ADVANCED ENERGY PSYCHOTHERAPY AND THE CHAKRA SYSTEM

THERAPEUTIC APPROACHES, INTERVENTIONS AND PRACTICE

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Introduction

This manual has been prepared for your reference during the Advanced Energy Psychotherapy and the Chakra System workshop. There are a number of Internet resources that have been selected to support and enrich your workshop experience. Hyperlinks have been embedded in the web version of this manual, making it easy to click on those of interest to you and be immediately connected to the web sites. To access the web version, use this URL:

BASE CHAKRA
Survival, Physical Identity, Family, Prosperity
Red

THERAPEUTIC APPROACH:

- Work slowly to establish trust
- Decrease stress and anxiety
- Affirm the physical: being in, and accepting the body
- Address issues of security, safety, and right livelihood

INTERVENTIONS:

- Psychotherapy:
  - Look at earliest childhood development
  - Was there any birth trauma?
  - Explore relationship with mother
  - Evaluate issues with food
  - Financial and prosperity issues
  - Forgive, release and resolve (if possible) any unresolved family issues
- Reflexology: work on the feet
- Re-birthing
- Matrix Re-imprinting
- Pilates
- Network Chiropractic
- EFT Palace of Possibilities

HEALING FOODS:

- Red colored foods (apples and beets)
- Hot spices (Red cayenne peppers and Tabasco sauce)
- Root vegetables: carrots, potatoes, parsnips, beets, onions, garlic, etc.

BASE CHAKRA PRACTICE *

- MEDITATION
  - Grounding/roots meditation
  - John Bradshaw: Homecoming Meditation (on YouTube)
  - Clearing the 1st Chakra - The Root Chakra Guided Meditation by Lisa Beachy
  - Tree of Life Meditation: page 73 in The Sevenfold Journey by Anodea Judith

- YOGA
  - Three poses for the Base Chakra
  - Warrior 1
  - Child’s Pose
• BODY
   o Get a physical examination and address any physical issues
     ▪ Women be up to date with your mammogram and bone density
     ▪ Men be up to date with prostate health
   o Pamper your body and nourish yourself
   o Get a massage
   o Get a pedicure or a manicure
   o Treat yourself to a special dinner out, or a favorite recipe

• FAMILY
   o Visit family elders and listen to their stories
   o Do a genealogy chart
   o Make peace with your mother (if you haven’t already)
   o Ask your mother about her experience of your birth
   o Forgive, release and resolve (if possible) any unresolved family issues
   o Take a class in Tai-Chi

• WORK, FINANCIAL SECURITY
   o Evaluate your connection with your work. Make some changes to improve your work situation.
   o Do you need to change careers?
   o Make your work-space more beautiful
   o Evaluate your financial situation
   o Analyze your spending – find out how and where you have actually been spending money and modify wherever necessary
   o Create a budget
   o Balance your checkbook
   o Invest money
   o Start trust funds for your children or grandchildren
   o Think of something you want to manifest and make a collage of it. Then take one step toward obtaining it.

• JOURNALING: Meditate on and write about any of the following words:
   o Birth   Mother
   o Safety   Nurture
   o Work     Play
   o Money    Abundance/scarcity
o Examine Inherited Beliefs: Make a list of any negative beliefs you have about yourself or the world. Who taught you to believe that? Once you have made your list, decide which items on it no longer support your highest evolution and discard them in water. Bury them in the ground with the intention of sending them to the giant recycling plant in the center of Mother Earth. Find a way to demonstrate gratitude for the items you have kept on your list.

• ELEMENT: EARTH

o Go barefoot, stomping your bare feet on the ground. Remember, the Base Chakra is all about feeling "grounded."

o Walk in the woods slowly observing the natural environment. Bring home a rock or a leaf – something that “speaks” to you, and keep it on your desk.

o Create an EARTH altar

o Plant a seed and watch it grow. Avocado seeds make great indoor trees.

o Do something to help the environment.

