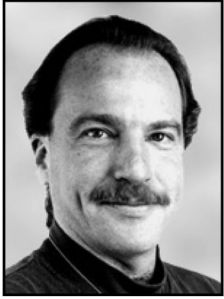


The Chakras – A Bridge Between The Physical and Metaphysical Bodies

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Abstract: The purpose of this paper is to introduce concepts about the full range of connections between the energy system of the chakras and the physical body. This includes the integrity of the energy system itself, as well as the effects on the physical, emotional and energetic aspects of the physical body. A means of integrating this information into a comprehensive balancing process is discussed.

Introduction

The Chakra system, based in the Eastern Indian culture, is a system that transduces energy between the metaphysical and physical bodies. As *the* major energy system that is largely perpendicular to the body's alignment, it flows through all layers of the aura, and then connects to the body at the deepest level – the spinal cord. This structural composition has broad implications on the nervous system, the endocrine (glandular) system, and most of the other energy systems of the body.

While this topic is big enough for a book (or several books, and there are many already written), I will try to offer some basic concepts here and focus on one chakra as an example of how to utilize information culled from many sources. I will then examine how to apply that knowledge in an Energy Kinesiology session.

What is a Chakra

The word Chakra comes from Sanskrit, and means “wheel” or “disk”. And energetically, that's what chakras are – wheels of energy that project in a conical shape from the body. The philosophical concept behind them is that they transduce etheric energy down into physical form, a process known as *manifestation*. But this energy transduction is a 2-way street. So the energy also moves out from the body to the metaphysical in a process known as *liberation*.

Their connections in the body are to the nervous system, specifically different *plexuses* (large bundles of nerves, such as the solar plexus). As well, they relate to the organs and glands associated with the particular plexus. As an example, the heart chakra connects to the cardiac plexus, and is associated with the thymus gland, which is located just behind the sternum near the heart.

There are considered to be 7 “major” chakras that connect to the midline nerve plexuses of the body. The crown chakra enters in through the top of the head and ultimately connects to the root chakra that enters through the perineum – between the anus and the genitals. If you draw a line down through the center of the body, the other 5 chakras extend perpendicularly off that line at different levels: the brow chakra from the glabella (between the eyebrows), the throat chakra at the throat, the heart chakra from the chest, the solar plexus chakra from the upper abdomen, and the sacral chakra from the lower abdomen. These 5 chakras project both from the front and the back.

Chakra Attributes and Properties

The chakra system has been in use for thousands of years. Each chakra has certain attributes associated with it. For instance,

each chakra has a color, a sound or note, emotional characteristics, and an element associated with it, as well as the physical correspondences of the glands and their function. As an example, the throat chakra is considered to be blue in color, is related to communication, and the element of sound or ether (different sources may offer different correspondences) to go along with its physical relationship to the thyroid gland.

One of the most fascinating aspects of chakras is their ability to store information. They are like life recorders in this manner, storing everything that happens or has happened in your life, good or bad. As well, chakras contain information about your past lives, and, as a result, may have an affect on your current circumstances resulting from prior events.

Chakras also have their own structural properties. A chakra is conically shaped, with several cones inside the larger outer cone. Each chakra has a different number of these cones. The cones themselves respond to the energy that is around them, as well as to the energy of the information that they store. Some of these properties include: *spin* – whether a chakra spins clockwise, counter-clockwise, is stagnant, or oscillates like a washing machine; *projection* – how far the cones project out of the body through the aura; *density* – how well the individual cones within the larger cone are balanced in their distribution. As well, these cones might *hook* in on themselves or break off from their connection near the spinal cord, disrupting the energy flow in the chakra.

The chakras are also connected to each other through a system of channels known as *nadis*, and therefore communicate with each other and can affect each other. This presents a holographic aspect where everything affects everything.

The end result of all this is that the chakra system is a dynamic, fluid system that may have profound affects on the physical body based on circumstance. If a person has experienced trauma in his life, then the nature of that trauma has had an effect on one or more chakras. Due to a chakra's ability to record and store information energetically, and subsequently transduce that energy down into the physical body, trauma can continue to have negative consequences on the physical body and emotional state of the person involved. By balancing a chakra relative to a particular traumatic event, it may help to prevent further negative consequences from re-occurring. When a person's chakra system is in balance and flowing, then their life and health is very likely to be the same.

