work with the positive emotion for plexus no. 4.

Emotional Stress Release with Eye Rotation

Make sure that both pectoralis major clavicular muscles are strong. Have the client say the positive emotion "I have faith" while testing first one arm and then the other. If both indicators are weak the client should have his fingers on the frontal eminences stress releasing as he very slowly rotates the eyes in a large circle first one way then back the other way. Retest - both muscles should test strong. If one of the arms are weak then the two brains are in disagreement as to that statement and the client should be helped to integrate the statement.

Brain Integration

To integrate the two brains so that they are in agreement extend the arms horizontally out to the sides with the palms facing forwards. Picture the left hemisphere of the brain in the left palm and the right hemisphere of the brain in the right palm. As you state, visualize, or feel your intended goals bring both palms (hemispheres) together,

interlocking the fingers and squeezing them to integrate the two hemispheres.

Retest the two arms again while saying the statement. In most cases both arms should now be strong meaning that both brains agreed on the statement.

Retest plexus no. 1 and 8. They should now be strong. Let the person work with the statement for a couple of weeks.

Reference

Stress Release and Biokinesiology Workbook by Wayne Topping PhD.