

## Body, Mind, Heart and Soul Balance



# THE 8 CHAKRAS

Nothing is original.

Steal from anywhere that resonates with inspiration or

Fuels your imagination.

Devour old films, new films, music, books,

Paintings, photographs, poems, dreams,

random conversations, architecture,

bridges, street signs, trees,

Clouds; bodies of water and light and shadows.

Jim Jarmusch

Be critical yet open-minded. Be fair and curious. Read, dismiss, select and continue in your way, but make sure you're listening to your body. If you have no idea how to listen to the heart and soul, then it makes sense to do some techniques that have worked for thousands of years.

30 minutes reading

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## **NO RIGHT OR WRONG WAY**

Reading educates, but can also confuse, so be selective, many authors and practitioners advocate (with a great deal of authority) until we become confused. Discrepancies increase as authors add more details to their theories. Some say the third eye is blue; others say purple or gold, but no one has seen the chakras, so you need to be guided by how you feel. Some information will describe the chakras as seven to thirteen, I work in eight, for a reason, which I'll explain later.

However, like all information, please treat my findings as any another information stream, one that suits me; it satisfied my clients and students and may work for you.

## **The Medical Profession**

No ethical doctor would deny you using commentary techniques, especially if they gave you a better awareness of your body. However, if you feel as my father did with his quiggly tummy, then see your doctor, because he had ulcers. My father had no idea about the chakras. He knew nothing of meridian lines, or any complementary ways, all he knew was something's not quite right. When he felt at odds with his body, he would say: 'I have a quiggly tummy'. However, this technique can have untold benefits to the whole bod

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## **AN ECLECTIC MIX**

I embrace modern and ancient, western medicine and Eastern medicines. The Chakras system is an older way of life that warrants respect and open-mindedness; it's not an alternative approach; rather, it complements existing therapies and self-healing. Even though I'm considered logical and pragmatic, and the sciences appeal, so does religion, politics, spirituality and eastern philosophies.

I research subjects if clients ask me if I know anything about the Chakra system, colour therapy, Reiki, crystals and one client asked me about the death hormone, which I promised to find out about.

### **We can't see these chakras.**

But can feel them. When we become skilled at understanding our body and listening with the heart and soul we can tell when each chakra is balanced or unbalanced. I like to be able to answer their questions. But a client asking about the death hormone beat me, and she'd worked herself up into a right old tizzy; I said I find out for her at the weekend. A doctor confirmed this was correct. I've seen the death hormone myself.

When I saw a photo of my husband with the boys in the IOM and his passport photo, it was apparent the death hormone had kicked in. Could I have done anything more? I ask that question all the time.

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## **WHAT MORE CAN WE DO?**

After the death of my Husband in May 2019, I felt a great need to balance my chakras and do all the techniques on my programme. I know these helped me come to terms with his sudden death in ways the usual process couldn't, although I went through the five stages of grief. I know now that if I could start my life over again, I'd be a lot more careful and considerate about my mind, body and soul.

The truth is we are what we consume, emotionally mentally and physically. So, we need to consider recharging the body when it's running out of juice, and this technique can help do that.

## **Perfect Harmony**

When the chakras soon in perfect harmony, we radiate sound health, our emotions and thinking is stable, and we experience a deep sense of inner peace and calmness. But how do we know when these are out of balance? Some people are brilliant at knowing something is wrong.

I had a client Lisa, who told the doctors she had cancer, although the mammogram said otherwise. She was right, not once but twice, just as I was right when I said I had gallstones and not cancer. Some people listen to their body and intuition better than others. My grandmother taught me a simple technique when I was feeling off-colour as a child and one that I still use today.

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## **THE THYMUS TAP**

She told me to gently tap the thymus nine times each morning to activate this energy and keep me well. I'm fully aware that this isn't scientific and for those who find this concept difficult to get the old logical head around, that's perfectly acceptable. We all have choices, only when those choices denied us do we have a dictatorship.

## **Mindfulness**

Listen to your body mindfully that means stopping and stepping back to reflect, only then can you feel what's going on. If you're like most people today, your body is crying out for attention. However, to listen with the ear of the heart and soul, you have to be mindful. Some people have to wait for years before they hear their soul speaking to them. And a few still ignore what they hear, and continue making the same old mistakes. Thankfully Lisa who had cancer in both breasts was listening to her body; she didn't need this technique; however, by doing so, it, confirmed she had to be persistent with the consultant.

