



# BODY WISDOM ENERGY HEALING MODULE 1- PART 5

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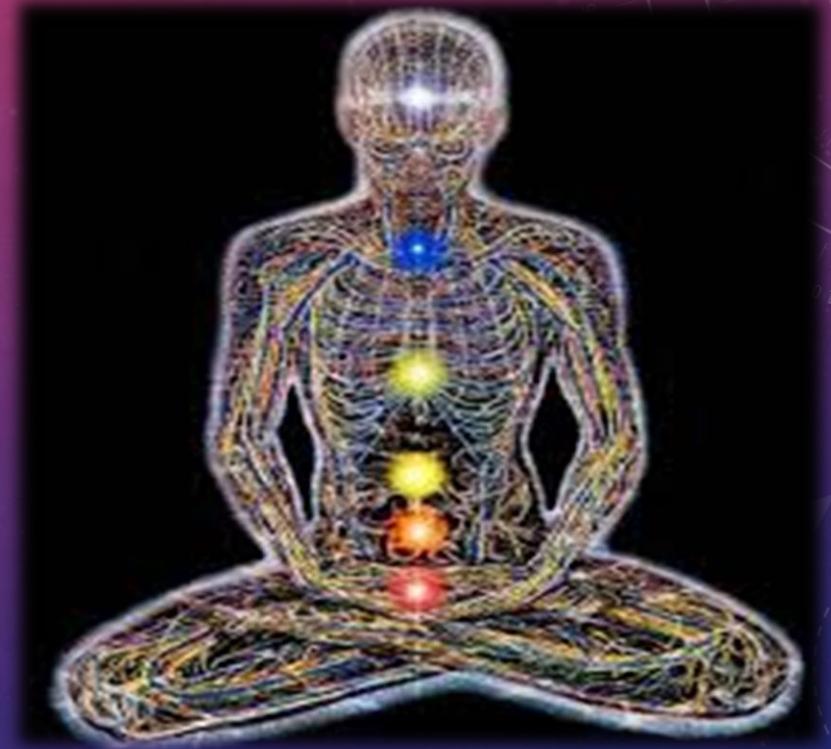
# Part 5



- Interpreting the Language of the Body
- Correspondences
- Arms and Legs
- Hands and Feet
- More Chakra Clearing Tools

## Interpreting the Language of the Body

If we want to help our clients and ourselves to create real change and balance in our bodies and our lives, then we must remember that this process is more than just moving blocks, and combing energy. It is about learning, understanding, and listening to the language of the body. If we understand dis-ease in the body as a call for balance, then we must not only, treat the symptoms, and create the balance. We must begin to intuit the real message: the source of the imbalance. By knowing where and how the body holds and processes information, we can begin to get a clearer picture of what is really going on with someone.





