

HEALING ENERGY VORTICES

All of us have a physical body and an Energy body. The energy body is in the form of 7 energy vortices or chakras which form the physical body. These 7 chakras are as below:

1. The Sahasrara chakra at the crown
2. Ajna chakra at the 3rd eye or brow
3. Vishuddha Chakra at the Throat
4. Anahata Chakra at the Heart
5. Manipura Chakra at the Solar Plexus
6. Swadhisthana Chakra at the Sacral region
7. Muladhara Chakra at the base of the spine.

These Chakras, if functioning well, lead to a healthy body at a physical level. Therefore, a simple approach for helping someone in improving their overall health is to do a Chakra healing session. This involves going to each energy vortex of the body i.e. each Chakra location and helping that chakra to regain health and flow by Listening to the communication of that Chakra

In case the person is suffering from a health issue related to a particular chakra, then you simply need to focus on that chakra with an intention to bring it into balance and flow. Else, you could simply spend 3-5 minutes on each chakra, thereby covering all 7 chakras in about 30 to 40 minutes. If you are using the method of listening to the bio field communication and if you sense a lot of communication at a particular place, then you can choose to focus on that chakra location for a longer duration. For example, when I was treating a lady recently, I felt a lot of sensations on my palm at the throat region indicating that there was an issue with her Vishuddhi Chakra or Thyroid Gland. So I focused there and tried to energize, rejuvenate and balance that chakra.

The chart below shows the 7 chakras along with details related to each i.e. the related Aspect, Location, Sound, Color, Gland and what health problems are related to

imbalance of that chakra.

Chakra Vortex	Aspect	Location	Sound	Color	Gland	Problems due to Imbalance of Chakra	Related to
1. Sahasrara	I Know	Crown	Aum	Violet White	Pineal	Frustration, No Joy, Destructive feelings	Spiritual Self
2. Agya	I See	Brow	Aum	Indigo	Pituitary	Headaches, Issues with Vision, Dizziness	Perception
3. Vishuddhi	I Speak	Throat	Hum	Blue	Thyroid	Thyroid related issues, Speech related issues	Expression
4. Anahat	I Love	Heart	Yum	Green	Thymus	Emotional problems, Anger, Hatred	Love
5. Manipura	I Can	Solar Plexus	Rum	Yellow	Pancreas	Digestion issues, Diabetes, Weakness	Ego, Anger
6. Swadhisthana	I Feel	Sacral	Vam	Orange	Sexual	Impotence, Infertility, Back pain	Sex, Desires Procreation
7. Muladhara	I Am	Root	Lum	Red	Adrenal	Fear, Anxiety, Impatience, Constipation, Urinary issues	Survival, Stability

So for example, if a person has a problem of impotence or infertility, you could work on the Swadhisthana Chakra or the Sacral Chakra to heal them from the problem. Similarly if someone has problems with the digestive system, or is suffering from Diabetes, then work on the Manipura Chakra.

For doing treatment to all chakras in one single session, I would recommend that you make the person lie down on a raised surface, and position yourself in a way that your palms can reach areas around all the chakras.

Then, start from the root chakra at the base of the spine and gently move upwards to the crown chakra, spending 3-4 minutes listening to each chakra. At each chakra position, place your palms around the chakra area about 1-2 feet above, and tell the chakra that you are there to listen to it. Then give your entire awareness and attention to the chakra and with your palms, gently try to massage or play around with the bio field above the chakra.

Do this using your intuition and creativity as a child playing on a beach would do, while playing with the sand. You can also visualize the colors of each chakra as mentioned in the chakra table. One important thing to note when you are doing chakra healing is that you need to have your vision on the entire body of the person

from head to toe trying to catch even the smallest movement, twitch, jerk of muscles or change in breath of the person being healed.

I normally give my focal vision to the chakra that I am healing and my peripheral vision keeps registering the changes that are happening around. If I experience more communication at any particular chakra, or observe more healing indicators such as body twitches, muscle jerks, or finger movement of the person being treated, then I spend some more time working on that particular chakra.

Once you reach the crown chakra and are done with all the 7 chakras, then you can simply massage all chakras together with long sweeping motion of your palms from top to bottom to soothe the energy vortices.

You can also work on your own chakras by doing the above on yourself while in a sitting position. Start from the Root Chakra and move up to the Crown Chakra.

Work on all chakras starting from the Root chakra, spend 2-3 minutes focusing your awareness at each chakra location.