

# CHIOS®

## Energy Field Healing

*Course Manual*



# Healing Level III

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## ***PART ONE – THE TOOLS OF THE MASTER HEALER***

### **INTRODUCTION**

Welcome to the Chios Healing Level III (Chios Master Teacher). This level will greatly increase your healing power and contains some very powerful and advanced techniques in energy healing.

As you begin your study of this level, you will benefit by receiving the third Chios energy attunement (the Master Teacher attunement). Because this is the strongest attunement of all, it is of great importance that you be *as pure and well rested as possible*, in both body and mind, on the day of this attunement, so that you will receive the full benefits and will not experience any unnecessary side effects.

This third attunement elevates your energy channeling and energy sensing abilities to an very high level. It also accomplishes one other purpose: it gives you the inner ability to attune others. As a result of the attunement, and your study of the Chios attunement procedures (for in-person and distance attunements), you will be able to perform the attunement procedures used in the Chios system—the procedures you yourself have received and which open up the energy, color and light channeling ability of the healer. You will be able to attune and teach your own healing students. After this third attunement, however, there is a necessary 30-day settling period to allow your energy system to settle, after which you can begin to attune others.

One highly recommended adjunct to this third level course is the practice of the Chios meditation technique. It assists you in learning to contact the state of pure consciousness—the source of all your healing ability—and is also instrumental to your acquisition of the visualization, perceptual, intuitive and other abilities that are so beneficial for your successful practice of the powerful techniques that you will learn in this level. It is impossible to overemphasize the benefits to you and your healing work that regular practice of this (or a similar) meditation practice will bring. That is why Chios meditation is provided as part of the Chios system.

#### **The Master Healer as a Channel For Pure Consciousness:**

In the two previous levels you have learned to sense and conduct the energy, and have also perhaps begun to sense color and use light as you heal. You have learned to sense the aura in various ways, and have also begun to work with the chakras. In all your healing work you have striven for a unity—for a holistic perception and action—as you work with the energy field using the various perceptual and healing tools you have studied thus far. As you know, every part of the human energy field, as well as energy, color, light and every healing tool you use them with, are part of a greater whole—a whole that includes your entire being and the entire being of your patient. Healing takes place, and takes its cue, from this wider realm of pure consciousness.

In this level you will work extensively with the chakra system and the higher layers of aura, using a new series of powerful techniques. The chakra system is of tremendous importance to the entire state of being of each individual—it is the connection between the individual and the realm of pure being, the place of translation between the spiritual realm and the manifested world, where the powers and essence of spirit become available and have relationship with the worldly life. The chakras act as a “rainbow bridge,” as a series of receptors and transmutors of incoming energy/consciousness from the realm of pure being, each with its own color and its own domain of influence over the entire life process. They are not “objects,” or things that can be understood through the use of set ideas, but are each a way things work and a realm of being, and yet they all relate to each other, and are all one.

The higher layers of aura relate to the chakras—each layer of aura corresponds to a chakra, and like each chakra is a realm of being, a realm of existence with its own nature and function within the overall being of the individual. The condition of the chakras correlates to phenomena in the layers of aura, and both together—the energy field as a holistic entity in which each part actually affects and relates to all the others—reflects the entire relationship of the individual to the greater reality. The operation of the chakras and the layers of aura also affects the life experience of each individual—from the biochemical operations within the physical body to the spiritual perceptions that are possible, and everything in between. The field of pure consciousness is translated and brought into manifestation through this energy field, to support and govern the entire life process, at all levels.

The new healing tools you will learn in this level—powerful tools that can affect and enhance the operation of the chakra system and the higher layers of aura in extraordinary ways—will give you the ability to heal defects within this energy field of your patient. You will thereby not only treat the ultimate causes of whatever disease or affliction your patient may have, but also profoundly affect both your patient’s perception and potential life experience, as a result of your patient acquiring a purer connection to the essence of him or herself and to the entire creation. Your treatment of your patient, using these powerful aura and chakra healing techniques, may thereby also enhance your patient’s entire life process, on all levels, and assist in accelerating your patient’s spiritual evolution.

The reason that you will be able to effect such beneficial changes in the patient is that the chakra system, in conjunction with its relationship to the layers of aura, is a channel to the realm of pure consciousness—the realm of pure being in which not merely the ideal health, but also the infinite awareness and infinite higher potentials in each and every person reside. By healing defects in the energy field of your patient, you provide the opportunity for the patient to connect to this greater reality—to break free of the physical, emotional, mental and spiritual limitations which might otherwise remain.

Your own awareness and connection to pure consciousness is the tool you will use to effect these changes. As you know, it is your own openness, conscious awareness and development in consciousness that makes it possible for you to draw upon the knowledge and power contained in this field of pure consciousness, for the purpose of healing your patient. The various ways that you seek to heal your patient, as you draw upon this knowledge and power, work as an effect upon the consciousness of the patient—the healer heals and the patient receives healing, each with their entire being. Your work as a healer, therefore, is as a channel from the realm of

pure consciousness and also to the realm of pure consciousness. The purpose of your healing work is to offer the opportunity for the patient to heal and advance his or her spiritual growth, and also for you experience the opportunity to come into greater contact with, and act as a channel for, this realm. Therefore, you also have the opportunity to likewise grow—the effect being an acceleration of personal evolution for all concerned.

Chios Level III will assist you greatly in this process and will quickly accelerate you toward becoming a master healer. As you become a master healer, you will seek to work directly with this realm of pure consciousness, not only in your patient, but also in yourself—the realm from which you draw your healing knowledge, the healing power, and the guidance from which you take your cue (and your awareness) as you heal. In your healing work, you will be a vehicle for this higher consciousness, as it works through you to enhance your patient's connection to this universal reality. The master healer is a tool, a vehicle through which consciousness operates on itself, in certain ways, so as to effect healing and changes in consciousness in the patient. Each perception and action, on the part of the healer, as well as the healer's use of each healing tool, also has this quality. You will come to realize that your role as a healer also facilitates your own growth process, and that your healing ability is dependent upon this growth. You will realize that you, your patient and your healing activities are all aspects of a unitary life process in which you are immersed. Your practice of the techniques you will learn in this course will therefore have great power to effect changes in consciousness in your healing patients, and you will also find that your learning and use of them will effect changes of consciousness in yourself.

In order to come into harmony with this true nature of healing work, you should recognize that you have this role of channel, and along with it certain responsibilities, as you heal. You should approach each healing treatment purely, free of all ego biases and in the expanded state of awareness you have begun to cultivate in yourself. In order to heal effectively using these tools, you must set your ego aside while healing. You should therefore heal in whatever way is best for your patient, according to the information coming from your own higher awareness, from your spirit guide or from the guide of your patient. All healing is ultimately performed by spirit, by this level of pure being, using the healer as a channel. It is important to realize that as a healer you must be a pure channel to this level of pure being as you work.

You should allow yourself to be guided, in your work, instead of being limited by your own mental ideas or preconceptions. The healer is an artist, not a mere technician. Begin to break free of all standardized treatment orders, pre-conceived content of healing treatments, and instead use all your tools, all your knowledge, and the entire power and perception of your consciousness to create the work of art that is each individual healing session. Although this third level contains many useful tools, and a general conceptual framework for their use, you must cut your own path and not be afraid to individualize your treatments as your individual patients require. It is inevitable, also, that you will encounter many situations not specifically described in the Chios healing levels, sometimes with patients who are seriously ill. You must therefore use your own judgment, your expanded consciousness and your ability to assess each unique patient as your ultimate authority in treatment. You must master all the healing tools given you, but must then move beyond all rules, to a wider realm—a realm in which your unitary conscious perception and action exist as a pure expression of the healing power of spirit and pure being. This is the process of becoming a master healer.

## ENERGY, COLOR AND LIGHT IN HEALING

In the first two Chios levels you have worked primarily with the *energy*. You have learned, in them, to conduct the energy as well as sense it. In Chios Level III you will also make extensive use of *color* and *light* in your healing work.

It is important to understand that these three—energy, color and light—are not fundamentally different from each other. They are all the same fundamental idea in three apparently different forms; they are all *emanations of the essence*. It is as if the essence of reality—the essence of the being—exists at three different levels of vibration or radiation. Light is the highest and most refined, color is a slower vibration than light and energy is an even slower one. Although they may appear different, they are all fundamental manifestations, in the manifested world, of the realm of pure being, and so actually there is a unity. As with the use of energy, using color or light is to direct a manifestation of the essence, using your body or mind as a focus for it, as a channel. They do differ, however, in their method of perception and application.

The energy that you have sensed and conducted during so much of your healing work thus far works on a grosser level than color or light, yet it is more all-pervasive. Energy is found throughout the body, all around us in the atmosphere and permeates all living things and the environment in which they live. Color and light are also found in the human energy field—in the chakras and layers of aura—but they are more localized entities with a specific manifestation and meaning. They are successively rarer, more concentrated and refined entities, of a higher vibration, and their application, in healing, is similarly more topical—they are applied only in certain specific areas and in specific ways. This is not to say that color and light are less important than the energy, in healing work: they are actually successively more significant and refined manifestations of the essence, and are also more powerful. They are a more specific channeling, to the patient, of the power of healing that is present in the field of pure consciousness.

### **Energy -----> Color -----> Light**

Each step up, from energy to color to light, denotes a more refined state of the same basic form, an entity that works and is applied on a finer vibratory level. The light itself is a bridge to the essence.

In previous Chios levels you worked primarily with the energy, which may be likened to a life force in the body. The method of sensing this was tactile, using the passing-of-hands, although the intuition was also used. In this course, color and light, which have a more visual and radiant nature, are used, and they are sensed in a more “visual” way. You will make greater use of your power of visualization in your healing work using color and light—both in sensing these entities and in sending them. This is one of the many reasons that practice of Chios Meditation is highly recommended. The treatment steps you employed in your second healing class will not be discarded—you will still treat your patient using the energy. You will, however, supplement your treatment with new methods that also make use of color and light—treatments of a more refined nature, which use these more refined entities.

**Visualizing and Sending Color:**

Many of the techniques that you will learn in this level will require you to visualize color, for the purpose of being able to sense and send it effectively. This ability to visualize color will be important to your perception and treatment of the chakras and layers of aura. You will be sending color to chakras or to other areas in need of treatment through the placement of your hands and especially through your use of the power of visualization to channel and direct the color. To properly use color in healing you must learn to visualize color, using the correct technique.

The first step in beginning to use color in healing is to become aware of the seven *true colors*—to learn to visualize them and become them. These colors, which correspond to the seven chakras, and the seven layers of aura or *higher bodies*, the patterns of energy that surround the physical body and make up the auric field, are red, orange, yellow, green, blue, indigo and violet, as you have learned. These colors are pure and unadulterated—the colors you would see in a rainbow, or in the spectrum of sunlight as dispersed by a prism. In healing, the healer uses these colors by visualizing them in their essence, by sensing them and becoming one with them. The following exercise will assist you in beginning to do this and in becoming familiar with the essence of these colors:

Sit comfortably with your eyes closed, and seek a calmness, a quietness in your mind. Imagine, in your mind, one of the true colors. Do not merely “think about,” or “pretend to see” the color, but try to sense and become the color, using the understanding and proper practice of visualization you have gained. Ask yourself, how does it feel to be that color? Feel the color in its purest state—as a true color—and then seek to merge with the color, feel your entire being sensing, moving into and becoming one with it. If you find yourself “pretending to see” the color, release the “visual” portion of your awareness of it, the portion of your awareness that “sees” it as a visual sensation. As you visualize the color, note the purity and begin to get a sense of the color’s being and power. Continue sensing yourself as the color for a few moments, and then end the exercise by stopping and resting for a moment, with your eyes closed.

Repeat this exercise with each of the true colors, and with each seek to gain a feel of each color’s purity, being and power. Note that it is as if each color has its own identity, and that the sense you get from red, for example, is different than that from green. As you perform the exercise with each color, though, do not try to differentiate between or sense any of the colors on the basis of any particular mental notion, such as vibration, for instance. The true colors are realms of being and cannot be understood purely on the basis of particular ideas but must be visualized and experienced in their essence.

Begin to gain a knowledge of all the colors. It is very important that you have a knowledge of these colors in your mind — you must be familiar with the true essence of each color. You must learn to *know them and become them*, and this is done by bringing out the knowledge and sense of the color that you already have inside yourself.

After you have practiced sensing and becoming the true colors, it is time to *combine* your visualization of the colors with your visualization of the Chios symbols. Many of the techniques



you will learn in this course require that you visualize colors in the proper way as you treat your patient, and at the same time visualize a Chios symbol. This is done so that the color-channeling ability that your color visualization activates will be magnified by the essential power inherent in the Chios symbol, so that in certain applications of color you will have even greater power and effectiveness as you treat your patient using the Chios Master techniques. You will use, in many of these techniques, a symbol in color from the *basic progression*, a series of the Chios symbols in color each of which represents that color and which corresponds to a particular chakra and a particular higher body, or layer of the aura:

SYMBOL IN COLOR		CORRESPONDING CHAKRA	CORRESPONDING AURA LAYER
	Violet Star	7th (Violet) Chakra	7th (or Ketheric) Layer
	Indigo Trine	6th (Indigo) Chakra	6th (or Cosmic) Layer
	Blue Trine	5th (Blue) Chakra	5th (or Etheric Template) Layer
	Green Trine	4th (Green) Chakra	4th (or Astral) Layer
	Yellow Circle	3rd (Yellow) Chakra	3rd (or Mental) Layer
	Orange Circle	2nd (Orange) Chakra	2nd (or Emotional) Layer
	Red Circle	1st (Red) Chakra	1st (or Etheric) Layer

Basic Progression of Symbols in Color  
(With Corresponding Chakras and Higher Aura Layers)

The following exercise will provide practice in the proper visualization of the symbols in color:

Sit comfortably with your eyes closed, and seek a calmness, a quietness in your mind. Now, at random, select a colored symbol from the basic progression. Visualize the symbol, in color, in your mind's eye, using proper visualization technique. As in the orange-red ball meditation, combine your sense of the feel and presence of the color with your sense of the shape of the symbol, sensing both together as a single object of this shape and color, sensing and becoming the symbol in color. Do not attach any meaning or mental ideas to the symbol in color, "think about" it or "pretend to see" it, but visualize, become the symbol in color for a minute or two, then select at random another colored symbol from the progression. Continue for about 5 or 10 minutes, employing all the colored symbols one or more times, in random order.

This ability to visualize symbols in color will be used in various places in the Chios Level III techniques, and it is beneficial that you begin practicing the above exercise, at various times throughout the day, in preparation. It is not necessary to employ the symbols when visualizing color—you can perform all the powerful techniques given in Chios Level III by merely

visualizing the color itself—but as a focus for energy using the symbols will add much power to the practice of the techniques and is included for this reason. Practice in visualizing the colors will also assist in preparing your “psychic sight” for viewing the colors of the aura layers.

The above method of color and symbol visualization is the one that is recommended and that will be effective for the large majority of persons, but it is possible that you may find it more appealing to visualize a white light-colored symbol against a solid colored background (a background that is the color required). As an alternative, this method is basically the same, and accomplishes the same purpose. If absolutely necessary, it may be used, instead, with all of the following course techniques.

You will use this visualization of symbols in color for two things: 1) to place yourself into a certain color—a certain higher vibratory rate—for the purpose of sensing and viewing the corresponding higher layers of aura, and 2) to send color for the purpose of treating and healing the chakras and higher layers of aura. When using visualization of the symbols in color for the purpose of viewing the higher aura layers, you will simply visualize the appropriate symbol in color, using your third eye chakra to visualize and become the color, while employing a special technique you will learn. This enables you to “see” in the color, to sense in its realm of being, and thereby see the corresponding aura layer.

When sending color using color visualization, you will usually send color to a selected chakra and/or higher aura layer in need of treatment. When doing this, you will visualize a symbol in color, using your “third eye” and the powers of visualization as you practiced in the exercise above. At the same time you will visualize the true color as a cloud of color surrounding your hands. Do not see the color as coming from the hands, but surrounding them—as a cloud of color around the hands and a layer of color below them—the color gently penetrating into your patient or the patient’s energy field. This will enable you to “be in the color” and then send the color into your patient in an effective way.

It is possible and beneficial to practice the visualization of symbols in color with your eyes open, as you will be able to do after some practice, but you may wish to close your eyes while learning. After a little practice, you will easily be able to visualize them with your eyes open. You will find it beneficial to keep your eyes open as you employ visualization of symbols in color in the various techniques in which it will be used, as you treat your patient.

You should know that, although we name and use the colors, their corresponding chakras and corresponding higher bodies, and ascribe to each a general function or involvement in the being, and treat them separately, they are not to be thought of as completely separate entities. They are merely a way to describe and work with the total being, and actually all work together. *A human being is the chakras and higher bodies, as well as the physical body, as one organism.* It is one being.

#### **Using Light:**

You will use light a great deal in this level, especially in situations where a fine or specific direction of healing power is required.

You may have already begun using light in your healing work in addition to the energy. As a portion of Chios Level II you may have begun using the light when performing the usual treatment positions at the chakras, when unblocking chakras, or when treating specific diseased areas. This is done by visualizing a layer of pale white or slightly bluish-white light around and below your hands. When visualizing this light, you must be sure to use proper practice, visualizing it in your mind's eye as a cloud of light surrounding your hands, bathing the hands and gently penetrating into your patient. Do not visualize the hands as the source of the light—"see" the light, in your mind's eye, not as coming from the hands, but as a cloud of light around the hands, and as a layer of light below them, gently penetrating into your patient. As you know, you may see the light as a pale white, or as a pale, light bluish-white, as you feel is best for you. It may appear to you in either way.

You may have begun using the light for other things—to lend greater power to the specific techniques you use to correct other energetic defects in the energy field of the patient. The light can be used when sealing leaks or tears, when clearing blocked chakras or when correcting disturbances in energy flow, as was covered in Chios Level II. The light can also be used in any other procedure that uses the energy, in fact, because they are one and to use the light lends greater direction and power to specific applications. To direct the light, and thereby affect and direct the energy is a more powerful and advanced way of using the healing energies that come from the hands.

From this point on, the use of light will become important in your healing work, and will be used in many such additional ways, especially in the treatment of disease. In treatment of disease, you will visualize the light treating specific areas in the body. You will treat the patient using the placement of hands, yet with specific visualizations to direct the light (and energy) in a powerful and specific manner. This is done by visualizing the light as surrounding and suffusing the form you are treating, so that it follows the form of the body or anatomical region requiring healing. When treating a diseased organ, for example, the light is visualized as a cloud of light, a layer of light surrounding the organ like a second skin.

The proper visualization of light serves to focus and direct your healing powers to the areas that need it most, and is a powerful technique because when sending light to a specific organ or area in the body through visualization, you are also directing the energy to that location — because ultimately the energy and light are the same thing. Yet light is a finer application, and the direction of light, through visualization, is a more powerful technique, because *energy follows the light and the light follows thought*.

When performing the various light healing techniques, as with all healing practices, it is essential you strive for transparency in your treatment technique. You must not be self-conscious, but must be aware of and becoming one with the field you are treating, an open channel for the energy, color or light, and must, at the same time, visualize the light in the proper way, sensing and becoming the color or light around your hands, and not just seeing it as if with your physical eyes. There has been a progression, from Chios Level I, where you simply opened yourself to the energy, to Chios Level II, where you began to visualize the light around the hands, to now, where you will learn to direct and focus the light in specific ways through visualization. It is important that you be sure to maintain the transparency, the openness, as you direct the light/energy, so you must practice focusing and directing the light without effort—it is

an effortless visualization—so that your full being participates in the healing to be done, yet without effort.

When the person you wish to treat is at a distance, and not in front of you, you may send the light directly with the mind alone, without the hands. To send light to a patient at a remote location, for example, one visualizes the light surrounding the entire body of a patient as a layer or cloud of light. This serves to direct healing energy to that person, even if he or she is a great distance away. This use of light to treat the patient at a distance may also be used on a specific chakra, internal organ, or area of the body in need of treatment. This is effective treatment, yet not quite as effective as when the patient is in front of you with your hands on the patient's body. When sending light in this way, do not visualize sending the light, but merely "see" the light at the desired destination. The light does not have a path in space-time; it is visualized at the location desired, surrounding the object of treatment. It also lends greater power to the distance light treatment to localize its application—sending it to a particular chakra or diseased organ, for example, will be more specific and will more powerfully treat the organ or chakra than just sending the light to the overall body of the patient.

These uses of light are effective to the degree that you have mastered the ability to visualize properly. To direct healing power using light is a central tool of the healer and the further you advance in your visualizing ability, the greater will be your power in light healing. This use of light in healing will be discussed further in the sections on distance healing and disease treatment.

### **LEARNING TO VIEW THE HIGHER LAYERS OF AURA**

In Chios Level II you were introduced to the practice of learning to view the aura. The aura, as you know, is composed of the seven layers, or higher bodies, which usually become successively more difficult to see as one proceeds to the higher, more refined layers. You began by viewing the first layer, the one that is closest to the surface of the body, and then opening yourself to the second layer, with its colors. As you began, you first used the intuition technique, with its alternation between active and receptive principles, as a learning tool to allow impressions to form in your mind that assisted you in gaining physical sight. This was effective at helping you to learn to see, because the aura is seen first with the mind's eye, and then with the physical eyes. It is true, however, that ultimately there is a unity between intuitive and physical vision of the aura, and that the aura is actually seen with the physical eyes in conjunction with the mind's eye. The two are really the same.

In Chios Level III you will again use this basic technique, but with some important additions and refinements. You will make one important addition to this technique that will assist you in learning to see the higher layers of aura: you will use a Chios symbol in color, from the basic progression, to "be in" that color, and this will enable you to become more attuned to the corresponding layer of aura. You will, during the active phase of your practice, concentrate on the symbol in color as well as on the area around your subject's body where the aura layer would be, and then release into the receptive phase and allow impressions to form in your mind's eye, and eventually see the layer with your physical eyes. You will use an orange circle,

for example, to make it easier to focus in on and see the 2nd layer (the emotional body). You will use a yellow circle to make it easier to see the 3rd layer (mental body), and so on.

A refinement to the basic intuition technique that you must also employ, when using this technique to learn to view the higher layers of aura, is to practice the “active principle” phase of the technique in a more effortless way. In your practice of this technique during your last course you may have used some effort in the “active principle” phase of the technique, when “concentrating” upon the area around the body, before glancing away to allow impressions to form in your mind. This was necessary to begin to train your mind to stay on one object or area of awareness—to fix your gaze on the area around the body, for example. By this time, however, you should have become very used to this basic technique, and also have had substantial experience with visualization, and less effort should be necessary for you to concentrate on the area around the body, or on the correct Chios symbol in color.

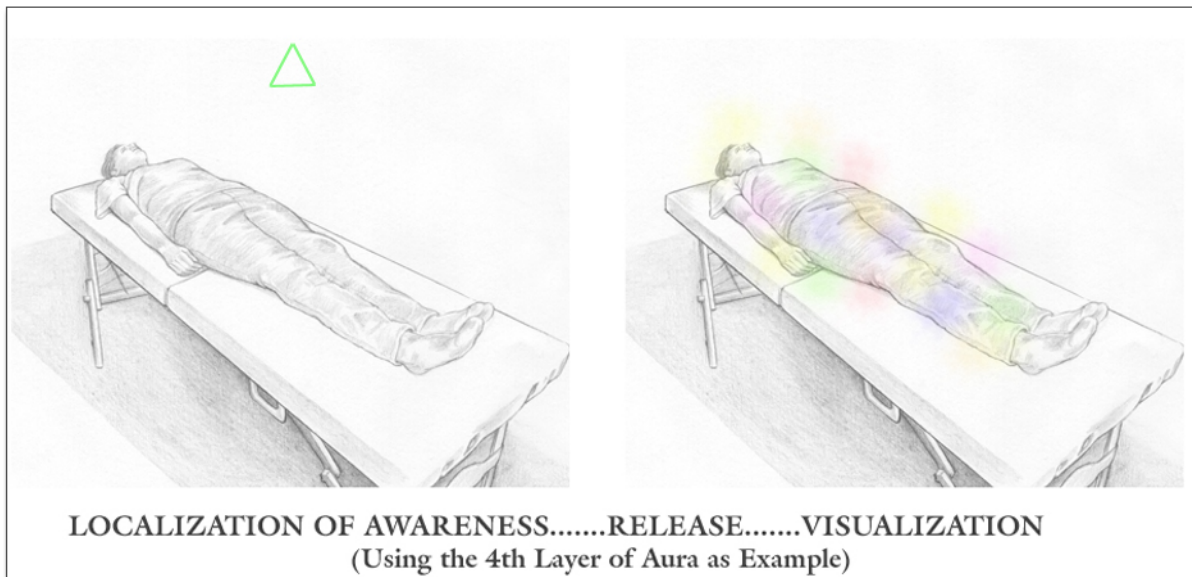
In its true meaning, “concentration” does not actually imply effort, but the ability to *localize the awareness*. In viewing the aura, for example, using the glancing technique, you should be able with little or no effort to localize your awareness for a brief instant on the area around your subject’s body, while at the same time effortlessly visualizing the necessary symbol from the basic progression, before glancing away and releasing into the receptive phase. It is also important to understand that as you become proficient in the intuition technique, you *will no longer need to consciously go through the steps when using it*. You will be able instinctively to obtain psychic information and “see” the aura. The description of this technique, in terms of active and receptive phases, is simply a description and training aid; as your technique refines, you will no longer need to think of it in these terms.

During your practice in your last class, you probably already began to see a light gray, light blue or colorless “haze” surrounding the body. You are probably able to see this haze with your eyes and without using the glancing technique, given the proper environment and a “soft” gaze. This is the first, or *etheric* layer, very close to the body surface. Continue your practice, as detailed in Chios Level II, and allow the colors to come. You may gaze at the shell around the body during the active phase, and then release, look away, and your mind may think *blue!* You may see disturbances that have a color, form and movement, but you will not see them as with the physical eyes. You may look back, and not see color with your physical eyes yet, but trust the perception—the impression will take shape in your mind’s eye if you allow it. Learn to trust these perceptions, and you will realize that you have often seen more than you realized. You may, then, with your mind’s eye first, and then perhaps with the physical eyes, begin to detect the colors of the emotional body, which extends to several inches above the body surface. When you have begun to detect the colors, you are ready to employ the following additional technique to begin viewing the higher layers.

