

# Balancing Chakra Energy Centers



When balancing the client's body to maximize their own healing abilities we link each Chakra to the Heart Chakra. The client is lying on a massage table face up.

## **Chakra Balancing**

1/ Place one hand on the Heart Chakra and put your other hand on the Root Chakra. Breath in through the nose for a count of 3 and out through the mouth for a count of 6. Repeat 3 times.

2/ Leave one hand on the Heart Chakra and move the other hand alternatively to rest over each consecutive Chakra. Breath in through the nose for a count of 3 and out through the mouth for a count of 6. Repeat 3 times. Switch hands when convenient.

3/ Stand at the head end of the table and hold the palms of both hands gently touching the top of the head. Repeat the breathing pattern.

4/ Gently touching the skin with the fingers of both hands at the top of the head, sweep down both cheeks and then sweep slowly down the body, one hand sweeping the center of the body, the other hand sweeping the shoulder and left arm. At the waist both hands continue sweeping together down the left leg and sweeping off the toes.

Repeat for the right side of the body.

5/ Gently touching the skin with the fingers of both hands at the top of the head, sweep down both cheeks and then sweep slowly down the center of the body with both hands. Diverge at the waist and let both hands sweep down both legs at once and sweeping off the toes.

6/ Finish by sweeping in the air above the body from head to toe several times shaking the fingers at the end of each sweep as if shaking water off the fingertips.

### **Healing Prayer**

You can say a healing prayer while sweeping if the client is open to it. I use a non religious prayer to the Universe borrowed from Sufi healer Hazrat Inayat Khan from the early 1900s. It's modified to update the language.

#### **Beloved Universe, Divine Presence**

**Through the rays of the sun**

**Through the waves of the air**

**Through the all pervading life in space**

**Purify and revivify us**

**Through our hearts may our bodies, minds, world and spirit be one!**

or another version ...

#### **Beloved Universe, Divine Presence**

**Through the rays of the sun**

**Through the waves of the air**

**Through the all pervading life in space**

**Purify and revitalize us**

**Through our hearts may our bodies, minds, world and spirit be whole!**

or design your own prayer!