As you now begin to see, the chakra system can be very complex in nature, but at the same time, offers a lot of information and the opportunity to assist the healing process in a variety of practical and creative ways.

Chakras and Healing

Religion, philosophy and healing have had very close ties since the beginning of known culture. The chakras are very much a part of the Eastern Indian culture in all these respects, and therefore have been used in healing for thousands of years. Only recently has this system started to be used in western cultures.

The underlying philosophy of the chakra system provides a model for lifestyle that can assist one to know better where their challenges lie, and where they need to work in order to become happier and healthier. When a chakra is determined to be out of balance, then there are many ways in which to affect that chakra. This has led to many healing modalities based on chakra balancing.

Because chakras are an energy system, various means of affecting energy are often used to balance a chakra. For instance, using colored light to affect the color of a chakra – to make it brighter, change its hue – is a common approach. Another is to use sound, or maybe elaborate spreads of crystals placed on the body. Because crystals have many of the same storage and energetic properties as chakras, this can be an interesting approach.

The importance of using the chakra system in healing cannot be understated. Whether working with a physical injury or an emotional trauma, the record of these events is stored in the chakras. If one works only with the physical nature of these, without caring for the energetic storage in the chakras, then the distortion in the energy field may have the ability, through the process of manifestation, to continue to create disruptions in the future. By integrating the healing process in both the physical and metaphysical bodies, a more complete healing process is accomplished, with better and longer lasting results.

In western culture, without the cultural background, and therefore an in-depth understanding of the system, it has been more difficult to assess the chakras for their healing properties. Unless a person can actually see a chakra (which we have the ability to do, but most cannot), then one must use their knowledge and awareness of the meanings of the chakras to best know how to proceed. However, this is where Energy Kinesiology can play a significant and meaningful role.

Chakra Balancing and Energy Kinesiology

By using muscle monitoring while contacting each chakra area, the body has the opportunity to respond and alert the practitioner where an imbalance exists. Because of the dynamic nature of the chakra system, this is often based on the issue that a person is working on. Change the issue, and the chakra picture changes as well.

Several Energy Kinesiology modalities have protocols for working with the chakras. The One Brain system uses a guided visualization technique to balance the chakras; Applied Physiology uses the meridian/acupuncture system to balance the chakra; Transformational Kinesiology uses Theosophical approaches based on the writings of Alice Bailey and others work with the chakras. Whatever the approach, the important thing is to actually include them in the balancing process.

There are, of course, many other means of energetically affecting the chakra energy fields, such as palming. The nice thing about Energy Kinesiology is that it provides a means for the person being balanced to express specifically which chakra(s) need(s) attention, and how they would like to be balanced. This opens the door to using more than one balancing method in combination.

The more you know about the chakras and their attributes, the more you can bring that information into your balancing as a means of going deeper into an issue. While it is beyond the scope of this paper to provide this kind of information about all the chakras, I would like to focus on a single chakra, examine the

meaning of that chakra and how to use that information to go deeper into an issue, and then offer possibilities for balancing.

The Throat Chakra The Personal

The first thing that comes to mind, perhaps obviously so, is that the throat chakra relates to communication. However, our first inclination is to think about that in terms of our own voice. What is often overlooked is that communication is a two-way street. So the throat chakra also is related to *listening*.

With this understanding, combined with our observation and knowledge of the person we're working with and their issue, it is possible to delve further into the matter by asking questions, or simply relating to them about the characteristic of the chakra as a means of soliciting further discussion about their issue.

For instance, if the client is soft spoken and/or easily intimidated, maybe one who avoids confrontation, then the practitioner might ask how the client's ability to communicate their feelings is involved, and how it might be different if they spoke up for themselves.

Perhaps the person is more extroverted, and with a booming, loud voice. How might this assist in their understanding? Is it because they have a feeling of "needing to be heard"? Or maybe the problem is listening, and they overpower the other person as a defense mechanism.

"Is there something you're afraid to hear?"

"What is misunderstood in this issue?"

"What would happen if you spoke your truth?"

And another important question might be, "How are you not listening to *yourself*?" "To your inner voice?"