#### **Viewing the Higher Layers:**

Learning to view the higher layers of aura is a step-by-step process, one layer to the next. Each layer will probably be more difficult to see than the one preceding it. After beginning to view the colors or gaining good impression of them, begin to practice the following exercise for viewing the higher layers:

In an environment where the lighting is neither too bright nor too dim, and against a neutral-colored background, concentrate (localize your awareness) within the shell-shaped area around your subject's body where the emotional body would be (within 4 to 5 inches of the body surface). Do not focus on the physical body, but sense the body yet negate it. Simultaneously visualize the orange circle (from the basic progression of symbols given earlier), using correct practice. You must, at the same time visualize the symbol in color, become the symbol in color, and also localize your awareness on this area in this specific way. Use your active mind in this way, for a brief moment, and then release, look away, and avert your eyes (still open) to another empty area of space off to the side.



### Viewing the Higher Layers

Allow yourself to become aware of what your mind's eye perceives. As you know from your practice of visualization, your mind's eye can perceive even with your physical eyes looking upon something entirely different at the same time. What do you see in your mind's eye? Give yourself a brief moment for an impression to form. Repeat the glance again, and look away, and repeat again over and over, releasing yourself to whatever your mind's eye may perceive in the receptive phase. It is with this repeated glancing, using proper practice, that an impression will form in your mind's eye, and it will require repeated practice for more than a general impression to form. As has been described, it is a bit like looking into a room, briefly, and then looking away — after some number of rapid glances, you will begin to get an impression of the room, and notice more and more detail. You should realize that the impression you get may not immediately register to your conscious mind—the gaining of an impression begins as a “subconscious” process, a collection of impressions.

What do you “see” in your mind's eye? When you do get some impression of colors or patterns, bring your gaze (still in receptive, “soft” phase), back to your subject's body, and see if your physical eyes will begin to register anything of the

impression in your mind's eye. Gaze at the area around the patient's body, the open space surrounding the area near the body surface (where the particular layer of aura should be) with a de-focused and very diffuse gaze (especially for the higher layers). Can you see any hint of what your mind's eye perceived?

After you have gained a good impression in your mind's eye of the 2nd layer, and after you have begun to see that layer, it is time to try to view the next layer up. Each layer will extend to a level of *approximately* 4 to 5 inches above the maximum extent of the previous one. As you employ the technique above, you will therefore visualize the shell-shaped area around the body (sensing the body, yet negating it) up to whatever layer level you are attempting to see—the layer will exist at the surface of the body up to and including the upper limit. To begin to see the 3rd layer of aura, the mental body, for example:

Visualize the yellow circle and the shell-shaped area from the body up to about 8 to 10 inches above the surface, and then glance away into the receptive phase to allow impressions to form in your mind's eye. Then look back, with your physical eyes in a very relaxed and de-focused gaze, to attempt to confirm your impressions.

After gaining some view of the 3rd layer, you can proceed to attempt to gain some impression of the 4th layer, or astral body:

Visualize the green trine and the shell-shaped area up to and including a little over a foot above the body surface, glancing away in order to gain impressions in your mind's eye, and then looking with your physical eyes (with a diffuse, de-focused gaze) at the area within a foot to a foot and a half above the body surface. Use a very relaxed and de-focused gaze, to attempt to confirm your impressions. After gaining some view of the 4<sup>th</sup> layer, continue with this same technique to the higher layers.

As you move to higher layers, you will need to employ a slightly more and more de-focused gaze, and will also have to stand farther back from the body of your subject—up to six feet or more for the higher layers. Do not forget, also, that the layers interpenetrate—the phenomena you see in the astral body, for example, will show as phenomena at the body surface and then all the way out to a foot or so from the surface of the body, and may occupy the same area in space as phenomena at lower layers. It is not physical distance from the body alone that defines the layers, but differences in the energetic characteristics—different vibratory rates. Each layer corresponds to a different realm of the being of your subject—a realm that has its own characteristic vibration and unique nature.

This technique works because effective visualization of the colors, using the symbols, raises your vibratory rate so that the corresponding body—the corresponding layer—will come into view. When your vibratory rate is thus increased, you are able to send or sense energy on that level, you are “in” that color and able to sense this layer of aura because you have raised your vibratory level to a point where you are able to perceive phenomena at this higher level. This technique will not only increase your ability to learn to view that layer, but will also “highlight” that layer to your vision so that its contents may be seen more clearly, like a filter, although other layers may be seen at the same time. When practicing this effective technique for viewing the higher layers, however, do not think of it as a process of “raising your vibratory rate,”

simply sense and become the symbol in color and do not attach this mental interpretation to the process—to do so will inhibit and limit the effectiveness of this technique. Just “be in” the color, using the proper symbol in color, and then seek to view the layer with a relaxed, de-focused and diffused gaze.

**The Appearance of the Aura Layers and Phenomena Within Them:**

Each layer has its own characteristics and general appearance, as you will see. The 1st layer will become visible, usually as a light blue or colorless layer, surrounding the surface of the body at a distance of one or two inches or so, which may deepen to a medium blue after some practice. You have almost certainly already seen this etheric layer during your practice of Chios Level II. This body also includes the energy pattern on the surface of and within the physical body—it is an energetic mirror of the structure of the physical body and is the pattern upon which it is based.

The 2<sup>nd</sup> layer of aura, or emotional body, is composed of clouds or areas of color—usually indefinable shapes of variable color and size. These multicolored clouds extend to 4 or 5 inches above the surface of the body and are usually in a condition of constant flow, change and movement. These moving colors usually have some correspondence to the psychological state of the patient and/or the life experience or the activity in which the patient is engaged. Impurities that may exist in the energetic functioning of this layer generally appear as discolored, muddied, smeared or streaked colors or patterns which are unhealthy-looking.

Generally speaking, colored energies appearing in the 2nd layer (and in the other layers of aura) that are bright, clear and that have a sense of “health” to them represent healthy aspects of the operation of the energy field—aspects related to the character and personality of the individual. Healthy colors will be appealing and appear vibrant and radiant. Harmful or unhealthy auric phenomena will have a discolored, muddied, smeared or streaked appearance, and the color will be unappealing—it will seem, feel and look unhealthy. These unhealthy energies are ill conditions—energetic defects which can result from depressed functioning of the energy field or from unhealthy influences which have spread from other aura layers or from chakras.

Often you will find that a patient with disease or unhealthy conditions will show colored energies that are a dark brown or brownish red or, if less pronounced, this brown will appear as a very dusty yellow. Black energies, or, if the black influence is less pronounced, a dirty gray or dirty silver color, are also often present. These diseased colors will infuse into healthy colors—making them appear unwell—or will streak, smear or discolor these regions. Such diseased colors look unwell. The intensity with which these unhealthy and unappealing colors appear is an indicator of the degree of sickness of the individual—the more intense and easily noticeable the ill-appearing colors are, the more detrimental the energies have become to the patient’s energetic health.

The 3<sup>rd</sup> layer of aura, or mental body, primarily appears yellow in color, to the eye. In actuality, it is not composed of yellow light but has a radiance which makes it appear light yellow or golden. This layer does not have clouds of color, like the 2nd layer, but has a shell-like shape, similar to the shape of the body yet less-defined, which exists about 8 to 10 inches



from the body surface. This layer, like the 1st layer, also exists as an energy pattern which exists on and in the physical body, and which mirrors it. Impurities in this layer are indicated by the same sort of darkened, discolored, smeared or streaked colors which have been described as under the 2nd layer, but these colors are very light and fine—they are barely noticeable in the light yellow-gold radiance of this layer. This 3rd layer often displays some of the same colors as the 2<sup>nd</sup> layer, and yet these colors are very fine and light, and the light yellow-gold radiance that shines through all makes them more difficult to see.

The 4<sup>th</sup> layer of aura, or astral body, is similar to the 2<sup>nd</sup> layer, in that it is composed of multicolored clouds. The colors in these areas or clouds are finer, paler and lighter, however—they are dimmer and harder to see—and they exist in an area up to and including approximately a foot to a foot and a half above the surface of the body. These multicolored clouds, like those of the 2<sup>nd</sup> layer, are always in motion, and are similarly connected to the psychology and life experience of the subject. Impurities in this layer present themselves as unhealthy-looking discolored, muddied, smeared or streaked colors or patterns, as have been described above. Because this layer and its colors are lighter, however, impurities will generally appear lighter and finer to the eye.

The 5<sup>th</sup> layer of aura, or etheric template body, primarily appears as a deep blue radiance to the eye, a radiance that is not as bright, however as that of the 3rd layer. It has an overall shape that is like an eggshell, although it is not as large nor wide an eggshell shape as the 7th layer, existing at a level of perhaps two feet above the body surface. This layer also, like the 1st and 3rd layers, exists as a pattern that mirrors the surface and inner structure of the physical body. This layer is a vibrational mirror for levels above and below—its eggshell shape mirrors the vibrational structure of the 7th layer, and its body-like structure, as a higher vibrational template for the physical body, mirrors the physical body. Impurities in this body exist, not as darkened or sullied colors, but as disturbances of vibration. They are not of the nature of variations in radiance or subtle color hues therein (as in the 3rd layer), nor are they textural changes in the quality of light (as in the 7th layer, described below), but are vibrational disturbances particular to this layer which you will sense in a manner analogous to a sound or feeling that is disharmonious and is expressed as a disturbance in the pitch of vibration.

The 6<sup>th</sup> layer of aura, or cosmic or celestial body, appears as multicolored softly flowing streams and soft streaks of light emanating from the center of the body in all directions. This layer has no clouds of color, nor eggshell or bodily shapes, but only consists of these streams and gentle streaks alone. Impurities in this layer are indicated by discolored, muddied, smeared or streaked regions or infused areas within these multicolored streams, but such impurities are very difficult to see—they are usually quite dim and not always visible.

The 7<sup>th</sup> layer of aura, or ketheric body, appears as a fine, transparent eggshell, with a soft glowing light that may appear bright or golden to your psychic sight and your eyes. This layer is approximately three feet, or a little more, from the body surface, and, although appearing as bright or golden light, is actually composed of a light that contains all the colors in its true nature. Impurities in this layer manifest as spots, zones or areas which display a *change in texture*—not any significant change in the color or intensity of the light of the shell, but a roughness and a change in the quality of the light of the shell. The 7th layer of aura and the

manner of treating it will be described in more detail later, in the section on 7th layer focal healing.

Work your way up, from one layer to the next, to bring all the layers into view. This will take time and practice. At first, it is normal to begin to see only the first few layers with the physical eyes. You may, however, begin to get intuitive impression of the appearance of whatever higher layer you are attempting to view, prior to getting visual confirmation of it with your physical eyes. This intuitive impression will nevertheless be very useful in your healing work. It may take years of practice to gain a physical view of all seven layers of aura.

As you begin to learn to see the aura, the overall appearance of that you are able to detect may be one color predominantly, but as your practice progresses you will begin to see many colors interspersed. As you advance in your practice you will see several layers outward, each layer displaying a different shade or shades, almost in the shades of a rainbow, and these will be very fine perceptions. You might, therefore, perceive an individual's aura and say at first glance that it appears blue, and then notice bands of green in one area, and streaks of red and yellow in another, and as your perception of the layers refines you will see the rainbow of layers outward from the body and it will be difficult to say where your first overall perception of blue had come from.

In your treatments, you may perform your viewing of the aura and its levels immediately after your intuitive reading of the auric field, or instead of it, depending on what is best for you. If you perform both techniques, remember that they are not really separate techniques, but that you are proceeding through a continuous method of learning to sense, and of gaining and progressively refining information regarding the health of your patient. It is good to eventually acquire the ability to see the aura and its levels directly with the physical eyes. You may practice seeing the aura not only with your patients during scheduled treatments, but also throughout the day, as well, using the glancing technique. Often practice at random intervals throughout the day, instead of a disciplined regimen, is the most effective approach of all at learning to see the aura. This approach is highly recommended.

It is also wise to employ the intuition/aura viewing perception at various places during your treatment, as required. This may be done all over the body, or you may focus on certain regions of interest. As an aid to learning, it is wise to attempt to view with the eyes that which is sensed intuitively in the field.

#### **Interpreting the Meaning of Phenomena in the Higher Auric Layers:**

When viewing the aura prior to treatment, you will also find it helpful to ask for information on the meaning of the phenomena that are sensed in the layers; that is, to do an intuitive reading requesting further information on whatever phenomena you experience in the aura. This is especially important when you encounter impurities on the various layers. You may get information, for example, on disease conditions (either currently manifesting or conditions which could manifest in the future as a result of energetic conditions present). You may get information pertaining to present or past life experiences which correlate to phenomena in the aura, psychological issues in the patient which correlate with the phenomena, how the impurities

or other phenomena relate to conditions on the other layers, etc. All of these will be helpful to you as you plan the course of treatment and work with your patient.

Seeking to obtain this information, in the form of pictures, sounds, a “felt sense,” or in other forms of information or guidance, will greatly increase your knowledge of your patient’s condition. It is possible to learn to “see” all these things, as you view the aura—your focus upon whatever energetic phenomena you are evaluating serving to localize your awareness, and then place you into a state of receptivity whereby these pictures or other forms of information occur as you view. Your consciousness, “tuned” to the higher vibratory levels, is able to access this information—to sense emotions, view thoughtforms, or “see” important past life experiences. You will see structures, moving patterns of energy and impurities within the field, and learn to “see” pictures or otherwise receive further information on them, at the same time.

It should be noted that, as you proceed to higher layers of aura, the fourth and beyond, it will not only become more difficult to see these higher, more refined, levels, but will also be more difficult to “understand,” with words or ideas, what you may be seeing. While sensing the second or third layers of aura, for example, might result in seeing emotions or thoughtforms which inform you of their origin within the patient’s psychology, sensing the fifth or sixth layer may not result in information which allows you to “put a finger on” the meaning or source of whatever energetic phenomena are observed. Although the “cause” of these higher energetic phenomena may not be understood with words, it is nevertheless possible for the healer to get some sense of the meaning of whatever is perceived on these higher, more spiritual levels, as well as what relationship it may bear to structures on the lower levels of the patient’s being—an understanding will emerge in your awareness, at a deeper level.

As you work to perceive these higher layers, and their meanings, the layers and the phenomena within them are sensed more in a “felt sense” way—in the same way that sounds at lower frequencies can easily be heard and understood and then as the frequency is raised to near and somewhat beyond the perceptual range of the human ear the sound is actually “felt” slightly—so will your perception become more delicate and refined as the higher levels are sensed. The vibration shifts to a progressively higher level, as one ascends to perception of the higher bodies, and becomes finer and less discernible to living human beings—it becomes a finer vibration, with finer perceptions. Perception, understanding and treatment of phenomena on the lower layers of aura deal with grosser distortions of energy in the auric field layers, but perception and understanding of energies on the higher layers involves a finer and more delicate perception and understanding—one that takes place in the higher awareness. It is important to understand, however, that these delicate energetic phenomena on the higher layers are vitally important, and have an all-pervasive meaning and influence on the patient and upon all lower layers of the energy field.

Much has been written about color in the aura—that is, the supposed meaning of certain colors as they appear. While it is true that sometimes certain colors mean certain things, in practice there is no set and reliable system of interpretation for these colors, as they appear on different layers and in different locations in the energy field—they often mean different things. It is suggested, though, that when certain colors appear within the energy patterns of the aura that you sense are important, that you ask for information on the meaning of the colors. Information, in the form of pictures, sounds, a “felt sense” or in other ways, will often inform the healer of

the meaning of certain colors, as they are observed, and also provide details regarding the source of the phenomena. Usually it is not the color itself, but the purity, tone, hue and brightness of the various colors which appear that holds importance.

To see the aura in its entirety, with the physical eyes, will take a great deal of time. Begin to see the aura intuitively, with the mind's eye, and you will detect everything that you imagine you should see with the eyes, and you will also begin to get a real understanding of the meaning of what you see. There is no difference between seeing intuitively and seeing with the eyes, nor between sensing the aura layers and knowing the meaning and significance of what is on them—all are part of the same unitary process of holistic perception. Release your notion of what seeing and feeling is like and you will be able to see and feel. Complete release and openness is the key to achieving perception and knowledge of the aura and its layers—*you must be as one floating on water.*

**Healing Treatment as a Process of Conscious Restoration of the Health and Integrity of the Energy Field—The Principle of Healing:**

In your examination of the aura and its levels, you visualize, “see” in your mind's eye, these levels and the phenomena and impurities on them. This is not merely a process of viewing with the physical eyes, but especially a process of conscious awareness—the aura levels, and the phenomena and impurities on them, like all perceptions of the healer, are seen first and foremost with the deeper awareness and entire being, although physical vision usually follows, at some point. The mere act of attempting to see certain levels of the aura, for example, establishes some deep awareness of conditions upon them, even if this information does not immediately become available to the conscious mind or is not confirmed with the physical eyes.

The purpose of healing treatment that follows such an examination is to remove impurities and unhealthy energetic phenomena from the energy field. While it is true that this is done through the use of specific healing techniques, it is not these tools that heal—it is the consciousness of the healer that heals, through these tools. The healer, when examining the patient prior to treatment (and while performing treatment, also), does so for the purpose of acquiring a deep and complete sense of the patient's condition. This deep sense of the state of the patient, in all aspects, is then employed, through the tools, to heal.

In your examination of the patient's aura levels you begin to acquire an understanding of the patient's condition. The act of beginning to examine the layers, whether or not you are able to see all of them, gave you this understanding. During your examination of the layers, and the impurities and unhealthy energies that may exist upon them, you should visualize these areas in your mind: allow a visualized sense of each layer to emerge in your being and notice which are in need of correcting and in what way. As you do so, see, intend and sense the layers restored to health—visualize the layers which need healing restored to a healthy state. This is actually a single process—a process of noticing impurities and defects and then visualizing restoration and correctness, all of which is performed with the entire being and the entire conscious awareness, through visualization. This process establishes a link between healer and patient, establishes a visualization of energetic health which is then effected during healing, and therefore lends greater effect to the healing power of the specific techniques which are performed.

You will, for example, examine a patient who has impurities on a certain layer, perhaps the 4<sup>th</sup>, which consist of blackened yellow or reddish-yellow streaks that appear unwell. You may also have detected, on the 5<sup>th</sup> layer, disturbances in vibration in the structure. You will, as you examine these layers, see these conditions and visualize these conditions correcting—you will “see” the blackened yellow or reddish-yellow streaks in the colors healed such that the colors return to a healthy hue. You will similarly “see” the vibrational disturbances correct to a smooth, harmonious state. You will then treat your patient, using techniques which have an effect on these layers (techniques which often treat layers of aura and also chakras at the same time). Your deeper awareness and link with your patient will lend greater power to the healing, and this awareness may not merely have greater effect in this way, but may also be referred to during treatment using specific techniques.

The overall deep understanding of the patient and his or her condition that the healer develops before and during treatment does not merely act to promote healing through the overall intention of the healer, but the healer’s awareness may return and be aware of specific energy field distortions and impurities, while treating that portion of the energy field. You will for example, find that an awareness of impurities you detected on the 4<sup>th</sup> layer of aura during your initial examination of your patient will linger in your awareness, and that when you are later treating this layer of aura using a technique which you will learn to treat the 4<sup>th</sup> chakra and this layer together, this awareness and visualization will be acting in concert with the technique you employ. You will treat this layer of aura using a particular technique, and yet also have a remnant awareness of unhealthy conditions to be corrected—a persistence of visualization of the conditions existing on the layer and those conditions returning to a state of health, while you perform the technique.

This approach to healing and this effect in healing is not limited to the layers of aura. Your treatment of the chakras, also, works upon this principle, as does every aspect of treatment. Healing is the act of holistically sensing the condition of the patient, in all aspects, and visualizing the energy field and its phenomena, with the entire being, seeing it healed and restored to health, in general and as the various portions of the healing treatment are performed. The healing passes from healer to patient at a deeper level, yet is also expressed in all the specific techniques employed. This is the fundamental principle of healing.

### **ENERGETIC DEFECTS OF THE CHAKRA SYSTEM**

In Chios Level II, you learned to sense and treat some simple energetic defects in your patient’s aura and chakras. You learned to correct four conditions that can affect the auric field layers: auric energy impurities, leaks and tears of the auric field layers, energy depletion and disturbance of energy flow. You also learned to correct one important energetic defect that can affect the chakra system: you learned to sense and treat blocked chakras.

In this level, you will not discontinue performing the effective techniques that you have learned to treat these conditions, but you will now learn to sense and treat further energetic conditions that can very detrimentally affect the health and vitality of your patient, should they remain untreated. Three of the new energetic conditions you will learn to sense and treat affect

your patient's chakra system. They are *undercharged chakras*, *unbalanced chakras*, and *chakras exhibiting structural energetic defects*. You will learn powerful and effective methods for treating each of these conditions.

In healing treatments, you will first treat whatever auric energy impurities, leaks and tears, energy depletion, disturbances in energy flow and blocked chakras you may find in your patient, using the appropriate techniques you have studied in the second level. Then it will be your task to sense and then apply whatever further treatment is needed by your patient, through the use of the new series of special techniques. Often this additional treatment of your patient, using the techniques you will study in this level, will occupy a substantial portion of treatment and be its major focus—the simple yet powerful techniques you are about to learn to effect changes in the chakras and aura layers, although requiring some degree of competence to perform correctly, are the primary and fundamental tools of the professional energy field healer. A basic understanding of the operation of the chakra system will assist you in understanding and effectively using many of these tools.

#### **Energetic and Radiant Characteristics of the Chakra System:**

The chakras are perhaps the most simple, yet also most complex part of the individual being. Each chakra in the chakra system is always taking in and sending forth energy, in many directions and in many ways.

One important aspect of the functioning of the chakras is their energetic characteristics. It has been discussed how the energy may be likened to a life force flowing within the body, and the chakras possess a quality of energetic conduction. The body and its chakras are a conductor for the energy. The chakras receive energy from the earth, and from all around, and this energy is then distributed throughout the body in various ways—ideally in a healthy and harmonious flow and pattern of interaction that encompasses all the various portions of the energy field, including the other chakras, the higher layers of aura and the organs and tissues of the physical body, and in other ways that support life.

One aspect of this energy pattern is the upward flow of energy through the chakras. Beginning at the 1st chakra, there is a very significant energy flow which ascends through the chakra system—through the central energy channel in the spine—and continues to the 7th chakra. Whereas the lower chakras are simple in their functioning, the chakras grow progressively more complex and spiritual in their functioning. As the energy ascends through the chakras it is transmuted—processed by each chakra according to the particular nature of the chakra—and then continues upward to the next chakra in the system. Like locks on a river, each step takes (or transmutes) the energy to a higher level than the step before.

Although this upward flow of energy is the one that is of primary importance to the healer, it is interesting to know that there is also a small but constant stream of energy flow back down the chakra system—a high form of energy that has been transmuted up through each of the chakras including the 7<sup>th</sup>, and then works back down through the system, through each chakra, to infuse the chakras and the energy moving upward. This minor downward flow of energy is not transmuted again on its way back down, but works to stimulate and infuse. The chakras are therefore linked by this upward (and downward) stream of energy. They connect with each

other, and yet each is like a small engine operating and running in accordance with its own particular nature. It is a blockage in this energy flow—most particularly in the necessary upward flow of this energy—which is treated when one treats a blocked chakra.

Each chakra also distributes energy in other ways. As each chakra processes the energy available to it, it also passes on energy and participates in the operation of the entire energy field. Each chakra influences the energetic activity of the various layers of aura, for example, maintaining a significant connection to its corresponding layer of aura, but also influencing all the other layers, to one degree or another, as a holistic participant in the energy field.

In addition to their function as energy junctions for the energy that conducts in the central energy channel and throughout the energy field, however, the chakras also have another important characteristic to their functioning. As each chakra takes some of the energy that nourishes it and transmutes it according to the chakra's own particular character, it then not only sends the energy within it upward to the next chakra (providing no blockage is present) and distributes it throughout the body and the energy field, but also *radiates it outward from the body in a visual field* related to that chakra's unique nature. This radiant characteristic is a higher and more subtle manifestation of the chakra, beyond its function as an energy junction and energy distributor, and it is not a forceful energy, but a glowing sign of the condition and health of the chakra. There is at all times a radiation of energy from each chakra outwards in all directions. It is most visible as an outward flow from the body and is not a primary movement of energy but a visible indicator of the performance and state of the health of the chakra. It is the visual appearance of the chakra, from which the condition of the chakra (and therefore its energetic influence on the rest of the energy field) can be inferred.

This radiant characteristic of the chakras can perhaps be understood through an analogy. Consider the chakra system as a stem with flowers upon it, seven flowers at different levels up and down the stem, from red at the bottom to violet at the top. Energy from the earth ascends through the stem and nourishes each flower, in succession, each flower taking some energy for the purpose of nourishing itself and producing its petals, the energy also continuing upwards to the remaining flowers above. Each flower is also nourished from sunlight streaming down from above and all around, a higher energy and light which makes all life possible. Each flower does not radiate energy, like chakras do, but each flower does absorb energy from all that surrounds it and processes it according to its nature, and has a visible appearance which is an indicator of its health as it does so. Each flower radiates a visual appearance which is an indicator of its “energetic” health and well-being.

Chakras possess this radiant quality to their functioning. It is this characteristic, related to the health of the chakra, that will be sensed prior to treating the chakra using color. It is this radiant chakra field that you sought to begin to sense, as it reflects on the back of your hands, during your practice of Chios Level II. In this level you will learn further ways to begin to sense the colors in this chakra field, for the purpose of assessing the health of the chakra, and there will be two basic conditions that you will evaluate and treat with color: 1) chakras that are *undercharged*, that are inadequate or that are impure in their native energetic operation; and 2) chakras that are *unbalanced*, that are over or under-activated in their operation, in comparison with the other chakras in the chakra system. To refer again to the analogy above, some flowers may show a diseased or weak color or hue to their petals—may not be gaining enough energy

from the energy ascending through the stem, or may have become subject to disease. These may be likened to undercharged chakras. Other flowers may show too much or too little growth, as seen in the size of their petals—they process somewhat more or somewhat less of their share of the energy and are therefore too active or too timid in their growth, compared to the other flowers. These may be likened to unbalanced chakras in the chakra system. These conditions are explained in more detail below.

