

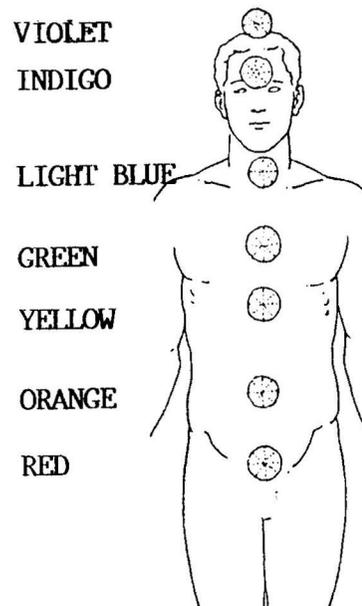
Easy Chakra Balance Using Muscle Testing and ESR by Shirley Schultz Lee, RN.

Abstract. By combining a very near hands-on-touching with muscle testing to indicate the chakra imbalance and using ESR to clear any negative emotional residual from the balancing process, a dynamic yet easy return of balanced energy of the chakras can be attained.

After performing a 42 muscle balance, 5 element ESR, conscious ESR of the past, and present and future, or a 5 minute phobia cure, a testee sometimes would still be off in the emotional realm. In studying the book, *Hands of Light*, I felt the need to do a very near hands-on-touching and to balance the chakra energy using muscle testing to determine chakra energy. However, I felt also that the testee needed to be cleared of any residual negative emotional energy from the chakra balance using a process that I had developed. Therefore, ESR can be used effectively to clear any issues the chakra balancing may have evoked but not resolved on a conscious level, thus allowing the testee to achieve an optimum state of well-being.

1. Balance an indicator muscle. The supraspinatus or latissimus dorsi work the best. The testee can be lying down, face up or standing.
2. State, "This body is willing and ready for testing and balancing of chakra energy." Test IM. If IM on, proceed with balance. If IM off, do ESR to be "willing and ready".
3. State, "Think, feel, or see the color red". Test IM. If IM on, state the next color, then retest, orange, then yellow, and onto green, light blue, indigo, violet, followed by the higher vibrations of pink, gold and white. Testee can close eyes to facilitate the think, feel, see process.
4. If IM off on any color, have the testee close eyes and state, "If any thoughts or feelings come up in your mind, allow them to surface." As the testee is doing this without verbalizing, the testor makes a clock wise motion with the flat of their

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right hand within 2 inches of the body over the appropriate chakra area while holding the left hand palm up. Do the circular motion at least three times if you feel it appropriate. Next, gather the negative energy by making little circles within a larger circle motion. Then grasp the energy as if picking it up, moving the right hand off from the testee and shaking the negative energy to the floor three times. Do right hand motion over the chakra area three times total, and each time release the negative energy to the floor.

5. Retest as in step 3. If IM still off, repeat step 4. If IM on, state, "If any thoughts or feelings came up, think about them now." Retest. If IM off, use ESR clearing to finish process of chakra being balanced. If IM on, do next chakra color, following sequence of colors in step 4.
6. To do back chakras, have testee lay down, face down or remain standing. If lying down, use lat muscle for indicator and repeat steps 3,4,and 5. Colors of pink, gold, and white may be omitted.
7. After final chakra clearing, state, "This body is balanced;" then test. "This mind is balanced;" test. "This spirit is balanced;" test. If IM off on any of these statements, do ESR; then state, "This

body is all and one with the universe. Go in peace."

This chakra balance may be used alone or with other processes.

After the initial chakra of red is done, it is not necessary to state "think, feel, see the color ". Just stating the color and giving a bit of time, the testee will elicit an appropriate response as the chakra is tested. After the chakra balance, it works well to explain the basic characteristic of the chakras that were off and now balanced.

Reference

Bremmam, Barbara Ann, *Hands of Light*, Bantam Books, 1987