Your approach is, of course, going to be based on the context of the session you're in and of the person involved, as well as the chakra you're working with. However, bringing in this understanding can be very enlightening to the person being balanced, providing insight and awareness that, by itself, may be extremely healing. It may also bring up more "stuff" to add to your circuit, increasing the depth of the balance by making connections to other events that the person may have never considered as being related to the issue they're working on. This might also bring up stress in another chakra. By elaborating in a similar fashion, connections between the two chakras are made, providing a further, deeper understanding.

The Physical

Physiologically, the throat chakra is related to the *thyroid gland*. This gland is located behind the throat, just above the sternal notch (at the top of the breast bone). The thyroid is involved in metabolism, and as a result, may be involved in certain types of digestion problems, as well as overall energy levels. For example, a person with *chronic fatigue syndrome* will almost always have an under-active thyroid gland. The main hormone secreted by the thyroid is thyroxine, and the two versions of it that are most paid attention to are T3 and T4.

While medical tests exist to check for thyroid function, they are notoriously less accurate in identifying imbalance than other medical tests. For this reason, in my experience, there are a lot of people who have been told, due to a medical thyroid test, that their thyroid is normal, and yet *function* as a person with an under-active thyroid, or *hypothyroid*. This often results in sluggish metabolism (and hence, poor digestion), and can be part of a scenario of weight gain

– even when not eating too much, constipation, and low energy. Headaches can also result from this. The thyroid's connection to the digestion is further exemplified by the fact that it is part of the *parasympathetic nervous system*, or “rest and digest”. This as opposed to the *sympathetic nervous system*, commonly known as “fight or flight”.

How is this information useful relative to the chakra?

I'm glad I asked!

When working with a person around communication issues, there might be an effect on the gland that, due to Energy Kinesiology, is easy to find out and include in the circuit if appropriate. One possibility is to use *gland mode* (hand in a fist, pad of thumb to pad of extended middle finger) while touching the sternal notch and monitoring an indicator muscle. An indicator change, whether through under- or over-facilitation, lets you know that the thyroid is involved.

Knowing that the muscle related to the thyroid gland is *teres minor*, a practitioner might monitor this muscle to see how it responds. The muscle being the direct, neurological link to the gland represents the actual energy imbalance. If the mode above indicates an imbalance, always go to the muscle and add that to the circuit. More information = more stress in circuit = better balance.

If you use homeopathic test kits in your sessions, you might check the T3 and T4 vials to see if it's appropriate to add them to the circuit. After the above checks, this is a way to get more specific and add more information.

As well, the practitioner might ask questions with an “energy” metaphor.

For example:

“Are you putting too much energy into making sure you're being heard?”

“How's your energy for speaking out in this situation?”

Or maybe the client says things like, “Just the sound of his voice drains me.” “I wanted to say something, but I didn't have the energy.”

Combining these metaphors with the previously mentioned ways of checking the thyroid gland adds valuable information to the circuit.

The other side to this is if you are specifically working on a thyroid issue with a person. Knowing that the thyroid is related to the throat chakra, it may be important to find out how communication is involved with the person's thyroid issue. Developing these kinds of insights may provide clues that your client has never considered before to be related to their lack of energy and slow metabolism.

The Energetic

A chakra itself may have its own energy imbalances related to the structure and function of the chakra. These imbalances have broad ranging effects on the physical and emotional aspects of the body, as mentioned above. As well, they also affect other energetic systems of the body. Because the chakras connect deep into the body at the spinal cord, with their related nerve plexuses, the nervous system (the primal physical energetic system of the body) is affected by the chakras.

The other major physically based energetic system of the body, the meridians, is in relation to the chakras.

Acupuncture points themselves, located on or near the surface of the skin, are like little miniature chakras, acting as windows between the physical and metaphysical bodies.

Outside of the body, the Figure 8s and spiral energies of the body are affected by the chakras. With their perpendicular orientation to the body, the chakras actually run through these other energy systems. So, as you can see, the chakras are an incredibly important system to use due to their pervasiveness throughout the physical and metaphysical structures of the individual.

Going even further, we've simply been speaking about the 7 major chakras. There are also many “minor” chakras in important locations throughout the body. As well, the chakra system extends further out of the body, connecting the individual to a more universal consciousness and energy source. By working with this system, the effects may be extremely far reaching in ways we don't fully understand yet.