#### **Undercharged Chakras:**

The chakras in the chakra system are connected, and work as a unit, for the operation of each affects the others. There is inherent in each chakra the full range of colors, from red to violet, although colors other than the native color of the chakra will probably not be visible to any great extent.

Each chakra has a dominant color, which will be visible, corresponding to its place in the chakra system. It is as if each chakra were a cell, aligned with a certain location on the spectrum, yet also connected to the others and part of the whole. Each location has an affinity for a specific true color, and this true color corresponds to the native energy level of the chakra—to the form of energy that nourishes it and corresponds to its domain of activity, its realm of being. This native true color of a chakra will often be rich, strong and pure—its own color only—yet the presence of other colors is not an indication of lack of health, but a sign of activity. A pure orange chakra, for example, is not healthier than an orange chakra with bright flecks or sparks of blue and green; these other colors indicate normal, healthy operation of the chakra in conjunction with other healthy energies in the chakra system and energy field.

An orange chakra that is faded or lacks brightness in its color and radiant appearance, however, is a chakra that is weak, depressed or inadequate in its native energetic functioning—a chakra that will be, as a result of its weakened condition, susceptible to energetic impurities. A chakra that is diffused, muddied, watery, or smeared with color, or streaked with black or gray impurities, has become impure in its functioning; its operation has become subject to unhealthy energies. Its “engine” is out of tune and “running rough.” Such *undercharged* chakras are not operating in a strong, healthy and pure manner, and indicate this condition by not radiating their true color hue in a pure way. Whether simply weak and deficient in the content of its native energy or whether additionally sullied with energetic impurities, an undercharged chakra is a weakened chakra, a chakra that has squandered energy or has improperly processed the energy available to it in such a way that it is not properly maintaining itself—it is a chakra in a depleted condition and vulnerable to impurity. It is diseased and in need of treatment—in need of being *charged* back to its healthy hue.

Undercharged chakras are unable to fully and completely fulfill the energetic contribution they are supposed to make to the overall operation of the energy field of the patient. They are chakras that do not contribute a proper vitality of their native energy to the overall operation of the energy field and/or introduce an element of energetic impurity to the influence that they exert upon the overall holistic operation of the field. They are not fulfilling their part of the overall health of the energy field of the patient. An undercharged 3rd chakra, for example, correlates to a mental aspect (especially as pertaining to the perception and projection of self) that has become weak, vulnerable and subject to impurity. Such a condition will correlate to the



psychological issues and life experience of the patient and will affect nearly every aspect of the patient's life, to one degree or another.

An undercharged chakra also works to depress the normal energetic functioning of the chakras and the related functioning of the physical, emotional, mental and spiritual bodies. Although each chakra is strongly related to its corresponding aura layer, the chakras exist at *each* layer of aura—just as there are points on the physical body where chakras exist, so are there points or areas on the other bodies where the chakras are—and the operation of each chakra is related to the entire aura and operations within it. When a chakra is undercharged, the energetic functioning of not only the corresponding aura level is affected, but also all related functions in the entire energy field. When the 3rd chakra is undercharged, for example, it will affect the healthy operation of related organs in the physical body, related operations in the emotional body (as they relate to the 3rd chakra), operations in the mental body (the corresponding aura layer), and in other areas also (including in other chakras). All operations in the energy field related to the operation of the undercharged chakra are affected, and they are, in whatever aspect in which they are related, therefore subject to weakness, impurity and disease.

It is quite common to find undercharged 3rd, 4th and 5th chakras in patients, and charging these chakras will often provide a vital and noticeable benefit to the physical, emotional, mental and spiritual health of the patient. The 1st and 2nd chakras need charging a little less frequently, and when an undercharged condition occurs in these it is perhaps less serious, although they should still be charged back to health. The 6th and 7th chakras similarly require charging somewhat less frequently, but when an undercharged condition is present in these higher chakras it is quite serious. The higher the chakra the greater the unhealthy effect of an undercharged chakra, because it will more completely affect the operation of the energy field on all levels. Charging of the 6th and 7th chakras, when required, is therefore highly necessary and highly beneficial to the patient, in many ways.

The lower chakras have a self-healing aspect; that is, when in an undercharged state they have the tendency to charge and heal themselves back to health. This is particularly true with the 1st and 2nd chakras. As one proceeds to the higher chakras, however, this self-healing property of the chakras diminishes—the higher chakras cannot re-charge and heal themselves—and so, unless treated by the healer, these undercharged conditions will remain, sometimes indefinitely. This is another reason why restoring undercharged higher chakras is so important and so beneficial to the patient.

#### **Unbalanced Conditions in the Chakra System:**

Each chakra in the chakra system plays a particular part in the overall health and harmony of the entire energy field—each chakra potentially affecting all the other elements of the field. Each chakra must be charged—must have a vitality and purity to its energetic functioning—but there are other considerations to be met for healthy functioning of the entire system.

Each chakra also has an activity level—it transmutes a certain amount of the energy it takes in for the purpose of exerting its influence and operating according to its place in the overall health of the energy field. This level of activity of the “engine” is also indicated by its radiant

characteristic—not by the coloration of the chakra field but by its size. To function properly, in good health at every part of the being, there must be an overall balance in the activity level of the chakras—each chakra taking and transmuting a balanced amount of the energy available and therefore working in a balanced and harmonious manner with the others. Chakras that are either overactive or underactive, however, transmuting too much or too little of the energy and hence are over or under-processing, are *unbalanced*. Their “engine” is running too fast or too slow. This defect is not a lack nor purity of the native energy *content* of the chakra (as in an undercharged chakra), but is an incorrect level of *activation*—an overall activity level of the chakra which is not equal to and in balance with the other chakras in the chakra system.

Unbalanced chakras are chakras that exhibit too much or too little influence in the overall being of the patient. They are chakras which function too much or too little and therefore exert an unbalanced effect, such that the particular contribution to the overall energetic operation of the patient’s chakra system that the chakra makes is either over or under-represented. Because each chakra plays a unique part in the overall health and harmony of the entire energy field, an unbalanced chakra creates a state of imbalance that affects the entire energy field and state of being of the patient. An overactive 2nd chakra, for example, can correlate to the emotional aspect (especially as pertaining to desire or sexuality) that has become too forceful and too dominating in its influence on the energy field and overall state of being of the patient. Such a condition will influence the operation of all other aspects of the energy field of the patient, to one degree or another, as they relate to that chakra, and this will often correlate to the psychological issues and life experience of the patient. Although an unbalanced chakra, by itself, may not initiate an illness or affliction, it is often present as a contributing factor. Unbalanced chakras, in any case, inhibit a balanced physical, emotional, mental and spiritual life.

Unbalanced chakras are indicated by a radiant appearance which shows a larger or smaller than normal size of the chakra field—corresponding to the unbalanced activity level and influence of the chakra. In a balanced chakra system, all chakras are radiating equally. The radiatory strength of the chakra is an indicator of its influence in the overall being, relative to the other chakras in the chakra system—it is the force of the chakra itself. It is desirable to have all seven chakras of equal force, to have them in balance. Should any chakras be over or under-stimulated in their radiant strength, the chakras must be *rebalanced* by the healer, by raising or lowering the activity of those chakras out of alignment. For example, a 2nd chakra may be radiating a healthy orange hue, but too powerfully. This chakra is not in need of charging, but needs rebalancing, so that its activity level is slowed to balance with the other chakras in the system so that they may all radiate equally, restoring the patient’s being to an overall balance.

It is interesting to note that an undercharged and an underactive chakra are similar—at least in their effect. A chakra that is undercharged may have a weakness or impurity to its energy, but may nevertheless have a proper level of operation of its “engine”—a proper activity level. An underactive chakra may still have an adequate content and purity to its energetic functioning—may be charged and functioning—yet still not be possessed of the level of activation which is required for it to be of proper influence in its operation. Both such chakras will depress the normal energetic functioning of the entire energy field, in such ways as they relate and contribute to each aspect. Although the effect is nearly the same (although not quite, for the undercharged chakra may also contribute energetic impurity) the cause is different. The inability of each chakra to perform is similar in its effect but different in the underlying reason.

In the chakra system there are not chakras which are more or less likely to be unbalanced—to be over or under-active. There will therefore be no chakras in your patient more inclined to need rebalancing, yet there will be *patterns of balancing* that you will find. In each individual, the balance of the chakra system will show some pattern of deviation from an ideally balanced state, such that there will be an overall pattern instead of single chakras being out of balance or dramatic shifts taking place in the activity levels of the chakras. You will, for example, seldom find only one chakra out of balance, nor will you often find a very overactive chakra next to a very underactive one, but it will always be that there is an overall pattern or curve to the level of activation of the chakras in the chakra system such that there is a pattern of deviation from the equal, level degree of activation you would find when the system is in a perfectly balanced state.

This deviation from ideal balance in the chakra system is often a chronic structural condition in particular patients—it is a semi-permanent or permanent condition that will remain unless the healer works to rebalance the system to its proper state. You may, for example, have a patient which shows a fairly level balance in the lower chakras, yet as the higher chakras are approached the level of activation declines, so that the 5th, 6th and 7th chakras require rebalancing upwards. You may find that this condition requires repeated treatment to attempt to correct—that it tends to be more chronic and pattern-specific than the occurrence of undercharged chakras in the patient. It is nevertheless true that rebalancing will serve to progressively correct this condition.

#### **Chakras Exhibiting Structural Energetic Defects:**

There is another energetic defect that may be present in chakras—one that is not sensed using the radiant appearance of the chakra, but that nevertheless pertains to the energetic functioning of the chakra in an important way.

Each chakra in the chakra system can be thought of as an energetic “engine,” into which energy is received, sent forth, and processed, all in various ways. Each chakra has an *energetic structure* that corresponds to its functioning and determines how it can operate, effectively or otherwise. Chakras have been described as “whirlpools” of energy, often with certain details to their structure, and it is this normal structure and therefore function of the chakra which makes possible the clear, pure and effective processing of energy from each individual chakra that the overall health of the energy field requires.

Chakras may, however, exhibit *structural energetic defects*, defects in the very structure and ability of the chakra to process energy. This sort of defect is not a lack of quantity or lack of purity in the basic native energy of the chakra (as in an undercharged chakra), nor is it a basic over- or under-activity of the chakra as it “runs” (as in an unbalanced chakra), but is a lack and failing in the very structure of the chakra which limits its very ability to process energy in a pure manner and in the way it is intended. The chakra itself becomes no longer able to receive, process and transmit energy in a pure manner. In such a chakra, the energy is no longer flowing in its complete form—the defect that has become inherent in its structure and operation works as a “filter” to allow only a certain portion of the energy through, or as to place a “spin” or distortion onto the flow of energy.

This way in which structural energetic defects can result in an incomplete and distorted flow of energy through the chakra can be described through an analogy. Consider the flow of energy through the chakra as a flow through a screen, in which tiny holes are present. If some tiny holes become blocked (through which the overall flow of energy cannot proceed in an undistorted way), and other holes become partially occluded (in which the rays of energy go forth a short way and yet are then blocked or diverted), the effect is an overall restriction and distortion of what should be a clear, smooth and complete flow of the energy.

Chakras that exhibit this structural energetic defect are unable to fulfill their portion of the energetic health of the overall energy field. All portions of the energy field that would otherwise interact and receive beneficial influence from the proper operation of the chakra are instead subject to a distorted, incomplete and improper functioning of the energy, which would normally flow through and be processed by the chakra. The serious result is a fundamental incompleteness and distortion of the energetic influence the chakra has upon the entire energy field, including the physical, emotional, mental and spiritual bodies and related aspects of the patient's being. The manner in which this occurs can often be correlated, not only to specific deviations in chakra structure, but also to the specific diseases and afflictions that may result. All operations in the energy field related to the operation of the defective chakra are rendered distorted or incomplete in their operation, to one degree or another.

The occurrence of structural energetic defects can correlate to fundamental ways in which the psychology and life experience of the patient has become distorted. A structural energetic defect in the 4th chakra, for example, may indicate a fundamental distortion in the patient's ability to give and receive love—often as the result of traumatic experiences. This will, of course, also affect and be reflected in all other aspects of the patient's being. Structural energetic defects are the most serious condition of all that may be found in chakras—they can often result in serious physical disease or in conditions of chronic emotional, mental or spiritual limitation, affliction or illness. These defects do not heal themselves—left untreated they will remain, will exert a very unhealthy influence on the entire life process of the patient and will often eventually result in some form of disease. These serious defects in chakras may be corrected, however, through the use of a special technique known as *the radiatory method*.

It is quite common to find structural energetic defects in the 4th, 5th, 6th and 7th chakras, and these are serious conditions that require treatment. Structural energetic defects of the 1st, 2nd and 3rd chakras, although somewhat less commonly found and somewhat less serious, nevertheless require treatment. The correction of structural energetic defects, through the employment of the radiatory method, provides a vital and very important benefit to the energetic health of the patient.

It is important to note that these three energetic defects that may be found in chakras—undercharged chakras, unbalanced conditions in the chakras and structural energetic defects of chakras—are often related in their occurrence. Often the healer will find that a chakra exhibits two or more of these defects: that a chakra in need of charging, for example, will also require rebalancing and/or radiatory treatment, and may even also be blocked, show auric energy impurities in the field above it, or have small tears in the field layer(s) above it. Often this will be the case with the higher chakras—the 4th, 5th, 6th and 7th. These chakras, having a more sophisticated spiritual functioning, will often display several defects at once and will require

subtle treatment—they require more of the healer’s skill and attention, yet treatment of them has profound and lasting effect.

The various energetic defects to be found in or near chakras are usually interrelated, and often correlate to aspects of the patient’s psychology and life experience. Often a patient will have a chronically weak chakra or chakras which require treatment with many of these techniques. Treatment of all these particular conditions in the chakras, coupled with the other aspects of proper healing work, offers the patient the opportunity to move beyond the problems and the existential biases that are their basis.

Restoration of the proper functioning of the chakra system of your patient, through charging, rebalancing and radiatory treatment of all chakras that require it, accomplishes a great deal. It will assist in treating the ultimate causes of any physical disease present (or conditions which can potentially lead to disease), will work to heal and clear whatever problems or afflictions exist in the emotional, mental and spiritual aspects to the patient’s being, and will provide a purity, harmony and balance on all levels of the energy field.

### **SENSING THE CONDITION OF THE CHAKRA SYSTEM**

Treatment of energetic defects in the chakra system is a vital part of healing treatment, and each patient that you treat will, of course, present to you a unique combination of conditions in his or her chakras. The process of coming to a full understanding of the condition of your patient’s chakra system, prior to and all during treatment, is therefore important, and you will use three main tools to inform yourself: 1) intuitive reading and visualization of the chakra system of your patient, for the purpose of obtaining psychic information and guidance; 2) the reflection of chakra color on the back of your hand, during the first round of hand positions, and 3) your “felt sense,” or empathic sense of chakra condition, also during the first round of hand positions.

The information that you receive from these sources will be combined and used together, and this process of gaining a full and complete knowledge of the condition of your patient’s chakras will continue throughout treatment. You will seek information on undercharged chakras, unbalanced conditions in the chakra system and on chakras that require radiatory treatment (as a result of structural energetic defects). You will also, as during your viewing of the aura, seek more information on the meaning of the various phenomena you sense in the chakra system—on disease conditions, past or present life experiences or elements of the patient’s psychology that are related to these conditions. The first tool you will use to gain information on chakra condition is an intuitive visualization of the chakra system of your patient, very similar in method to the intuitive reading of the aura and chakras that you practiced in Chios Level II.

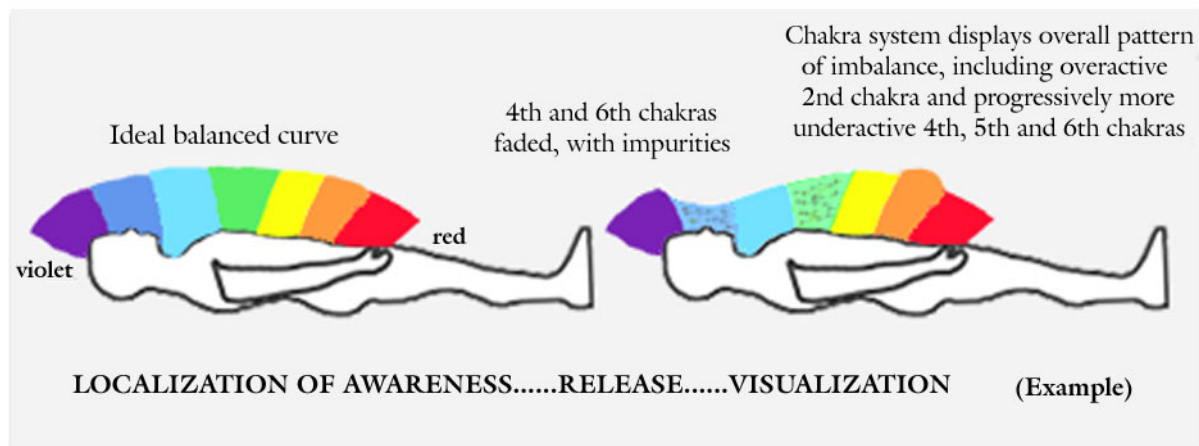
#### **Sensing the Condition of the Chakras Through the Reception of Psychic Information and Guidance:**

An intuitive reading (or visualization) of the chakra system is an effective tool for gaining information on which chakras are in need of charging and on whatever pattern of unbalance may

be present in the chakra system. This information, whether from the healer's own psychic senses or from the assistance of a guide, like all such information the healer uses, ultimately comes from the wider realm of pure consciousness, from the greater field of awareness that the healer cultivates a contact and communication with. Obtaining this psychic information or guidance is an effective way of gaining knowledge of the condition of the patient, in every aspect. A reading of the chakra system, using the intuitive and visualization ability of the healer, is therefore an effective perceptual tool.

The chakras of your patient are checked for charge and balance in the following way:

Perform an intuitive reading by first concentrating on the body in profile—as it would appear with the patient lying on their back facing upwards. Imagine a rainbow shell of color, a gently curved rainbow traveling from the head of the patient's body outline, where it is violet in color, to the area around the upper legs, where the color is red. You will see each of the seven true colors, with a boundary between the colors, along the length of the rainbow, and each color corresponds to that chakra. Briefly and effortlessly localize your awareness on this image using your active mind, knowing that you will shortly be getting information on which chakras are in need of charging or rebalancing, and then release into the receptive phase.



### Reading the Chakra System (Using the Intuitive Technique)

After releasing into the receptive phase, notice any changes in the colors exhibited in the chakra fields. Are there some chakras which are faded or which are diffused, muddied, watery, or smeared with color, or streaked with black or gray impurities? These are chakras in need of charging. Notice also the apparent height of the chakra fields, indicative of the level of activation of the chakras in the chakra system. Does the apparent level—the height—of the color bands of the chakras in the chakra system deviate from a flat, level state as you view across all seven chakras? If so this may be indicative of a pattern of imbalance in the chakra system.

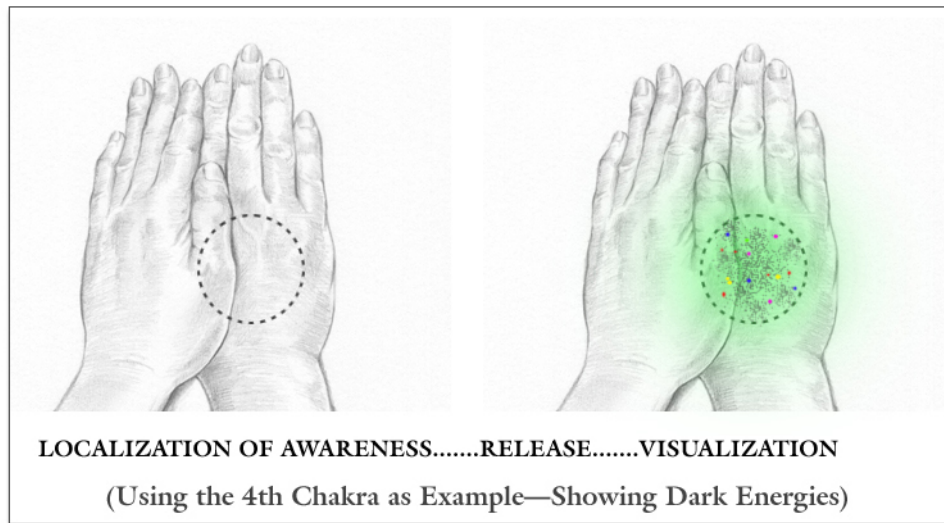
Examine the pictures you have received of your patient's chakra system in detail. Retain the overall picture in your mind, or perform several "rounds" of the active/receptive technique, and gain a full image of the chakra system. While gaining a complete visualization of your patient's chakra system in your mind, visualize all the

chakras within it restored to healthy hue and balance, in the same manner as was recommended for the layers of aura.

After a short period of practice using this technique, you may find that you no longer need to consciously follow the steps—that a visualization of the state of the patient’s chakra system will just appear in your mind’s eye. It will probably be possible for you to examine it, progressively, for details of each chakra, starting at the 1st chakra, for example, and moving upwards as you examine each for charge and balance, in detail.

**Sensing of Chakra Color Hues During Hand Positions:**

As you may have already begun practicing in Chios Level II, you may also sense the color hues of chakras in another way—from the way they illuminate the skin on the back of your hand.



**Viewing the Chakra Colors**

In the first part of your treatment, while performing the usual hand positions on the front of the body, you may check the color of the chakra by observing, in your mind’s eye at first, the *subtle color hue on the skin of the back of your own hand* as you treat a particular chakra. While learning, this is achieved by performing an intuitive reading, focusing your active mind on the back of your hand during the active phase and then averting your eyes and releasing into the receptive phase to allow some impression of this subtle color hue on the skin surface on the back of your hand to form in your mind’s eye.

The general tone of the chakra color, with any impurities or discolorations, will appear as a subtle yet discernible hue, and will thus indicate whether or not that chakra is in need of charging. The color, apparently reflected in your skin, will be from the patient’s own chakra field, and illuminates your skin to your subtle sight. You will probably begin to see this in your mind’s eye, yet possibly with your physical eyes also. After a short period of practice using this technique, you may again find that you no longer need to consciously follow the steps—that a visualization of the color hue of each chakra as it appears on your skin will simply appear in

your mind's eye as you treat the chakras during the regular hand positions. Make note, during your first round of chakra positions, which chakras will require treatment to restore their color and purity.

This is also an excellent practice for beginning to see the chakra colors with your physical eyes. After seeing the color hue in the mind's eye, you may also gaze at the hand, looking at the color hue with your physical eyes, and allowing yourself to see the hue, with any impurities.

**Interpreting the Meaning of Colors in the Chakras, and the Connection Between the Appearance of the Chakras and Their Corresponding Layers of Aura:**

Like the colors in the aura, the colors in the chakras can also be a source of information regarding the condition of the patient. It is good, when viewing the chakra colors using either of the above techniques, to also ask for information on the meaning of the colors you see—to do an intuitive reading requesting further information on whatever phenomena in the aura you are experiencing, or allowing this information to appear to you as you treat. You may get information, for example, on how smeared, muddied, discolored or weak colors in the chakras correlate to conditions you may have seen on the corresponding higher aura layer, and on how it correlates to disease conditions in the physical body (either currently manifesting or conditions which could manifest in the future as a result of energetic conditions present). You might see clear flecks of other colors in the chakra, which although may not correlate to disease may nevertheless contribute to your understanding of the current condition of your patient's psychology and life experience. All of these will be helpful to you as you plan the course of treatment.

Impurities and disease conditions that appear in the chakras, as well as healthy energies which appear in them, will also appear in some form in their corresponding higher bodies. The chakras do not project the bodies, in terms of cause and effect, yet the chakras and their corresponding higher bodies are *existences which mirror each other*: the higher bodies show what is present in their chakras and vice versa.

Impurities in chakras and impurities in corresponding higher bodies are often found together. Impurities and energetic defects in chakras can result in susceptibility, in the higher bodies, to energetic defects. The higher layers of aura can therefore become impure, as a result of impurities in the chakras. It is as though energetic impurities filter through the aura and can become lodged in whichever of the various higher bodies may be susceptible, and neighboring higher bodies, like neighboring chakras, may become sullied as well.

The color of whatever impurities or healthy energies may be found in a chakra may not necessarily be the same as the colors of whatever impurities or healthy energies are found in the corresponding layer of aura. In the case of impurities, it is simply a fact that if impurity exists in a chakra it generally means that impurity will also be found in its corresponding higher body, and vice versa. There may be no direct connection between the nature of impurities found in a chakra and those found in its corresponding layer of aura, although your psychic sense may give you information which explains the nature of each, any connection that may exist, and how the entire condition occurred. Similarly, the color of whatever healthy energies may be found in a chakra may not be the same as the color of whatever healthy energies are in its corresponding



higher layer of aura, although there will be a definite correspondence of “feel”—a feel perceptible to your psychic sense that will also inform you of the nature and meaning of the phenomena.

The overall state of impurity and/or health of a chakra will bear a correspondence to the state of impurity and/or health of its corresponding body. To treat impurities and disease conditions in a chakra will treat the corresponding higher body as well, and vice versa, although in practice the two will usually be treated together, when required. It is easier to focus on a chakra, in treatment, than a higher body, and so this method will often be used. An impure chakra can be the cause of impurities in the corresponding body, and treating the chakra can clear the body again. Your viewing of the higher bodies can provide additional information as to which chakras should be treated, and when treatment is effective and complete.

#### **Empathic Perception of Chakras With Structural Energetic Defects:**

The two techniques described above use a visual sense of the chakras in the chakra system to detect undercharged and unbalanced conditions. Structural energetic defects may also be present in certain chakras, however, yet these are detected in a different way—through the intuitive and empathic sense of the healer as the chakras are treated.

