

Uncovering Chakra Blockages Using Shamanic-Oriented Hypnosis

by Sean Harder

Each of the major chakras in the body have psycho-emotional-functions or characteristics associated with them. They can be seen as energy tunnels where we may store repressed traumas, memories or belief systems that we are not consciously aware of. If these blockages are severe enough, they may cause illness in the area of the chakra. For example, a woman who has been sexually abused as a child may develop cysts on her ovaries indicating a blockage in her second chakra. While exploring this tunnel in hypnosis, this person may recall a childhood abuse episode, and/or begin experiencing emotions related to a specific event.

The major components of this healing method are as follows:

1. Making a thorough assessment of the clients major complaints, paying close attention to any symbolic language they may use.
2. Briefly describing the technique and the rationale for using this method. This includes telling the client about chakras and their functions, as well as suggesting which chakras you believe may be affected.
3. Induce a trance or meditative state to enhance the persons imagery ability and depotentiate the critical conscious mind.
4. Allow the person to find a safe place inside their imagination, and have them meet a power animal guide. The first friendly, loving animal that stays in their awareness is usually the one.
5. Have the client imagine all their chakras as clockwise spinning, coloured tunnels of light going from the front of their body to the back. They should be from about 1.5 to 5 inches in diameter. Have them notice if there are any problems with visual image of the chakra ie. the colour is faded or too dark.

The chakras should appear generally as follows, moving from bottom to top:

- #1. Located at the base of the spine pointing downwards. The colour should be red.

Associated with survival, instincts, basic drives, amount of physical energy, gonads.

- #2. Located just below the navel going through the body from front to back. The colour should be orange or pinkish. Associated with sexuality, basic emotions, guilt, spleen, pancreas.

- #3. Located at the solar plexus going through the body. The colour is yellow. Associated with fear, pleasure, attitude towards one's health, personal power to take action, emotions, adrenal glands.

- #4. Located at the heart going through the body. The colour is green, with possibly some pink. Associated with giving and receiving love, grief, will towards world, thymus gland.

- #5. Located in the throat at the thyroid level going through the body. The colour is sky blue. Associated with creativity, self-expression, self-esteem, thyroid gland.

- #6. Located just above and between the eyes going through the head. The colour is indigo blue. Associated with perception, ability to imagine and visualize, carrying out ideas, pituitary gland.

- #7. Located on the top centre of the head pointing upwards. The colour is purple or white. Associated with spiritual connection, wisdom, pineal gland

All of the chakras are connected by a central tunnel that runs along the spine from #1 through #7.

6. Have the client meet their animal guide at the top of chakra #7. Ask the animal to help them explore any chakras that are of concern. Emphasize that the animal is there to guide them and keep them safe throughout the process. Let the client know that they can describe the process to you without losing the experience, or just remember it for themselves and tell you later. If they are talking to you, you can help facilitate the

journey, if not just have them nod when they are ready to move on.

7. When all the chakras have been explored, if the client is ready, you may suggest that either the guide animal, or another healing animal that the guide may choose specifically for that problem, can go to the specific chakra and do whatever needs to be done to help heal that area. Again they may describe it to you or nod when it is complete.

8. When the exploration and healing is complete for this session, again have the person meet their guide animal at the top chakra. This time ask the guide to assign an animal to each chakra as a guardian who is specifically skilled in dealing with that chakra. These guardian animals can be called upon any time to check the chakra, protect it from unwanted energies, and keep it operating efficiently. They will also let the person know consciously when there is something threatening that chakra, so the person can take action in their real life. Always allow the first friendly animal that appears be selected, do not the critical interfere. If an animal appears mean or bares it's teeth do not allow that animal to be chosen.

9. When all of this is completed, be sure to thank all the animals for their help and let them know that you are committed to using them on a regular

basis. They tend to get bored and leave if they are not used. Then slowly re-orient the person to their external environment, putting in some affirmations as they come back to awareness. I have found that it is a good idea to write down the animals at first so neither of you forget. Also either drawing or finding real pictures of the animals can help to enhance the effect. It can also be helpful to have physical contact with the client during the process if they feel comfortable. Having them lie down and holding both feet with your thumbs in the centre of the feet helps to enhance the imagery. As does placing your hand gently on or above the chakra that is being concentrated on. This helps the energy focus.

These sessions can provide valuable insight for you and your client, and can be a good way to provide a guideline for further healing work using this and other methods.

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