

Working with Chakras

by Elizabeth Barhydt, MS, MT, and Hamilton "Hap" Barhydt, PhD

Abstract. Techniques for finding and balancing chakra disturbances are described, with emphasis on the use of symbols. The relationship between bilateral muscle weakness and chakra imbalances is also discussed.

Introduction

Detection and correction of chakra imbalances can be an integral and significant part of the Touch for Health synthesis. We find that basic emotional disturbances seem to be held in the musculature and related meridian system and that deeper level emotional and spiritual disturbances, often related to world view or core belief systems, seem to be held in the chakra system.

The following finger modes are involved:

1. For basic emotional problems: thumb pad on ring fingertip pad. (Generally balanced by lightly touching the ESRs)
2. For emotional problems from the past: thumb pad on ring fingernail. (Generally balanced by Bach Flower essences or various age regression techniques.)
3. For chakra imbalances: index fingertip pad on thumbnail. (Balancing techniques are discussed in the following.)

Sometimes you will find that one of these finger modes creates a weak muscle response in a strong indicator muscle in the clear.

Other times a weak response can be triggered in a strong indicator muscle by activating an emotional or core belief system disturbance. Then the appropriate finger mode will restrengthen the indicator muscle response.

In the case of chakras, viewing a symbol, visualizing a color or a combination of colors, listening to disturbing music, or thinking a thought may elicit an imbalance. We primarily use symbols for detecting and correcting chakra imbalances, as originally discussed in our paper titled *Universal Symbols* presented at the 1989 TFH annual Meeting (ref 1).

Background

Visual Symbols are basic to our thought processes. Spoken language, a unique part of

our human heritage, becomes even more powerful as we use symbols to record our thoughts in written form. Our dreams are primarily visual, and although we don't always recognize it, they are also highly symbolic. Our basic experience of reality is what we experience in our "mind's eye", a primarily visual experience.

What we may not realize is the pervasive subconscious effect certain symbols have on our meridian energy system and thus ultimately on our feelings and actions. These symbols seem to be universal in nature, perhaps related to Carl Jung's concept of universal archetypes deriving from a universal consciousness (ref 4).

Kinesiologist John Diamond has done more recent work on images that created energy imbalances (ref 3). The imbalance created by many of these images turns out to be a chakra imbalance.

In our work, we have found four general classes of symbols:

1. Those that indicate various states of electromagnetic balance or integration.
2. Those that trigger chakra imbalances.
3. Those that have a positive or balancing effect.
4. Those that are neutral, that is, have no apparent effect.

This paper deals with the second class of symbols that trigger chakra imbalances.

Chakra Balance Symbols

Many common symbols have the property of inducing chakra imbalance and central meridian reversal. (Central meridian reversal often results from a chakra imbalance and in these cases can often be best corrected by balancing the chakras.) In our experience, there is always a stressing emotion associated with a chakra imbalance. The emotion

associated with any particular symbol is usually the same for everyone.

The chakra imbalance induced by each symbol occurred at some specific past time in the person's life associated with a stressful situation involving the emotion represented by the symbol. This point in time represents a paradigm (or world view) shift triggered by the incident. This in turn sets up a new behavior pattern that causes the person to react in a stressful manner to subsequent situations involving similar emotional content. Correcting the chakra imbalance induced by any particular symbol will neutralize the paradigm shift and render this type of situation less stressful in the future.

These symbols are tools to access unconscious programming that is generating emotional stress and causing the person to behave in a nonconstructive fashion. Correcting the chakra imbalances will enable the person to perform in a less stressful, more constructive fashion.

Any particular emotion may have several different symbols associated with it. Balancing one symbol usually does not balance other symbols, unless one symbol is contained within the other symbol as a component part. Thus the different symbols are accessing different paradigm shifts, even though the same emotion is involved.

Perhaps the best known of the chakra balance symbols is the 3-tined fork, the classical "devil's pitchfork". Dr. John Diamond first pointed out the effect of this symbol on a person's energy in his book, *The Body Doesn't Lie*, (ref. 3). He included a black and white reproduction of the famous painting by artist Grant Wood, *American Gothic*. Almost everyone will initially muscle test weak while viewing this painting. By selectively masking various areas of the painting, you can show that it is the pitchfork, not the stern faces of the farmer and his wife, that causes the weak muscle test. Our investigations have shown the weak muscle test response results from chakra imbalances induced while viewing the painting or the 3-tined fork symbol.