This technique works through each chakra cleansing first and then rebalancing. So by doing this regularly subtle to profound changes can take place, unconsciously and consciously throughout the whole psyche. As mentioned earlier, I work in eight chakras to include the thymus (8) simply because of the pollution in the world today.

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## **ENERGY POINTS**

Throughout the body, we have specific energy points called the chakras. Each chakra connects to particular organs; an imbalance in either of these areas can cause mild feelings of discomfort to pretty darned rough. Pain would be noticed in each organ or generally throughout the body as organs need each other. Unlike western medicine, where you would see a doctor for each organ, in the East, each organ works together, as one without the other is useless.

### **Prevention is the motto in the East.**

In the West, we see a doctor when ill. If we went to a doctor and said we'd like information on how to stay well, the doctor tells us to come back when sick. When balancing the chakras, you may become more aware of the energy in your body, your emotional and mental needs, and hopefully like many clients you'll find a more profound sense of how precious your mind, body and soul is. Once these are balanced, the rhythm in the body and life will be impeccable.

I learnt very quickly that the intellect gets in the way of self-development and spiritual progress. So please don't make the same mistakes I did in a period between leaving my roots and finding new ones, by believing simplicity is useless because you'd be wrong.

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## 1. THE BASE CHAKA RED



For this concept, we start at the base of the spine, the 'sit up-on' or BTM as my grandmother called the bottom. We consider this area as goddess energy and the warrior in a man. This chakra gives you that sense of security, inner strength and the capabilities to defend and protect oneself, the environment and others. Throughout life, these two have been entirely opposed in a gender struggle when there is no need, as these are two unique energies within their rights that work together in harmony.

**These are divinely interconnected.**

Masculine energy is everywhere and hasn't moderated itself since the beginning of time. Look around, and you'll see that life is full of male energy, whether direct or indirect. Phallic symbols (denoting power and strength) are everywhere if you know where to look.

We had so many expectations for the millennium onwards, a new birthing of humanity, a new balance, and a fresh start. But nothing has, much is the same in many areas. The reasons are, masculine energy is far too logical and focused on external happenings. This energy is passionate, proactive, goal-orientated, and concentrates on the external things in life and rarely thinks of the inner workings of the soul.

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## **BALANCING THE YIN AND THE YANG**

We see masculine (Yang) energy in buildings, in the design of cars, home décor, paintings, sculptures and skyscrapers, in writings and the artwork. Masculine energy dominates our lives. The very nature of this energy is to rule, control and lead. Masculine energy is not necessarily bad, as we need this energy; however, I believe a more balanced approach is becoming increasingly vital if we're to survive spiritually.

The feminine (Yin) energy needs to reclaim her lost power and in all rankness has become even more critical in the 21st, century. Because when the feminine energy is blocked, women become far more aggressive trying to compete with men and nothing is as formidable as a woman out of balance with her true worth.

### **One client, in particular, comes to mind.**

She called me one day for an emergency appointment as though her life depended on seeing me. She was in panic mode! Her boss had told her that her contract for training was about to be cancelled. I had no idea what to expect. On the phone, she sounded a wreck, emotional and worried about her future. Before she arrived, I asked her to bring her training schedule and all the critical feedback, which was 100% negative. When she came, I heard her long before she entered the room. Her walk on the gravel was purposeful and substantial.



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## **THE MISGUIDED GODDESS**

The way she slammed her car door sounded excessive. The abrupt way she opened the outer therapy door gave me clues to her demeanour before she entered my room. I wasn't surprised to see a tall woman, wearing jackboots, legs apart, arms behind her back, chin jutting out the epitome of the unbalanced energy. Her stance told me she preferred this no-nonsense military position.

Her grey shirt and dark grey combat pants showed strong muscular thighs. However, when I looked into her eyes, I saw a misguided goddess. Somewhere in her training, before she became a trainer herself, she'd probably been trained by men. I detected sheer panic as she looked at me in my ankle-length skirt and pink sandals.

**But she'd been recommended, but had no choice.**

Her career she loved was on the line and the money was brilliant at £2.000 for one weekend a month. Her work enabled her to do what she loved best, and that was horse riding. But her attitude and military attire petrified the men. She was reducing women to tears, and the men were not too happy either, the company she had a contract with had given her one more chance to do something or they wouldn't renew the following month. And, desperation makes you more willing.