Returning to the 7 major chakras, let's look at some examples of imbalances that may be examined. For instance, a chakra has spin and projection characteristics. While different sources will say how a chakra “should” spin, more important is how it is spinning relative to the individual's normal state. As well, the cones of a chakra project from the body. While certain people's cones might project differently, the important thing is that the cones of all the chakras project about the same distance.

Another chakra characteristic is density – how evenly distributed the smaller cones of the chakra are within the larger cone that holds them together. If the inner cones are concentrated more on one side of the larger chakra structure, this may have an effect on the overall function of the chakra, as well as its shape and spin.

Because chakras project from both the front and the back, there is a point at which they connect. If there is a disruption at that point, you might find a “broken” cone. Consider this to be like a downed power line, sparking and trying to connect to its other side being so nearby.

These particular characteristics all have their effects on the body and emotional state of the person involved. One Energy Kinesiology modality, Applied Physiology, actually has specific balancing procedures for each of these disturbances. However, even if you don't know the Applied Physiology technique, it is still useful to check for these imbalances and add them to your circuit for more specific balancing results (I'll tell you how in a minute!).

Other useful checks that I like to use are for shape of the chakra – elliptical vs. conical – which will affect the density, but is a slightly different issue. Another is for the synchronicity between the front and back of the chakra, to make sure that the communication is flowing properly between the two aspects. Still another is to check for color disturbances, though this is more often a result of other imbalances that will correct when you do your other balancing techniques.

What follows is a list of checks for chakra characteristics:

1. **Density:** In Applied Physiology (AP), the practitioner begins with a hand in the middle of the chakra field, and then flicks out from the center in 12 directions (like going around a clock), and checking the indicator muscle. Any indicator change (I/C) should be pause locked (P/L). If you don't know AP, and

wish to check this, you might simply check 8 positions, splitting the clock into 8 pieces of pie.

2. **Spin:** Again from AP, place your hand in the center of the chakra field and twist your hand in a clockwise direction. Check the IM. Repeat in a counter-clockwise direction. If one hand spin creates an I/C, P/L.
3. **Projection:** From AP... For outward projection imbalance, hold all five fingertips together and start in the center of the chakra field close to the body. Quickly draw your hand straight out from the body, staying within the chakra field. For inward projection issues, start away from the body and quickly push your hand into the chakra field, straight down towards the body.
4. **Broken Cones:** Circuit Locate (C/L, or touch) the point *on the opposite side of the body from the chakra you're checking*. Then connect that point to the original chakra indicator point. For example, if you wish to check the front throat chakra for broken cones, touch the point on the *back* of the throat, then connect it to the front point (in the sternal notch). Check your IM. If I/C, then you know a broken cone is involved. (Either person can hold these points, so you can hold the back point, have the client hold the front point, and then check the IM. Or you can hold both, P/L, and check the IM.)
5. **Shape:** Using your hand, draw an ellipse (a slightly "squashed" circle that is longer in one plane, rather than being perfectly round) in the chakra field. You can do this in 4 different fields – going side to side, up and down, and in the two "x" planes. An I/C indicates which shape is the problem.
6. **Synchronicity:** A technique of my own is similar to checking for Broken Cones, except you must touch the front and back points *simultaneously*. If you get an I/C, P/L. This technique checks for the flow between the front and back of the chakra being in tune with each other. I'll share the correction with you shortly.
7. **Color:** Use color mode. This is from AP – thumb pad over the proximal knuckle (the one closest to the hand) of the middle finger.

While there are other types of imbalances one might check for in a chakra, this list offers a reasonably comprehensive set to check for.

Balancing Chakras

As mentioned previously, there are many ways of balancing chakras. While it is beyond the scope of this paper to go into great detail about many of these methods, I'd like to offer a couple of techniques that I use that are not from a specific Energy Kinesiology modality. However, the main point I'd like to make is that, whatever method(s) you've learned from various sources can often be combined in some interesting ways to increase the effectiveness of your balancing.