As you have felt in your healing work, the body and mind of the healer become “transparent” during the healing process, during which the healer ideally acts as a pure channel. The healer, while healing, is transparent to the energies and healing forces that come through during the healing process and is also clear and open to the energy field of the patient: the healer senses and becomes the patient and thereby senses the conditions therein. As you advance in your healing work, you will find that your *intuitive* sense of the patient and his or her condition will progress to an *empathic* sense—you will progress from knowing the condition of your patient using your intuition to sensing their actual condition, as if in yourself. The healer’s body (or emotions or mind) may mirror that of the patient, and the healer may therefore sense in themselves various conditions which require treatment. One important example of this phenomenon is the healer’s sensing, in his or her own chakras, chakras in the patient that have structural energetic defects—severe damage that requires treatment with the radiatory method.

During the first round of hand positions, you formed an assessment of the health of the body and the chakras, and you perhaps sensed chakras that were ill, in need of treatment. Some chakras may have merely required regular hand placement or unblocking to get the energy flowing, or charging to restore color or eliminate impurity, yet the chakra may be affected by structural energetic defects that cannot be treated with regular hand placement, unblocking or charging alone, and you will sense that more intensified treatment is necessary:

While performing the hand positions, do you sense a disfigured or damaged chakra suffering from such structural defects? You may sense, intuitively, almost as a pain in the chakra—a pain that seems to extend into the body and may also seem to extend and radiate outward through the layers of the being, the auric field layers. You may intuitively sense, or “see” in your mind’s eye, some detail of its disfigurement. It might even be a chakra with severe damage, possibly a chakra in crisis. Most importantly, however, do you sense this damage, or pain, empathically—in *your own chakra*? For a disfigured chakra, and especially a seriously damaged chakra, radiatory treatment will be

necessary. You must rely on your intuitive sense, and on your sense of empathy to discern when a chakra only needs charging, or whether it has structural damage and requires the radiatory method. You may sense a damaged chakra as *your own* chakra, using your sense of empathy with the patient.

With all techniques for sensing chakra condition—for the sensing of blocked, undercharged, unbalanced and structurally defective chakras—it is important for the healer to remain open not only to the intuitive sensing of psychic information and guidance, the visual viewing, the empathic sensing and other perceptual techniques, but also to remain open to the overall development of a complete understanding, in the being of the healer, of the condition of the patient. The diseased condition of the chakra will often strike a chord in the healer, in various ways, corresponding to the condition of the chakras. The condition of the chakras in the chakra system should emerge as a *felt sense*—a “knowing” felt in the entire being that is an overall integrated assessment of the condition of the chakras that is the result of all the information gained. By gaining an entire sense of the condition of each chakra, throughout treatment, the healer custom-tailors the treatment to address each chakra’s needs, and is also aware of the correlations between chakra states and phenomena on the higher layers of aura and the psychology and life experience of the patient.

#### **Integrating an Interpretation of Treatment Needs for the Chakra System:**

As you practice the above techniques and gain experience in the various ways of sensing chakra condition, you will find that you are able to gain a real sense of the condition of each patient’s chakra system.

**Undercharged Chakras** are chakras which will have their color appear discolored, faded, impure or tainted in some way, as has been discussed. From combining the information you have received from your intuitive reading of the chakra system and from the sensing of color on your hand during the hand positions, you will get an integrated sense of the chakra color. You will know, by feel, what is healthy and what is not healthy in a chakra’s color and appearance. A chakra that is in need of charging will have a color that appears to your “sight” as sullied, impure and unhealthy. The hue will not be robust, and the color will not be appealing.

Although your examination of the chakra color during visualization of the body profile and on the back of your hand are your primary information sources regarding undercharged chakras, you will also gain some felt sense of chakras which are undercharged—you will sense a weakness and unhealthiness to the chakra, as well. An undercharged chakra will be perceived not only by your “sight,” but by feel as well—to your entire being—as sullied, impure and unhealthy in its energy functioning.

Undercharged 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> chakras are quite common, while undercharged 1st and 2nd chakras are somewhat less so, and undercharged 6<sup>th</sup> and 7<sup>th</sup> chakras are a little less common still. All chakras in the patient that you have detected as being undercharged, however, will need to be charged back to their normal, healthy hue using the technique known as *Chakra Charging*.

**Unbalanced chakras** are detected primarily from your intuitive reading of the chakra system, and will have the boundary of the rainbow at their color extend beyond the others and

“bump” upwards to indicate a chakra that is radiating too actively, or “dip” downwards, closer to the body, for a chakra that is underactive. As you examine the entire rainbow profile, you will note a pattern of imbalance. An examination of this curve—noting at which chakra points the curve bumps or dips—will indicate to you chakras that need their over- or under-activity corrected in order to bring the overall balance back to the system.

Although your examination of this curve is your primary source of information regarding imbalances in the chakras, you will also gain some felt sense of chakra imbalances. An overactive chakra will not merely be indicated by a “bump” in the profile during the intuitive reading of the chakra system, but will also often be perceived as having an overexcited, unsteady, even jagged-feeling quality to its energy. An underactive chakra will not merely appear as a “dip” in the profile, but also will be felt—in your entire being—as having a weakness or timidity in its energy.

There are not particular chakras which are more or less susceptible to imbalances, but there will almost always be a pattern of imbalance, as has been discussed. You will then proceed to rebalance those chakras which require it, thereby rebalancing the entire chakra system and bringing it back to a healthy and harmonious functioning, through use of a technique known as *Chakra System Rebalancing*.

**Chakras with structural energetic defects** are primarily sensed through the empathic sense of the healer, as discussed. The healer will often sense this condition as a pain in the chakra that radiates into the body and/or outward through the aura and chakra field. This empathic sense can often take the form of an actual or “ghost” physical sensation in the body of the healer at that chakra position. This sensation, when present, is evaluated in light of the healer’s overall impression of chakra condition, whether or not an impression is received of a structural energetic condition beyond the unblocked, undercharged or unbalanced state which is sensed through other means. This empathic sense can to some degree be confirmed through the overall impression of chakra condition that emerges in the being as various perceptual techniques are employed and as treatment proceeds.

Although the empathic sense is the primary way that a chakra with structural energetic defects is detected, such a chakra may be also sensed through the reception of psychic information and guidance before or during treatment. Information may be received that indicates that a certain chakra or chakras have this damage, perhaps including some visualization of the damage itself or its correlating conditions and/or cause in the psychology and life experience of the patient. Although this information may appear visually, it may also take the form of words, perhaps (hearing this information spoken in the mind). Even when the healer receives information that a chakra is affected this way, however, it is important to attempt to confirm it, or allow it to be confirmed, with the empathic sense of the chakra as may be felt during treatment.

You will detect this condition most often in the upper chakras—in the 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup> and 7<sup>th</sup>. It will also sometimes appear in the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>, however, and whenever such chakras with structural energetic defects are found they must be treated with a technique known as *The Radiatory Method* to correct their structure.

After coming to a good understanding of the condition of your patient's chakra system, you may proceed with treatment, using the effective techniques detailed in the following pages. You will find that defects in the chakras will correlate well to unhealthy energetic conditions on the corresponding aura levels, and in other portions of the energy field which are influenced by detrimental conditions in certain chakras. Your assessment of treatment requirements for the chakras will lead you to specific treatment techniques, discussed in the balance of this manual, that will not merely treat the chakra(s) in need, but will also treat the higher bodies, too.

#### **Learning to View the Chakras:**

An advanced and optional step for gaining information on the condition of your patient's chakra system is to attempt to learn to view the chakras directly.

When practicing the intuitive technique given above, for the purpose of learning to sense the condition of the chakras, you may at some point, if you wish, attempt to view the chakras—to confirm with your physical eyes the information seen in your mind's eye. The sensing of the chakras using the psychic sight is a part of the process towards eventually becoming able to see the chakras, just as the intuitive reading of the auric field was a step in preparation towards beginning to view the aura. You may proceed in a similar way:

After gaining a sense of the patient's chakras in your mind's eye, using the visualization of the body profile as given before, look with your physical eyes—in a very non-focused, relaxed receptive condition—at the area around the body of the patient, from the same side-on perspective. Can you see very faint colored fields or bands where the chakras should be? Viewing the chakras from the side of the patient, you may see that the colors of the chakras are not completely separate—they merge above the body, as if in a faint mist or cloud of moving energy. They appear as in a rainbow, and the colors merge into a continuous band, so that it is difficult to say where one color becomes another—where indigo becomes violet, for example. After gaining some view of the chakras, you may even, at some point, be able to see phenomena in them, such as color impurities indicative of undercharged states, brightness or dimness or larger or smaller apparent size of the fields that are indicative of over or under-activity, or even structural energetic defects in the chakra “whirlpools.”

To see the chakras, however, is very difficult. They are difficult to see and will be the last part of the energy field to become visible to the eye. They can be felt, as you know, and a sense of their color can be gained with the psychic sight, yet they will begin to appear to the physical vision perhaps only as indefinable shapes, like clouds, even after much practice, and it will be some time before their complete structure can be seen *in toto*. As with learning to see anything this way, there is really a unity of intuitive and physical sight, and you are really seeing with your entire awareness, not moving from one sight to another, but combining all. It is difficult, also, to see the aura levels and the chakras at the same time. One can view the colors of the aura, or one can see the colors of the chakras, but it is very difficult to do both at once. It is something like the popular drawing where one can either see a vase, or two faces facing each other, but not both at the same time.

## CHAKRA CHARGING

After gaining a complete idea of the condition of the patient's chakra system, the first step you may wish to employ in treating it is to charge any chakras which require charging. Chakras that are undercharged are in need of having the strength and purity of their functioning restored. Charging them back into a normal, healthy state where they glow with the vibrancy and purity of their true color is necessary for the energetic health of the patient's entire energy field, and serves as a good foundation upon which further healing work may then be done.

In contrast with simply adding energy to the chakras, as is done during the placement of hands, chakras in need of charging are treated by *adding their own true color to them* in whatever quantity is necessary to supplement their energetic content, eliminate any energetic impurity present and protect against further intrusion of unhealthy energies. This thereby nourishes and charges them back to pure functioning. It is important to understand, also, that the technique given below for charging chakras also works to treat the higher aura levels; when the chakra is treated, the points on the higher aura levels where its influence is felt are also treated. The healing energies are also distributed, infuse into and effect healing changes in the higher layers of aura, up to and including the corresponding aura layer, and the hands are used in this process. The technique is performed with this knowledge that both the chakra and the higher layers of aura are being treated. It serves to correct any weakness or impurity in the chakra's energetic functioning, and also treats the higher aura layers which may also have unhealthy conditions in them.

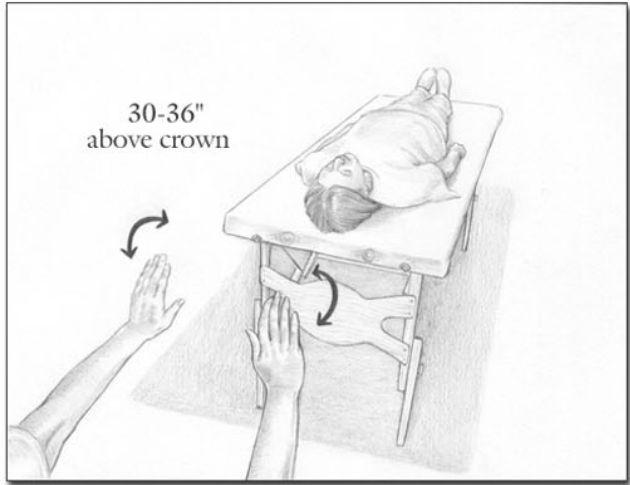
To charge chakras, you may begin at the highest or lowest chakra in need, as you prefer. Often you may choose to begin at the lowest chakra in need of treatment. To begin at the highest chakra in need, however, is not wrong, and there may be individual preferences on your part to do so, as well as varying needs and conditions within the patient, which may make this a good choice in some cases. To charge chakras, use the following hand positions and procedures:

Place your hands on the first chakra you wish to charge, in the hands-overlapping hand position you use during hand placement (hands on the body surface with the right palm centered over the chakra and the left hand gently overlapping). Use this for all (except the 1<sup>st</sup> and 7<sup>th</sup>) chakras. Now visualize the symbol in color, from the basic progression, that corresponds to that chakra, and at the same time see, in your mind's eye, a cloud of the color surrounding your hands—especially as a cloud or layer of color below the hand, gently penetrating into your patient. You are the entire act of visualizing the symbol in the color, and the cloud of color around the hands, and you are intending and sensing the chakra being restored to its pure color. Seek to restore the color to its pure hue—you may note the chakra color on the back of your hand, using your subtle sight, as it changes. Be a transparent, pure channel for the color. Continue sending color to the chakra, with your hands gently on the body surface for a few moments, or until you sense you have adequately supplemented the chakra with color.

After treating the chakra at the lowest level of aura, in this way, raise your hands to about 5 or 6 inches above the body surface, and move your hands apart slightly, so that instead of overlapping with the thumbs and index fingers, they are only overlapping



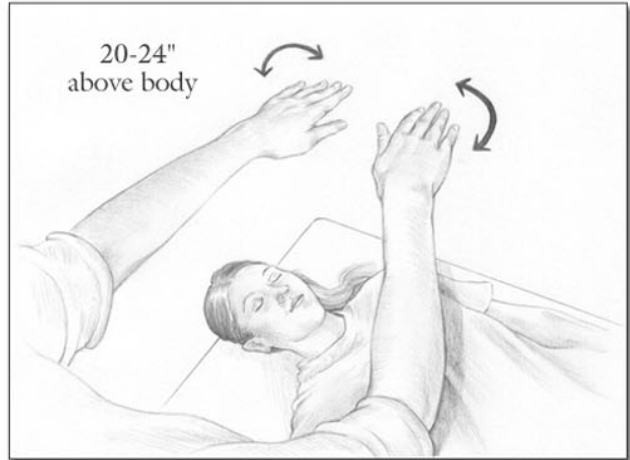
**7th Chakra (Body Level)**



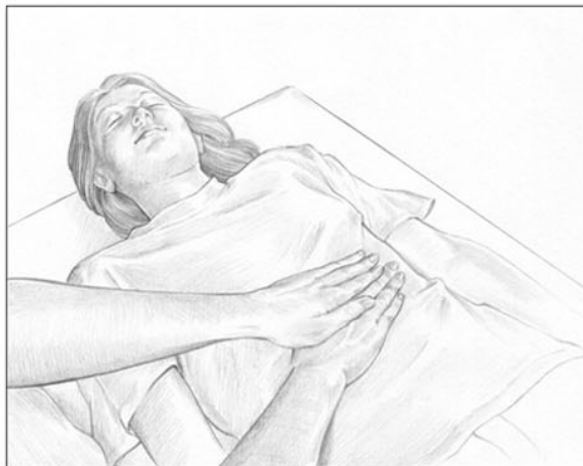
**7th Chakra (7th Level)**



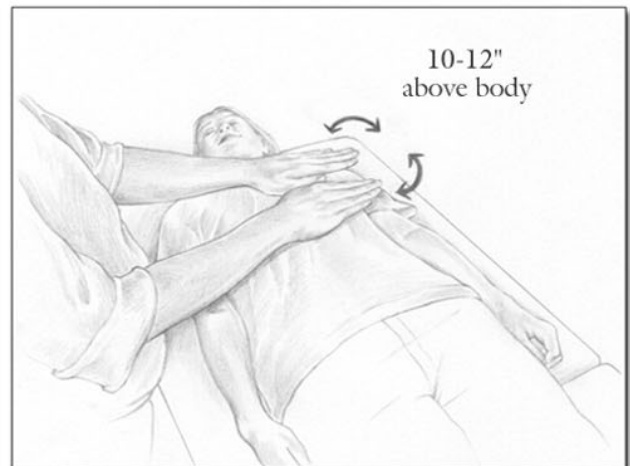
**5th Chakra (Body Level)**  
(6th Chakra Similar)



**5th Chakra (5th Level)**  
(6th Chakra Similar)

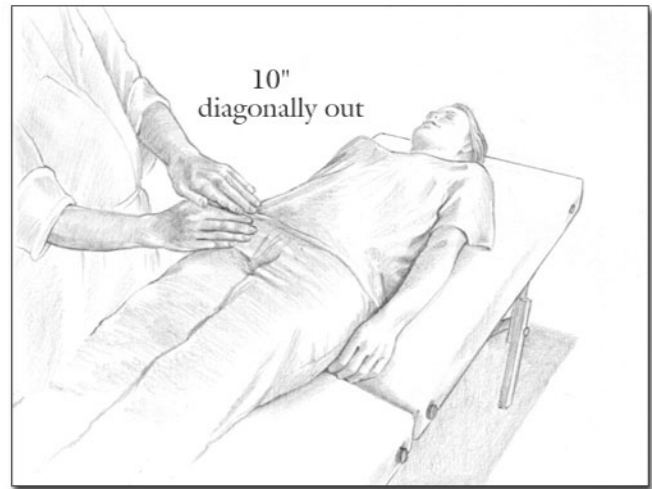


**3rd Chakra (Body Level)**  
(2nd and 4th Chakras Similar)



**3rd Chakra (3rd Level)**  
(2nd and 4th Chakras Similar)

slightly. Continue sending the color in the exact same way as before, but with one addition: you may feel, when your hands are off the body sending color, that you want to move your hands in small semicircular movements, two or three inches in diameter, to help diffuse the color, or merely to have the idea of movement in your mind, as if you were moving imaginary “etheric” hands. Your psychic sense, or the assistance and direction of a guide, may make the hands want to move. If the hands feel driven to move, let them move; if not, do whatever you feel is best. Perhaps you will want to move your hands, perhaps you will not feel driven to do so, and there will be times when one or the other seems best, due to the condition and needs of each particular patient. It will be common, however, for the physical hands to move.



**1st Chakra**

Send the color for a few minutes more, at this second level (5 or 6 inches above the body surface), and then raise your hands an additional 5 or 6 inches, so that they are now 10 to 12 inches out. Spread the hands apart a little more, so that they are not quite touching, and send the color to this third level of the field, employing the small semicircular hand movements if you feel it proper. These 5 or 6 inch increments do not exactly correspond to the higher bodies, but roughly so, and they are the increments where one can optimally charge the field with energy and color, so that they effectively move into the higher levels of the field. These increments correspond to the approximate elevations of the chakra points as they exist on the higher bodies—the points on the higher layers of aura that are analogous to those points on the physical body where you place your hands.

Continue the increments until you reach the increment that corresponds to the chakra you are charging, and send the color to this final level. You will, for example, in charging a heart chakra, move your hands successively from the body surface (1st level) to 5 to 6 inches above (2<sup>nd</sup> level), to 10 to 12 inches above (3<sup>rd</sup> level), and to about 15 to 18 inches above (the 4th incremental level). At each level you will visualize a green trine in your mind’s eye and also visualize a cloud of true color green below your hands. You will thereby effectively send the color to each level for a few moments. At each level up, you must spread your hands apart a little further, as the field of the chakra projects outward as if a funnel. If you are able to sense or view the conditions on the higher bodies, as you perform this technique on the higher layers, you may use this awareness to judge when your treatment at each layer is complete.

When treating the lower chakras (the 1st and 2nd), treatment of most of the levels of aura will not be required. You may note that in treating a 2nd chakra, for example, it is only necessary to go to the 2nd level, 5 to 6 inches out, yet you may proceed out a

further level or two, on occasion, if you feel it is needed with one of these lower chakras. This is not necessary, however, nor will it usually be required.

After charging the chakra using this complete procedure, likewise treat all other chakras in need of charging. You may find that sometimes, as you sense and treat an individual chakra to restore its color, there will be a sullyng of the energy surrounding the chakra that may extend as well to the neighboring chakras, requiring that they also be treated. You will therefore need to strive to be continuously aware of not only the chakra you are treating, but also all the others. You will need to maintain a holistic awareness of the chakra system and the layers of aura as well as whatever effects your treatment is having on them. Only the front of the body, and the front component of each chakra needing treatment, is treated during charging. After charging each chakra, you may perceive the color of the chakra as being restored.

The 7th and 1st chakras are not as likely to require charging as most of the others, yet if they do, use the following technique:

The 7th chakra may be charged using the hands in the same position on the top of the head as is usually used in the first part of treatment. Send the color forth, in this position, and then move your hands to successively higher increments, moving them successively further apart to treat this wide whirlpool-shaped chakra. The first chakra may be charged by placing the hands about 10 inches away from the body surface, diagonally out, along the chakra, and charging the chakra at this one level. This is done as a courtesy to the patient, as the hands are never placed on or near the genital region.

#### **Maintaining Transparency—A Reminder:**

It is especially important to be certain, as you learned in Chios Level II, that whenever you employ a treatment technique that uses the hands, you are aware that you are actually treating the patient using your entire being, through your hands. This is especially important with the techniques in this course, in which you employ visualization in conjunction with hand treatment. Be aware and open to the entire act, with your entire consciousness, and do not consider that it is just your hand alone that is working on some small part of the patient's energy field. You are acting with your *entire self* on the patient's *entire self*. This is essential for proper practice of chakra charging, chakra rebalancing, the radiatory method and other important techniques taught in this level.

### **CHAKRA SYSTEM REBALANCING**

A chakra system that is in balance is a prerequisite for overall health and harmony of the energy field. After charging any chakras that require it, you will then proceed to rebalance the entire chakra system. You will do this by raising or lowering the activity, the radiatory strength, of any chakra exhibiting under or overactivity—balancing its activity level with the other chakras, so that all are radiating with the same strength.

Once a chakra is in an adequately charged state, with pure energy functioning according to its own true color nature, its activity level can then be raised or lowered through the addition of



lower or higher colors—colors above or below its own native true color. The seven colors of the chakra system are akin to seven energy levels—as one moves from red to violet, each color has the nature of a successively higher level of vibration. To apply a color that is lower or higher than a chakra’s own native true color has the effect of raising or lowering the chakras activity level—the higher or lower energy level will alter the level of stimulation, the radiant strength of the chakra in its own true color range, accordingly.

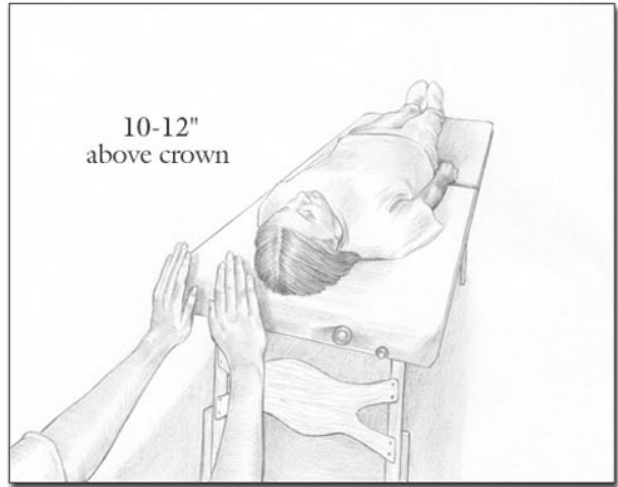
Whereas the intrinsic color of the chakra itself was applied to restore color or treat impurity during charging, rebalancing of the chakra system is accomplished by altering the activity level of each over- or under-stimulated chakra by treating the chakra to be rebalanced with lower or higher true colors, thereby lowering or raising the level of its activity by the influence of this lower or higher energy level. By doing this to whichever chakras are contributing to a pattern of imbalance, the chakra system can be brought to a level and balanced condition. Rebalancing of the chakra system, in this way, works with the chakras only—it does not directly affect the higher layers of aura. A balanced chakra system, however, has a far healthier and more harmonious influence on the higher aura layers and the entire energy field and life of the patient than does one with a significant pattern of imbalance. To rebalance the patient’s chakra system you may begin, again, at the uppermost or lowermost chakra in need, as you wish, depending on your own preference or the needs of your patient. To rebalance chakras, use the following hand positions and procedures:

Place your hands on the first chakra you wish to rebalance, in the hands-overlapping hand position you use during hand placement (hands on the body surface with the right palm centered over the chakra and the left hand gently overlapping). Use this for all (except the 1<sup>st</sup> and 7<sup>th</sup>) chakras. Now visualize the symbol that is associated with the chakra (the Circle for the 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> chakras; the Trine for the 4<sup>th</sup>, 5<sup>th</sup> or 6<sup>th</sup> chakras; the Star for the 7<sup>th</sup> chakra) in the next lower or higher color to the chakra’s native color, depending on whether the activity level of the chakra needs to be lowered or raised. Note that you are *not* using a colored symbol from the basic progression—in rebalancing, unlike charging, you are always using the symbol related to the chakra, and not changing the symbol as you vary the color. At the same time that you visualize the symbol associated with the chakra in the next lower or higher color, also “see,” in your mind’s eye, a cloud of that color surrounding your hands—especially as a cloud or layer of color below the hand, gently penetrating into your patient. You are the entire act of visualizing the symbol in the color, and the cloud of that color around the hands, and you intend and sense a lowering or raising of the activity level of the chakra.

