



**ENERGY HEALING INSTITUTE**  
Education for The Consciously Curious

## **Evolving the Etheric Body**



## **Energy Balancing**

## Energy Balancing

Def: Energy Balancing is a hands-on method for centering the client within the body and synchronizing the physical and energy body (Etheric/physical & Astral/emotional). The process begins at the head and culminates at the feet chakras. Generally applied at the commencement of a treatment, unless Energy Chelation is planned. Alternatively, the treatment may be applied at the end of a treatment, if the client is in balance as the treatment begins.

### Description

The practitioner begins by Infusing Gold Energy into the crown chakra. If the energy does not flow freely into the crown, the practitioner moves to the feet chakras and opens them. He/she returns to the head and infuses the crown.

The practitioner places his hands on either side of the head, pinky fingers extended to the back of the skull at the occipital bone. Generally, the index finger is behind the ear, the thumb is in front of the ear. Energy is directed through the hand chakras, beaming into the occipital region, and the chakras that are activated to benefit the Etheric/physical. The practitioner learns to sense the balance that is reached at each placement of hands on the body. For many, there is a pulsing back and forth between the hand chakras as balance is achieved.

Hand placements include:

- Either side of the head, pinky fingers extended to the back of the skull at the occipital bone, index finger behind the ear, thumb in front of the ear
- Right/left balancing (hands in same position as above, figure 8 between left and right hemisphere)
- Forehead and medulla – one hand cupping the back of the neck, the other hand on the forehead/3<sup>rd</sup> eye. NOTE: The hand that remains on the Medulla for the next three holds is usually the non-dominant hand and never leaves the Medulla until the next three holds are completed.
- Medulla and left shoulder – one hand cupping the back of the neck, one hand underneath left shoulder girdle. Note: the palm of the hand is cupping the shoulder girdle from underneath. Depending on which hand is on the Medulla, the arm is crossed over and inserted under the shoulder girdle.
- Medulla and right shoulder – one hand cupping the back of the neck, one hand underneath right shoulder girdle. Note: the palm of the hand is cupping the shoulder girdle from underneath. Depending on which hand is on the Medulla, the arm is crossed over and inserted under the shoulder girdle.
- Medulla and Compassion Center/Heart chakras (Astral) – one hand cupping the back of the neck, the other hand placed on the breastbone and heart chakras (finger tips are on Etheric heart chakras)

- Shoulders (front of body) – standing facing the client, with one hand on each shoulder
- Hips (front of body) – standing facing the client, with one hand on each hip
- Knees (front of body) – standing facing the client, with one hand on each knee
- Ankles (front of body) – standing facing the client, with one hand on each ankle
- Feet chakra – standing at feet of client with thumbs on feet chakra, hands wrapped around outside of feet onto instep

The clues to a balanced state within the client are subtle and diverse. The practitioner moves into a state of resonance with the client. The resonance emerges through the grounded energy body, the Etheric/physical and Astral/emotional perception using the Clairvoyance System and the Psychic Screens. The subtle signals come through the practitioner's mind, hand chakras, breathing, colors and visuals, frequencies, even the body system (left/right balancing).

To receive the clues, the practitioner maintains focus, listens with all of the senses, trusts the subtle signals and monitors the client for changes in his or her physical demeanor.