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### **TIME WAS NOT ON MY SIDE**

My job was to explore quickly, to find out her reasoning and to make some suggestions that could modify her attitude and offer some guidance and all in one session, as she was training that Saturday and Sunday. There was no time to beat about the bush. I explained that I was a trainer myself, that I'd worked with the emergency services and the Ministry of Defence for years, that I'd trained many women in a man's world. Her face relaxed.

Paula (not her real name) leant forward interested as I spoke about the balance of being bold with integrity, at how being a woman was a precious phenomenal gift, both for women to be, and for men to witness. Time was not on my side. I needed to get over to this woman hell-bent of being authoritarian that she could be authoritative, but with gentleness and awareness.

### **I quickly explained the chakras.**

She looked intense, impatient, and I knew all too well all she wanted was answers and solutions for the next working day. Over the two hours, we discussed appearance, attitude, plus the feedback she'd had, which was harsh; however, she admitted with humility and honestly that much was true. We covered her training programme, which was more like a military operation about to go to war than a team-building experience meant to be fun and informative.

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## **DELETE, DELETE, DELETE**

We deleted fifty per cent of her work, in favour of less hectic activities, and more communication, roleplaying and humour as I explained fun was vital in training as this built empathy. As she relaxed and opened up, I found she had a wonderfully dry sense of humour. I honed in on this, explaining that jokes were a great icebreaker and an excellent tool in communication as long as it wasn't personal.

### **I suggested a more natural interaction.**

When Paula relaxed, her humour was quick. I asked her why she felt her workshop had to be so disciplined? Expressing adamantly that her type of training developed self-control, character, and efficiency, order and responsibility. Her chin jutted out in determination as she spoke. I suggested it might also imply subjection, and overt control, plus was a military workout right for a group in a business environment?

I agreed that order and responsibility are essential, in this situation, could her weekend be more gentle? Isn't it possible to have tenderness with boldness and still come over as valuable? That women need both masculine (warrior) and feminine (goddess) energy in equal measure to be successful. That maybe she could have the iron-willed determination and courage, but could also have tenderness with boldness?

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## **AUTHORITY VS AUTHORITARIAN**

She smiled and said: 'Like you? I want that level of authority and confidence. I think I've tried too hard and I fear I've come over as authoritarian.' I didn't need validation, but I thanked her and agreed there is a delicate balance between these two traits.

But, I knew I could teach her to balance both energies as this was something my colleagues, tutors and trainers in the voluntary sector and on courses had said already. I understood the concept of being bold and gentle, as and when needed.

## **What happened to this young woman?**

Instant recognition and compliance and I sent her home with the Chakra CD to listen to that night. A week later, the feedback from her new group was better than expected. Four weeks later, gone were the combat pants, the grey shirt and the sturdy boots. Instead, Paula wore a pale blue blouse with a new logo. She wore straight leg navy track bottoms and sparkly trainers. Her shorn hair now spiked in an urchin look, with dark and low lights, which accentuated her lovely blue eyes.

The warrior goddess had emerged. She had the perfect balance of feminine and masculine, and her base chakra was doing okay. I never saw her again, but I did have a few postcards telling me she did her chakras regularly and could she buy the rest of the CDs?

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## 2. THE NAVEL CHAKRA is ORANGE



This chakra is located at the navel area and extends to the base of the spine and upwards. This area is associated with our creativity, sexual health and the ability to accept others into our life. Everything to do with life, money relationships; fear of the future, one's masculinity and femininity resides here. Most of the people who came to me suffered from this chakra imbalance. Either they worried about lack of money, or if they had more than they needed, they worried about losing it.

If this chakra is out of balance or blocked, you're unable to take pleasure from life. You'll always be worrying about something. Here lies a lack of the libido, sexually, inhibitions, suppressing emotional needs, menstrual problems, low back pain, irritable bowel, unable to conceive, ovarian issues are all signs of an unbalanced or blocked chakra.

**Years ago, I had a client who couldn't conceive.**

She was healthy, except for her thyroid which was managed. All checked out by the doctor, no low sperm counts, or womb problems. Aside from being anxious about not conceiving a child, everything was fine. However, this chakra was blocked and unbalanced.

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## **MIRACLES DO HAPPEN**

For six weeks, she worked with this technique. Gradually she became happier and more relaxed. She became pregnant on holiday. Now, this could be down to relaxing; however, she felt something had shifted within the navel area, and from that moment felt different, more balanced, she was calmer, and her sense of proportion came back. Gone was, the fussiness and her humour had returned.