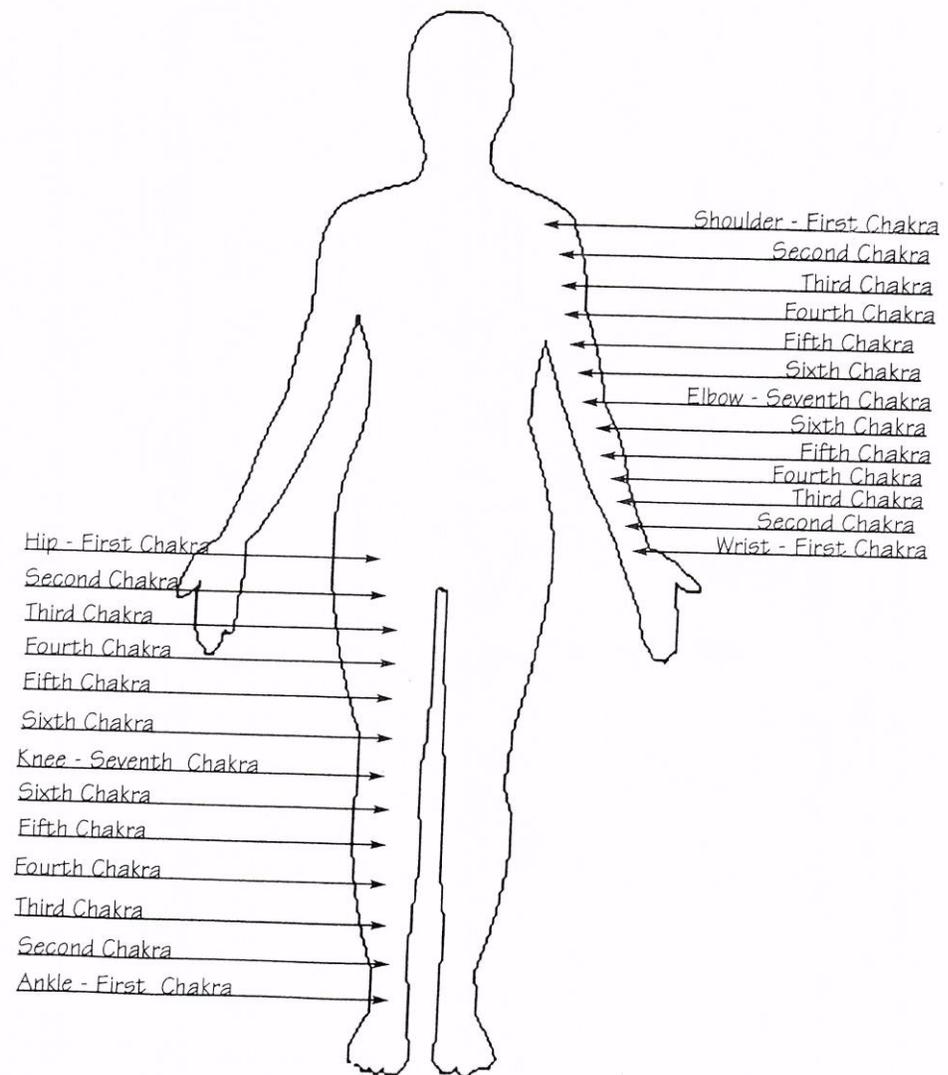
In our last module we learned about the basic structure and function of the chakras and the energy field. Knowing the kind of information that each chakra processes can help us understand issues that may be the source of pain, discomfort or dis-ease in the body. For instance, if someone has a sore throat, it could indicate that they may be having difficulty speaking their truth. Issues in the lower abdomen and around the hips (second chakra) could indicate relationship or money difficulties. These are not hard and fast rules. They are more like sign-posts, they give us a place to look. If any of you have had a healing with me, you know that if I find blockages in the right foot or ankle, I may ask a question, like, “Are you having any issues with a male person in your life?” or “Are you having issues moving forward in some area of your life?” As we are working with others, this is the approach we can take: There is a block in the body here; what is it holding? Why did we put it there in the first place? What “avoidance” behaviors caused it?

## The Next Layer – Correspondences

The body has a tendency to repeat the same message over and over again in different ways...just to make sure we get it. In truth, it is simply about where the body stores energy and information. There are spots on our hands and feet and our arms and legs that store information (energy) that correspond to the seven main energy centers in the body. This does not mean there are tiny chakras in all of these places although some of them do have tiny chakras in them. It is more like these areas align with the same kind of energies of certain chakras in the human form. (Please refer to the diagrams that are included here.)