SACRAL CHAKRA
Pleasure, Emotional Identity, Creativity
Orange

THERAPEUTIC APPROACH:

- Increase identification with feeling states
- Support release of blocked emotions
- Address any issues of loss or grief
- Support efforts to increase pleasure capacity
- Emotional release or containment

INTERVENTIONS:

- Psychotherapy
  - Inner child work
  - Grief work
  - Boundary work
  - Dialectical Behavior Therapy
- Emotional Freedom Techniques
- Polarity therapy
- Movement/Dance therapy
- 12 Step Programs for addictions

HEALING FOODS:

- Sweet fruits such as bananas, watermelon, pears, apricots, oranges
- Orange colored foods (oranges, pumpkin, squash, carrots, sweet potatoes)

SACRAL CHAKRA PRACTICE*

- MEDITATION
  - Clearing the 2nd Chakra - The Splenic Chakra Guided Meditation by Lisa Beachy
  - Cutting the Ties That Bind
  - Sacral Chakra Meditation with Yoga Pose by Monique Danielle

- YOGA
  - Goddess Pose
  - Reclining Goddess Pose
  - Pelvic Tilts

- CHANGE: Do something different (anything)
  - Choose a new route to drive to work
  - Get a new hairstyle
  - Read a book or see a move of a different variety than your usual.
• PLEASURE – NURTURANCE
  o Make a list of things that gave you pleasure as a child and do some.
  o Become aware of what gives you pleasure in your day-to-day life and find a way to express your gratitude to the Universe for life's daily pleasures.
  o Buy a children's lullaby tape and play it when you go to bed.
  o Read children's books

• SEXUALITY/SENSUALITY
  o If you are in a sexual relationship:
    ▪ Be creative - try something new.
    ▪ Discuss your feelings about sex with your partner
    ▪ Give each other a massage
    ▪ Work with erotic self-help books with your partner
  
  o If you are not in a sexual relationship:
    ▪ Create a fantasy about who you would like your next partner to be. What kind of intimacy would nurture you?
    ▪ Make love to yourself.
    ▪ Get a massage
    ▪ Allow yourself to move sensuously, paying attention to the feeling of textures, smells, taste

• CREATIVITY:
  o Experiment with color: draw, paint – try finger painting
  o Work with clay – get your hands dirty
  o Do some creative movement - allow yourself the pleasure of movement. Put some music on and give your body permission to express itself.

• JOURNALING:
  o Lists: Make a list or lists of your second chakra issues (a guilt list, a grief list, a habit list, an attachment list, a favorite exercises list, a belief list, a pleasure list, etc.). Once you have made your list, decide which items on it no longer support your highest evolution and discard them in water. Go to the beach and send them out to sea, flush them, etc. Find a way to demonstrate gratitude for the items you have kept on your list.
• ELEMENT: WATER
  
  - Visit the beach, a lake, a river, a waterfall
  - Take hot bubble baths, or long showers, or enjoy a hot tub
  - Pay attention to your need for liquid and how it feels going into your body
  - Pay attention to your water rituals like bathing, making coffee, watering your plants.
  - Swim or take an aqua-aerobics class

SOLAR PLEXUS CHAKRA
Power, Energy, Right use of Will
Yellow

THERAPEUTIC APPROACH:

- Goal and action oriented
- Use of will power
- Address any victim consciousness
- Address issues of power and control
- Work with resistance

INTERVENTIONS:

- Psychotherapy:
  - Cognitive Behavioral Therapy (CBT)
  - Motivational Interviewing
- Encourage touch: massage, Polarity Therapy
- Emotional Freedom Techniques
- Matrix Re-imprinting
- Life Coaching

SOLAR PLEXUS PRACTICE *

MEDITATION

- Clearing the 3rd Chakra: Solar Plexus Chakra Guided Meditation by Lisa Beachy.
- Solar Plexus Meditation
- Candle Meditation: p. 151, The Sevenfold Journey: Reclaiming Mind, Body & Spirit Through the Chakras by Anodea Judith

YOGA:

- Boat Pose
- Woodchopper
- Sun Salutation
- Warrior Pose
- Laughter Yoga

TAKING RISKS

- Experiment with safe physical risks in which you push the edges of what you believe your physical limitations to be: Hiking, parasailing, ride a roller coaster.
- Apply for a new job if you want one and go on an interview if invited.
- Make a new friend.
- Try a new social experience: go to a conference, join a group, have a party
USE YOUR ENERGY

- Do something--anything
- Aerobic exercise
- Take a Spin Class, Jazzercise, or Zumba
- Play outdoors with a child
- Take a dance class ("Dancing From the Inside Out" with Deborah Tracy is one that's held locally on a "drop-in" basis)
- Take steps to break attachments that are not supporting your life force (relationships, jobs, addictions)
- Set a goal and stick to it (i.e., food/exercise plan; balance checkbook)
- Clean out closets, attic, garage, basement
- Martial arts training