One of the most powerful methods I've come across is the 7 Chi Keys, from Applied Physiology. It addresses several specific types of chakra imbalances, and does so quickly and effectively. I believe a certain part of this to be due to the use of the acupuncture system,

as well as integration with tuning forks and crystals. This combining of methods provides for extremely effective balances. Nevertheless, I often will look to bring in further support from other techniques. For instance, while holding certain acupuncture points, or affecting those points with tuning forks, I might also lead the person through a visualization technique from the One Brain system, or visualize doing an action that represents the nature of the chakra in relation to metaphorical issues that were previously discussed.

For those of you that don't have any tools for balancing chakras, a simple energy technique used for centuries is to simply "palm" a chakra. This involves holding your hand over the body in the field of the chakra you're working with and focusing your energy through your palm and into the chakra. It is important to remember, when doing this, to act as a channel. Don't exhaust your own energy by transferring it, but rather channel the energy through your own chakras or other energy systems from the universal energy source, and into the chakra field of the person you're working with. If you're working with Broken Cones, you might palm with both hands; hold one hand over the front, the other over the back of the chakra. Try to connect the energy between the two.

Another common balancing technique is to use a good quality light source and a set of good quality color gels. There are many sources of information about the colors related to chakras. Use the light going through the gel and into the chakra field to balance.

Sound is also a powerful healing tool. Applied Physiology uses its own Meridian Tuning Forks in several ways to balance the chakras. However, there are other methods here as well. If you don't have tuning forks, there are notes associated with each chakra. "Toning" – the use of the voice – to sing into a chakra, or have the person sing a particular note can be very balancing to a chakra. The person can even sing the note outside of the office to continue to work with the out-of-balance chakra for themselves. Of course, having an instrument or other generator of sound is useful here to determine the pitch.

The following are balancing techniques I use for two of the above imbalances:

Shape: If you find an elliptical chakra, in my experience, Figure 8s work very well to bring the chakra into balance. Within the field of the chakra, challenge which direction to draw your 8. It is usually either an up-and-down 8 (from foot to head or v.v.), or a lazy 8 (from side-to-side).

Synchronize: If you get an I/C after simultaneously touching the front and back points of a chakra, then balance them using acupressure on the Luo Points of the meridians related to the chakra.

The specific procedure is as follows:

1. Touch the point in the middle of each chakra, first on the front, then on the back. I/C = P/L. This tells you which chakra is out of balance.
2. With the chakra in circuit, now simultaneously touch the front and back points for that chakra. If I/C, then P/L. (If no I/C, then this technique does not apply, but you still must determine how to balance the chakra that showed in step 1).
3. Determine which meridian's Luo Points to hold. Use the list below, with the following criteria: If the chakra that originally showed in step 1 was on the *front* of the body, use the

yin meridian's luo point. If the chakra that originally showed was on the *back* of the body, use the *yang* meridian's luo point. Bilaterally hold these points with a neutral polarity touch (thumb or two adjacent fingers).

To determine which meridian's luo points to use, refer to the following chart:

Crown Chakra – Central and Governing Meridians

Brow Chakra – Pericardium and Triple Heater

Throat Chakra – Spleen and Stomach

Heart Chakra – Liver and Gall Bladder

Solar Plexus Chakra – Lung and Large Intestine

Sacral Chakra – Kidney and Bladder

Root Chakra – Heart and Small Intestine

4. Hold the bilateral luo points until you feel a pulsing. Then try to have the two points synchronize in their pulsing. Sometimes, this might take several minutes.

Conclusion

The chakras provide a fascinating system of insight and information to the history of our physical, emotional and energetic makeup. As well, their actual effect on various aspects of our being make them a critical tool in any Energy Kinesiologist's toolkit. By not working with the chakras in virtually any session, you may be missing an important piece that has the ability to increase the depth of the balance and help integrate the other work you've done throughout the physical and energetic body. In doing so, your balances will last a lot longer.

With this awareness, and armed with some of the techniques offered in this presentation, I hope you will be inspired to include the chakras in your Energy Kinesiology work, as well as to look further into other means of chakra balancing. Certainly, the information provided here merely scratches the surface of a complex and centuries-old system of healing and philosophy.

For those of you who already use the chakras, my hope is that you were able to pick up a tidbit or two, particularly in the concept of combining techniques you may already know. It is through this holistic approach to the chakras that a system in and of itself emerges, and can be applied in creative and meaningful ways to any Energy Kinesiology session.

Thanks so much for your kind attention.

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