### Background

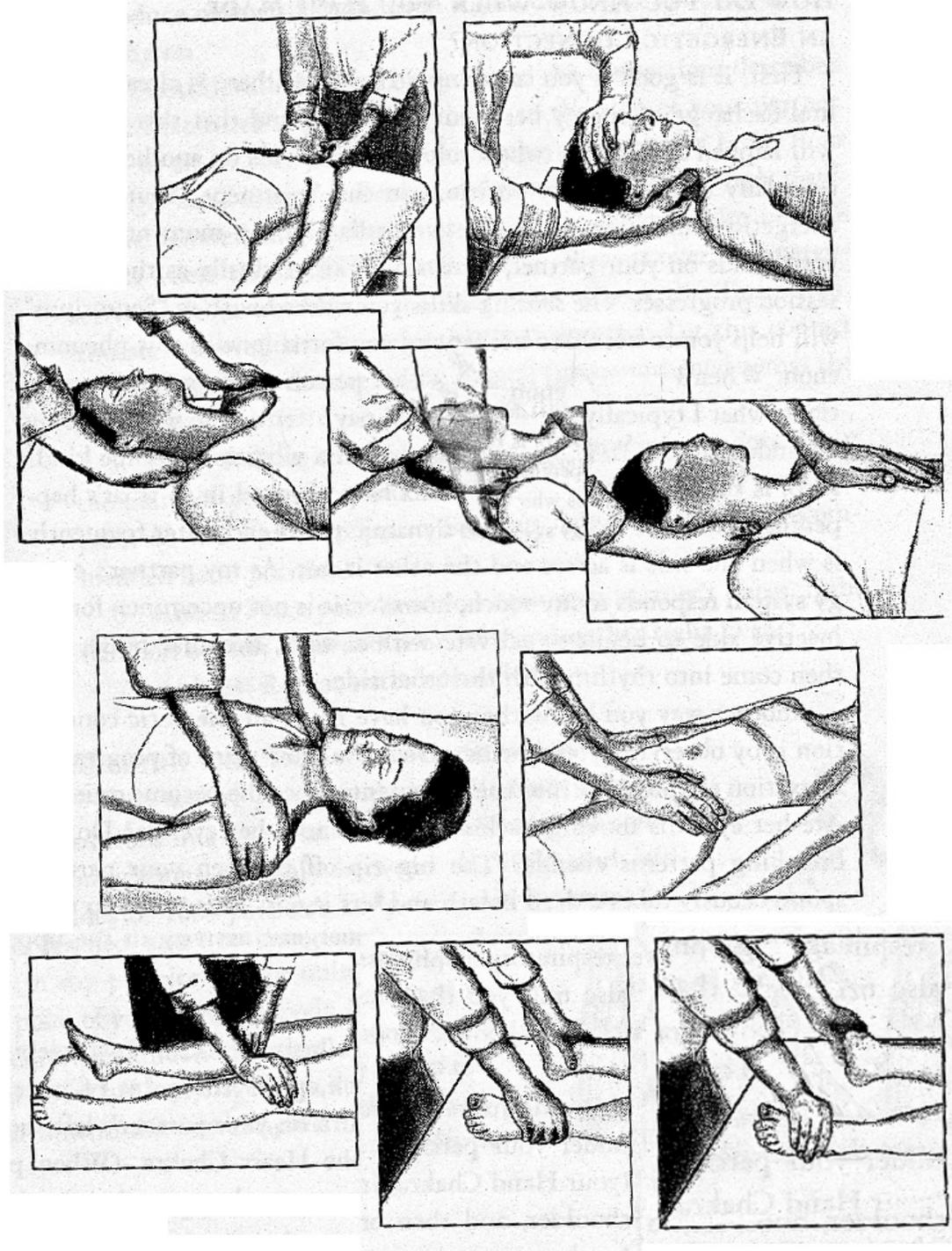
Energy balancing can be done in a variety of ways and under a lot of differing circumstances. It can be done to initiate or complete a healing session where clearing has taken place. It's helpful on a repetitive basis for individuals who are "in their heads" rather than "in their bodies." Over time, the client learns to shift into full-body awareness as the energy balancing results in a grounded state of consciousness, with a balanced left and right brain.

Patient/clients who are agitated generally release the immediate upset and restore a sense of calm and order to both thought and emotion.

In cases where trauma is released or releasing, the client may move into a fetal position, on the side with the legs and arms pulled in, head tucked in toward the chest. This same balancing can be done using the head, the presenting shoulder, hip, ankle and foot. Access to the heart can be achieved using the back, rather than the chest (which may feel invasive or intrusive in a trauma situation). There is no need to "unwind" the client from the position and access both sides of the body.