JOURNALING

- Journal about any of the following words:
  
<table>
<thead>
<tr>
<th>Power</th>
<th>Authority</th>
<th>Aggression</th>
<th>Will power</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy</td>
<td>Transformation</td>
<td>Ease</td>
<td>Warmth</td>
</tr>
<tr>
<td>Humor</td>
<td>Manifestation</td>
<td>Control</td>
<td>Violence</td>
</tr>
</tbody>
</table>

- Make a list of any of your third chakra issues. Put one item on each slip of paper.
- People I am angry at...
- I feel powerful when I...
- Being successful means...
- Make daily lists of things you intend to accomplish
- Make a 5 or 10-year plan. Describe your ideal life 5 or 10 years in the future, but write in present tense. ("I am whatever age, and this is how my life is different than it was 5 or 10 years ago....")
- Make a "Bucket List" of things you want to do, see, or experience in your life. Include travel, education and skills.

ELEMENT: FIRE

- After you've made your journal list, burn any of the slips of paper that contain items that prevent you from moving forward. Burn any that do not support your life force. Of the remaining, turn them into affirmations and use in your daily meditations.
- Build a FIRE altar: a candle, pictures of things you want to accomplish, awards you have achieved (since childhood), degrees you have obtained, things that energize you.

HEART CHAKRA
Love, Compassion, Relationships
Green

THERAPEUTIC APPROACH:

- Avoid discussions, problem solving, plans & programs
- Move from
- Gentle approach
- Limit struggle
- Teach self-love and unconditional self-acceptance

HEALING FOODS:

- Green Food: All greens
- plums
- cherries
- strawberries
- whole brown rice
- couscous and other grains
- foods to share with others

INTERVENTIONS:

- Psychotherapy:
  - Examine assumptions about relationships
  - Grief work
  - Forgiveness work when appropriate
  - Take back projections
  - Inner Child work
  - Co-dependency work
- Breathing exercises
- Deep relaxation
- Heart Math
- Meditation. Inhale “Yes”. Exhale “Thank you!”
- Massage
- Psychotherapy:
  - Examine assumptions about relationships
  - Grief work
  - Forgiveness work when appropriate
  - Take back projections
  - Inner Child work
  - Co-dependency work
- Harville Hendrix’s book - *Getting The Love You Want*
- Transformational Breathwork (Free Download)

HEART CHAKRA PRACTICE *

MEDITATION

- Inhale “Yes”. Exhale “Thank you!”
Clearing the 4th Chakra - **The Heart Chakra Guided Meditation** by Lisa Beachy:
- **Column of Light**. Rosalie Deer Heart (Part 2)

**YOGA**

- Yoga poses for the heart chakra: **Bridge Pose, Standing Back Bend, Cobra**
- **Yoga Corpse Pose with Diaphragmatic Breathing**

**GIVING**

- Give money, or food to a beggar in the street or to your favorite charity
- Donate to Good Will or other charity
- Volunteer at a soup kitchen or do volunteer work at a senior citizen home, homeless shelter, child-care center
- Send “Thank You” notes to people: postal workers, military, custodians, bank tellers, neighbors
- Visit someone who is house-bound or in the hospital
- Send flowers to your spouse or mother for no reason

**RELATIONSHIPS**

- Examine the relationships in your life in terms of balance of give and take.
- Make a special effort to improve your positive relationships
  - Hire a babysitter and go away for a weekend with your spouse
  - Re-connect with old friends, try Facebook
  - Complement your children. Do something special with them
  - Do something special with someone you enjoy
  - Make amends with someone you have hurt
  - Call or visit parents or relatives
  - Pay attention to characteristics in someone else that you don’t like and ask yourself, “How is this a reflection of my own “shadow self”?
  - Examine your relationships to food, substances, work, nature
- **Love yourself!**

**JOURNALING:**

- Who do you love? What makes them loveable to you? Notice if these are characteristics you, yourself have. Notice if these characteristics are something you missed and longed for as a child.
- Make a list of all the things you judge in yourself. Explore their origins. Turn each into an affirmation that is more self-loving
- Write a love story, or the story of your first love
• **A Multidimensional Perspective on Grief**, Rosalie Deer Heart. Watch the video and write your own story

**ELEMENT: AIR**

• Notice your breath several times a day  
• Pay attention to smells--fill your home with a favorite smell from childhood  
• Practice surrender – “Let go. Let God.”  
• Notice air quality - write to your legislator to support clean air  
• Climb a mountain in the clean air  
• Fly in an airplane  
• Go parasailing  
• Fly a kite  
• Create more space for yourself  
• Create an altar in your home or workplace recognizing that something becomes sacred because we say that it is. Place a candle and items of meaning to you on the altar and use it as a focal point for your meditations.

