

## **Chakra Spread Exercise from Healing Touch**

**“The process described in the Chakra Spread exercise is used in hospice care for the terminally ill or for persons in severe pain because it is very gentle. Families who are sitting with a dying patient can also benefit from this technique to reduce their own stress levels.**

**The many applications for this technique include severe pain, before and after medical procedures, pre-and post surgery intervention, severe stress reactions, to ease any critical life transition, and to assist someone who is choosing to enter a profound meditation. This powerful technique takes a person to a deeper level of healing than is achieved by most techniques, so its use should be reserved for special needs and sacred moments in healing.**

**Technique: Usually, the client lies on his back on a massage table or bed. Even if the client is unable to speak, awareness of others’ presence and comfort is still experienced. It is helpful to show family or friends sitting at the bedside how to hold the hand of a loved one in the locked thumb position with the other hand on top, assisting them to offer the gift of touch! A quiet environment, subdued lighting, slow relaxing music of a meditative nature will assist the process. The recipient may have special requests for music.**

**All of your movements in this technique need to be very slow and gentle, avoiding any jarring or sudden, quick movements. Remember that the patient may be very weak, severely traumatized, hypersensitive, or sedated. Any sudden movement may intensify the pain or disrupt the biofield.**

**The technique can be done in silence and takes about 10 to 15 minutes. It is better to repeat the technique frequently than to extend the time. Family members and caregivers can learn the procedure so relief may be offered whenever they are present. All caregivers need to do the Chakra Spread in a similar manner as familiarity and repetition provide comfort when the client is in a terminal, comatose or unconscious state.**

## **Exercise:**

- 1. After centering, begin by holding the sole of the foot with the palm of your hand and place the other hand on top of the ankle or foot. Hold for at least a minute to open the energy center at the sole of the foot for a release of pain, tension or anxiety. Hold the other foot in a similar manner for a minute.**
- 2. Go to one side of the patient and hold the hand by locking thumbs, with your palm touching the client's palm and placing your other hand on the back of the patient's hand. Hold for at least a minute to open the energy flow in the palm chakra, creating a drain or release for accumulated stress. Repeat this hold on the other side.**
- 3. Move to the top of the head and bring both hands together into the energy field above the crown chakra. You will feel the edges of the chakra as you enter the field. Gently and slowly spread both hands outward as far as you can reach. Repeat this three times.**
- 4. Spread each lower chakra in similar fashion in the following order: crown, brow, throat, heart, solar plexus, abdomen, and root chakra. Notice how each chakra area feels. Continue by spreading the energy areas around the knees and ankles.**
- 5. Pull the energy off each foot by placing one hand above the foot and one hand below the sole of the foot. The pulling away resembles a column of light off the foot.**
- 6. Return to the crown and repeat the spread on each chakra 3 more times.**
- 7. Repeat this sequence one more time, completing three entire rounds.**
- 8. To complete the technique, return to one hand of your client and hold it again in the locked thumb position, placing your other hand on the heart center area of the patient.”- Healing Touch A Guidebook for Practitioners by, Dorothea Hover-Kramer**

<https://www.amazon.com/Healing-Touch-Guide-Practitioners-HEALER/dp/0766825191>

**\*This exercise may also be completed in a chair, with your client seated. Security is necessary for this mode of treatment since the patient may relax, fall asleep and slip out of the chair.**