I've experienced an unexpected pregnancy a dozen times when working with clients. Another client I went to see who was housebound with fear, yet within six weeks, she was back driving and picking her daughter up from school. Her parents and husband were so surprised they came one day to see who this person was who had managed to have her back to her old self. But Thyroid issues do make you hyper-anxious and fearful.

## **Adding Reiki into the mix**

One day as we were working, (I'd added Reiki to my work three weeks earlier at her request, and dropped hypnotherapy), I sensed some movement in this area. I asked her if she was on a period? She leapt off the couch and ran upstairs. She came down beaming; she'd missed two months. Seven months later, she had a little boy.

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### **A NEW LIFE IN MORE WAYS THAN ONE**

Working on herself between sessions had balanced her mind, body and soul. I never saw her after the sixth session; I didn't need to because they were moving to France. They'd found a farm with potential Bed and Breakfast, and the outbuildings converted into holiday lets. I didn't doubt them one bit.

### **They sold the house within months.**

They'd found a place in France with one long weekend away, but I'm never surprised at the speed of life when everything is meant.

When the body is balanced, you become more focused and brave. Moving to France had been a dream for years, but she was too scared to take the risk. In six weeks of self-work, I was merely the advocate she was the one so willing to do this, their dreams came true. I did see her second child before they left. I heard from her for about a year, then silence. Too busy living the life of her dreams.

Optimum functioning in this chakra has you feeling happy, contented, fulfilled, nurturing, and creative, expressing your emotions, embracing new ideas, and changes as this young woman did. We are able to acknowledge our masculine and feminine energy and are comfortable about being who we are. We're very much braver when balanced

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## 3, THE SOLAR PLEXUS is YELLOW/GOLD



The solar plexus is considered the seat of the emotions and is between the waist and the heart. The area we tend to associate our gut feelings. All of one's attitudes and beliefs and those others reside from here.

### Chemotherapy

I taught a young woman this technique as she was to experience two rounds of chemo, and I felt a balanced body was a better defence to the onslaught. While others lost their hair in the first round, she didn't, only in the second bout of chemo. The consultant commented on how she appeared to cope so much better than the other nineteen women in the group. She told him, he smiled and said:

**'Continue with the good work.'**

Before and after a session of chemo, she did the chakras. She felt if these were balanced, the quicker the chemo would work. But as she said, she didn't want the same doom and gloom response she was hearing from people in the chemo group who looked petrified at what was before them, so enhanced her protection as well. And neither did she want to treat this as a battle or a war.



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## 4. THE HEART CHAKRA is GREEN



We all assume this chakra is red or pink. However, this is all down to the advertising of red hearts that symbolises passion and love, but if you wanted to believe this chakra is red, green or pink, there'd be any harm in changing this. When I worked with children, I found they preferred to have a pink heart chakra.

### **The heart chakra is the centre point.**

This chakra resonates with the Divine. Mother Earth, the centre of our being, much like the kitchen, is the heart of the home. It resonates with heartfelt energy. A bitter and angry heart carries resentment and from the past. The consequences are blockages in the ability to forgive, to love unconditionally, to isolation, loneliness, and feelings of despair. And why I recommend the Sieves as this helps clear negativity which many people carry around like a huge rucksack.

Students often worry about opening the heart chakra, believing if they do, then they'll be hurt. But this is old programming. Hurts only happen if the heart is closed, blocked and unbalanced and the rest of the other chakras areas are the same. However, if all the chakras are balanced, you can open the heart chakra it would be horrible not to.

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## **A CLOSED HEART CHAKRA**

Unconditional love comes from this chakra and is central to all the others. The heart chakra needs to be open, loving and generous not closed as it will become hardhearted. As the lungs are necessary for the capacity to breath, the heart is free to love unconditionally, and in doing so, the whole immune system will be healthier, more robust as it's near the thymus.

### **Anxiety versus Stress,**

The heart is central to the upper and lower chakras is open balanced and in harmony with the rest of these vital energy points. Unbalanced chakra causes anxiety. The mere mention of the word stress today and lawsuits fly around like confetti. However, this doesn't exist. The concept and implication were never used before the 1920s because 'stress' was considered a scientific process of metal under tension. In reality, we have anxiety. And underneath this, is always fear.

### **Fear can make people do irrational things.**

If we changed the word 'stress' to anxiety and then too soft, we find that our heart, mind, soul and body relax. Try saying, 'anxious' instead of stress. Feel what happens inside your body, notice how your breathing becomes slower. Now you have manageable feelings.