THROAT CHAKRA
Communication and Self-Expression

Turquoise

THERAPEUTIC APPROACH:

- Practice communication skills
- Teach a feeling language
- Encourage client to make noise; release the voice
- Encourage creativity
- Practice “Active Listening”

INTERVENTIONS:

- Psychotherapy
  - Talk therapy - traditional psychotherapy
  - Inner child communication
  - Voice dialogue
- 12-Step Programs
- Singing, chanting, toning
- Drumming
- Story telling
- Practice silence

HEALING FOODS:

- ginseng
- fruit
- reishi mushrooms
- barley
- bananas
- echinacea
- kelp

THROAT CHAKRA PRACTICE *

MEDITATION

- Clearing the 5th Chakra - The Throat Chakra Guided Meditation By Lisa Beachy
- Chakra Clearing Mantras (Carole Tuttle)

YOGA

- Neck and shoulder rolls
- Open throat breathing
- Fish Pose
COMMUNICATION

- List the people in your life with whom you have unfinished communication. Imagine what you would say to each of them. Be aware of patterns. Finish communication when possible.
- Risk a confrontation with your boss, co-worker, or family member.
- Call a friend
- Social Networking: Stay in touch with friends – for example Face Book
- Practice saying "No!"
- Write a letter to your congressmen regarding an issue about which you feel strongly
- Write a letter to the editor of your local newspaper
- Create a website or blog on-line

CREATIVE IDEAS

- Whatever you are doing, invite yourself to be more creative with it
- Make a business plan or a 5 year life plan
- Write a story of your life as a fairy tale
- Take up a new hobby: scrapbooking, knitting, crafts, sports

EXPRESSION

- Write a letter to yourself – uncensored, stream of consciousness
- Write letters by hand and mail them
- Write thank you notes to random people
- Write a letter to your “inner child” – what advice would you give knowing what you do now
- Move to music
- Sing

LISTENING

- Attend a concert
- Listen to music
- Attend a webinar

JOURNALING:

- What were the communication patterns in your family of origin? Write an imagined conversation with one of your parents – one that you couldn’t have had in person.
- Keep a daily journal. Write about anything
- Join or start a writing group
- Automatic writing (Google for specific techniques)

BROW CHAKRA
Perception, Intuition, Imagination
Indigo

THERAPEUTIC APPROACH:

- Encourage development of the intuitive self.
- Set goals. (Requires envisioning the future.)
- Encourage dream recall and keep a dream journal
- Connect image with feeling

INTERVENTIONS:

- Psychotherapy:
  - Jungian dream analysis
  - Work with memories
  - Hypnosis
  - Art Therapy
  - NLP
  - EMDR
- Past life regression therapy
- EFT “Palace of Possibilities”
  - Download free manual
  - DVD’s

HEALING FOODS:

- Wheat germ
- Barley
- Vitamin E
- Alfalfa
- Chamomile tea
- Water

BROW CHAKRA PRACTICE *

MEDITATION

- Clearing the 6th Chakra - The Third Eye Chakra Guided Meditation By Lisa Beachy:
- Color Meditation
- Meditate using a mandala.
- Goal setting meditation: Olga Tomas and James Wild

YOGA

- Yoga: Fish Pose
SIGHT

- Play memory games
- Create beauty in your home or workplace
- Have your photograph taken
- Look through old photograph albums and see what emotions come up
- Buy and install a full length mirror in your home
- See a beautiful movie
- Go to an art museum
- Color a mandala for your meditation. Google: Free Mandala Coloring
- Notice the patterns in your life: behaviors that you repeat over and over, and set an intention to change those that do not support the fullest expression of yourself

INTUITION

- Visit a psychic
- Have a Tarot Card reading, or play with cards yourself
- Take a class on developing your intuition

IMAGINATION

- Dialogue with the characters in your dreams
- Draw pictures of your dreams
- Plan an imaginary vacation
- Play with a child. Have a tea party, play with puppets
- Create visual art: painting, sculpting, scrapbooking, photography, collage

JOURNALING:

- “I am a wo/man of vision, and I intend to…”
- Record dreams. Keep a dream journal.
- **Goal setting meditation:** Olga Tomas and James Wild
- If you imagined yourself to be 50% more joyful what would you do differently?
- What are the patterns you keep repeating that no longer serve your highest good? Who in your family demonstrated these patterns?
- What image do you have of yourself? How does this compare with the feedback you get from others?
- What sacrifices have you made to project a certain image of yourself?