After seeking to lower or raise the activity level of the chakra by using the next-lowest or next-highest color in this way for a few moments, check your progress through the use of an intuitive reading—through visualization of the body profile—to determine whether or not the activity level has moved closer to the level state you are seeking for the chakra system. Is there still a dip, or bump, at that chakra location? If so, you must then use a stronger influence—a color two steps removed from that chakra’s native color—so that the even lower (or higher) energy level will work to affect the chakra’s level of activation in a stronger way. Treat the chakra in the exact same way as before, yet using this even lower (or higher) color for a few moments



7th Chakra (Overactivity)



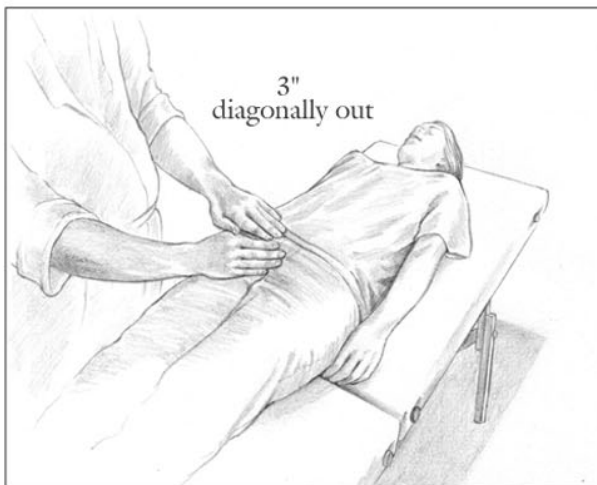
7th Chakra (Underactivity)



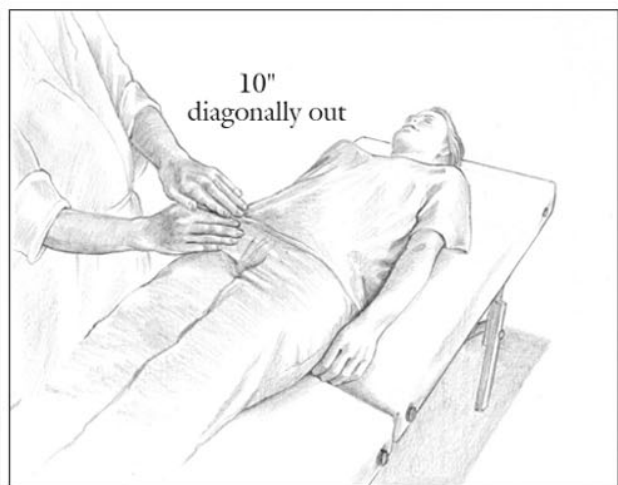
5th Chakra  
(6th Chakra Similar)



3rd Chakra  
(2nd and 4th Chakras Similar)



1st Chakra (Overactivity)



1st Chakra (Underactivity)

more, and then once again check your progress using the body profile. Continue treating this chakra with successively lower or higher colors until you feel that the proper activity level of the chakra has been restored.

Sometimes chakras will only require the application of one higher or lower color to “bring them into line.” At other times a chakra will require a succession of higher or lower colors to raise or lower its activity, respectively. Often chakras will require application of a color two or even three steps below or above their native color. You will notice that when treating low chakras that are overactive or high chakras that are underactive, you will only have a limited number of color steps available. In these cases, it is not usually difficult to use what lower or higher colors are available to rebalance the chakra, yet it may sometimes require a longer application.

Always start, however, with the next-higher or next-lower color to that chakras own native color—do not “jump” two or more steps at a time—because it is far gentler on the chakra system and the patient to gradually increase or decrease the energy level applied to affect the activity level of the chakra. Increase or decrease the color applied one color step at a time, until whatever color difference is necessary to correct the activity level has been reached. Use the procedure above to rebalance each chakra which requires it—working either from lower to higher chakras or from higher to lower. When you have finished rebalancing the chakras, they should all radiate with equal strength—no one chakra will possess more force than another. They will appear as an even rainbow. Check your progress using visualization of the body profile.

Note again that the higher levels of aura are not treated in rebalancing—one remains on the body surface, with hands on the chakra being treated, when altering the chakra activity levels. Only the front of the body is treated in this manner. Rebalancing the chakras in this manner is a gentle, yet effective method of altering the activity of the chakras, by beginning with nearer colors, rather than immediately employing a much higher or lower color, such as a color opposite, which would have a harsher effect. Such schemes of balancing chakras are often ineffective, too.

You may wonder why the application of other colors is done after the chakra’s own color is applied to purify it during charging, and whether the addition of the other colors can render it impure again. Charging and rebalancing, although both using color, are fundamentally different processes. The addition of the chakra’s own color, during charging, is performed to correct an impure functioning of the native energy in the chakra—to strengthen and purify its native energetic functioning. Once the intrinsic energy is pure and strong in its color, the addition of higher and lower colors or energy levels, during rebalancing, has a different effect—a stimulating or quieting effect on the activity level of the chakra. Adding lower or higher true colors to a charged chakra do not introduce impurities; the addition of a pure color to a chakra cannot pollute it again.

There are a few special considerations to be observed when rebalancing the 1st or 7th chakras. Overactivity of the 7<sup>th</sup> chakra is treated by placing the hands on the top of the head in the same way as during the regular series of hand positions and applying the lower colors as needed, using the above procedure. Underactivity of the 1st chakra is treated by placing the

hands about 10 inches above the 1st chakra, diagonally out, and applying the higher colors as required (the hands are never placed on the body of the patient at the first chakra position), using the above procedure.

Underactivity of the 7th chakra or overactivity of the 1st chakra cannot be treated using color, however, as you may understand. There are no colors that we use that are higher than violet or lower than red. Underactivity of the 7th chakra, can, however, be treated with the Star, as follows:

Position the hands about 10 to 12 inches above the crown of the head, and visualizing the Star without color. You must intend and sense, using the power of your will, to increase the activity of the 7th chakra and restore it to balance.

Overactivity of the 1st chakra may be treated as follows:

Place the hands about 3 inches above the first chakra (diagonally out in front of the body), and visualizing the Circle, without color, using the will to decrease the activity of this chakra, and bringing it into balance. Use the force of your will when using these techniques—you will find that there is a strong bond between you and your patient when you do this.

### **THE RADIATORY METHOD**

Charging and rebalancing of the chakras can have a great positive effect upon their operation, and yet to supplement and enhance the strength and purity of the native energetic functioning within the chakra (as in charging) or to correct imbalances in the activity levels of the chakras within the chakra system (as is done in rebalancing) is sometimes not enough. It is also possible for chakras to have structural energetic defects—defects in the structure, energy pattern and energy flow of the chakra itself. This is a serious condition, one which can affect not only the physical health of the patient (due to improper energy balance and flow throughout the body and related organs) but can also limit and cause ill conditions in the emotions, the mind and even the spiritual life of the patient. Such defects in chakra structure can therefore place great problems and limitations on the well-being of the patient. They can be corrected, however, through the use of a powerful technique known as *The Radiatory Method*.

As you have felt in your healing work, the body and mind of the healer become “transparent” during the healing process, in which the healer acts as a channel. The healer, while healing, is transparent to the energies and healing forces that come through during the healing process and is also open to intuitive and empathic sensing of the patient’s condition. As we have discussed, the healer’s body may mirror the body of the patient, in the empathic sensing of conditions that require treatment. When this occurs, the healer may sense, in his or her self, conditions in the patient that require treatment, including sensing in the healer’s own chakras, those chakras in the patient which have structural energetic defects and require treatment with the radiatory method.

In radiatory healing, using the radiatory method, the healer will use this mirroring in another way. The healer will use his or her own body—actually the corresponding chakras of his or her own energy field—as a channel to send the healing energy to the patient and treat the chakra using this technique. In a sense, the healer cures ills in his patient by curing the ills in his or her “self.” The healer does this by *becoming* the chakra that requires treatment. The result of a pure visualization upon the ill chakra of a patient, by the healer, is to send forth healing energy through the healer’s own corresponding chakra and to the chakra of the patient. The health of the healer’s own chakra radiates to the ill chakra in the patient, and does so because the two corresponding chakras, of healer and patient, have a compatible, like-kind energy—a sympathetic resonance of their native energies exist, which makes this healing connection possible. The hands, however, are still used to help direct the energy.

Radiatory healing is based upon this theory, and when properly performed is an act of self-transcendence on the part of the healer. A pure visualization of the chakra in need requires that the healer set his or her own self aside and become only that chakra. Thus, the healer, when engaging in radiatory healing, is not his or her “self” at all, but is a channel to pure energy. In the purest sense of healing, the healer creates an area where the healing energy and the patient meet and becomes transparent to this meeting. It is as though both the patient and the healing energy are drawn into the healer and sent outward into the patient. It is important to also understand that the healer, while performing radiatory healing, is not in control of, and may not know the details of, the healing, and simply surrenders his or herself to the healing power being directed through. It is, however, the purest act of healing that there is; it is a radiation of pure energy from one chakra to another, from healer to patient. The radiatory method works by creating a completely pure channel in the healer, so that healing power from the field of pure consciousness can be very effectively tapped—perhaps with the assistance of a guide—so that the defect in chakra structure is healed.

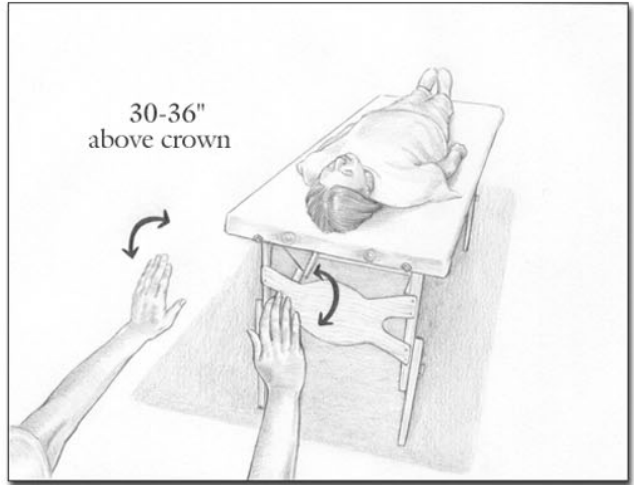
The radiatory method not only treats the chakras of the patient, but also works on the higher aura levels. When a chakra is treated with the radiatory method, its entire field is treated, including the points on the higher aura levels where its influence is felt. The energy radiates from the chakra of the healer to that of the patient, but is also distributed, infuses into and effects changes in the patient’s aura layers, up to and including the corresponding aura level. This serves to correct whatever structural energetic defect may have been present in the chakra, and to treat the higher aura layers, which may also have unhealthy conditions on them. As in chakra charging, the hands of the healer are used to direct the healing energy to the higher levels of aura, the chakra points above the patient’s physical body. The hands of the healer are also frequently in motion, when treating these higher aura levels, as with charging.

To treat chakras exhibiting structural energetic defects with the radiatory method, you may once again begin at the lowest or highest chakra in need, as your judgment dictates. Use the following hand positions and procedures:

Place your hands on the first chakra to be treated, in the hands-overlapping hand position you use during hand placement (hands on the body surface with the right palm centered over the chakra and the left hand gently overlapping). Use this for all (except



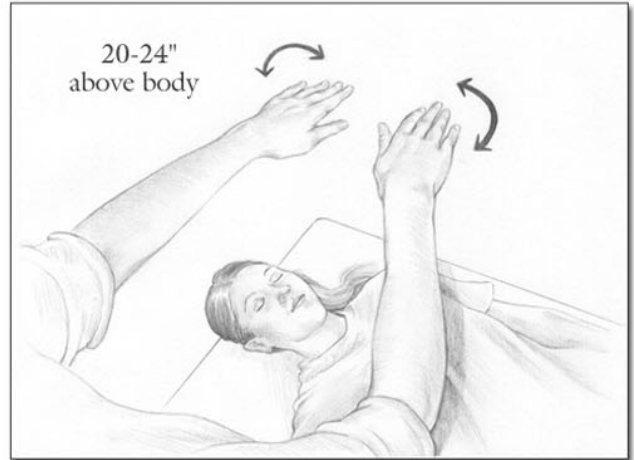
**7th Chakra (Body Level)**



**7th Chakra (7th Level)**



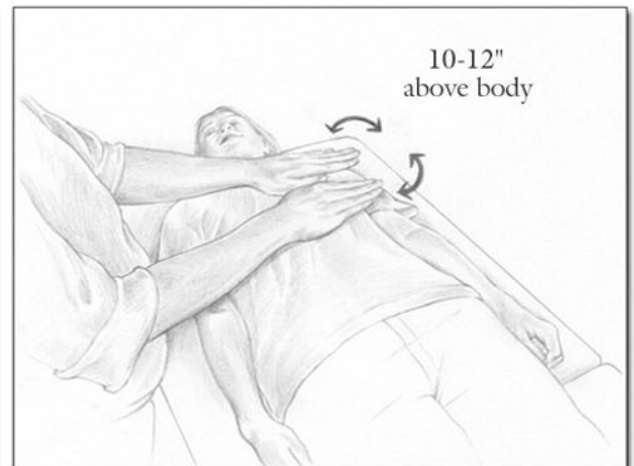
**5th Chakra (Body Level)**  
(6th Chakra Similar)



**5th Chakra (5th Level)**  
(6th Chakra Similar)



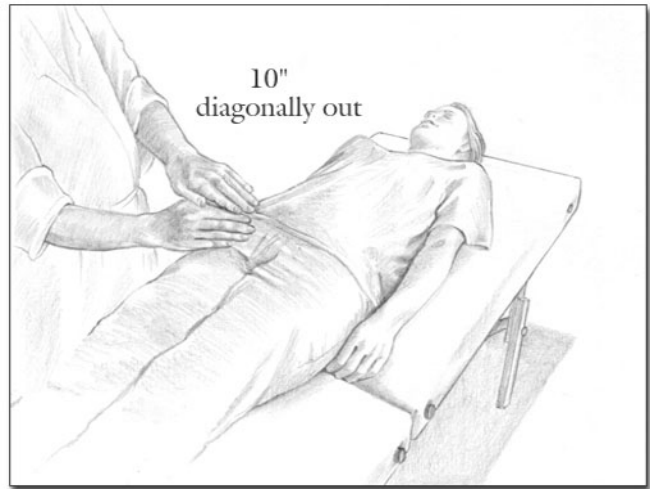
**3rd Chakra (Body Level)**  
(2nd and 4th Chakras Similar)



**3rd Chakra (3rd Level)**  
(2nd and 4th Chakras Similar)

the 1<sup>st</sup> and 7<sup>th</sup>) chakras. Now you must begin to visualize the patient's chakra—you must allow all else to drop away from your awareness and simply become one with the chakra of the patient.

Do not visualize the chakra in a “visual” sense, as though you were seeing it, but sense and become the essence of the chakra. Do not “think about” the chakra—do not think about anything—but only sense and become. Visualize the chakra, become the chakra, feeling “yourself” perhaps as a source of radiant energy, instead of visualizing a particular shape or appearance. Set aside your own identity and become the chakra you are healing. Do not think about or do anything else except become the chakra, using your visualizing power. You, your hands and the patient's chakra are One. Release yourself and conduct whatever energy flows through you.



1st Chakra

After treating the chakra at this lowest level for a few moments, move your hands to 5 or 6 inches above the chakra, and spread your hands further apart, so that they are now only slightly overlapping, as you did during color charging at the higher levels. Become the chakra again, using your powers of visualization in the exact same way as above, and conduct again whatever energies flow through you to this second level, but with one addition: as with charging, when your hands are off the body treating the chakra, you may feel that you want to move your hands in small semicircular movements, two or three inches in diameter, to help spread whatever healing energies are coming through into the higher layers of aura. You may merely have the idea of movement in your mind, as if you were moving imaginary “etheric” hands. Your psychic sense of what is best, or the assistance or direction of a guide, may make your hands want to move. Often your hands will be in motion, at the higher aura levels, as you treat a chakra with the radiatory method.

Continue this process until you have treated at least up to the aura level corresponding to the chakra you are treating, as you have done with charging. At each level, it is vital that you focus your entire being on becoming one with the chakra you are treating, and remain totally open to whatever energies are flowing through you—a perfectly open and clear channel. This is the only way that your own chakra can connect with your patient's and perform the healing needed. If you are able to sense or view the conditions on the higher bodies, as you perform this technique on the higher layers, you may use this awareness to judge when your treatment at each layer is complete.

Perform this technique for each chakra which you have sensed requires it. While engaging in radiatory healing, you may feel elevated in spirit, or have experiences related to the level of consciousness being worked on. It is also very possible that, as you sense and become the

chakra, you will receive psychic information and guidance regarding the life experiences that led to the damage, and correlating conditions in the psychology of the patient, as well as the influence the damage has had to the physical, emotional, mental and spiritual levels of the patient's being. As in charging and rebalancing, only the front of the body is treated in this manner.

When using the radiatory technique on the 7th chakra, use the usual hand position—begin with the hands on the top sides of the head (as during the regular round of hand positions), and then proceed to the higher levels, moving the hands successively farther apart. When performing the radiatory technique on the 1st chakra, place your hands 10 inches above the chakra, diagonally out, and treat only this one level.

When performing the charging or radiatory techniques during the treatment of children, you must use 4 inch increments instead of the 5 to 6 inch increments used on adults. This is because the higher bodies in children do not extend as far out from the body. All these increments, as given, may not exactly correspond to the spacing of the higher bodies, which are successively further away from the body surface, but they provide for maximum dispersion of the healing energies into the higher aura layers. You will note, also, that the spacing used—5 to 6 inches when dispersing the energies—is greater than the 4 to 5 inch visual increments used when attempting to view the successively higher layers of aura. This is because the hands are most effective when just above the outer limit of any particular aura level. In reality, there are various accounts and ways of defining the locations of the higher bodies, yet these increments given provide for maximum effect.

#### **Becoming More Aware of the Nature and Function of the Chakras:**

The chakras are of central importance in healing work. To become aware of their nature and function is of great benefit to the healer. As you may have experienced, each chakra has its own nature—the third chakra, for example, has a nature and function different from the sixth—although, of course, all the chakras relate to each other in each individual and make up the chakra system as a whole.

Much has been written regarding the nature and function of each of the chakras in the chakra system, and yet the truth is that this nature and function cannot be described purely through the use of words and ideas. The chakras, as channels and expressions of pure being, contain qualities and aspects beyond a purely physical or mental understanding and can only truly be known through the cultivation of a higher awareness: a holistic awareness of the deeper nature and function of each chakra itself, how it relates to the other chakras in the patient, how it relates to the function of the physical body (related organs, etc.) and how its way of working serves to influence the higher levels of the patient's psychology and life experience (emotional, mental and spiritual biases and influences). Mere descriptions employing generalities of various sorts may serve to give a rudimentary idea of each chakra's manner of functioning and realm of influence, but the full understanding is much greater than any of these, and cannot be achieved through the descriptions of the rational mind alone.

During your practice of the radiatory method, you may have begun to gain some sense of the deeper nature and function of the chakras. To visualize, sense and become the chakra makes



possible this deeper learning, in which knowledge of the chakra becomes part of you at a fundamental level. As you practice the various techniques for sensing and treating chakras, especially the radiatory technique, it is wise to begin to seek and cultivate this deeper awareness of the nature and function of each chakra in the chakra system, and the particular characteristics and influences each chakra presents in your various patients. It is interesting to know that, as you acquire a sense of the beingness, nature and function of each chakra, you also acquire a sense for its corresponding higher layer of aura—the ultimate nature of the chakras and the ultimate nature of the higher body corresponding to each are one. To visualize, sense and become the chakras, and therefore to know this level of the chakras and bodies, is easier than to try to accomplish this same purpose through the study or visualization of the aura levels. Visualization of the chakras is therefore essential to acquiring this knowledge, and you may, if you wish, practice this visualization and learning of the chakras during healing treatments or at other times:

With your hands on the chakra of your patient, or a subject, sense and become the chakra, as you have learned to do in your practice of the radiatory method. Allow a deep sense of the chakra itself to emerge in your awareness, without qualifying it in verbal or mental terms. Do you gain a deep sense of its realm of being and its place in the holistic functioning of the patient's body and mind? Allow yourself to gain a pure sense of the chakra's place in the life of the patient, and also a sense of what individual variations, which individual characteristics, influences and biases exist in your patient which relate to this chakra. You may get all this information in various ways: pictures, your "felt sense," or simply a sense of a deeper knowing. After you practice a sensing and becoming of each of the chakras in your subject's chakra system, allow a sense of all the chakras as one—a deep sense of the unity of the chakra system, in structure and function—to emerge in your awareness and understanding as you focus upon your patient or subject. This, like a sensing and becoming of individual chakras, is like a form of meditation, in which knowledge simply comes to you, at a deep level.

You may also seek to acquire this deeper understanding of the chakras by sensing and becoming your own chakras (without the placing of your hands upon the chakras being necessary, in this case). You may find this an even easier way to begin to sense the deep nature and function of the chakras, and later in this course you will work on an exercise to sense your own chakras in this way. All such efforts at learning the chakras will aid in the development of your deeper understanding—an awareness that exists and grows in a larger realm, beyond mere mental understanding. It is important to remember, however, that all your learning and knowing of individual chakras must expand into a knowing of all the chakras in the chakra system as one.

Such efforts at learning to know the chakra system have a twofold purpose: they serve to cultivate a deeper awareness of the chakras and the chakra system as pure entities, and to acquaint the healer with particular variations and characteristics that each chakra and each chakra system contains. The chakra system does not exist apart from each individual. It is not fixed, nor is it greater than an individual, and it cannot exist without an individual characteristic, either. As each person has a personality, a particular expression of whatever underlying spiritual essence is contained in human nature in general, each chakra system has particular characteristics which are an expression of the underlying reality of the nature and function of each chakra and the chakra system as a whole. As a general understanding of human nature can

be achieved through the deep understanding of particular human beings, the nature and function of the chakras and the chakra system can be attained through a deep learning and experience of the chakras in your patients and in yourself.

### SEVENTH LAYER FOCAL HEALING

The 7<sup>th</sup> layer of aura fulfills a special function in the energy field. It is a reflection of the entire life experience of the individual, including the entire relationship between that individual, in all of his or her incarnated lives, and the greater spiritual totality. It is the highest layer of aura, and contains the most refined and most permanent energetic characteristics in the aura layers—characteristics with the ability to affect the energetic operations in all lower layers of aura and correspondingly affect the entire life experience of the individual. Therefore, unresolved past-life experiences in this layer (for example) can have a major impact on the present life. When this layer of aura has damaged regions, from traumatic or unresolved past-life (or even present life) experiences, it can seriously reduce the potential of the person to achieve the most spiritually aware, affliction-free and fulfilling life possible, and can even lead to disease. This damage to the 7<sup>th</sup> layer can therefore place limitations upon the individual's ability to cope with and grow from the challenges and opportunities available in the present life.

This 7<sup>th</sup> layer of aura corresponds to the 7<sup>th</sup> chakra, and like the 7<sup>th</sup> chakra, is intimately connected to the sum total of the spiritual beingness. The 7<sup>th</sup> chakra commonly requires attention from the healer, and will frequently require some or even all of the techniques you have learned in these second and third healing courses, in combination. Some of these techniques used by the healer on the 7<sup>th</sup> chakra, such as charging and the radiatory technique, also serve to treat the 7<sup>th</sup> layer of aura, as you know, but as this 7<sup>th</sup> layer is often in need of significant healing, and because treating the 7<sup>th</sup> layer of aura directly is often more effective than treating the 7<sup>th</sup> chakra and 7<sup>th</sup> layer with these other techniques alone, it is desirable to treat the 7<sup>th</sup> layer of aura directly, also.

Because of the special importance of this layer of aura, and because healing of this layer can have such a profound benefit to the patient, a very powerful special technique for this layer alone is also available, and it is known as *Seventh Layer Focal Healing*. To heal this 7<sup>th</sup> layer of aura through the use of this technique is a great benefit to the patient, for when the healer works on the 7<sup>th</sup> layer of aura, all of the lower layers are eventually affected, in turn. Although it will not be all patients who require this healing—only a fraction will exhibit damage to the 7<sup>th</sup> layer that requires correction—to heal the 7<sup>th</sup> layer can heal or prevent disease, give the patient the opportunity to advance spiritually and, especially, to simply live a more fulfilling existence. Often it provides a healing effect that is profound and seemingly cannot be obtained any other way.

To begin to employ this technique, the first step is an in-depth and careful examination of the patient's 7<sup>th</sup> layer of aura. During your regular treatment of the patient, employing all the techniques that have been discussed, you may have seen or have gained some sense of damage to the 7<sup>th</sup> layer, or may have received some psychic information or guidance that indicated to you that treatment of the 7<sup>th</sup> layer was required. Before treating this layer, however, it is

necessary to take some additional time, just prior to employing seventh layer focal healing, to sense the condition of this layer again, and in detail.

With your patient lying face-up on the treatment table, back away to a distance of six feet, or somewhat more, from the patient. Examine the 7<sup>th</sup> layer, with your psychic sight (and with your eyes, if you can), using the Chios technique for viewing this higher layer of aura (employing the violet Star, and visualization of this layer in the mind's eye, using the method of practice previously discussed). Quietly observe this outermost and finest layer of the patient's energy field. After some observation, over several minutes, you will see it as if it were a fine, transparent eggshell, with a soft glowing light that may appear bright or golden to your psychic sight and eyes. This layer is approximately three feet, or a little more, from the body surface, and, although appearing as bright or golden light, is



**Seventh Layer Focal Healing**

actually composed of a light that contains all the colors in its true nature.

Study this 7<sup>th</sup> layer of aura carefully, over several minutes, noting imperfections in the shell, particularly in the constancy of the light. Areas of damage in this layer will appear as spots, zones or areas that display a *change in texture*—not any significant change in the color or intensity of the light of the shell, but a roughness and a change in the quality of the light of the shell. The light of the shell will appear as a light would appear that has reflected from a different textured surface. These spots, zones or damaged areas can be of any shape or size—there is not one shape or size that they are more likely to be, although they do not usually grow extremely large. They are frequently found more often on the top half of the shell—the portion around the upper half of the body—although they may occur anywhere. There may be one of these damaged spots, zones or areas, or there may be several. Make careful note of each. This is a process of visualization and careful observation.

Begin your treatment of the patient by conducting a preliminary visualization of each area of the shell that shows damage: visualize, sense and become each spot, zone or damaged area of the 7<sup>th</sup> layer. While visualizing these spots, zones or damaged areas, in your mind's eye, see these damaged areas of the 7<sup>th</sup> layer that require repair being repaired. Do this, for a brief moment, with each damaged area, intending and sensing the area being restored. This visualization creates a link between the healer and the areas to be healed, providing for a more powerful healing during the second phase of treatment that is detailed below. It is a sense of empathy with the patient and the patient's condition—a drawing of the healer into the patient—upon which effective healing depends.

As you perform this preliminary visualization on the areas, spots or zones in the 7<sup>th</sup> layer that require repair, you may also find yourself able to receive psychic information and guidance regarding the meaning of these areas, as you focus upon each of them. Each area of damage may bear relationship to certain past life (and/or present life) experiences of the patient, and will have often resulted in various unhealthy energetic conditions on the lower layers of aura—defects in the 5<sup>th</sup> layer which mirror defects in the 7<sup>th</sup> layer shell, for example. You may therefore “see” the experiences, the damaged area of the 7<sup>th</sup> layer and the resulting unhealthy energetic conditions on the lower layers, as well as the correlating effects that these have had upon the psychology, present-life experience and physical, emotional, mental and spiritual health of the patient.