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## **RUCKSACKS**

We carry emotional and mental burdens like proud soldiers carry a rucksack, future projecting a need to carry excess baggage. I'm saddened to see children with backpacks. If parents realised just how much they're emotionally and mentally programming children for the future, where the burden of life is mandatory when they're not, they ditch those darn things pretty sharpish.

Rucksacks need banning for children, even those fun ones. When our grandchildren were five and seven, they were given smart, trendy backpacks by well-meaning family; I was horrified. Children should be allowed to run free without this metaphorical weight thrust on them.

## **5. THE THYMUS CHAKRA is TURQUOISE**



The thymus is the master organ of the immune system. Emotionally this relates to the individual's environment, situations, beliefs, values, social relationships, the food and liquid consumed. The human body thrives on activity. In the modern world, we have machines to do most of this work. We even shop online, so walking is becoming less. Housework is easy with appliances. So we've become lazy and in turn unbalanced.

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## UNBALANCED

When unbalanced and blocked, we can feel pretty rough, not straight away as the body in the early years copes pretty well considering the abuse we've dished out since the 50s. But a blocked thymus chakra will have you indulgent and ignoring the needs of yourself and the needs of others. The immune system is the body's defence against disease-causing microbes (pathogens), and we need to keep this healthy as it affects everything from the heart to our bones. A sound immune system is vital as it prevents the millions of bacteria, viruses and other germs (microbes) entering our bodies, causing havoc.

### At an Emotional Level

I found that people who came to me with cancer were brilliant at a stiff upper lip. In almost 99% of those I saw had experienced some loss in their life. And never recovered emotionally, and this affected their immune system. It could be a physical loss, but can be betrayal or an estrangement. You can't divorce your emotions from your health as both are intrinsically interlinked.

Balancing the chakra system goes a long way in healing loss. One old friend springs to mind, she lost her mother at three years old, not to death, which she might eventually come to terms with, but through circumstances beyond her control.

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## HEALING LOSS

When she started to look for her mother, she'd died years earlier. The regrets and loss were intense. As dramatic as they had been when she lost her mum at three years old. Her immune system was compromised again through her emotions. At about this time, her cancer came back for the third time. Whether this was due to her deep sadness, I wouldn't speculate, all I know is, she asked me if there was a connection.

### Back in the early eighties

I had no awareness of the chakra system and I don't recall much about emotional connection to disease. But I'd witnessed emotional states creating panic-attacks, and hysteria and I felt these eventually created illness or condition. I began to connect the two after speaking to people throughout my life. Then I read Louise Hay book Heal your life and it was a revelation. Everything I'd thought made sense.

I couldn't argue with someone who seemed to know each time her cancer returned; or her questions connecting loss with disease? She had an overwhelming sense of loss over her mother. Many years ago, I read some exciting research. I've tried to locate this study, but to no avail. The medical profession has always considered this gland/organ to shrivel up like a prune as one got older; however, one autopsy study proved different. I wasn't surprised.

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## **COUNT YOUR BLESSING ONE BY ONE**

Further examinations of healthy elderly patients found that some older people had thymuses in much better condition. On questioning the relatives, the findings were quite remarkable. Those who were optimistic and happy had a healthier functioning thymus much like a plum. Those who were pessimistic had a shrivelled thymus like a prune.

When compared the results astonished the doctors. The moral here is to count your blessings and find something to be optimistic and grateful about, if only to keep the thymus healthy. As mentioned, my grandmother had a neat trick. She knew straight away that my immune system was rock bottom, and had me tap the thymus gently nine times every morning and again at night. I did this for the whole six weeks.

## **Music for the soul and immune system**

But, she also let me sing all day long, something we never did at home as music my father music too emotional. A calm, ordered environment at my grandparents and the music, helped balance my body, especially my heart, my mind and soul. Music, in fact, all musical sounds, be this the gentle click-clack of the train wheels, the wind in the leaves, the sound of the surf on the seashore, or birds singing is food for the thymus and the soul.

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## 6. THE THROAT is SKY BLUE



The throat is about communication and how we recognise sounds made ourselves and from others. Years ago, I knew a woman whose voice sounded emotional, as if she was on the verge of tears all the time. The first time I met her, I thought, she was distraught, later I found this was how she spoke. She sounded watery, feathery and weak.