CROWN CHAKRA
Thought, Understanding, Spiritual Connection
Violet

THERAPEUTIC APPROACH

• Examine early programming: values, family patterns
• Examine core beliefs and learned limitations
• Re-establish physical, emotional and spiritual connection
• Become aware of any prejudice you may be carrying

INTERVENTIONS:

• Psychotherapy
  o Pastoral counseling
  o Engage with a Spiritual Advisor
  o Goal setting
• Polarity Therapy
• Reiki Therapy
• Prayer & Meditation
• Go on a spiritual retreat
• Experience a Native American Vision Quest
• Practice deep relaxation
• Inner Wisdom Coaching (for the last 3rd of life). http://autumnsfire.org/inner-wisdom-coaching

• HEALING FOODS: There are no special foods for the seventh chakra.
  o Communion.
  o Fasting

CROWN CHAKRA PRACTICE *

• MEDITATION
  o Clearing the 7th Chakra - The Crown Chakra Guided Meditation by Lisa Beachy:
  o Silent meditation
  o Transcendental Meditation
  o Column of Light Meditation: Rosie Deer Heart

• YOGA
  o Hatha Yoga
  o Full Lotus Posture
  o Discover your Soul’s Purpose:
  o Get a soul reading: http://heart-soul-healing.com/soul-readings (Rosalie Deer Heart)
  o Shamanic Astrology: FMI contact Bonnie Salamon at bsalamon@autumnsfire.org
  o Study a new religion or metaphysical system
  o Play with Angel Cards, Tarot or any of Doreen Virtues Decks (www.angeltarot.com)
  o Expand your education: take a class in something intellectually or spiritually stimulating
  o Do NOTHING for a day and spend it in SILENCE
  o Practice a spiritual discipline
  o Practice forgiveness: Radical Forgiveness by Colin Tipping (click on Free Stuff)

• HEALING FOODS:
  o Communion.
  o Fasting
• JOURNALING:
  
  o Keep a gratitude journal  
  o Write an invocation or prayer that will be irresistible to Spirit   
  o Automatic Writing  
  o How would your life be different if you…(Rosalie Deer Heart)  
    ▪ …believed and acted as if surrender meant letting go of all that dims your inner light?   
    ▪ …paid attention to and appreciated that intuition is the silent voice of Spirit?   
    ▪ …lived each day as if you were already in a state of deep grace  
    ▪ …were aware that you and everyone else is a reflection of multidimensional consciousness and you agreed to bless all you meet with love, curiosity, joy and compassion

Get comfortable and let yourself feel really relaxed . . . Close your eyes . . . and release your next breath slowly and completely. Now take another deep breath . . . hold it . . . exhale slowly . . . We are going on a journey through the energy centers of your body - sometimes called chakras - to release anything that may be blocking the fullest expression of your Essence -- anything that is locked in your energy that no longer serves you. It doesn't matter whether you see it, feel it, or hear it, or simply know that it is happening. The most important thing you can do for yourself is to simply allow yourself to have this experience and for it to come in the form that is the most perfect for you. Breathing in love, give your cells the message that they can release any beliefs . . . any rules . . . any feelings . . . that are no longer compatible with your Life Force Energy, with your fullness.

Take your awareness to your base chakra at your perineum (between the anus and the vagina), coming out of your body in the shape of a red funnel, connecting you to the earth . . . the safety and security of your physical being, and, as you inhale, remind yourself that you have the right to be here on this planet, at this time. You have the right to have what you need in order to thrive on the physical plane, to bring your fullness into manifestation.