## Chakra Points / Arms and Legs

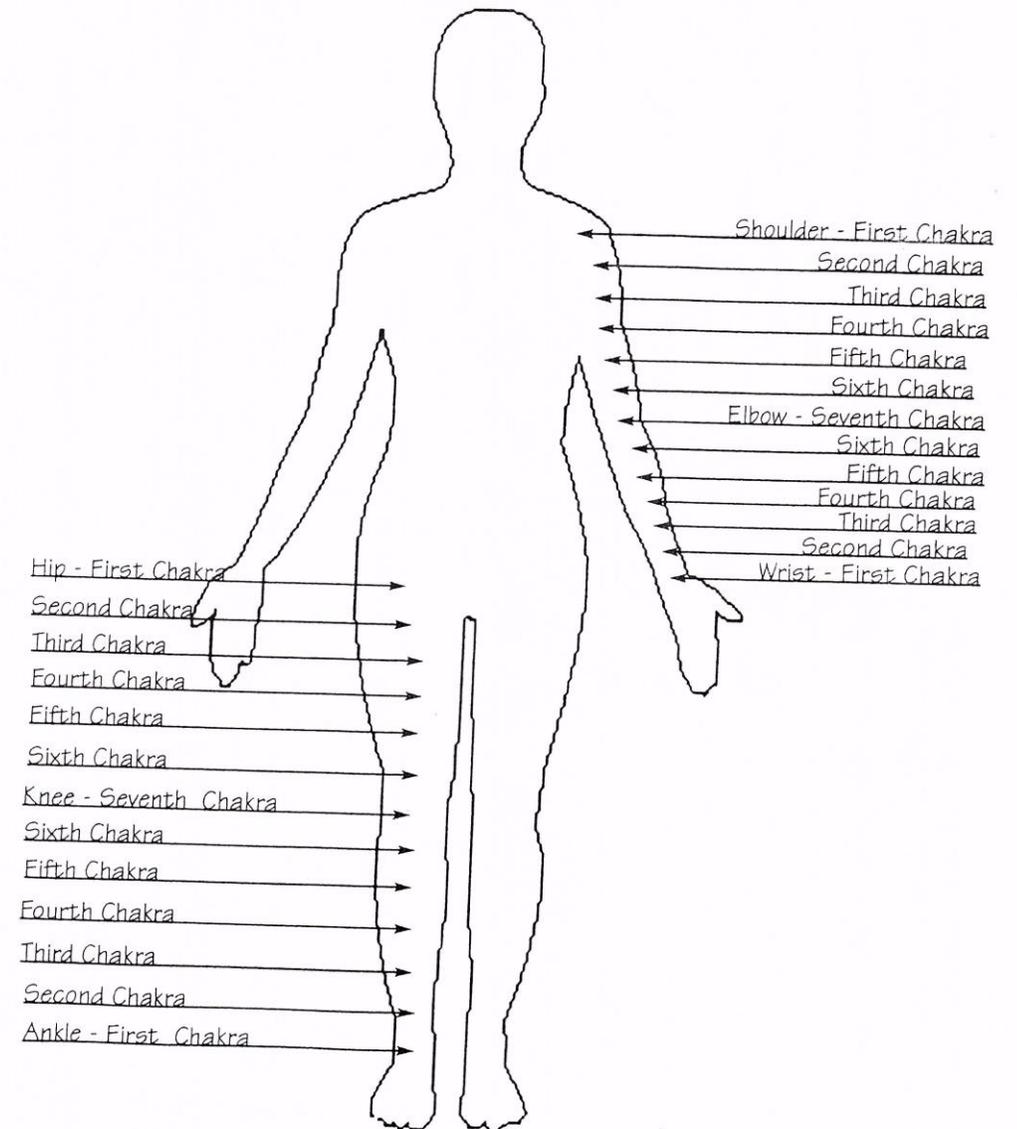


## The Arms and Legs

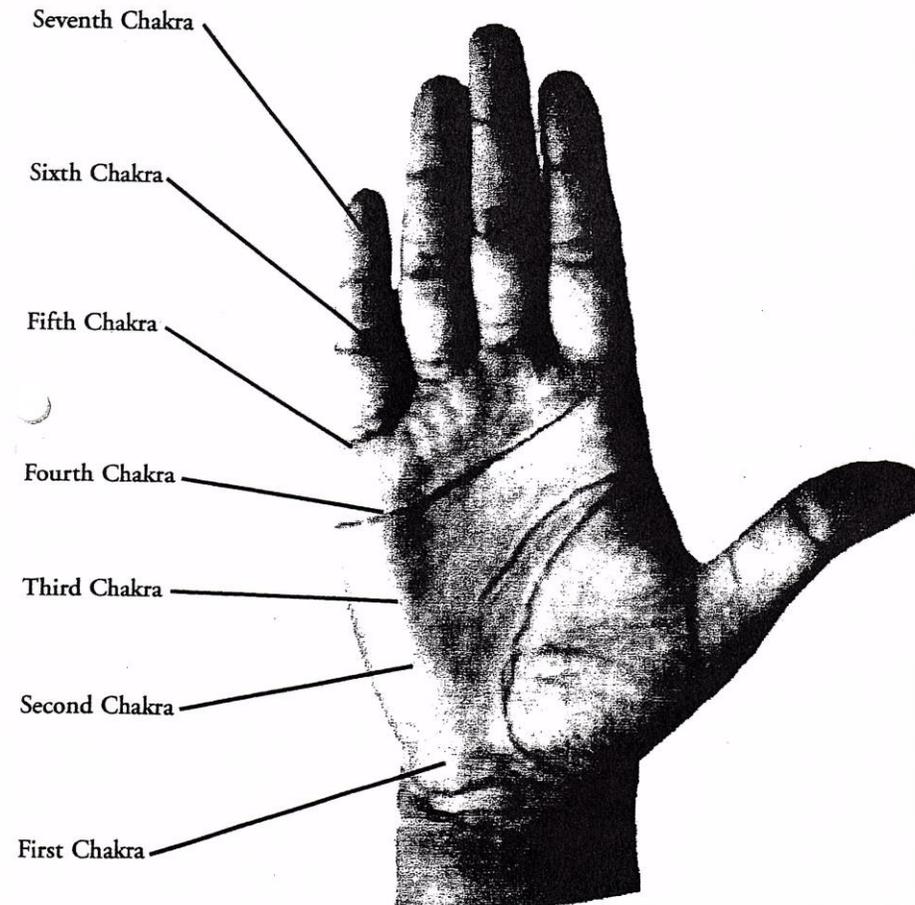
So just imagine that the shoulder on your arm, corresponds to first chakra and the elbow corresponds to seventh chakra. There is a spot between those two areas that corresponds to all the other chakras. Likewise, the Wrist also corresponds to first chakra, so there are also corresponding points along the forearm that correspond to all the chakras. So beginning at your shoulder, you can count: 1,2,3,4,5,6,7 (to the elbow) and continue down from the elbow to the wrist: 7,6,5,4,3,2,1 (ending at the wrist).

Likewise the Hips correspond with first chakra and the knees correspond with seventh chakra. The ankle also corresponds to first chakra. So beginning at your hip, you can count: 1,2,3,4,5,6,7 (to the knee) and continue down from the knee to the ankle: 7,6,5,4,3,2,1 (ending at the wrist).