The practitioner can also create this state of balance within him or herself, using a hands-on approach (in a seated position with a brief rest afterwards in a prone position), or via visualization.

Illustration: Energy Balancing



## Skill: Energy Balancing

Invite the client to lie on his or her back, shoes removed

Use a pillow under the knees for back problems,  
under the head (not the shoulders) for neck problems

Engage the occipital and medulla chakra

Synchronize the System

Ensure Etheric grounding before placing hands on client head

*Begin by infusing the crown chakras with gold, neutral energy. If the energy doesn't freely stream into the crown, open the feet chakras and then return to the crown infusion*

*Place hands on either side of head, thumbs in front of the ears,  
index fingers behind the ears*

Attend to the subtle signals that indicate left/right energy flow (body swaying, pulling to one side or the other, "falling" sensation in the mind, etc.)

*Synch the System with a figure 8 of energy*

Maintain connection in the client head until balance is achieved

*Extend pinkie fingers to the occipital region, where the head bones meet*

Attend to the subtle signals in the client head for the synchronization or activation of the occipital chakra (often described as two links coming together, a rush of energy or a hooking up of energy)

*Forehead and medulla – one hand cupping the back of the neck,  
the other hand on the forehead/3<sup>rd</sup> eye*

Attend to the subtle signals in the client head  
for the synchronization or activation of the medulla chakra  
(often described as a slowing down or loosening of a too-tight belt)

*Medulla and left shoulder – one hand cupping the back of the neck,  
one hand underneath left shoulder girdle*

Attend to the subtle signals in the client head, neck and shoulder  
as awareness moves deeper into the body and synchronization occurs  
(watch the breath, body language in addition to sensing the energy shifts)

*Medulla and right shoulder – one hand cupping the back of the neck,  
one hand underneath right shoulder girdle*

Attend to the subtle signals in the client head, neck and shoulder  
as awareness moves deeper into the body and synchronization occurs –  
notice the left/right synchronization in the two shoulders  
(watch the breath, body language in addition to sensing the energy shifts)

*Medulla and Compassion Center/Heart chakra (Astral) –  
one hand cupping the back of the neck,  
the other hand placed on the breastbone and heart chakra  
(finger tips are on Etheric heart chakra)*

Attend to the subtle signals in the client,  
as the heart chakra and Compassion Center align with the physical body awareness  
and synchronization occurs –  
(watch the breath, body language in addition to sensing the energy shifts, notice your own  
responses as you resonate with the shift in the energy)

*Shoulders (front of body) – standing facing the client,  
with one hand on each shoulder socket*

Attend to the subtle signals in the client,  
as physical body awareness  
and synchronization occurs –  
(watch the breath, body language in addition to sensing the energy shifts, notice your own  
responses as you resonate with the shift in the energy)

*Hips (front of body) – standing facing the client,  
with one hand on each hip socket*

Attend to the subtle signals in the client,  
as physical body awareness  
and synchronization occurs –  
(watch the breath, body language in addition to sensing the energy shifts, notice your own  
responses as you resonate with the shift in the energy)

*Knees (front of body) – standing facing the client,  
with one hand on each knee joint*

Attend to the subtle signals in the client,  
as physical body awareness  
and synchronization occurs –

(watch the breath, body language in addition to sensing the energy shifts, notice your own responses as you resonate with the shift in the energy)

*Ankles (front of body) – standing facing the client,  
with one hand on each ankle joint*

Attend to the subtle signals in the client,  
as physical body awareness  
and synchronization occurs –

(watch the breath, body language in addition to sensing the energy shifts, notice your own responses as you resonate with the shift in the energy)

*Feet chakras – standing at feet of client with thumbs on feet chakras,  
hands wrapped around outside of feet onto instep*

Attend to the subtle signals in the client,  
as physical body awareness  
and synchronization occurs –

(watch the breath, body language in addition to sensing the energy shifts, notice your own responses as you resonate with the shift in the energy)