

A chakra technique to relieve anxiety, fear and worry

As an energy healing practitioner who is sensitive to other people's emotions, I have been acutely aware of the high level of fear in the general population in these challenging times. I have also helped individual clients through Skype sessions to resolve their fears.

When we are worried or fearful, it not only affects our health and well-being, it also clouds our clarity of thinking and diminishes our ability for creative problem solving.

I would like to share with you a chakra technique you can practice on your own to relieve any fears, worries or nervousness you might be experiencing. I have found it to be a highly effective approach that I use both in sessions and with myself. It might seem a bit complicated at first but once you learn it, it is quite simple.

Philosophy of the technique. First, it's important for you to understand how and why the technique works. Scientific research is now confirming what ancient healing systems have known - we are of two natures - a human physical one and a subtle energy one.

The technique uses what I like to call a "statement of truth". Our energy body (and subconscious) resonates with the truth. Simply acknowledging an emotion with as neutral an attitude as possible causes a release / relaxation in the body and subconscious. We tend to ignore, dismiss, repress our fears, being "afraid of fear", keeping ourselves distracted with TV or being super busy, etc. This technique helps you to gently move towards your emotions in order to resolve them.

Different than affirmations: Those of you who are familiar with affirmations might find this approach a bit disconcerting at first. It seems like a negative thing to admit that you're scared. You know the old saying: "The truth will set you free." This is actually very true and you can discover this by trying it! Our culture is so very attached to being efficient, productive, moving forward, we have forgotten how to "simply be". In Ayurveda, relaxation of mind and body is considered as important as healthy food and exercise. Simply acknowledging our emotions causes a relaxation in the body whether you are aware of it or not.

In the Buddhist tradition, there is a similar approach. They call it equanimity. It's a practice of being as neutral as possible to one's moment to moment experience.

Chakra Technique:

Below, you will find a diagram showing you where to place your hands. You can switch hands at any time if your arm gets tired. (if you prefer not to use your hands, you can just focus your mind on each chakra while repeating a phrase.) On the diagram, you'll find further details about hand positions. Feel free to contact me if you have any questions about that. I'd be happy to answer them.

There are two parts to the process:

Part 1: Clearing the fear

Statement of truth:

I find it best to avoid using the term "I" such as "I am afraid" because we are much more than our emotions. So it's best to use "Feeling anxious."

(... or scared, worried, terrified or whatever word works best for you. You can also do this for feeling angry, sad, confused, hurt, guilty, overwhelmed, etc.)

If you don't know how you're feeling, just try "Feeling stressed."

If you're nervous about focusing on your fear, afraid that it might make it worse, you can add in your statement:

"Feeling scared. It's just a feeling." (or emotion)

Using the diagram below, bring your attention to one chakra, starting with the top of the head. Simply say the statement you have chosen silently or out loud, and notice any effects, e.g. thoughts. You're not interested in the content. Just be like a curious scientist and observe. Then go to the next chakra. Stay at each position for about one or two full breaths.

Remember: It's a practice. Don't expect immediate results. Practice about five minutes daily.

Part 2: Positive input

What is a positive input? After you clear something, it leaves a space for something new. A positive input is different than an affirmation. I find affirmations to be too directive; commanding you to feel a certain way when you don't. e.g. saying "I am calm." when you feel agitated creates a dissonance in your energy.