We first became aware of the usefulness of using this and other symbols in energy balancing at a weekend workshop conducted

by Dr. Diamond in Los Angeles in June, 1983. He also taught us the usefulness of age regression in neutralizing imbalances generated by symbols.

Correcting the chakra imbalances will balance the response to viewing the symbol. Perhaps the most interesting way in which to balance chakras is through age regression. The idea behind this technique is that the chakra imbalance reflects a deep-seated paradigm shift (i.e., an internal and probably subconscious shift in world view). If desired, the specific incident that triggered the paradigm shift can be determined by muscle testing yes-no questions after using muscle testing to determine the precise recession age.

The specific emotion associated with a particular chakra imbalance can be determined by muscle testing. The emotion most often associated with the 3-tined fork is "fear of the known."

Examples of symbols that trigger chakra imbalances are shown in Figure 1, along with the emotion most commonly evoked by the symbol. The first symbol is John Diamond's 3-tined fork. The other symbols in Figure 1 we discovered for ourselves by trial with common symbols, particularly those that seem to affect our energy level and by visualization.

Actually we have identified more of these symbols than are shown in Figure 1 (see ref 1). Some of the symbols are totally different; and some are more complex symbols that contain a basic chakra balance symbol within their patterns. The symbols shown in Figure 1 are the basic set we work with in a typical chakra balancing session.

The 3-tined fork is perhaps the most pervasive in our culture. It appears in many forms and can be buried in a more complex symbol. Just holding up three fingers will do it. The fork handle is not required, but there must be 3 tines of approximately the same length. Either an up or down orientation will trigger the response.

A number of fascinating examples of dysfunctional core belief systems and deep rooted emotional trauma that trigger chakra imbalances are described in detail in our 1989 paper on *Universal Symbols* (ref 1). This paper also illustrates the use of chakra

imbancing symbols by corporations to sell products and governments to control behavior.

Muscle Testing With Symbols

To use the symbols from our papers on the subject; draw each symbol on a plain, unlined 3x5-inch card and note the emotion on the reverse side.

Use a balanced indicator muscle. Have the testee look at the selected symbol and retest the indicator muscle. If the indicator muscle now tests "weak", place the switched off signal into hold with one of the signal lock techniques. (We use a vertical stroke up the center of the forehead.)

The chakra imbalance can be confirmed by retesting with the chakra imbalance finger mode, placing the index finger pad on the thumb nail. If the indicator muscle changes state (i.e., strengthens), chakra imbalance is confirmed.

Once a chakra imbalance is locked in as a weak muscle response, the particular chakras that are out of balance (there is often more than one) can be determining by CLing each chakra in turn and looking for the weak indicator muscle response to turn strong. This is handy for demonstrating that chakra imbalances are indeed present.

The central meridian reversal can be confirmed by stroking the central meridian in the reverse direction and retesting. If the indicator muscle changes state, central meridian reversal is confirmed. Stroke the central meridian in the forward direction to restore switched off muscle response.

Test for the emotion involved by asking various emotions until an emotion that switches the indicator muscle on is found. Sometimes several emotions are found to be active; so it pays to continue through your list of emotions even after the first emotion is found. Usually one of the emotions that switched the indicator back on is the emotion commonly associated with the particular chakra symbol being used.

Correction

Often a chakra imbalance can be corrected by holding the chakra finger mode in both hands and lightly touching the ESR points (much like the Frozen Muscle Basic Balance, ref 2).

However doing an age regression as described described below may give a stronger, longer lasting balance.

Continue to hold the switched off indicator muscle signal in signal lock.

Ask the testee to allow his being to go back to that time when the world view shift occurred and to confirm by allowing the indicator muscle to switch on. Once the indicator muscle switches on strong, you know the testee is at the correct past time. We usually muscle test to find out the age at which the weak response first occurs.

The testee should be coached that it is best not to try to force this to the conscious level; rather it is best to relax and allow the process to happen. However it is OK if he does receive a conscious recollection of the time or the incident.

Balance by holding the ESR points until the stress is released as indicated by pulses.

Then suggest that the testee return his being to the present and retest the symbol.

1. If the indicator now tests strong, you are done.
2. If the indicator still tests weak, repeat the correction procedure, asking the testee to allow his being to go back to another time when the symbol was not stressful.