After completing this preliminary visualization of each damaged spot, area or zone on the 7<sup>th</sup> layer, approach your patient and begin to treat each damaged region individually again, but with this specific technique: for each spot, zone or area on the 7<sup>th</sup> layer that has exhibited damage, place your hand between the body surface of the patient and the damaged area of the 7<sup>th</sup> layer. Your hand should be approximately 10 inches from the body surface, with the palm open and facing downward toward the body surface of the patient. Now, using your powers of visualization, visualize a stream of energy or light (use light if you are comfortable with it) flowing from the area near the body of your patient, through your hand, and outwards through the higher bodies to the damaged region of the 7<sup>th</sup> layer. The energy/light is drawn from the energy surrounding the patient's body in the area immediately around and under your hand. The hand draws the light/energy to itself, passing it through itself as if it were a (concave) lens, and then the light/energy diverges and diffuses—it is spread out and travels to the damaged region of the 7<sup>th</sup> layer shell, where it illuminates an area perhaps a foot in diameter (more or less) and where it repairs, corrects and strengthens the shell and heals the damage that has occurred. The light/energy is concentrated, before it passes through the “lens” of the hand, and is then diffused and also directed towards the region in need.

This is a powerful technique, and like all the powerful techniques you are learning in this course, it is your powerful and effective visualization ability that makes it work. Treat each damaged spot, zone or area in succession with this technique for a few moments, or until you get a sense that your treatment of the spot, zone or area is complete. With each damaged region, either hand may be used, but use only one hand at a time on one region at a time, and visualize the proper technique clearly and accurately,

treating only the area requiring it, for several minutes, until you get a sense that your treatment of that area is complete. Check your progress with your psychic sight or your eyes as you treat the damaged regions. After completing treatment of all damaged regions on the front half of the eggshell, have your patient turn over and lie on his or her stomach, and repeat, on the back side, the entire process of careful observation, preliminary visualization, and treatment with the focal healing technique. It is somewhat less likely to find damaged spots, zones or areas on this back side than on the front half of the shell, but they can still be found. As on the front side, damaged spots, zones or areas which are found on the back side are more frequently found on the upper half of the shell.

After treating the patient with this technique, perform a passing of hands on your patient to sense the harmony in the energy flow of the field—checking to establish a reference sense of its harmonious flow after 7<sup>th</sup> layer treatment, for future comparison. Hopefully, you will gain a tactile and intuitive sense of a harmonious and healthy overall energy flow in the field. This harmony will be sensed as you pass your hands low over the body, as is usually done, and it indicates that the restoration attempted on the 7<sup>th</sup> layer has been effective. A well-healed 7<sup>th</sup> layer positively affects all lower layers of aura, and this effect can be noted during this regular passing of hands. One to two weeks after being treated with the seventh layer focal healing technique, your patient must then be re-assessed, in this same way, with you again performing the passing of hands to sense the harmony (or lack thereof) of the energy flow—a lack of harmony arising in the overall flow possibly indicating an incorrect or incomplete 7<sup>th</sup> layer treatment. If a disharmony in the flow of energy has become manifest, the 7<sup>th</sup> layer should again be observed and treated as necessary.

It is important to know that, in order to safely employ this treatment, you must acquire a clear perception of the 7<sup>th</sup> layer, and work accurately and delicately as you direct the energy through your hand and out to damaged regions in it. Although it is simple in nature, this technique is extremely powerful, and should be performed only with a full understanding of the process—otherwise it is possible for more harm than good to be done.

#### **Delivering Psychic Information to the Patient:**

During the sensing and treatment of the very important 7<sup>th</sup> layer of aura, as during the sensing and viewing of the aura in its entirety and the sensing and viewing of the chakra system, the healer will often receive psychic information and guidance regarding the psychology and present and past-life experience of the patient, which have contributed to the present state of the patient's energy field, and his or her body, emotions, mind and spirit. A focus upon the colors and other phenomena in the aura layers, the colors and the existence of impurities and defects in the chakras, the sensing and becoming of the patient's chakra that is practiced during the radiatory technique, the preliminary visualization of damaged regions on the 7th layer of aura and upon whatever other energetic conditions may exist in the energy field will often will often lead to the reception of such information regarding their origin and influence upon the patient. Whenever the healer focuses upon, senses and becomes an aspect of the patient's energy field, in the process of healing the patient, this sort of information becomes available. This has been discussed.

This information is extremely useful to the healer, for the purpose of coming to a full understanding of the patient's condition, and may also be delivered to the patient—under certain very important conditions—for the patient's learning, understanding and overall healing. A healing treatment is a very good time for personal growth on all levels, for the energy, color and light work the healer performs on the patient's energy field often catalytically potentiates and supports the patient's re-experiencing traumatic past experiences, coming to terms with emotions, achieving a greater understanding of his or her condition, situation and problems, and acquiring a new and more beneficial spiritual relationship with him or herself and the world. Delivery of psychic information to the patient, for the purpose of complementing and enhancing the patient's overall experience of healing, must be done only at the proper time, in the proper way, and only to the degree that is beneficial for the patient, however. The healer must carefully and consciously choose what portion, if any, of the information that has been received should be delivered to the patient, how it should be delivered, and when the patient has received enough. Otherwise, as in the seventh layer focal healing technique, it is entirely possible for the healer to do more harm than good.

The ideal way for the healer to incorporate the “delivery” of psychic information in a healing treatment is as a gentle leading of the patient towards understanding and release, and as a confirmation of the patient's own experience in this process. That is, the healer does not “thrust” the information upon the patient, in a way that is cold, unprepared or insensitive, but instead encourages and assists the patient to discover and experience for his or herself whatever is important and needs to be looked at. While treating a seriously damaged heart chakra, for example, the healer may gently offer, to the patient, the observation that he or she holds anger. The patient may then be encouraged to acknowledge and explore this anger—may be encouraged to get in touch with this emotion, or even go back to the time when this anger was felt strongly—and the healer may gently steer the patient in doing so, being able to do so by virtue of having received psychic information and guidance detailing the origin of the patient's trauma. The patient may then begin to get in touch with this emotion and the experiences which have produced it. These may appear as pictures or as an actual re-vivification of past traumatic experiences. The healer may also gently steer the patient towards a new understanding of how this experience and the patient's reaction to it has influenced the patient's view of him or herself, the patient's life, or others around the patient.

The healer may have seen this anger and its manifestations in the aura layers, may have seen the traumatic experiences in the present life of the patient that it correlates to, may even see various past life traumas of which the present-life experiences are a re-experiencing, and may have a complete picture of the entire pattern of existential biases that this complex comprises, but to deliver all this information (or even a part of it) to the patient, at once, is not in the best interest of the patient and can easily overwhelm or cause the patient to draw back, deny or reject further healing. It is far better to let out the information a little at a time, at the proper moments, as a process of leading the patient towards experiencing what is beneficial for him or her to experience during the healing, and assisting the patient in acknowledging and letting go of whatever comes up.

Instrumental in the judgment and timing required to do this properly is the ability of the healer to know and follow his or her own intuitive sense, as well as whatever guidance is being

given. This intuitive sense and guidance will assist in directing the healing treatment to whatever faulty energetic conditions need treatment that day, to what past experiences and emotions need to come up and be understood and resolved, and to the best moment and the best way for this to happen.

Complete healing is seldom accomplished in one healing session, and the patient's core issues and unresolved experiences can be revealed and resolved in a gradual, safe manner. Often the healer will get a real sense of when these moments can occur, and the way in which the healer can be of best help. The key is to remain open and clear in the awareness while retaining caution in what is released to the patient and how quickly the patient is led to deeper and deeper layers of experiences which contain the core issues and core emotions.

Healing of specific damaged areas in the patient's energy field will often occur at the same time that the patient gets in touch with, comes to an understanding of, and releases the experiences with which they correlate. Often this will occur during regular hand placement, during aura charging, while unblocking chakras, when charging chakras or treating them with the radiatory method, or when healing the 7th layer with the seventh layer focal healing technique, although it may occur at any time during treatment. Working to assist the patient in handling the experiences, knowings and emotions that come up at these times, in a sensitive and effective way, is another service the healer performs for the patient.

### **DISTANCE HEALING**

It is usual for a patient to be treated by the healer in person—in the healer's physical presence, with the use of the healer's hands on and above the body—to assist in conducting the energy, color and light. It is desirable for the healer to be in the presence of the patient so that an examination of the patient's energy field may be more directly conducted and all conditions requiring treatment may be directly treated.

The ability of the healer to sense the energy field of the patient, and defects therein, through "psychic sight," is not limited by distance, however, nor is the healer's ability to channel energy, color and light. Although an "in-person" treatment is usually somewhat more powerful and comprehensive, is possible for the healer to give a very effective and beneficial treatment to a patient in a remote location—even thousands of miles away. There will be times when it becomes necessary for the healer to treat a patient at a distance—with certain patients who are often at remote locations, for example, and cannot come for an in-person treatment. Patients with serious illnesses, also, often require distance treatment, for frequently the serious illnesses that they suffer from require treatment every day or every few days, and these patients sometimes cannot come to the healer in person at these short intervals.

Most of the healing techniques that you have practiced with direct patient contact, during Chios Level II and Chios Level III, may also be employed at a distance. The healer generally only performs distance healing, however, on a patient that has been seen in person previously: a patient that has, at least once, been examined and treated by the healer "hands-on." This is because the healer finds it much easier to "tune in" to the patient, having seen, examined and placed the hands upon the patient before.

Distance healing treatments are conducted in a manner very similar to in-person treatments, with just a few simple changes—changes that are necessary because the hands cannot be used.

Begin by finding a quiet, private location where you will not be disturbed, and then seat yourself comfortably and close your eyes. Proceed to call in the energy using the symbols, as is usually done before a treatment.

Now begin to “tune in” to the patient. Let all considerations and thoughts drop away as you begin to become aware of only your patient. Use your intuitive and visualization ability to look for some of the same conditions in your patient’s energy field that you normally would look for at the beginning of treatment: check for leaks and tears in the patient’s field (including tears that extend through more than one layer of aura), for blocked chakras (and for chakras which seem in special need of treatment) and for disturbances in energy flow (you will need to sense this visually, of course, but also with your “felt sense” and/or guidance). It is not necessary to look for auric energy impurities in the patient, for these cannot be treated at a distance, because the drawing-out-of-hands requires the use of the hands to be effective. Nor is it necessary to look for energy depletion, because aura charging similarly requires the physical presence of the healer to be done consistently and effectively. Using the Chios technique for raising your vibratory level, also begin to gain a visualization of the condition of the higher aura levels of the patient. Begin the process of becoming aware of the condition of all the aura layers, at a deep level, and visualizing and sensing them corrected and restored. Continue throughout treatment.

After conducting this preliminary examination, begin to treat the patient using the pale white or bluish-white light, while maintaining a state of quiet focus on the patient and the area that is being treated. To seal leaks and tears, visualize the light fusing shut the break, as you would normally do, yet without using your hands or imagining them over the break. Disturbances in energy flow can be corrected by visualizing the Star, composed of the light, while employing a light visualization of a smooth harmonious flow—without the use or imagined use of the hands upon the crown of the head, as would usually be employed. Treat the chakras with light, also, but do not imagine your hands on the patient. Instead, treat the chakras with the light by visualizing the light surrounding the chakra. It is not always necessary to treat all the chakras in distance healing, and it is not necessarily desirable to do so, either. It is better to focus only upon those chakras which you sense really need treatment. When treating blocked chakras, visualize the appropriate symbol, composed of the light, while also visualizing the light surrounding the chakra and seeing and intending that the upward flow of energy be cleared.

After treating needed areas with the light, perform a visualization of the chakra system (the body profile), determining which chakras are in need of charging or rebalancing, in exactly the same way you have done with the patient physically present. Proceed to charge whichever chakras require it, using a visualization of the appropriate symbol in color and a cloud of that color surrounding that chakra of the patient, as you would normally do, but without using or imagining the use of the hands. Note that since



you are not using the hands, there will not be higher auric levels to treat during the charging. Check your progress, during charging, using visualization of the chakra system.

Should your patient's chakra system exhibit a pattern of imbalance, adjust the activity level of whichever chakras require it, by using higher or lower colors—see the symbol related to that chakra in the appropriate higher or lower colors while also seeing a cloud of that color surrounding the chakra and intending and sensing that its activity level be suitably altered, in the exact same way you would normally do, but without using or imagining the use of the hands. Check your progress intuitively, using a visualization of the patient's chakra system, until you sense the chakras are in balance.

Although you are not physically present with the patient, your empathic sense of chakras which may have structural energetic defects and require treatment with the radiatory method can still provide this needed information. Psychic information or guidance may also be offered to inform you of chakras requiring treatment in this manner. Treat any of these chakras using the radiatory method, by focusing your entire being on becoming one with the chakra to be treated in the exact same manner as has been described, yet without using or imagining the use of the hands. Note that again, as in charging chakras at a distance, the higher aura levels will not be treated. Continue radiatory treatment of the chakras that require it for as long as you feel it is necessary. It may be 5 minutes or more, for some chakras.

If you sense that your patient requires healing of the 7th layer of aura, the seventh layer focal healing technique may also be performed at a distance. Carefully observe the 7<sup>th</sup> layer, with your psychic sight, and note damaged spots, zones and areas which require treatment. Perform a preliminary visualization of these areas, as is usually done, sensing and becoming each of them and seeing them restored. Then perform the seventh layer focal healing technique on each area, in succession, visualizing the stream of light and using the same practice as has been detailed before, but instead of using or imagining the use of the hand, *sense the hand as a focal point*, the point where the light diffuses and then proceeds outward to the 7th layer. This is not the same as visualizing or imagining the hand, but rather the “hand” is felt as a presence—this is a subtle yet important difference, and one that is necessary to perform seventh layer focal healing correctly at a distance.

After treating the patient with the techniques above, it is important to treat any diseased areas or conditions, as necessary. Often the healer will give a distance treatment to a patient who has been seen before and whose condition will already be known—a patient with an existing disease condition. It is also possible that the healer will detect a disease condition in the patient, through the reception of psychic information or guidance to this effect. Should the patient have a serious illness—either one previously known of or a condition that has been detected—it is important to additionally incorporate whatever disease-specific energy, color and light procedures are indicated. The second portion of this manual contains detailed treatment recommendations and techniques for various forms of illness, and nearly all can also be performed at a distance, using the basic guidelines given above. The hands are not used, nor imagined

on the patient's body, yet the light is used in the same way as detailed in the various specific procedures that are given.

After you sense that all conditions in the patient that require treatment that day have been addressed, end treatment in the usual way, with a quiet visualization of the Circle.

Although the general order of treatment given above is often beneficial, and is the same order of technique which you have used to learn the various Chios healing techniques, it will often be beneficial to your patient to “break free” from this order, when giving a distance treatment, and instead employ these various tools in whichever order you sense is best. It is also important, when giving distance treatments, to concentrate on and treat only those aspects of your patient's energy field that really need it—distance treatments are somewhat less focused and powerful than treatments given in person, and it is wise to use the time and energy available to treat the most significant and serious conditions in the patient, thereby doing the patient the most good with the resources available.

The giving of a complete distance healing treatment, using the Chios Level III techniques, is a powerful tool for the practicing healer. Often it is beneficial to treat a patient often, twice or three times a week or more, without having to physically see the patient that often, although physical visits should not be completely discontinued, if possible. Seriously ill patients, who might otherwise not be available two, three or more times a week, will often need and benefit from distance treatments.

### LEVEL III TREATMENT PROCEDURE - OUTLINE

1. Calling in Energy Using Symbols (inc. Key)
2. Intuitive Reading/Visualization of Aura (inc. Higher Layers)
3. Viewing the Aura
4. Passing-of-Hands
5. Integrated Interpretation of Treatment Needs — Aura
6. Sealing of Leaks and Tears in the Aura (Using Light)
7. Removal of Auric Energy Impurities
8. The Laying-On-of-Hands
  - a. Shoulder Position (optional)
  - b. 7th chakra (using Star)
  - c. Correction of Energy Flow (if needed)
  - d. 6th chakra <—|
  - e. 5th chakra <—| Unblocking chakras as
  - f. 4th chakra (front) <—| needed.
  - g. 3rd chakra (front) <—|
  - h. 2nd chakra (front) <—| Using light as desired.
  - i. Arms and Legs (optional) |
  - j. Supplementary or Diseased Areas | Sensing color hues of
  - k. Grounding (if needed) | chakras in possible need
  - l. Aura Charging (if needed) | of charging.
  - m. 2nd chakra (rear) <—|
  - n. 3rd chakra (rear) <—| Sensing chakras in possible
  - o. 4th chakra (rear) <—| need of radiatory treatment.
  - p. Spine Cleaning (if needed)
9. Intuitive Reading/Visualization of Chakra System
10. Integrated Interpretation of Treatment Needs — Chakra System
11. Charging of Chakras, as needed
12. Re-balancing of Chakra System, as needed
13. Radiatory Treatment of Chakras, as needed
14. Seventh Layer Focal Healing (if needed)
15. Disease-Specific Energy, Color and Light Procedures
16. Ending Treatment (using Circle)

**Note:** The treatment order given above is a general guideline, and should be rigidly adhered to *only while learning the Chios Level III techniques*. After acquiring competence in these techniques, you should begin to break free and include or omit techniques, re-order techniques or even modify techniques per the particular needs of the patient and according to the higher awareness, psychic insight and guidance developed. Each patient and each healing situation and healing treatment is unique.

## ***PART TWO - TREATMENT APPROACHES FOR SERIOUS ILLNESSES***

### **INTRODUCTION TO DISEASE TREATMENT**

In the course of a normal healing treatment, the healer uses various perceptual tools to sense the condition of the patient's energy field—the chakra system and higher layers of aura—and then uses various healing techniques to correct energetic defects which have been found in them. You have learned these tools. There are times, however, when a patient will come to the healer who not only has these defects in his or her higher energy field, but in whom these defects have precipitated a serious or even life-threatening illness. Such illnesses must be treated with additional measures and with extra effort, so that the patient's interests may be best served.

In treating seriously ill patients, it is important to understand the general nature of disease in the human body, and have a conceptual understanding of how a healer heals, that is removes disease, in the body. This understanding begins with the fact that the health of the physical body is inextricably linked to the energetic health of the entire energy field. It is the healthful flow of energy within the chakras and aura layers, in a balanced, harmonious and clear manner, which supports life and makes it possible. Although the physical body eventually weakens and dies, it is the health of the energetic system that is the linchpin for the integrity of the physical body during life. It is a failure in this energetic underpinning that precedes physical illness and eventually allows it to manifest—it may be, for example, that a structural energetic defect in a certain chakra may precede, by years, the development of cancer in a related organ of the physical body.

Disease usually begins as ill conditions in the chakras and aura layers. Energetic defects within the chakras and layers of aura weaken, block or distort the flow of energy within the field, which then renders the physical body susceptible to disease. The energetic defects not merely detrimentally affect other portions of the energy field, but eventually “move down” into the physical body—they eventually result in a state where their influence on the physical body is such that the energy that the physical body depends upon for life is blocked or distorted, in some way. A disease condition then manifests in some part of the body, a part which no longer remains free and clear in its energetic functioning, as a result of the energetic defects in the higher energy field. This physical disease that results bears relationship to the energetic conditions within the energy field which produced it—the energetic defects in the chakras and aura layers, the physical conditions which result, and all other related conditions, such as the unresolved psychological issues in the patient, will all interrelate and will display a greater pattern of energetic imbalance, blockage and distortion which encompasses all specific symptoms.

Your ability to read and see the aura and chakras will enable you to diagnose and then treat the higher causes of disease, and also point you towards an understanding of the origin and nature of the patient's illness, in all its aspects. When certain areas of the body contain disease, this will be visible in the aura levels. The higher bodies will be affected, and the chakras corresponding to the affected higher bodies will be affected also. Your treatment of such conditions, using the tools you have learned, will cleanse, heal and restore balance to all these levels. Often in the seriously ill you will also find disturbances in the higher bodies that may not

be apparent on the lower levels, and it is important for you to treat all chakras and aura levels that require it, for there may be various subtle contributing causes to the illness that are present in various places in the field.

The ideal situation for the healer, of course, is to be able to treat these ill conditions in the chakras and higher bodies before they are able to move down into the physical body and cause serious illness—to prevent disease. Even after serious disease manifests in the physical, however, healing of the chakras and higher aura layers is an important part of the overall healing process, because it heals the higher cause of the illness. There is more that is needed, however. In a seriously ill patient, the healer must also treat the disease in the patient's physical body, to maximize the chances of bringing back good health. The higher causes of the disease must be healed, but the disease itself must also be treated and removed, if possible.

Treatment of the physical illness is accomplished by complementing treatment of those conditions in the chakras and higher aura layers which are the cause of disease with additional disease-specific procedures designed to as effectively as possible treat the disease conditions which have manifest—procedures which address the specific disease condition present in the physical body of the patient. The healer, when treating the ill patient, therefore treats *on all levels of the being*—the healer treats the various conditions in the entire field, all of which play a contributory and often complex role in whatever illnesses and afflictions are affecting the patient. This includes the physical manifestation of illness.

This section will give you a collection of such disease-specific procedures, each designed to treat a certain kind of disease as it may be found in your patient. These procedures, in concert with the other healing tools you have learned to use to heal the chakras and higher aura layers, will often be useful in treating a disease that has presented acute symptoms. Prior to treating the seriously ill patient, however, it is wise to gain further information on the physical condition of the illness. This will be necessary to fully and properly employ the disease-specific procedures given.

#### **Development of Internal Viewing:**

You have learned various techniques for sensing and learning to see the aura and chakras. In the treatment of disease, however, another important skill will also be necessary—the ability to see inside the physical body, to determine the nature and extent of disease present in physical tissues. This ability of *internal viewing* is another primary diagnostic tool of the healer.

Your patient may have already communicated to you information on the nature of disease present in his or her body, or you may have detected a potential or currently-existing disease condition through your own intuitive readings and viewing of the aura and chakras, as well as your reception of whatever psychic information and guidance are available. Your examination of a patient which may be seriously ill should also be supplemented by a sensing of condition of the physical body—gained through a careful passing of hands and also carefully noting the sensations of the patient's body energies during hand placement. Your focus upon these body energies may also result in intuitive or psychic awareness of ill conditions in the physical body, and any sensations in your hands which you feel indicate an ill condition in the body must not be

discounted, but investigated further. Whichever areas of your patient’s body which you know or suspect may harbor disease should then be examined through internal viewing.

To perform an intuitive reading for the purpose of working to develop internal viewing, you may have your physical eyes either open or closed—closed may be easier to learn, although you should eventually be able to “see” inside the body psychically with your eyes open. First localize your awareness, during the active phase, on the Round Orange-Red Ball and on the nature of the information desired, while seeing a *blank screen* in the mind's eye. When releasing into the receptive phase, pictures may spontaneously appear on the screen, and sounds or feelings, along with other information, may be received as well.

For example, in a patient who you know has kidney disease, you might first focus upon the Round Orange-Red Ball and the blank screen with the knowledge that you will soon be acquiring a view of the internal structures of the patient’s kidney. After releasing into the receptive phase, pictures will appear to you that will convey this information—pictures which may show details of the internal structures of the kidney from which you will gain some understanding of the exact nature and progression of the disease. This knowledge will be useful to you as you then incorporate specific procedures into your healing treatment which use light visualizations for the purpose of seeking to heal the disease which is present in the kidney. The use of the Round Orange-Red ball, during the active phase of intuitive readings, expands your intuitive power. This technique, after a little practice, should become automatic.

The use of a series of quick readings of this sort should be a common tool when examining a patient or treating disease, and is recommended even when a medical diagnosis is known, to supplement the information and gain further information on the nature and extent of the disease and on vulnerable or diseased areas which will require treatment. It is desirable, for example, to begin at the level of the entire body, using an intuitive reading of a body outline, with the Orange-Red Ball, to determine which areas or organs of the body may require attention. You may then, with each organ or area which is known or suspected of containing disease, start at the macro-level, using the Orange-Red Ball and the blank screen to request pictures or other information on the condition of the organ or area as a whole, for example, and then proceed downwards in scale, examining on finer and finer levels the form and functioning of that part of the body, down to the level of internal organ structures and tissues.

It is especially wise to attempt to “see” inside the body at locations where you have detected problems in the aura. During the passing-of-hands, with your reception of psychic information and guidance or with your viewing of the aura you may have gained a sense of energetic defects in the aura levels. These will often be connected with physiological conditions in the patient’s body, and it is beneficial to learn of these, so that specific treatment procedures may be used to assist in their healing.

You may, as you continue to practice this technique to see inside the body, in your mind’s “eye,” that you eventually gain physical vision (direct internal vision) of the interior of the body, and its structures. As intuitive reading of the aura and its phenomena is a preliminary step towards vision of the aura directly, intuitive readings of the physical body structures may give way, with further experience, to direct internal vision of the patient’s body, conducted from a

more general to a finer level. As with viewing with the mind's eye, visions—seeing in this way—may not be limited by rules governing the physical eyes.

**Other Uses of Intuitive Reading:**

The process of gaining intuitive information, using the Orange-Red Ball and the blank screen, may be used in healing in other ways as well. You may use this technique to add to your ability to obtain psychic information and guidance for the purpose of gaining insight into the patient's psychology and life experience and its correlation to phenomena in the chakras and higher aura layers. Your practice of it, eventually becoming automatic, may give you greater ability to focus upon and gain information on phenomena in the energy field.

There are many other uses—there is no limit to the use you can make of this technique as you master the healing art. During the passing of hands, for example, a reading using the blank screen may be used to view the condition, impurities, or other deformities that might be present in a chakra's structure, or to display circumstances or causes in the past that correspond to the diseased conditions of chakras or energy blockages in the chakras or in the aura. It is often beneficial to use the method of intuitive reading to gain psychic information and guidance regarding the cause of the patient's illness, or to gain recommendation as to changes that the patient may make in their life to assist the healing process.