### **No one took her seriously.**

Most thought she came over as helpless, seeking attention, but this can also become a habit. Later I found out she was unhappy in a controlling situation; all her earned money went to her husband. When her husband suddenly died, I thought she might express herself differently; however, she didn't. This voice sounds odd at eighty years old.

The last time I saw her in 2005, she was engrossed in conversation with a woman (clearly a stranger), and I noticed how the stranger was concerned asking her if she okay? Unbalanced, the sound is weak and feathery, and while this sounded great on Marilyn Munroe, but our voice can also be aggressive and harsh when unbalanced or blocked — cutting as my grandmother would say. Lying and bragging are commonplace as is shouting or talking loudly.

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## **BALANCED VS UNBALANCED**

I found singing helps to unblock and rebalance this chakra and improve all the areas of the body, mind and soul as well. I was in a supermarket, ten years ago and I found myself listening, of course, I couldn't help analysing the voices I heard. Some were like sandpaper other mellow like honey; some were loud, others too quiet. Some were warm and welcoming; others were aloof and cold.

### **When balanced, the voice is a joy to hear.**

The voice is calm, modulated, and radiant. And this has nothing to do with an accent or lack of one? Accents are lovely and can be expressive. When the voice is warm and helpful, yet firm and children and animals will respond better to this type of sound. The ability to communicate well will have you accepted and considered trustworthy, kind, capable, and most times, intelligent.

### **Imbalanced scares the dogs and kids,**

The high pitched almost screeching, or gruff and scary unnerves people. The downside of an imbalanced chakra is you'll never stand up for your beliefs and values, you'll want to, but your voice won't be commanding enough to be heard. Have you ever noticed people ignore you when you say something, that's an imbalanced Chakra?



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## **7. THE BROW is INDIGO BLUE**

The brow is the centre of our divine wisdom, the third eye, and the spiritual eye that seeks to witness and know the truth in everything. So helping others to see the deeper meanings of situations starts from here. That's why if you're a therapist, teacher, parent or any adult who advises or works with people, then you need to be aware of this chakra. Our conscience, sense of justice and ethics originate from here.

### **Spiritual contemplation.**

Clarity, and self-reflection and developing wisdom is here as well. The concepts of good or bad, black or white also come from here. So you can see how important being a well-developed adult is? When this area is blocked, the old saying: 'can't see the wood for trees' is spot on, and if someone suggests this to you, wake up from your trance state and start looking deeper into the meaning of life and your purpose.

Blocks in this chakra may cause forgetfulness, poor memory, absent-mindedness, and lack of creativity. Those who lack imagination often find this chakra is blocked or imbalanced. We can also become delusional, indifferent to others pain and suffering, suffer from dementia. Worry is a big problem, spaced-out, and poor concentration can also plague a person with a blocked third eye chakra.

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## A BALANCED THIRD EYE

The third eye gives us the power to perceive the outer world with more clarity, awareness, compassion and understanding. When open and balanced, you're intuitive; you can visualise, you have insights into what's happening in the environment and situations. You're often years ahead of others and find concentrating easy. The most important aspect of this chakra is how this influences the crown chakra, where spiritual acuity lies.

## 8. THE CROWN



I've always seen this chakra as purple. The pre-school children I worked with had no logical comprehension or understanding of chakras, and without exception, they always saw varying shades of lilac in this area. To test this, I would use water paints on a blank piece of paper, draw a body with a star in each chakra area.

Without prompting the children in any way, they would be almost correct within a few tones of each colour. And all saw as near to what the ancients have said these colours are in the body, sometimes there were variations in colours, and I may add they never copied because they were so engrossed in the work.

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## **TRAUMAS.**

The adult students might ponder, look up to the left or right assessing information, but they never looked to see if they were right or wrong from the others. They never asked me for validation either. At that moment in time, they were accessing ancient wisdom. Children are naturally balanced in this area unless they've had some trauma in their lives like a physical jolt, abuse of any description.

## **Giving Birth**

Now I suggest to clients due to give birth to balance the chakras before going into labour and rebalanced afterwards. I believe I automatically did this in 1967 without knowing I had. Still, I did this by walking a lot, resting in the afternoon and eating better, as the doctor had detected sugar in my urine. I have to say that this was a perfect pregnancy and an enjoyable experience. Balancing the chakras, especially the lower after birth, should be mandatory.

## **Car accidents**

The same goes when you experience a car accident. The sudden jolt can affect the neck, but also the chakras, sending them spinning in all directions. When my husband fractured his sternum, I had him practice seeing the sternum lift away from his heart and balance the chakras.

