

Sensing Chakras

Practical Exercise

Please get into pairs and find a space where you are able to sit comfortably. You will need one chair and a cushion. Please make sure you have both centred and grounded your energies before performing this exercise. You may also like to use the thymus tapping method as an energetic protection check.

One person will be seated on the chair (having their chakras sensed), the other person will be kneeling on the cushion next to them (or if easier, sat on an additional chair next to them) doing the sensing. You will both swap over at the end, so both of you have experienced having your chakras sensed and also doing the sensing.

Person Sensing the Chakras (seated on cushion or additional chair)

1. Gain permission from your partner to sense their chakras and protect the space you are both working in (use intention, violet flame, angels etc. Remember the GAPP acronym - Ground, Attune, Permission, Protect).
2. Activate the chakras in the palms of your hands by rubbing them together or pressing the centre of each palm gently with your thumbs.
3. Now place your hands (they can work as a pair or if you have a dominant hand, you can use just one) and place them about 10 cm away from your partner's body opposite their root chakra (groin). Close your eyes and take a few breaths to tap into your intuition. Some people like to place their other hand behind your partner's body, in parallel with the dominant hand, so you sense both the front of the chakra and the back of the chakra. This can make the sensory feedback more intense.
4. When centred and grounded, tune in and get a sense of what you feel. You can use your breath to assist this process. You may need to gently 'bounce' your hands to get a sense whether you need to move closer a little or further away. When you find the right distance, you may also like to use visualisation by imagining you are 'stepping in' to their root chakra. Remember the colour of the chakra. Focus on the reactions of your body to their chakra. What sensations, feelings, thoughts do you have? Do you see colours? Is this chakra energised or depleted in energy? Which way does it rotate? Is it blocked or clear? What does this chakra need in order to work at optimum? Please use the 'chakra plotting sheet' (outline of a person) to make notes.
5. Repeat this exercise with all 7 chakras (root, sacral, solar plexus, heart, throat, third eye and crown). Reference your chakra personality information sheets if needed to refresh your memory.
6. Once you have completed all 7 chakras please ask your partner to 'zip-up' their chakras with their control crystal and you must close the energy circuit off from your own aura. You can do this by sweeping your aura from top to toe or any movement that feels right for you. I sometimes make a slicing movement with my hands above my head.
7. Spend a couple of minutes feeding back to your partner and make any notes. Remember to write any significant learning down in your 'formula' log at the back of this booklet.
8. Swap over to repeat the exercise so you both get a chance to sense and be sensed.
9. Come back into the group and share 2 of the most significant things you sensed.