Often you may see influences from diet, physical circumstances, personal relationships, inner feelings or other matters conveyed to you in pictures or in other ways, along with some understanding of how these are affecting your patient. Information regarding treatment, even other forms of healing therapy that may also benefit, may be presented. You must use care and consideration, though, in delivering this information to your patient, and be positive and non-judgmental in your approach. You must not overwhelm the patient with information they may not be ready for. It is important, also, to be sure you do not modify the information with your own ego tendencies. Use and create your own applications for this basic technique.

**Light Visualization and The Placement of Health:**

After coming to a good understanding of your patient's condition, using all the perceptual tools that have been discussed, your next step is to plan treatment. You will, of course, address all conditions in the chakras and higher aura layers which require it, and will also treat the physical manifestation of the disease. As mentioned above, this is a critical aspect of treating the seriously ill patient.

In the treatment of disease, there is a polarity; there is the wellness of the patient, and the illness of the disease. Disease is separate from the patient, like an invader—it is an unnatural and unhealthy energetic condition which is possible only when the normal health of the body and energy field are disrupted. Disease is, in a sense, a separate entity, an unhealthy energetic entity to be eliminated. The healer seeks to eliminate illness, when present, but also, however, seeks to bring health and wellness back—to heal.

You will not merely be addressing the disease, during treatment, be will also be working with health and wellness—you will confront illness on a very close basis, but rather than merely

battle illness, you will *create health*. Health is the natural state of human life, although this natural tendency can become obstructed, from various causes. It is important, though, not to place too much emphasis on disease, but in creating health.

The human body has within itself potentially unlimited health, and so can become healed at any time through the application of the energies given in treatments. You will work to re-create health in the body and help the body sustain itself against illness and disease. You will assist in the rebuilding of the health of the body and its organs through your application of energy, color and light. The body possesses the ability to heal itself, although an ill patient is not able to command this ability in themselves, as the ability of the patient to heal themselves is limited by the illness. A healer, through the proper application of these entities, can stimulate the patient's own health process and sustain it. The healer facilitates the patient's own healing.

You will seek to heal your patient of whatever disease is present through healing of the chakras and higher aura layers, but also from specific treatment to the disease itself. In treating diseased areas, your power of visualization will be used in moving the energy through the body in certain ways necessary for healing whatever disease may be present—a calm flow of energy, to quiet, or a bright burst of energy to stimulate, for example. You will also employ visualization to direct the energy and light—visualizing light around the affected organs or areas of the body to treat them in a more directed and powerful way. You may even perform visualizations to convey a certain quality with the light and energy you channel to diseased structures.

As you perform whatever specific visualizations are necessary to treat whatever disease may be present, however, you will also visualize diseased areas *coming back to a state of health*. In visualizing a diseased organ, for example, you may not only see light washing through the organ, as you also visualize the light around it to more directly treat it, but at the same time also visualizes the organ and tissues returning to a state of health. You may proceed in your visualization from a general visualization of the organ, to more specific areas, and finally even to the level of the tissues, seeing and healing the disease through your power of visualization, seeing and becoming the tissues as they become healthy in form and function. The flow of energy in the body can be diverted or modified, and hence the function of the tissues can be affected, through such visualizations.

It is therefore necessary for you to have a good knowledge of anatomy, and of the disease conditions in the patient. For each disease, a different specific procedure will be used to direct the light, depending on the specifics of the disease and the part of the body affected. The visualization will include the specific disease condition rectifying to a state of health—the tissues changing appropriately in form and/or function as determined by the specific disease being treated.

An ability to visualize, sense and become the diseased structures is of importance for another, related reason. As you visualize light around diseased areas, treating them as required and seeing them come back to a state of healthy form and function, you must also visualize, sense and become the diseased areas for the purpose of *conveying the quality of health itself*. This is important because in healing serious illness the healer *becomes the diseased organ or diseased area*, and becomes the channel not only for the energy that is conducted to the organ,



but for the wellness that is placed there. The healer becomes the illness, and then cures the illness in his or her “self.” It is an intimate, an eye-to-eye battle, where *the healer draws the illness of the disease and the health of the energy and light into his or herself, becomes the illness and the light/energy, corrects the diseased condition, and substitutes health for the disease, placing health in the patient, as one act.*

The healer instills health in the patient—it is not only a specific visualization that is employed in treating whatever disease condition is present, but also a *placement of health*. This is integral to the act of healing—it is a critical aspect of the primary principle of healing. The healer takes the disease condition into him or herself, heals it there, and thence in the patient, because the healer and the patient are one. The healer not merely acts as a channel for the energy, color and light used in treating diseased areas, but also as a channel for the health that is placed in them.

Performance of many of the procedures detailed below will require significant visualizing ability on your part. Your power to direct energy and light to the correct places and in the correct ways, visualize the affected organs and parts of the body and place health in them will be proportional to your visualization ability. It is highly recommended that you engage in the regular practice of Chios Meditation, to foster this important ability. It is wise for you to also have a good working knowledge of anatomy, physiology, and human diseases. This will be most helpful, so that you may have a good understanding of the entire condition of the patient, not just the primary cause of disease, but all accompanying bodily effects, so that the entire illness and its effects may be treated. For many diseases, this will require treating a number of specific conditions in the ill patient, as many diseases will present with a number of interrelating conditions and complications.

For a seriously ill patient, you will first use all your perceptual tools to assess your patient’s condition. You will then proceed to use your healing tools to treat the chakras and higher aura layers which display energetic defects, and then treat whatever disease conditions are present, through the use of the specific procedures which are appropriate. Although the treatment procedure given before is a general guideline for the order of employing the techniques, it is important to understand that with the seriously ill patient, perhaps more so than a patient who is not ill, you must rely first and foremost on your own judgment and psychic sense, as well as whatever guidance is offered, in determining the order and content of techniques employed in treating the patient. This may sometimes involve deleting treatment steps that are not needed, or spending a great deal of time on an area of particular concern, or even modifying techniques or engaging in new procedures as guided to, as the situation demands. In treating the seriously ill, you must rely on your own judgment, perception and abilities rather than any set rules.

#### **Empathic Perception and Transference:**

Your visualization ability—the ability to become one with an object or entity—is useful in healing for many reasons. It is a central overall tool of the healer, and is useful not only because it grants energy-directing ability while employing the various healing tools upon your patient and his or her energy field, but also because it fosters the ability to empathize, that is, to become one with your patient for the purpose of sensing his or her condition. This empathic ability extends from understanding how the patient feels to knowing how they actually, physically feel.

You may have begun to experience this phenomenon already, as you have practiced sensing chakras with structural defects in need of radiatory healing—you may have sensed, perhaps even in yourself, the state of the chakra. You can now seek to develop the *overall empathic ability*—the ability to become one with your patient—and this is, actually, just another aspect of the ability to become a pure, conscious channel, the goal that all your healing study has been assisting you toward. You will find that, as you practice empathic perception of your patient, you will not only acquire an understanding of each individual patient’s condition, but will also acquire an overall understanding of human nature as well.

The purpose for which you will do this is simple—to further heal the patients who come to you. As your knowledge of specific diseased conditions can be used to become a part of your patient, for the purpose of effecting changes that treat the specific physiological ailment and imparting health, you can also empathically sense other conditions in your patient’s overall condition, become the patient, and with your power of visualization then effect changes in the patient (“yourself”) that will treat whatever ill conditions you have detected in body, emotions, mind or spirit. You can become any aspect of your patient’s psychology, emotions, perception, etc., and through this sensing, becoming and restoration effect positive changes in the patient and their life, for the purpose of healing their entire being. This is another aspect to the placement of health and the fundamental principle of healing—all healing techniques are just modifications of this one fundamental process.

#### **Color Therapy—Supplementing Disease Treatments With Color:**

One final tool you may use in your disease treatments is color therapy. In treating disease you will often be using light, but there may be times where you find it appropriate to additionally employ color in your treatment of specific areas. Organs or tissues which have been subject to disease conditions, or to trauma of various kinds (wounds, broken bones, etc.) will benefit and be refreshed by use of an appropriate color, in addition to being treated with the light and with visualization. This is a valuable addition to treatment of these areas.

Various systems have been proposed that attribute certain colors with discrete properties or assign certain colors to treatment of specific conditions and diseases, but in reality the situation is too complex for a system of rules to be practical. While sometimes such systems of color therapy will stipulate a color that actually will help a given disease or condition, it is often that a recommended color will not actually be the best and most beneficial color to use. The healer is advised, therefore, to perform an intuitive reading, using the Orange-Red Ball, to ask for information of which color to use in treating a specific area, and allow intuitive awareness and guidance be the guide as to which color is really most appropriate. This is better than any system of set rules.

When channeling color to an organ or tissue, it is not necessary to use a symbol in color, merely to visualize the color in the mind's eye, "be in" that color, seeing it around the hands and gently penetrating into the patient in the area desired.

## **DISEASES OF THE HEART AND CIRCULATORY SYSTEM**

The different kinds of heart disease correspond to differing maladjustments in the use of energy in the heart area of the body, and the precise energetic treatments differ, as below. Common to all heart disease, however, especially serious heart disease, is a weakened, impure or structurally disfigured heart chakra. You may see an extensive damage to this chakra, and a darkening or destruction of the auric field around it, also. It will be common to unblock and remove auric impurities from the heart chakra, in addition. It is likely that with these patients you will find the heart chakra in need of substantial work, and charging, rebalancing and radiatory treatment of the heart chakra are highly recommended for these persons as well. You will perform these as a part of the standard treatment procedure, also including the specific treatments detailed below.

### **Coronary Artery Disease** (Angina, Myocardial Infarction):

A series of treatments will be necessary to restore health to the heart. A disease such as coronary artery disease cannot be treated completely by only focusing on the heart, but must also draw from many strengths of the body, therefore when beginning a course of treatment bring health to the overall body by following a standard treatment procedure for several treatments, on several occasions, treating the heart chakra last during each treatment. Aura charging will probably be needed during treatments. Radiatory therapy of the heart chakra is very important. The heart chakra, in degenerative heart disease, will almost always be underactive, and should be rebalanced upwards. After several treatments you will probably detect a positive change in the flow of the energy, a change towards health in the patient, a healthier feeling you may notice even visually. After detecting this, you can begin more specific treatment of the patient.

To begin specific treatment, first perform a standard treatment, but treat the heart chakra last. While treating the heart chakra, use your power of visualization to visualize (and become) the heart infused and invigorated with the light/energy, strengthening it back to health, placing health in it. While conducting the energy, see the energy as the pale white or bluish-white light surrounding the heart, at first, and then around the coronary arteries, invigorating them, clearing them and bringing health to them. Perhaps even specific blocked areas will come into view — treat these with the light as described, seeing the blockage shrinking away and the arteries clear, elastic and healthy as they conduct blood.

After treating the heart chakra, you must now perform the following specific procedure: place all 10 of your fingertips lightly on the body surface over the heart, with fingers gently curved but without the palms on the body, and then draw energy from the entire body of the patient, through the body of the patient, from all of the chakras in the patient's chakra system and also the legs and arms, and into the heart simultaneously. The energy is seen and drawn from all points of the body at the same time, using your power of visualization. See the light/energy flowing powerfully from all over the body and collecting in a brilliant area all around the heart. Draw and collect the light/energy there, as a brilliant and electrifying flow rather than a soft flow, the purpose being to charge the heart and heart chakra electrically to cleanse and strengthen. At the same

time, visualize yourself placing health, channeling health, into the heart. Maintain this for 2 to 3 minutes.

Now draw your fingertips and hands up above the heart and away from the body outward, as if the fingertips were tracing the lines of a funnel away, and at the same time intend, sense and visualize the light/energy coming forth in this way from the body — as a sign of the strength of the heart and a cleansing of the illness from it. Draw the hands at least 3 or 4 times in this way, at a moderate speed, taking perhaps 3 to 5 seconds to draw outward along a funnel 12 – 15 inches high. This concludes the specific treatment. This specific treatment is added to the regular treatment for the balance of the healing treatment regimen.

The nature of the energetic condition that corresponds to coronary artery disease is a suffocation in the energy, as if the energy is not able to freely circulate and complete a full circle from other points of the body through the heart. Energy is therefore drawn from all over the body and washed out. The patient with serious heart disease should be treated in this manner every 2 to 3 days.

**Cardiac Arrhythmias** (Bradycardia, Tachycardias, Premature Depolarizations, Fibrillations, Heart Blocks)

Begin with standard treatment procedure, but as with all heart patients leave the heart chakra for last. Treat the heart chakra in the normal way first, both front and back side, and then ask the patient to sit up. Treat as follows:

Place your hands now with your right palm over the front of the heart and your left palm over the back of the heart area. Ask that the patient breathe freely and deeply. Now bring the right hand away from the front of the heart slowly and steadily, taking perhaps 5 seconds to bring it a foot or so out, keeping the fingers gently together and palm flat. Return the hand to the body and repeat this several times, for a total of 4 or 5 motions. While performing this motion, apply energy to the chakra as always, and visualize the Trine symbol as you bring out the hand. As you bring out the hand, intend sense and visualize the motion creating a balanced and steady pull of energy around the chakra and the heart, a pull of energy you will feel with your hand as you bring it away from the body. It is as though a band of energy from the rear hand to the front hand were being stretched out, and as the hand returns is drawn back to its proper shape, like a stretching rubber band. After completing the motions, ask the patient to lie down again, and again treat the heart chakra as usual.

The nature of the energetic condition corresponding to arrhythmias is a lack of or improper elasticity, a tightness or slackness in the energy flow in the areas around the heart. The motion creates a balanced and steady pull of energy around the heart which assists in removing irregularities. The heart chakra may also be underactive in cases of slow beats, or overactive in cases of rapid beats - rebalance accordingly.

**Congestive Heart Failure:**

Give the patient a standard treatment, treating the front and back of the heart chakra last, as usual for heart patients. Then, treat as follows:

With the patient lying down, place your left palm over the heart and begin to visualize the Trine. Reach, now, with your right hand, to the patient's right hand, and place your fingertips lightly on this hand. Visualize and send a powerful burst of energy from your own hand, a strong, sharp, brilliant burst of light from your fingertips and through the patient's hand and arm and directly to the patient's heart, which is under your left hand. This should take just a second. Now quickly remove your fingertips and place your fingertips on the patient's right knee, and again send a similar burst of light/energy between the knee and the patient's heart. Repeat with the fingertips on the patient's left knee, and then on the left hand, sending again the burst of light. With each of these positions, maintain the energy the heart is receiving under your left hand, and see the heart receiving and holding large bursts of the brilliant light.

Now remove your left palm from the patient's heart and place your right palm there. Place your left palm on the patient's forehead (third eye) chakra and send energy down from the 3<sup>rd</sup> eye to the heart for about 10-15 seconds. After this, treat the heart chakra as usual, again to re-strengthen the heart.

The nature of the energetic condition corresponding to heart failure is a weakness, an inability to hold energy. This procedure energizes and strengthens the heart. The heart chakra may be underactive, and rebalancing upwards will also help the patient.

**Cardiac Inflammations:**

Often prolonged placement of the hands over the heart chakra will be adequate to soothe the inflamed tissue. In those cases where extended hand placement is not sufficient, treat the heart chakra last, as usual for heart patients, and then treat as follows:

Place your hands on the patient's shoulders, in the shoulder position, with one hand on each shoulder. Visualize, now, the Trine, and while conducting the energy direct your attention to the heart. Conduct the energy from your hands into the patient's shoulders and down into the patient's heart, while continuing to visualize the Trine. This flow of energy should be applied gently and steadily, and will have a soothing effect on the heart. Seek to impart a quality of coolness, like ice, with the energy/light. This position is held for several moments. Then request that the patient sit up, and treat the front and back of the heart chakra at the same time, your right palm on the front and left on the back for several minutes more.

With cardiac inflammation, an overactive heart chakra may be present. Rebalance downwards.

**Cardiac Infections** (Pericarditis, Myocarditis, Endocarditis):

Place the hands over the heart, and visualize the light/energy washing through the heart and whatever of its linings may be infected, like a river, cleansing and purifying the heart of the infecting microorganism. If the heart chakra is overactive, rebalance downwards.

**Arterial Hypertension:**

Incorporate in your standard treatment the correction of energy flow procedure, and a lengthy treatment of the arms, one at a time, each treated by placing the right palm on the inside of the elbow joint, and the right palm on the outside. After treating the arms in this way, treat the hands, one at a time, by sandwiching each hand between your palms, palms inward, for a few moments. Hypertensive patients should be treated in this manner about twice a week, if possible.

Hypertension corresponds to an improper flow of energy, energy that does not flow easily through the body, but that seeks irregular paths. Correction of energy flow addresses this condition. While performing it, see the energy flow regularizing. The effect of the arms and hands is significant, and treatment of the arms and hands is especially effective, and also calms the hypertensive patient

**Cerebral Infarction and Cerebral Hemorrhage:**

The two kinds of stroke, cerebral infarction and cerebral hemorrhage, although different from a clinical medical viewpoint, are similar from the viewpoint of energy pattern, and are treated the same way. There is no regeneration for the tissue damaged by stroke, but prevention of stroke, or further stroke, is possible, and it is also possible to assist stroke victims in their work to regain use of affected parts of the body. Regular treatments are necessary for either endeavor. To treat for stroke:

After the beginning positions, the patient should be asked to sit up. Place your hands, now, on the shoulders, at the base of the neck, on the sides, where the neck and shoulders meet, and conduct the energy for several minutes or more, until sensing completion. This may last up to 10 minutes in some cases. Stroke or susceptibility to stroke is often accompanied by hypertension, which is a common contributing cause of stroke, and therefore the arms and hands should be treated next, as detailed under hypertension. Aura charging is indicated on all patients who have suffered a stroke, even a small stroke, and especially for those who have been confined at length in bed. Auric impurities near the head and neck may require removal.

During regular treatment of the stroke, or stroke-prone patient, particular attention is also especially paid to the 5th and 6th chakras, which may very well require unblocking, charging, rebalancing or radiatory work. The 4th chakra may require this attention as well. The stroke patient benefits from a greater sense of the whole self, rather than just treatments of specific areas, and it is the overall treatment, with the goal of restoring balance and harmony to the overall body, chakras and auric field that is also especially beneficial to these patients.

**DISEASES OF THE BRAIN AND NERVOUS SYSTEM**

Diseases of the central nervous system generally center on disturbances, failure, or improper conduction of the electrical nerve impulses. They take two general forms, misdirection in the paths of the impulses, or a block in the path. The goal is to restore correct electrical conduction to the entire system, and also incorporate specific visualizations to specific affected areas for the

particular disease. The healer will focus not only on the energy of the body, but also on the electrical neural impulses that drive the body. Perform the standard treatment, but remember to treat from the lower chakras upwards, during the first round of hand positions, then perform the procedure below to specifically address the nervous system.

Place your hands on the patient's 7th chakra in the standard position, with the hands on the sides of the chakra, and visualize the Star throughout the entire procedure. Begin to follow, now, the paths of the nervous system, beginning at the head and proceeding slowly down the neck and arms to the hands, and then down the spinal cord and chest to the lower torso and legs to the feet, the pathways extending from the brain and through the cranial nerves or spinal cord and spinal nerves, and on to their final terminus in muscles or sensory receptors. Along the entire way, follow, with your senses, the electrical paths through the body, visualizing a fine light while doing so, a light that follows the paths. Use the light to heal the “wrong connections” or breaks in conduction; visualize the energy of the electrical impulses re-directed and conducting on the proper paths, with no blocks. Where it has become blocked or diverted, visualize the light surrounding and healing the neural paths, placing health in them. Incorporate, during this visualization, the specific treatments for any particular disease conditions present. This will, as always, require a good knowledge of anatomy and powerful visualization ability.

The healer may employ an intuitive reading of the nervous system, either throughout the body or within specific regions (e.g. the head or certain nerve pathways) to gain additional knowledge of affected parts of the brain and nervous system, and treat accordingly. A good knowledge of the disease will be required — the nervous system and its diseases are complex, and there are many variations, many locations and types of damage. The procedures given below are examples and an introduction—other procedures are possible for specific diseases/locations. For any disorder of the brain, including many mental disorders, an intuitive reading of the brain to determine areas that are damaged, impaired or atrophied, prone to seizure, or under or over active, as appropriate to the disease, and treating these areas accordingly, is useful.

The 7<sup>th</sup> chakra will often, but not always, require extra attention in the form of extra hand placement, charging, rebalancing or radiatory work. It will be often be that the 7<sup>th</sup> chakra is overactive, and will require rebalancing downwards. Check for, and treat, leaks and auric impurities that may be around the head area, when treating disorders of the brain. With many diseases, it is likely that other parts of the body will require extra attention, as well. All neurological patients will require treatment 1-2 times per week, depending on severity of affliction.

#### **Epilepsy and Seizures:**

Employ the standard treatment as above, with special attention to the brain. Use your intuitive awareness to determine the location of specific areas of the brain in which the convulsions originate or are stimulated, or whether the genesis of the convulsion is global in nature. Often it will be specific. Visualize, then, the fine light repairing the faulty connections in the area, or in the whole brain, and imposing a corrective order to the areas affected. Place health in the brain by conveying a quality of orderliness to the functioning of the brain as a

whole, and also to any specific areas, bringing them to more orderliness in their function and limiting the disorder conveyed from them to connected brain neural tissues. Often certain lobes of the brain will be particularly involved.

**Impairment of Memory or Depressed Consciousness** (Inc. Alzheimer's Disease, Aphasia, Amnesias, Dementia, Delirium, Coma):

Treat the entire nervous system, as above, but focus especially on the brain. Treat, with the light, any specific lobes or areas that your intuitive awareness indicates as having impairment or depressed functioning. Place your hands on either side of the affected area, opposite the area if possible, and visualize a bright light charging and stimulating the area, or the entire brain, back to health and activity. Place health in the area.

With many of these diseases, especially Alzheimer's and the other amnesias, substantial attention to the 3<sup>rd</sup> chakra, in the form of extra energy, charging, rebalancing or radiatory work will also benefit the patient, helping to restore a sense of self.

**Multiple Sclerosis:**

Treat using the entire procedure given above, but with particular attention to the myelin sheaths in tracts of the brain and spinal cord. Use the light to heal and nurture areas that may exhibit incidence of demyelinated spots, and place health, with a feeling of structural integrity, to the myelin sheath covering axons in the brain and spinal cord. See the myelin sheath whole, and remyelinated. Specific areas of the body may be also be affected — treat these areas with extra energy and the chakras near these areas with extra energy, charging, rebalancing and radiatory treatment, as needed.

**Parkinsonism:**

Treat the entire nervous system, as above. Treat specifically the area around the mid-brain involved in the disease — visualize the light, and place health, in the area around affected pigmented basal ganglia (substantia nigra, locus caeruleus) and their afferent and efferent nerve connections. See the area composed of healthy, regenerated tissue. Use the light to repair the connections. The Parkinson's patient will also benefit from extra attention to the 5th chakra, in the form of extra energy, charging, rebalancing and radiatory treatment.

**Cerebral Palsies:**

Treat the entire nervous system, paying particular attention to areas of the brain that may have been damaged (seen through intuitive reading of the brain), and also to the upper motor pathways to the limb muscles, mouth, etc. as needed, especially in spastic patients. Use the light, and place health, to these tissues.

**Myasthenia Gravis:**

Treat the entire nervous system, but pay particular attention to the neuromuscular junctions between the cranial nerves and affected muscles. Visualize the light, and place health in these junctions, and see the junctions restored to proper activity, with strong impulse conduction to the muscles.



**Huntington’s Chorea:**

Give the standard treatment, with particular attention to affected areas of the brain (corpus striatum, caudate nucleus, and frontal lobe, as required). Place your hands on the head, with these areas between the palms, if possible, and visualize a bright light in these areas stimulating them back to health, seek to place health in these atrophied areas.

**Meningitis/Encephalitis:**

Treatment using the entire procedure given above is not necessary, unless other brain or nervous system disease is present, but place the hands on the 7th chakra, as usual, and use the light to wash away infecting agents, if an infection is present, seeing the light washing throughout the brain and its meninges, purifying them. Inflammation is likely to be present, and treat it by imparting a coolness, like ice, as you treat, to soothe the inflammation.

**THE CANCER DISEASES**

The cancer diseases require aggressive treatment to control, and are one of the greatest challenges to the healer. Treatment of these malignancies requires skill, knowledge, power of will, perseverance, diligence and faith. Many cancer patients will require treatment on a daily basis.

Cancer tumors and conditions, although occurring in a great variety of bodily tissues, have the same basic entity as the energetic nature of the disease. Cancer seeks to invade the body at its weakest points, where it is given the greatest opportunity, and seeks to expand itself to wherever it can invade. Cancer is an insidious disease that preys upon weakness, gaining its entry as a result of weakness, disharmony or imbalance in the chakras and higher bodies. It can be fought two ways, either before it begins, by sensing weak areas and strengthening them so as not to give cancer entrance, or after its onset, to restrict its growth. Proceed as follows:

Become fully aware of areas that have cancer, or that are prone to invasion. Use information made available by the patient, and through intuitive reading and viewing of the aura, to determine the location and extent of cancerous growth. Perform intuitive readings using the body outline to gain information on the current locations and possible metastasis of the cancer, and treat accordingly. Viewing the aura will give you locations of current malignancies. Cancer has an ugly appearance in the aura—a dark, growing malignant appearance that may appear in colors depending on its stage of development. Focus in, as necessary, for further information—focus in on the chest and shoulder area of a breast cancer victim to determine the extent and location of possible growth beyond the breast to lymph nodes, for example.

While channeling energy to the patient, during the regular course of treatment, attempt to impart a feeling of calm and stillness to the body. Aura charging should almost always be included, especially for patients receiving radiation or chemotherapy. It will also be common to remove auric impurities near the cancerous area. Certain cancers

will usually require that you pay particular attention to a related chakra, as noted below, during unblocking, charging, rebalancing and radiatory work. You may well sense this during the first round of chakra positions, as damaged chakras that draw a greater than normal amount of the energy, or show great discoloration, etc. Radiatory therapy of related chakras is very important. Related chakras will commonly require radiatory treatment to correct structural defects, will also many times require charging (including nearby chakras as well, sometimes), and will require rebalancing work also. Usually related chakras will be overactive in the early stages of the disease, as it spreads, and then underactive later, as areas succumb to the disease. Rebalance as required. Perform the treatment, with the necessary modifications, as explained, including the specific suggestions given for each area the cancer is present. Treat the cancerous areas for a total of 10 or 15 minutes or more.

