

Slide 11

CHAKRAS: Centers of Consciousness

Energy Center	Endocrine Gland	Physical Areas of Influence	Major Psychological Function
7 Crown	Pineal	Upper brain, CNS, biorhythms	Connection to spirit, fulfillment of one's purpose, bliss. Negative aspects: apathy, loss of soul.
6 Brow	Pituitary	Face, eyes, ears, lower brain, base of skull	Understanding, belief, intuition, sight (both physical and psychic), imagination. Negative aspects: confusion, illusion.
5 Throat	Thyroid	Throat, neck, ears, mouth, shoulders, immune system	Communication, artistic expression, the ability to speak one's truth. Negative aspects: inability to speak up for oneself or to listen, self-righteousness.
4 Heart	Thymus	Chest, arms, hands, lungs, heart, blood and lymphatic flows	Love, joy, compassion, forgiveness, empathy. Negative aspect: grief.

Slide 12

CHAKRAS: Centers of Consciousness

Energy Center	Endocrine Gland	Physical Areas of Influence	Major Psychological Function
3 Solar Plexus	Pancreas, Insulin-Producing Glands	Stomach, small intestine, large intestine, liver, gall bladder	Personal power, control, self-control, self-discipline. Negative aspects: anger, frustration, powerlessness, shame.
2 Sacral	Gonads	Womb, genitals, kidney, bladder, low back	Sexuality, creativity, generativity, self-concept. Negative aspects: jealousy, guilt.
1 Root	Adrenals	Feet, legs, bones, large intestine, perineal floor	Basic survival, safety, groundedness, tribe. Negative aspects: insecurity, lack of groundedness, lack of desire to survive, fear.

Chakra Spin Part 1: Releasing the Negative Pattern

- ◆ Identify the chakra most associated with the issue, through client self-report and/or MT. The client may have a strong bodily sensation, or one may choose to focus on the chakra that is most often associated with the distress.
- ◆ Have client hold hands over the most affected chakra while thinking of issues or events associated with the identified feeling.
- ◆ After the client expresses the feelings and linked events, have the client spin out the intensity of the emotion with **counter-clockwise spins** and releasing statements. For example, "I release my fear of being penniless/unable to survive on my own" while spinning the root chakra emphatically.
- ◆ After treating the most affected chakra, the issue might be cleared. But if more treatment is needed, the client can either continue with counterclockwise spins working downward from the chakra most affected, or the client may start at the crown chakra and move down through all of the chakras with a counterclockwise spin.

Chakra Spin The client is the clock!