## Chakra Points / Arms and Legs



## Hand Chakras

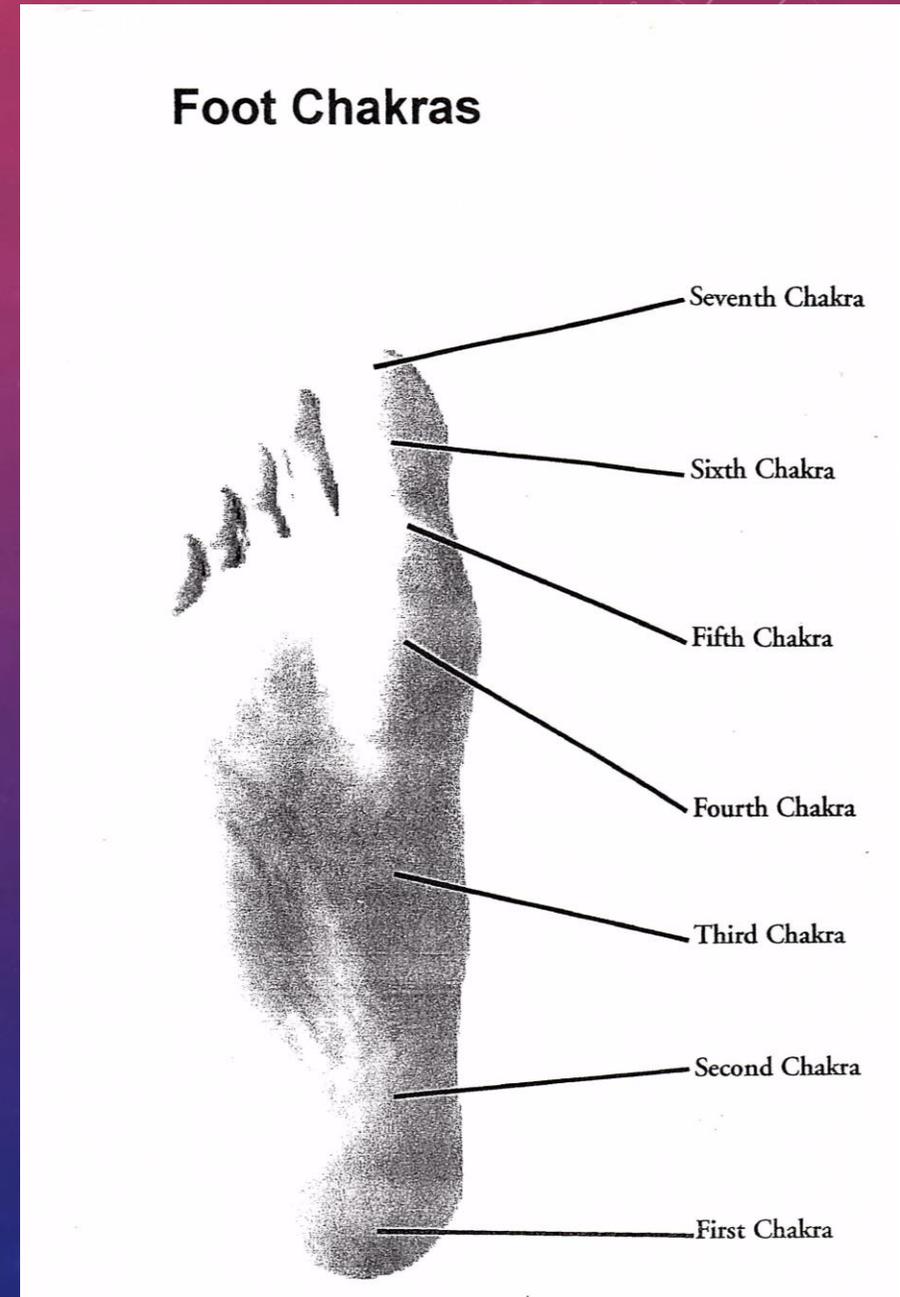


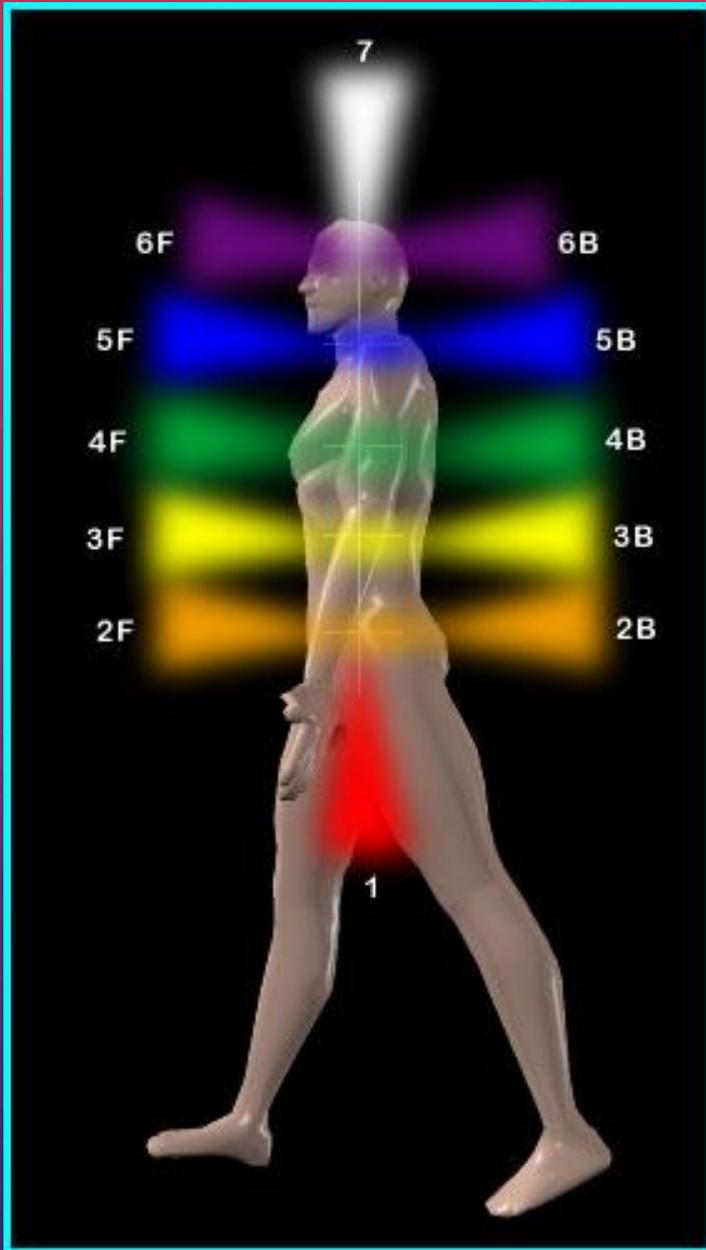
## The Hands and Feet

The same is true for the hands and feet. If you start at the top of the big toe (or really any of the toes), it corresponds with seventh chakra. The pad of that toes corresponds with sixth chakra. The crease corresponds with fifth chakra. The ball corresponds with fourth chakra. The arch corresponds with third chakra. The upper heel corresponds with second and the base of the heel with first. If you reference a reflexology chart, you can see this in a very dramatic way.

The hands also start at the tips of the fingers with seventh chakra. The second and third sections of the fingers are sixth, the crease is fifth, the pad under the fingers is fourth, the middle is third, the lower section of the hand is second and the heel of the palm is first (right at the wrist that also corresponds with first chakra).

There are actually true chakra openings at the tips of the hands and feet, but for the most part these are just areas of the body that correspond with the seven major chakra points.





Why does this matter to us? When we are looking to decipher messages from the body, these correspondences really help us. For instance, if someone is having a problem with their knees, I immediately know this is a seventh chakra issue; they are having trouble connecting with their guidance up. Same with elbows. Shoulders are base chakra, and so on. So sometimes the messages our body gives us can be hiding in plain sight. Knowing the correspondences helps us with the interpretation process.

So paying attention to where you find blockages can help you understand what the source of the blockage truly is. To understand this more fully, it is helpful to understand how an imbalance in the body is formed. This is the basic scenario: Something happens in our outside world. It triggers a thought, which triggers a chemical discharge in the brain, which triggers an emotion, which causes us to create a story (many thoughts), which causes us to engage in a behavior which may or may not be beneficial for us over time. If it is not, especially if it causes us not to express our emotion but to hold it, eventually our body will do something to get our attention. If we ignore that something it will continue to get louder. So as you work with people and yourself you want to always be aware of where things are and you always want to be listening and asking, “why?” So you begin to pay attention to anatomy. You look at what chakra is this located near? What organ is it on or near? What is the function of that organ? What side of the body is it on? If it is on the right side, it could be about a person in a male body, or about moving forward (masculine). If it is on the left, it could be about a person in a female body, or about receiving, or about a connection to the Earth (feminine).