Note: When we first started doing this balancing, we determined the emotion, the person involved, and the incident, using muscle testing as a "yes"/"no" indicator, before balancing with the ESRs. We found this interesting, as attested by examples discussed in our *Universal Symbols* paper (ref 1). However we have since discovered that balance and correction of the dysfunctional or traumatic paradigm shift causing the chakra imbalance can be corrected without this probing. FURTHERMORE the testee is often better served by leaving this information, now suitably neutralized, in the subconscious realm unless they spontaneously recall without coaching. Bringing this information explicitly into the conscious realm may trigger unwanted new problems.

Bilateral muscle weakness

Bilateral muscle weakness has been attributed to spinal fixations by Dr. George Goodheart. A bilateral muscle weakness occurs when the

corresponding muscle on either side of the body tests weak when tested individually. (Wait at least 10 seconds between tests to avoid being misled by sneaky reactive muscle weakness.)

Dr. John Thie found that these bilateral muscle weaknesses could be corrected by rubbing a corresponding vertebra in the up and down direction when standing, or back and forth when lying down (ref 5). When Dr. Thie first discussed this protocol with us at the Italian IASK-TFH meeting in October 1991, he put forth the idea that bilateral muscle weakness may be associated with chakra imbalances.

We found in preliminary tests that the chakra finger mode tested weak when bilateral muscle weakness was present and that the bilateral muscle weakness could be corrected by lightly touching the ESRs while holding the chakra finger mode with both hands as described above.

We also tried working the other way around one time. With the chakra finger mode testing weak, we did a quick 14 muscle balance looking for bilateral muscle weakness. In this case we found the latissimus dorsi to be bilaterally weak and corrected the weakness by rubbing up and down on T-7 (see Dr. Thie's diagram in ref 5). Upon retest the chakra finger mode then tested strong.

Summary

An activated chakra imbalance may show up as a balanced indicator muscle testing weak in the clear. Presence of a chakra imbalance is confirmed if indicator muscle strengthens when using the chakra fingermode, index finger pad on thumbnail.

An activated chakra imbalance may also show up with a balanced indicator muscle testing strong in the clear. Presence of a chakra imbalance is indicated if indicator muscle weakens when using the chakra fingermode.

An activated chakra imbalance may also show up as a bilateral muscle weakness while doing a routine 14-muscle balance or other muscle testing procedure. Presence of a chakra imbalance is confirmed if the bilaterally weak muscles strengthen when using the chakra fingermode.

Latent chakra imbalances can be activated by viewing a symbol, visualizing a color or a combination of colors, listening to disturbing music, or thinking about something that triggers a dysfunctional core belief. We primarily use symbols, as shown in Figure 1, for detecting and correcting chakra imbalances.

An activated latent chakra imbalance is confirmed by an initially balanced indicator muscle testing weak after activation and strengthening again with the chakra finger mode.

For convenience on correcting an imbalance, it is helpful to place the weak indicator muscle response into signal lock. We prefer "zipping up" the forehead.

We prefer to balance by using age regression to that time when the dysfunctional paradigm shift in the core belief system occurred.

Charka imbalances can also be corrected by using a "Chakra Basic Balance" exercise, that is, touching the ESRs while holding the chakra finger mode in each hand.

Charka imbalances can also be corrected by finding and balancing the corresponding bilaterally weak muscle pair, using Dr. Thie's correction, rubbing on the appropriate vertebra (ref 5).

References:

1. Barhydt, Elizabeth and Hamilton Barhydt, *Universal Symbols*, page 24, TFH International Journal, July 1989.
2. Barhydt, Elizabeth and Hamilton Barhydt, *Self-Help for Stress and Pain plus Learning Blocks*, Loving Life, 4th edition, 1992.
3. Diamond, John, *Your Body Doesn't Lie*, Warner Books, Harper & Row, 1979.
4. Jung, Carl G., *Man and His Symbols*, Dell Publishing, 1968.
5. Thie, John F., *Bilateral Muscle Weakness Correction*, page 5, Touch for Health International Journal, July 1992.

For more information, you may contact us at
Loving Life (209) 962-4847
22625 Ferretti Rd #15, Groveland, CA 95321

Joseph Chilton Pierce
Magical Child

Figure 1. Typical Chakra Symbols (by Hap and Elizabeth Barhydt)