Let yourself release now any trauma you may have experienced at your birth . . . Perhaps you weren't wanted, or your mother didn't take good care of herself while she was pregnant, or of you when you were newborn. Perhaps there was physical trauma or illness at your birth or right after. Perhaps you were adopted. Release, now any issues of abandonment. Release the hurt you experienced every time you cried and cried because you were hungry, or cold or wet, or you just wanted to be held, and no one came. Any time your needs weren't met on a survival level.

Fill the survival center back up with new energy . . . See that energy as red, fire engine red - healing, harmonizing and balancing . . . knowing that you are unlimited in your ability to draw prosperity to you . . . knowing that you are unlimited in your ability to have a strong, healthy body that you love and that works perfectly for you . . . knowing that you are unlimited in your ability to create your fullness in a healthy, harmonious, positive, prosperous way.

Take another breath and go a little deeper focusing on your second chakra located just above your pubic bone. Using your breath and your intention remove any blockages, barriers, fears, limitations, old outdated patterns surrounding your emotions and your sexuality. They don't support your fullness. You have the right to experience the pleasure of your physical being . . . give your cells permission to bubble up and to bubble off all the blockages, fears, and old outdated patterns that limit your fullness.

Use your intention to fill second chakra with orange energy the color of a tangerine or a pumpkin . . . healing it, harmonizing and balancing it - spinning out from your body from the front and from the back, letting yourself know that you are unlimited in your ability to experience peace, love, joy, bliss, and true intimacy . . . that you are unlimited in your ability to honor yourself as a sensual being and to draw loving, nurturing, supportive sensual experiences to yourself in the way that is perfect for you. You are unlimited in your ability to embrace your fullness.
With your next inhalation move your awareness up to your solar plexus, your will and power center. Remove now any blockages, fears, learned limitations, old outdated patterns surrounding your right use of will and your power. Any time that you felt like a victim ... anytime that you felt you had no choice ... any time you gave away your power to somebody else because it was easier, or because you thought you had to... Release any victim consciousness or abuse of power you have ever experienced.

Use your imagination to fill your third chakra with yellow energy the color of a lemon ... healing it, harmonizing and balancing it - spinning out from your body and removing any stuck energy. Let yourself know that you are unlimited in your ability to utilize your energy and your power to bring the hopes of your heart into full manifestation.

Now move your awareness up to your heart center and remove all the blockages, barriers, fears, learned limitations, old outdated patterns surrounding your ability to have full, unconditional love for yourself and others ... Releasing the hurt from all the times you got the message that you weren’t good enough... let it go now.

Release any grief now that you have been carrying ... any loved ones you have lost through death or divorce ... any time your love was unreturned or you felt that people would only love you if you did what they wanted you to do ... any time you judged yourself, for any reason ... let it all go now. Release the hurt from every time you’ve felt lost or betrayed or rejected. ... Release all the blockages, barriers, fears, learned limitations, old outdated patterns surrounding your love for yourself and others, past or present - let it go ...

And now let yourself be reminded that you have the right to love and to be loved unconditionally. Fill your heart center with green energy - the color of the grass on a glorious spring day ... spinning outward, healing, harmonizing and balancing ... knowing that you are unlimited in your ability to love yourself and to support yourself in fullness ... knowing that you are unlimited in your ability to draw healthy, nurturing, supportive, fully loving relationships to you, and to know that you deserve them.

Move your awareness up to the communication center at your throat ... and make it your intention to release all blockages, barriers, fears, learned limitations, old outdated patterns surrounding your communication. Release the pain from all the times you tried to get somebody’s attention and to tell them something really important, and nobody seemed to care ... any time you had to give an oral report when you were in elementary school and it was totally embarrassing ... any time you felt misunderstood ... any time you didn’t speak you own truth because it didn’t feel safe to do so ... any the time you were criticized, or you received mixed messages ... or there were family secrets ... just let it go now. Let it all go.

Fill this area with a spinning funnel of turquoise light and watch as all the negativity bubbles off. Affirm your right to hear and to speak the truth. So let go now of ... all the blockages, fears, learned limitations, old outdated patterns surrounding your communication from this lifetime. Breathe in the fullness and confidence of your ability to speak your truth.

