BODY WISDOM ENERGY HEALING
MODULE 4- PART 4

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Part 2

- Introduction
- Organ Balancing

Healing the Whole Person

As with some of our other techniques, this one is also about integrating all of the parts of our body so we can function as a whole and complete unit. Many times we come to rely on one mode of processing to the exclusion of others. This can put a strain on our overall system. Using energetic tools to reconnect all the parts of ourselves so we function harmoniously can be very beneficial and, in this particular case, as help us heal many physical ailments.

Organ Balancing

Organ Balance is indicated for any of the following physical complaints: general unrest or anxiety, lack of vibrancy and life-force, depression, exhaustion, heart ailments of all kinds including heart attack, arrhythmia, kidney infection, female sexual imbalance, confusion, and the list could go on. The reason this is such an effective and versatile tool is because it balances 3 of the major endocrine glands and re-connects them to each other so that they work in harmony: the adrenals, the thymus, and the pineal.

Steps for Organ Balancing

1. Complete a full chelation.
2. Hold 2nd level.
3. Place hands over the area on the abdomen where the kidneys are located.
4. Sink in and balance.
5. Stretch the right hand so you are holding the balance between the two kidneys with your hand spread across the abdomen, pinky on the left kidney and thumb on the right.
6. Use your left hand pointed down to engage the thymus at the heart center.

7. Sink in and balance the thymus with the adrenals, and heart with the kidneys.
8. Create a triangle of energy running clockwise between the three organs.
9. Once this triangle is solid, move your left hand up to the forehead and focus on the pineal and brain.
10. Sink in and balance the brain and pineal with the other two organs.
11. Expand the triangle to include the brain. Run the triangular energy between the kidneys, heart and brain. When the triangle of energy is stabilized and running on its own, lift your hands out of their field.
12. Move to the head and close as usual.

Questions
Practice