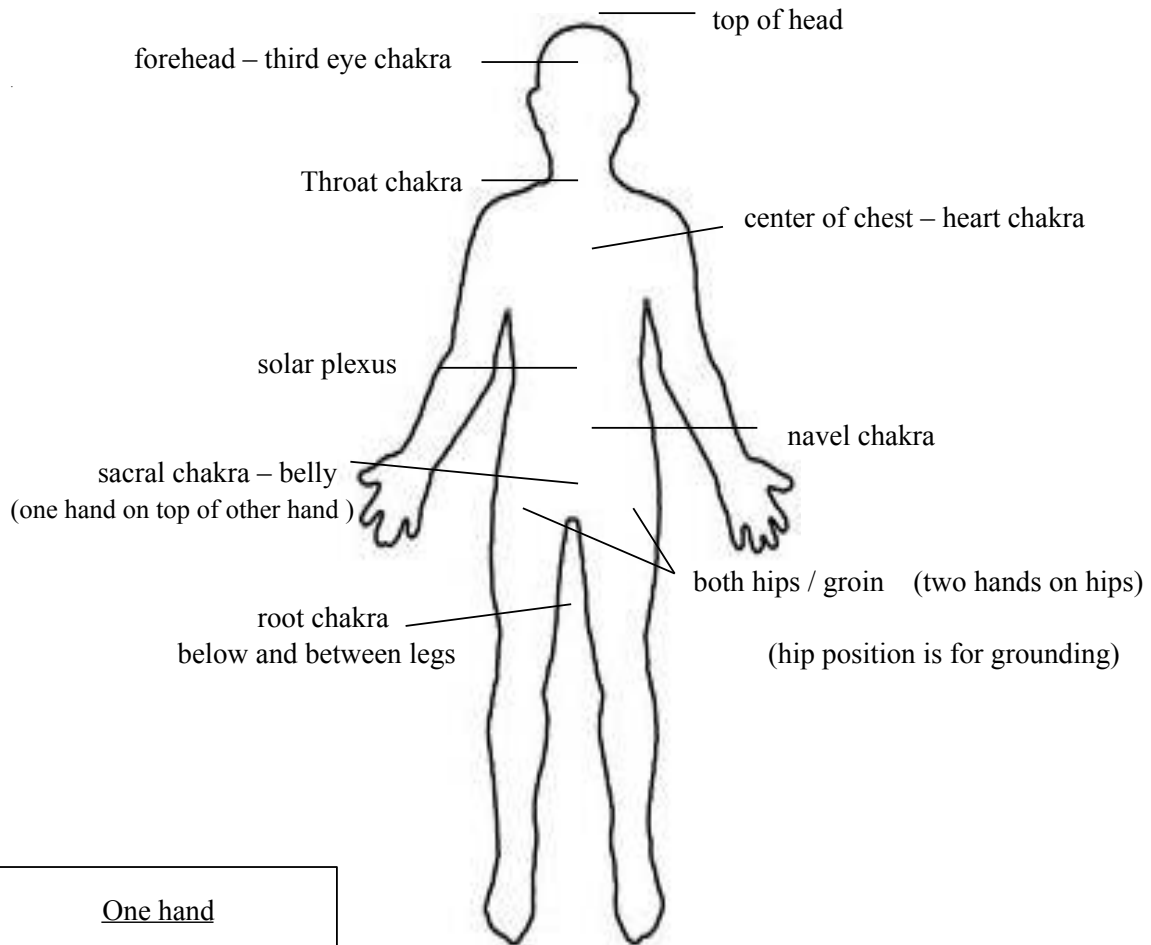
A positive input, on the other hand, is suggestive, allowing time for the subconscious mind to absorb the message, kind of like reprogramming software on a computer. So you could use: "Feeling calm." or "I want to feel calm." or "It's possible for me to feel calm." (or ... at peace, relaxed, quiet, etc.)

Don't try to feel calm. Let the words simply "percolate" into your subconscious mind. It will do the work for you. Our energy is alive and intelligent! Give it a chance to work for you. You might find nothing changes while you do it but afterwards notice that you are a bit calmer.

If you've spent your life generally feeling anxious and on high alert, your subconscious may not trust being calm. In that case, you would say: "Feeling calm even though I don't trust it."

It might also bring up all kinds of objections in your mind such as "What's the point." or "It's not working." or "I can't calm down, it's too difficult." etc. Just quietly notice these. Trust that something else in you is listening, because it is!

Home energy healing – chakra clearing



One hand

stays on lower abdomen
as anchor

Other hand

Place on top of head and
then down to each position
repeating your statement
each time your hand moves
to next position. Simply
observe your experience at
each position.

Make sure to keep your
breath open and free

Change hands at any time if
one gets tired.

Statements: 1) Clearing the Fear: e.g. "Feeling anxious"

2) Positive input: e.g. "Feeling calm"