## More tools

There are many different kinds of work that can be done with the chakra system. The ones included today are crystals, essential oils, and yoga. Working with these, alone or in combination with each other can be quite powerful. For instance, you may want to focus on one or two of the chakras that you have discovered blockages within. You may want to do a little yoga, use an oil mixture for a particular chakra and a crystal layout, and then use the meditation we did last week, just for those specific chakras while you allow the oil and crystals to work. Below is a chart with more correspondences for chakra healing:



Chakra	Main Issue	Emotional Dysfunction	Essential Oils	Crystals
7-Crown	Spirituality	Depression, Obsessive Thinking, confusion	Lavender, Rosewood Frankincense	Amethyst, Clear Quartz Diamond
6-Head	Intuition, Wisdom	Nightmares, learning difficulties, hallucinations	Hyacinth, Violet, Rose geranium	Amethyst, Fluorite, Azurite
5-Throat	Communication	Perfectionism, blocked Emotion or creativity	Chamomile, Myrrh	Lapis lazuli, turquoise, Aquamarine
4-Heart	Love & Relationships	Fears about betrayal, co-dependence, melancholy	Rose, Bergamot, Melissa	Rose quartz, Emerald, Watermelon Tourmaline
3-Solar Plexus	Self Will Power	Oversensitive, control issues, self-esteem	Vetiver, Bergamot, <u>Ylang ylang</u>	Aventurine, sunstone, Yellow Citrine
2-Sacral	Emotional Balance, sex	<u>Emotional</u> instability, unbalanced sex drive	Jasmine, Rose, Sandalwood	Citrine, Carnelian, Golden topaz
1-Base	Survival Physical needs	Mental lethargy, <u>spaciness</u>	<u>Cedarwood</u> , Myrrh, Patchouli	Hematite, Tiger's Eye Bloodstone

## Using the tools: Crystals

The chakras are vortices of energy through which the Universal Life Force is channeled. They resonate at different frequencies that we associate with different colors on the physical plane. Crystals work on the same principle. They oscillate to a natural healing frequency that is activated by the power of your intention. Crystals are, therefore compatible tools with which to harmonize and balance the chakra system vibrationally. They can help you tap into your natural self-healing abilities, promoting optimum physical, mental, and spiritual well-being.



Because crystals work vibrationally, they can accumulate energies within them that may be inappropriate for you. It is important to cleanse and charge them before each use (and after). This may be done by smudging them with sage or incense, soaking them in sea salt and water, or holding them under running water and then leaving them in outside in the sun and under the moon for 24 hours (my preference).



To use crystals to work on your chakras, lie down and position the crystals in a supportive configuration on the specific chakra you are targeting. You can ask for guidance as to how to lay out the crystals and which ones to use. A good rule to follow is the color rule: Use a crystal the same color as the chakra you are targeting. You may want to place a crystal on each chakra. Relax, and move into a guided meditation or one of your own. Allow the vibrations from the crystal to energize and tune the chakra. Remove the crystals and ease yourself back into normal consciousness



## Essential Oils



Essential oils work vibrationally and physiologically with the body, so they make a very good vehicle for chakra clearing. They trigger changes in our system by raising our vibration in certain areas to one that is more in tune with functioning in the 3-d world. You can use them in conjunction with meditation and crystals or as a “quick fix” to tide you over until you can do more serious work. You may use a single or mixture of essential oils for each chakra. To use them, you want to take into consideration that they work through the olfactory system so you want to make sure you smell them, as well as put them on the chakra in need. A good way to make sure you have sufficient coverage is to put 3 drops in your hand and rub your hands together. Cup your palms over your mouth and nose and breathe in deeply 3 times. Then put a drop on the chakra and rub some on the bottom of your feet.

## Yoga



Yoga postures help to stretch and tone the body both internally and externally. They also work with the energetic bodies to maintain basic function in all systems in a way that is much deeper than basic exercise. I recommend doing yoga before you do healings on anyone. It opens your meridians and your chakras and allows life force to flow through you freely. I try to include it in my daily morning practice, especially if I am going to be working on people that day. There are many books that provide information on postures specifically for different chakras if you want to utilize it specifically. However, I have found that just doing a little general yoga stretching everyday works to keep them open and happy.