In treating the cancerous areas, you must seek to know the cancer in your mind. Place your hands on the body as near to the affected area as possible, or as noted below, and seek, in your treatment, to contain the cancer. The cancer, in your intuitive reading of it, probably appeared to you in one of two ways, as a dark black liquid or mold that seeks to spread, or as a growing active energy like fire or electricity. If the cancer appeared as a dark liquid or mold, treat it with the pale white or bluish-white light and see the light as surrounding the darkened areas, burning away, drying and shrinking the cancer. If you saw the cancer as a flame or electrical energy, see the clear pale white or bluish-white light as having a quenching, dampening or restraining effect. When treating cancer with the light, you must strive to also convey a quality of *clarity* with the sending of the light. This does not refer to a visual clearness, but a *quality* of clarity—it is this quality that helps to eradicate the cancer.

You must run a large amount of energy from your hands, and visualize the light properly, to direct them to the cancer and contain it. It is effective to vary the position of the hands, also. When treating a localized area, treat the area for a while, focusing the energy and light as described, and then move your hands to another location near the cancerous growth. Repeat this for a total of 3 or 4 different positions close to the cancer. When treating areas that cannot be treated directly, due to modesty considerations, e.g. the colon, the prostate or women's breasts, place your hands as near as possible to the area, with one hand on one side and the other hand on the opposite side of the affected region. Shift the hands periodically, keeping them roughly opposite each other, for also a total of 3 or 4 positions. The overall treatment of cancer using energy and light, and the placement of the hands when treating cancer is a dynamic, rather than static, process. It is of utmost importance to realize that the position of the hands is not the essence of cancer treatment — that cancer is treated with the mind and will of the healer, as described, the hands being merely instruments.

After completing treatment of the cancer, it is wise to refresh the patient's body prior to ending treatment. Treat the 7th chakra one more time, and then perform grounding again, so the patient may drink of the energetic health of the earth.

It is important to know that, although the fight with cancer is serious, it is better to always maintain a confident, rather than a grave or concerned attitude with the patient—the disease

feeds on fear. An atmosphere of faith and positivity will add to the treatment. As mentioned, cancer must be also be treated on a frequent, regular basis. It is well to treat the patient using distance methods if frequent physical treatment is not possible. When engaging in distance healing of cancer patients, use the light in the same way as described in detail for physical treatment, and also be sure to include charging and radiatory treatment of related chakras. Visualize each time, whether treating with physical or distance means, full restriction and extinguishment of the cancer, using the light, until it is gone. For each form of cancer detailed below, incorporate the special provisions given into the general procedure given above.

**Prostate Cancer:**

For the comfort of the patient, place the hands not directly on the affected area, but with one hand just above the pubic bone, and the other hand below, on the upper leg as near the pubic area as the patient is comfortable with. Send the energy and light for a few moments, and then move the hand on the upper leg to the other upper leg, and send the energy and light for an additional time. Shift the hand positions in this way. It is likely that the 1st and/or 2nd chakras will require substantial attention with unblocking, charging, rebalancing and especially radiatory treatment, in addition to whatever other chakras require treatment.

**Breast Cancer:**

For the comfort of the patient, place the hands not directly on the affected area, but with one hand above, just above the breast, and the other hand below, just below the breast, with the hands as close as the patient is comfortable with. Send the energy and light with the hands in this position, and then shift to other positions, as described, perhaps with one hand near the heart and the other on the opposite side of the breast near the side of the body, and so on. It is likely that the 4th chakra will require substantial attention with unblocking, charging, rebalancing and especially radiatory treatment, in addition to whatever other chakras require treatment.

**Cancers of the Throat Area** (Inc. cancers of thyroid, pharynx, larynx, esophagus):

Use both hands, around the affected area in various positions, as described, either with hands on opposite sides of the throat or together, for 3 or 4 positions. It is likely that the 5th chakra will require substantial attention with unblocking, charging, rebalancing and especially radiatory treatment, in addition to whatever other chakras require treatment.

**Cancers of the Female Reproductive Organs** (Carcinomas of ovaries, cervix, uterus):

Place the hands on the front of the lower abdomen, gently overlapping, under the 2nd chakra and between the pelvic bones, near the pubic bone, and treat with the energy and light. Shift the placement somewhat, in this region, for 3 or 4 positions, as described. It is likely that the 2nd chakra will require substantial attention with unblocking, charging, rebalancing and especially radiatory treatment, in addition to whatever other chakras require treatment.

**Non-Localized Cancers** (e.g. Leukemias, Lymphomas, Kaposi's Sarcoma, some bone cancer):

Place the hands randomly all over the body in various positions, using your intuitive sense to guide you. Treat the tissues with light, as appropriate to the particular disease, restoring them to

health. There may also be areas, with some of these diseases, that are more affected — sense these intuitively and treat these directly. You may also see, with these syndromes, a discoloration of several or all of the chakras that will be particularly noticeable. Charge accordingly.

**Skin Cancer (Melanoma):**

Place the hands directly over the affected region to treat. If there are multiple sites, one hand can be placed over one area, and the other hand over a different growth, if the cancer has spread to several areas on the body. The hands need not be together.

**Lung Cancer:**

Treat the front of the body all around the affected area, placing the hands on opposite sides of the breast, if necessary, for women patients. If the cancer is localized to one area, treat that area, if it has spread over one or both lungs, treat accordingly. Vary the hand position 3 or 4 times, as described, over the affected lung(s), including the position given under Diseases of the Lung. It is likely that the 4th and 5th chakras will require substantial attention with unblocking, charging, rebalancing and especially radiatory treatment, in addition to whatever other chakras require treatment.

**Brain Tumors:**

Place both hands, gently overlapping, over the affected area of the brain. Vary the position, during treatment, for 3 or 4 times in the immediate area of the growth. It is likely that the 7th chakra will require substantial attention with unblocking, charging, rebalancing and especially radiatory treatment, in addition to whatever other chakras require treatment.

**Cancer of the Kidney and Digestive Organs** (inc. Stomach, Small Intestine, Pancreas, Liver, Gall Bladder and Bile Ducts, Peritoneum):

Place both hands, gently overlapping, over the affected organ or area. Vary the position, during treatment, for 3 or 4 times in the immediate area over the organ. It is likely that the 3rd chakra will require substantial attention with unblocking, charging, rebalancing and especially radiatory treatment, in addition to whatever other chakras require treatment.

**Colon or Rectal Cancer:**

For the comfort of the patient, place the hands not directly on the affected area, but with one hand above, just above the pubic bone, and the other hand below, on the upper leg as near the pubic area as the patient is comfortable with. Send the energy and light for a few moments, and then move the hand on the upper leg to the other upper leg, and send the energy and light for an additional time. Vary the hand positions again, as described. It is likely that the 2nd chakra will require substantial attention with unblocking, charging, rebalancing and especially radiatory treatment, in addition to whatever other chakras require treatment.

## **DISEASES OF THE LUNGS AND RESPIRATORY SYSTEM**

Diseases or weaknesses of the lungs are treated as follows:

After the basic treatment positions, ask the patient to sit up, if possible. Place your right hand on the front upper left side of the patient's chest, below the shoulder and directly above the left nipple. The palm should be between the nipple and the shoulder, and 2 to 3 inches above the nipple. Place your left palm on a position on the patient's back directly opposite your right palm. Maintain this position, sending the energy through the hands and into the chest cavity. This is the ideal hand position for treating the left lung, and serves not only to treat disease but also to generally energize and strengthen the respiratory system.

While sending the energy, use light as appropriate to the particular disease, as given below. Once this is finished, treat the right side of the chest in a similar manner, placing your right palm on the front side and your left on the rear. After treating the right side, the heart chakra is treated by placing the right hand over the front and the left hand on the rear of that chakra, and sending in the energy for several moments. Some critically ill patients will not be able to sit up, and this lung treatment may be conducted with the patient lying down, by placing the right hand as described, and placing the left hand under the body below the right, while treating the left and right sides. Place both hands, gently overlapping, over the front of the heart chakra, at the end.

With all diseases of the lungs, the 4th chakra is likely to require additional attention, in the form of extra hand placement, charging, rebalancing and radiatory treatment. The 5th chakra may also require this additional attention. For each condition detailed below, incorporate the special provisions given into the general procedure given above.

**Chronic Obstructive Pulmonary Disorder** (COPD, inc. Emphysema and Bronchitis):

While performing the above position, visualize the light between the hands and filling the chest cavity, surrounding the lungs, first on the left and then the right, and then on the front and back of the heart. Localize the treatment, then, on the left and then the right positions, by visualizing the light around the affected portions of the bronchial tree, draining, repairing, and/or opening the passages, and healing lesions as needed. You may use an intuitive reading of the bronchial tree to locate specific areas requiring your treatment. See the bronchi and/or alveolar sacs as open, healthy and clear when imparting health to them. When inflammation of the bronchi is present, impart a coolness, like ice, with the light. The 4th chakra may be underactive in cases of COPD's, unless, of course, infection or inflammation is also present. Rebalance as needed. Treat the patient 1-2 times per week.

**Pneumonia (all types):**

While performing the above position, visualize the light washing through the lungs, purifying and clearing away the infecting agent, and imparting strength to their function. See the lungs being purified and strengthened. For pleurisy, impart a coolness, like ice, when treating the pleura with light. Aura charging is indicated. The 4th chakra will often be overactive, and rebalancing is appropriate. Treat the patient 2-3 times per week, with the patient sitting, if

possible. If the patient has a high fever, shorter treatments, of half duration at all other treatment positions, is necessary.

**Pulmonary Infarction/Pulmonary Embolism:**

While performing the above position, visualize the light around the lungs, and then visualize the removal of the specific blockages using the light and energy. Use an intuitive reading of the lung(s), if you wish, to help determine the location of the blockage. See the light surrounding the blocked area, and see the blockage shrinking away, and the blood flow being restored in the artery as you restore health.

## **INFECTIOUS DISEASES**

**Acquired Immounodeficiency Syndrome (inc. ARC, HIV+):**

This disease manifests in the body as great weakness and unhappiness of the body, a fading of the energetic health and structural integrity of the body, chakras and auric field, like a flame expiring. The AIDS patient should be treated 2 to 3 times per week, and may require even more attention if the disease progresses into more frequent and severe complications and the patient grows weaker. Use the following guidelines:

During the standard treatment, it is important to impart a quality of stillness to the energy flow, feeling the stillness in yourself, and passing this on as the energy, and also to seek to strengthen the patient. There will usually be a good many leaks from tears in the auric field, all over the body and over chakras, and these should be sealed. Aura charging, to replenish energy, will almost always be required. Certain chakras will also exhibit an irregular or diseased energy to them, and will require treatment with extra energy during hand placement and with the radiatory method. Restoring the strong hues and proper radiant strength of the chakras is very important — some or all chakras will be faded in color or weak in radiation, and the chakra system may require substantial charging and rebalancing work. The entire chakra system, and perhaps certain chakras especially, may exhibit overactivity in the earlier part of the disease, and underactivity later in the disease, as the patient succumbs. Rebalance accordingly.

The patient will often possess a weakness of the lungs and chest, and treatment of the lungs, as detailed under Diseases of the Lungs, should almost always be included. With the hands in the lung treatment positions, treat the specific manifestations occurring in your patient's lungs in the appropriate manner, using light. AIDS patients will often exhibit many complications of varying severity (e.g. Kaposi's sarcoma, peripheral neuropathies, pneumonia and other infections, and many others) and these should also always be addressed in treatment. Healers familiar with the function of the immune system may see it strengthened through proper visualizations, visualizing certain lymphocyte counts increasing, for example.

**Infectious Diseases:**

In most developed countries, many serious infectious diseases have been adequately controlled through vaccination, yet in many areas of the world these diseases remain a health threat. The use of energy and light will assist victims of these diseases, but such treatment must always be in addition to conventional medical treatment using antibiotics, etc. The energy and light will often, by themselves, not be adequate to contain these diseases.

These diseases are caused by a great variety of infectious agents, and the healer may see subtle differences in the patient's aura with the different types of microorganisms, and may treat accordingly to restore balance and health. This will require an understanding of the disease, and its effect on the patient, and the patient's demeanor and physical appearance must also be examined. The patient under siege by one of these microorganisms will be weakened, and will require strengthening by the healer, including aura charging for all patients. Fever, when present, requires that the treatment be of shorter duration, half the usual time at each position.

With the infected patient, light should be visualized, at each treatment position, entering the body and washing through the body. See the light not as radiating from around the hands, but as washing through the tissues, purifying them, washing away the infecting agent and restoring health and energy to the patient. Should a particular organ be infected, concentrate your treatment on that organ, using the light to cleanse it of infection.

Charging, rebalancing and radiatory treatment of diseased chakras is important, and certain chakras are particularly vulnerable, and should be given special additional attention, with extra time during placement of hands, and charging, rebalancing and radiatory treatment, as listed:

Poliomyelitis:.....	5th Chakra
Herpes:.....	Chakra nearest affected area
Mononucleosis: .....	4th chakra. Arms also.
Candida:.....	4th chakra, 3rd chakra, and 2nd chakra.
Tuberculosis: .....	Treat as under Diseases of the Lung.
RSV:.....	Treat as under Diseases of the Lung.
DHFS:.....	Treat 5th chakra, then treat 3rd chakra.
Rheumatic fever: .....	Standard Treatment, but including light washing.
Cholera: .....	6th chakra, then 3rd, then 2nd. A short, calming treatment.
Whooping Cough:.....	5th chakra, and 4th chakra.
Dysentery:.....	3rd chakra, and 2nd chakra.
Typhoid:.....	7th, and 6th chakras.
Diphtheria:.....	Back of 4th chakra, and back of 3rd chakra.
Tetanus: .....	Standard treatment, including light washing.
Malaria: .....	6th chakra, and 3rd chakra.
Syphilis: .....	2nd chakra.
Gonorrhea:.....	2nd chakra.

It is a combination of any or all these techniques, in the combination to be determined by the healer, which will assist in bringing health to the patient.

## **DISEASES OF THE ENDOCRINE SYSTEM**

The endocrine system plays a complex and not fully understood role in the health, or disease of the human body. It is true that over or underactivity of the chakras correlates with over or underactivity of the associated glands, and this can be used by the healer to moderate gland activity by rebalancing the corresponding chakra appropriately.

Most people experience a normal fluctuation in the activity of the various endocrine glands, to higher and lower than normal levels of activity, and the rebalancing of the chakra system assists in building the health of patients in this, as well as many other, ways. For some people, however, these glands may be chronically overactive or underactive, and these conditions will lead to undesirable effects in the physiology. These may be treated with rebalancing, as shown below, and frequent treatment is indicated, even every 1 to 2 days in serious cases.

### **Pituitary Disorders:**

The 6th chakra affects both lobes. For hypofunction of the anterior pituitary, or depression of the posterior pituitary, rebalance the 6th chakra upwards. For hypersecretion of anterior pituitary hormones, rebalance the 6th chakra downwards.

### **Thyroid and Parathyroid Disorders:**

The 5th chakra's activity affects both glands. For hypothyroidism or hypoparathyroidism, rebalance the 5th chakra upwards. For hyperthyroidism or hyperparathyroidism, rebalance the 5th chakra downwards in activity.

### **Pancreatic Disorders:**

The 3rd chakra's activity level influences both the endocrine and exocrine functions of the pancreas. For diabetes, rebalance the 3rd chakra upwards.

### **Disorders of Testes or Ovaries:**

The 2nd chakra's activity affects these glands. For male hypogonadism, rebalance the 2nd chakra upwards.

### **Adrenal Disorders:**

For adrenocortical hypofunction (Addison's Disease), rebalance the 1st chakra upwards. For adrenocortical hyperfunction (adrenal virilism, Cushing's syndrome, hyperaldosteronism) rebalance the 1st chakra downwards.



## **DISEASES OF THE INTERNAL ORGANS**

Serious diseases of the internal organs, such as the liver, kidneys, pancreas, etc. are treated with the light, first by treating any infection or inflammation that may be present, then charging the organ with light and energy to stimulate health in it, and finally proceeding to the finer levels inside the organ to treat the specific conditions as well. Proceed as follows:

First place both hands on the front of the abdomen, directly over the affected organ, and conduct the energy while visualizing the light washing through the organ beneath your hands, like a river, purifying it and removing the microorganisms which may be infecting it and the impurities. Do this for several minutes.

Then charge the internal organ with the light/energy: Ask the patient to sit, if possible, and place one hand on the front of the abdomen with the palm over the organ, and the other hand on the back of the patient directly behind the organ. You must now visualize the organ, or the area of the organ inside the body, filled with the light/energy, a solid application of the light. You should visualize this almost as a glowing ball of light held between the palms of the two hands. The bright glowing ball of light charges the organ, re-vitalizing it and stimulating the life spark again. Place health in the entire organ as you do so.

Finally, perform specific visualizations for healthful organ structure and function, to treat specific conditions, as detailed below.

Often in these diseases there will be a related chakra that requires charging, rebalancing or radiatory work. Structural energetic defects will be common, requiring radiatory method. It will be common to see an overactive related chakra in infections and inflammations of these organs, while an underactive chakra usually is seen at the later stages of organ degeneration. Rebalance accordingly. These patients should be treated 1-2 times per week, liver illnesses a minimum of 2 times per week, if possible.

### **Congestive Heart Failure:**

Congestive Heart Failure may be treated as under Diseases of the Heart, and the healer may also incorporate the procedure above, in addition, to strengthen the organ. Should the heart or its membranes be infected or inflamed, treat them as described under Diseases of the Heart.

### **Kidney Failure** (inc. Glomerulonephritis, Tubulointerstitial nephritis, Renal Hypertension):

Treat the kidneys separately, one at a time, with the procedure above. With each kidney you may proceed in your light visualization down to the level of the disease, seeing the light surrounding the glomeruli in the renal cortex in the glomerular diseases, for example, and placing health in these tissues. You may employ as much knowledge as you have of anatomy, and of the disease, to treat each specific condition and visualize the form and function of the structures as returning to health, placing health in these damaged tissues. Be sure to first treat inflammations (e.g. acute g.n.) with the light by imparting a coolness with it, and treat infections (e.g. pyelonephritis) by washing the entire kidney with the light, purifying it. Structural changes

of various kinds may also be present in the varying types of kidney disease. You may do an intuitive reading of the tissues and treat accordingly.

Renal infarction is treated with the basic procedure above, and also by using the light to surround the affected area, imparting health, and also a visualization of the block clearing. Arteriolar damage from renal hypertension (nephroangiosclerosis) is treated with the appropriate visualization of these structures. Should the kidney disease involve kidney stones, the blockage is visualized removed and cleared, and the area is also treated for inflammation, with the cooling light. Gallstones are treated similarly.

The 2nd chakra will probably require extra attention in the form of charging, rebalancing or radiatory treatment. In a kidney infection, it will probably be overactive, while later stages of kidney degeneration and failure may display an underactive chakra. In some cases, the 3rd chakra may be involved, also.

**Liver Diseases** (inc. Hepatitis, Cirrhosis, Fibrosis, general infections/inflammations):

Treat the liver using the general procedure above. For hepatitis or other infections, be sure to first thoroughly cleanse the liver, washing it with the light to purify it and remove the infection. Treat for inflammation as well, sending coolness to the liver with the light/energy. In patients with degeneration of the liver tissues it is well to especially see the light nurturing these tissues back to health, placing health in them. Extended placement of the hands on the 5th chakra will also soothe this patient.

For Cirrhosis or Fibrosis, which are also common consequences of infection or inflammation, you may visualize the appropriate liver tissues restored to their proper architecture, with health placed in them. Treatment of the 2nd and/or 3rd chakras with extra hand placement, recharging, rebalancing, or radiatory treatment may be needed.

**Cystic Fibrosis:**

Treat the pancreas with the charging procedure given above. For Cystic Fibrosis, treat with a further visualization of the lumen clearing, and tend to respiratory infections and obstructive complications as given in Diseases of the Lung, as these may be present. The 2nd and 3rd chakras will likely require extra attention, especially in the form of radiatory treatment.

**Diabetes Mellitus:**

Give the standard treatment first, recalling that in diabetes the chakras are treated from the lowest chakra up, in the first round of hand positions. Treat the pancreas, then, with the charging procedure given above, especially for serious cases. A visualization of insulin secretion, along with visualizations addressing tissue changes and nerve damage, should these be dramatically present, is appropriate. Diabetics will likely require additional attention to the 2nd chakra, in the form of extra energy, charging, rebalancing and radiatory work, and the 3rd chakra may require attention as well. The 3rd chakra will probably require rebalancing upward, as discussed under Diseases of the Endocrine System. Serious Diabetes should be treated 2 times per week, if possible.

**Infections and Inflammations of Other Internal Structures:**

Place the hands over the infected or inflamed area, washing and purifying the structure clean of the invading organism, if infected, and imparting a quality of coolness, like ice, to inflammations. It is likely that these infections and inflammations will also require that you treat certain chakras with extra energy, charging, rebalancing, or radiatory treatment, as shown:

Appendicitis: .....	2nd chakra.
Peritonitis: .....	2nd chakra.
Pancreatitis: .....	2nd chakra and possibly 3rd chakra.
Gastroenteritis:.....	2nd chakra.
Colitis: .....	2nd chakra.
Cholecystitis:.....	3rd chakra.
Choleangitis: .....	3rd chakra.
Pelvic Inflammatory Disease: .....	1st chakra.

Often when an infection or inflammation is present, you will find an overactive chakra, requiring that its activity be rebalanced downwards.

**MISCELLANEOUS DISORDERS AND SITUATIONS****Care for the Dying:**

For patients who cannot be cured, it is desirable to provide treatment in any case—such treatment will help spiritually prepare the patient for death, and also ease the transition. The placement of hands conducting energy is also a palliative measure, and will provide comfort to these persons.

Special attention should be given, by the healer, to the alignment of the chakra system through charging, rebalancing and radiatory therapy, preparing the patient to move onward. This is one of the greatest services the healer can ever perform for a patient.

It is desirable to assist such a patient twice a week, if possible. The patient may exhibit anxiety, strain or excitement. Seek to provide rest and comfort to the patient.

**Mental Disorders:**

Mental disorders will sometimes accompany nervous system diseases, and these should be treated as specified, yet there are many conditions of the personality that have no organic basis. There is a relationship between psychological states and the chakra system and aura layers, but it is very complex, and specification of treatments for particular conditions is not practical, given individual variations. The healer who possesses knowledge of the nature of the chakras may, however, be able to infer which chakras may be involved.

It is true, though, that these mental states have correspondences to the energetic condition of the chakras and higher bodies, and it is surprising how effective energy conduction, charging, rebalancing and radiatory therapy, performed by the skilled healer, can assist persons with mental afflictions. You may well be able to see manifestations of these mental states, and the effect of your treatment, in the patient's chakras and higher bodies. A general treatment of these persons will provide emotional and mental clearing, and lend a greater clarity to the overall being.

For persons suffering from the various afflictions of the personality, or even spiritual crises, a thorough general treatment is advised every week, at least, and somewhat more often for those who need it — patients suffering from depression, for example, will benefit from a regular schedule of treatments given every 5 days. For those in spiritual crisis, treatments should be given often, also. Treatment using these techniques does not, by itself, advance the individual spiritually, but the clarity and removal of confusion allows the individual to work on themselves, and move towards resolving the problems. Do not doubt the good you can do these persons.

Caution should be used when treating those with serious mental illness. For these patients, treat for a shorter time, perhaps 1/3 the usual amount of time, and note the effects. Proceed cautiously.

#### **Diseases of the Ear:**

Hands may be placed over the ears, one or both. Treat infections and inflammations as usual, washing infection out with the light to purify and soothing inflammation with the coolness.

For hearing problems, place the hands on the 7th chakra, and visualize the hearing becoming more sensitive, an improvement of the hearing. If you are aware of the precise nature of ear damage, e.g. bone damage, visualize and direct the light to the specific location. If neural involvement exists, treat the nerve using the appropriate technique as described in Diseases of the Brain and Nervous System. Place health in the ear.

#### **Diseases of the Eye:**

Place one palm over each eye to treat, if necessary. Treat infections and inflammations as usual, washing infection out with the light to purify and soothing inflammation with the coolness. These may occur in very specific tissue areas of the eye — visualize accordingly. For cataracts, you will visualize clarity in the lens, while using the light and placing health on affected areas. For early glaucoma, visualize soothing the eyes and resting them, using the light and placing health. For advanced glaucoma, do the same, although you may not be able to contain it.

#### **Arthritis:**

Place the hands over the areas affected, and treat with the light, but also conveying a quality of warmth to the areas. You may incorporate an appropriate visualization, also,

**Systemic or Generalized Connective Tissue Diseases** (Systemic Lupus, Scleroderma, Polymyositis):

Place the hands over the affected areas all over the body. It is not necessary to keep the hands together, one may be placed over one affected area or part of the body, and the other over another part of the body, and the positions varied as you intuitively feel is best. Inflammation should be treated with coolness. Tissue changes, present in many of these type diseases, should be treated by incorporating an appropriate visualization.

**Organ Transplant Patients:**

Treatment of the specific organ by charging the organ, as described in the general procedure under Diseases of the Internal Organs, will assist in imparting life to the organ. This should be done within 24 hours of surgery, if possible.

**Patients Recovering From Surgery:**

Treat the organs and areas involved, using light and placing health, seeing the organs healing in whatever way is appropriate to the disease that was present, as given. Clear away auric impurities present over affected areas. See sutured areas (internal and external) healing. A general treatment is restorative.

For mothers recuperating from childbirth, be sure to also pay particular attention to the internal reproductive organs, especially the uterus, by placing both hands, gently overlapping, under the 2nd chakra and between the pelvic bones. Direct the light to the uterus, and all around, seeing it heal and placing health. Special treatment of the newborn baby is not required.

**Broken Bones:**

Treat over the break, using the light and visualizing the broken part healing, placing health in it.

**Burns:**

Place your hands not on the skin, but 3 or 4 inches above. Use the light to treat the surface of the skin at the burned area, conveying a quality of coolness, like ice, as with inflammations. See the skin regenerating.