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## **SELF-HELP**

Bearing mind the A&E team were worried that one movement would have the fragment that was too near his heart for comfort would pierce the heart with severe consequences. He was sent home after his second x-ray that showed the piece that had broken away was now inches apart, whereas before it was far too near for comfort. Did the self-hypnosis work? Did the chakra balance work? But what about his praying, for he admitted he'd prayed. He felt they all helped to eradicate his fears.

### **Imbalanced Crown Chakra**

However, when the crown chakra is imbalanced, there may be some confusion, fear, depression, mental decline, and indeed a fear of success, plus lack of inspiration. There is often over intellectualising, dizziness, light-headed and dissociation with the body occurs, this often leads to addictions, cravings and lust.

There might be complaints about unhappiness, but a reluctance to change. However, when the crown is balanced, there's a feeling of rightness — a sense of knowing, alertness and open-mindedness, but without the naivety, most people think complementary is. We experience a sense of courage and lack of fear over the future, as though life is this simple.

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## LIFESTYLE CHANGE

However, just balancing these energy points may not be enough. You may also need to address your lifestyle as well. Respect your body as you would an expensive car, slow down and enjoy life and I can guarantee that you'll have more hours in the day. On the whole, people who own fast cars don't drive fast, because they know the capacity of the engine and operate with pace and grace. To reach a much higher level, you will also need to incorporate two more critical factors, which are crucial to life. As my grandmother said:

- ❖ ORDER is Heaven's first law.
- ❖ RESPONSIBILITY is Heaven's second law.

When we're responsible for our feelings, and we have order in our lives we worry less. Can you give yourself time to assimilate the technique fully, to see how this goes? Would you download some of the others like the Sieves and Protection? You may need to do this a few times to get the full benefit, however for now try this. Just a few seconds suspend any critical dialogue and fear inside your head?

Close your eyes and imagine yourself doing what you would like to be, breathe in and out three times, and open your eyes.

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## FACE LIFE WITH COURAGE

Now, let's take a look at what FEAR stands for. I think you'll agree that these below are accurate analogies. Worrying is a learnt behaviour and is either one of these or all.

- ❖ False Evidence Appearing Real!
- ❖ Forget Everything And Run.
- ❖ Face Everything And Rise.
- ❖ Face Everything And Recover.

I like number four Face Everything and Recover. Because when my husband died, May 6, 2019, I had to find a way of recovering from my grief and adjust to new beginnings. But I use number one a lot as this is so true about many aspects of life. Many aspects of life are false evidence appearing real. We weren't born worrying; children only start the habit of worrying from watching adults.

### With children,

I do a shorter technique as the original is too long for children because their concentration levels are much less. I ask them to draw a picture of themselves and put each colour in the right sequence, unlike a nun who expected me to know how to make paper chains when I was five.

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## **CHILDREN ARE GREAT TEACHERS**

Who failed to show me, and when I got it wrong, she was furious, I do show the children. We study the picture together; then I ask them to wiggle their bodies and imagine they're putting the chakra in the centre. Once done, they have the idea, and we go up the centre of the body with the palm of their hand, simply asking the chakra to settle and be beautiful and bright until it shines like a star.

### **Then we imagine standing under a shower.**

Or a gentle waterfall (if children are older) open the top of the head, and the warm water flows through, then I get them to see all the muck coming out of the soles of their feet. Parents have done this after being instructed by the enthusiastic children. I only did this for a few moments; then I suggested warm air flowing through and feel each chakra sighing and saying, my that feels so good, most would sigh and smile and that's when I knew they were balanced. We often did this as a distraction method when the children were one excited.

However, because this is more like a story, within weeks, I can use the adult version. Children are brighter than you think. These techniques harmonise with all modalities and teachings. Thankfully we're all becoming more cosmopolitan and more accepting of differing views.

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Of course, we still have those diehards from all walks of life, but most in the medical profession are becoming less rigid and encourage relaxation and hypnosis, and do you know why? Because they consider all these techniques harmless because they aren't invasive, present doctors (saw plenty in the 70s right up to the 90s that objected) but no modern thinking doctors objects to working on oneself in a non-invasive way, and these techniques are non-invasive.

These are merely lifestyle changes that can accelerate the healing process in any modality you choose to take. The only thing that stops us spontaneously healing is the rigidity of our minds and our body, and the programming by society. If we honoured the body more, it would repay us ten times over.