Move your awareness up to your third eye, your psychic perception and creativity center at the center of your forehead. Ask your Guardian Angel to assist you in removing any blockages, fears, learned limitations, old outdated patterns surrounding your perception of things. Release the pain from times when somebody invalidated of your perception of things, or the world ... judged you for not seeing something ... said, ”I can’t believe you didn’t see that coming.” ... ”I can’t believe you didn’t see right through them.” ... Any time you judged yourself for not seeing the truth ... or somebody tried to hide the truth from you, and you let them ... any time somebody judged your intuition or psychic abilities or you didn’t trust your own intuition ... whatever it is - let it go. Take another gentle breath and go even deeper into your energy ... This time searching for any patterns ... Any ideas ... Any beliefs ... that you may have picked up from others ... From your family ... From
your culture. . . From your religious upbringing . . . That no longer serve the fullest expression of your fullness . . . Give them permission to bubble up and to spin off - out of your energy . . . Know that you have the right to have your perceptions validated. Know that you are unlimited in your ability to utilize your creativity in any form that you choose . . . knowing that you are unlimited in your ability to use your healing abilities . . . allow yourself to have it . . . allow yourself to honor it.

And now move your awareness up to your crown, your spiritual center at the top of your head - where the soft spot was when you were a baby. See this chakra as a purple, funnel starting inside your head and spinning infinitely outward. If you are willing, make it your intention to remove any blockages, fears, limitations, old outdated patterns surrounding your spirituality or your religious beliefs or the fullness of your connection with the Divine . . . any time that you were told you were a sinner, just because you were born . . . or you were taught that the Heavenly Father was a punitive, punishing God, and that you were going to go to Hell . . . any time you felt abandoned by your God or your higher power, any time that you saw the hypocrisy between what the Church did and what it said . . . any time you went through the motions of a religious or spiritual practice that you knew wasn’t your path . . . any time somebody judged your spiritual or religious beliefs . . . . . . release it now . . . If information was withheld or if anything was done to thwart your curiosity . . . if you were not encouraged to think for yourself, but were expected to blindly obey . . . let it go. Release it now . . . Fill this spinning funnel of energy with the color purple and let go of all the blockages, fears, learned limitations, old outdated patterns surrounding your spiritual or religious beliefs . . . know that you are unlimited in your ability to be fully supported by, and to be one with your Source, your God, your Goddess, your Buddha - whatever your truth is . . . knowing that you are unlimited in living your spiritual truth . . . knowing that the Universe will support you in bringing your fullness into manifestation. The divine Source, in whatever form you perceive it is always supporting you, nurturing you, and loving you unconditionally.

Breathing deeply experience yourself as being filled with unconditional love, and . . . give your cells the message: My body . . . my mind . . . and my spirit . . . are balanced . . . in fullness (X3) . . . . . . And as you delightfully receive this loving energy . . . give your cells the message: I am a loving channel of Life Force Energy (X3) . . . Inviting the loving light into your body . . . . . . With each breath . . . experience yourself as radiant . . . peaceful . . . healed . . . and whole.

As you inhale . . . . . . overflowing with loving wisdom . . . . . . remind yourself that it is time to bring your experience back into your physical body. . . SA you inhale. . . gently, like a leaf fluttering gently to the ground on a glorious autumn day . . . begin returning to your body . . . Drifting gently back. . . . guided by the music and the sound of my voice . . . . . . drifting. . . Honoring your own rhythm. . Slowly and gently feeling the pull of your physical body. . . . Very gently reentering your body. Take another deep, full breath . . . . . . breathing in Cosmic energy through your crown chakra. . . . Reminding yourself . . . that you are a physical being . . . who draws energy from the Earth . . . . and a Light Being . . . who draws energy from the Source. . . Let yourself know this fullness in every cell all the way down to the DNA, and when you feel ready gently open your eyes.
CREDITS

These charts have been constructed from many sources, specifically to aid counselors, energy workers, and other mental health practitioners in integrating knowledge of the chakra system into daily practice. These are reference guides only. Many reference sources have been used, some in the form of web sites, easily accessed by clicking on the URL. However, I would be remiss without mentioning that a great deal of the information as well as the format for the charts came from the work of Anodea Judith, PhD. in the two books pictured below. Anodea was the person who introduced me to chakra therapy, and although we have both grown and developed our own methods, the foundation for my work is largely based on what I learned from her during the three years that she was my mentor, teacher and friend. I highly recommend *The Sevenfold Journey* as a self-help book full of activities to strengthen all of the chakras. *Eastern Body, Western Mind* is more of a thorough, academic reference book – one that I feel should be in the library of all mental health professionals. It is the bridge between the esoteric world of energy, and the mainstream world of counseling and psychotherapy.

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