### **Don't expect an instant fix.**

Most times, you've been out of balance for many years. Be patient. But, if for some reason this proves not to be working, then maybe you're trying too hard to be perfect. Perhaps you're too desperate for healing, that happens sometimes. Fretting and worrying causes anxiety and the body can't then heal. Let go of worry and relax, and go with the flow more. Do you believe relaxing is too hard to do because you've too many essential things to do that only you can do?



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## **SELF CARE**

Well, let me ask you this question. If you died tomorrow, would life go on? I can tell you in all honesty that a month after you've gone while your boss and colleagues would miss you, and they'd come to your funeral, in a month someone would be in your shoes. Harsh and brutal, I know, but a fact of life. How do I know? The many clients who've stopped work, they're shocked and hurt at how quickly someone is in their shoes.

**Looking after yourself isn't a selfish act,**

But self-preservation so that you can continue look after others better, and balance is the key to good health, wealth and happiness. However, here is the bonus, this might be an illusion, but the most fantastic thing about having a balanced chakra system is the feeling of being taller, more confident, fitter and calmer. People often comment on how much taller I appear to others when, in reality, I'm probably shorter than them.

**I feel taller because my chakras are balanced.**

However, if your thinking and diet hasn't changed, then this feeling of wellness and height might be short-lived. Diet makes a huge difference in how you feel physically, emotionally mentally and spiritually. But so is exercise be this Qigong or any other types of healing, balancing work.

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## SUMMARY

Write down the moment you've finished this technique, put down as much information as to what happened in each chakra, because when you look back in a year, you will be pleasantly surprised at how far you've come. So:

- ❖ Was this hard or easy to do?
- ❖ How did you feel?
- ❖ Were the colours different?
- ❖ Could you feel movement?
- ❖ After a week, could you tell the difference?
- ❖ Are you feeling calmer and more relaxed?

### **Each week keep making notes**

I do this at night on my iPhone in notes. Spend some time reflecting and not intellectualising how each chakra balanced. Find a place where you won't be disturbed. I put up a "please do not disturb" sign on the door. Sometimes you need your own time and space.

### **Find quotes that inspire you.**

**Put them up everywhere to be remind and inspire you.**

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My husband collected those quote cards. His wallet was full of them, and all the time I thought it was money, I did tease him. One of our grandchildren remembered two things about her grandfather, he had a quote in the window of his wallet and his hankies, and that was all she wanted when he died.

The hankies because when she cried, he always gave her one, and she said they were so clean and smelled of his aftershave, the strange thing was he never wore aftershave. But I know what she means. He always felt cosy, safe and reassuring and did smell so fresh and clean.

### **The quote she liked was:**

Thousands of candles can be lite from a single candle,  
And the life of the candle will not shorten, and ones happiness never  
decreases by being shared.

(Buddha)

She was a happy soul, I remember taking her and the other grandchildren to Blackpool, and as we walked along the North Pier, I turned to see her arms outstretched whirling around saying. 'This is the life.' It was undoubtedly clear her chakras were in balance then. I nodded to Gordon to watch her, and we did for a few moments.

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## LEARNING

My tutor always said to me that if you learn just one thing on any course or book, the money was well spent. As this was free and what I call a taster, of what's to come, I hope you take the next steps and start on your spiritual journey. When the chakras are balanced, I found I had a lack of concern about what people thought of me, or said about me. Why? Because I knew deep down, I was an okay person.

### **I like this quote by Chad Sugg:**

If you're reading this, congratulations, you're alive.  
If that's not something to smile about, then  
I don't know what is.

### **And this one always makes me smile by Mary Kay Ash:**

Aerodynamically, the bumblebee shouldn't be able to fly.  
But the bumblebee doesn't know this,  
So flies anyway.

### **But what do I get from this technique?**

The same as everyone else, an understanding of my own body and a real sense of balance and harmony.

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## HOPE

If you find the chakras too hard, start with the Sieves, and the Protection technique as this will get you into the swing of how I work. I would also suggest the Three Stages as the fourth technique, as often this can open the mind to real change.

Hope, is the thing with feathers  
That perches in the soul  
And sings the tune without the words  
Never stopping at all,

Emily Dickinson

Don't use words too big for the subject. Don't say, 'infinitely' when you mean 'very' otherwise, you'll have no word left when you want to Talk about something infinite. (C.S.Lewis)