

**2<sup>nd</sup> Step**

***Chakra Balancing 1B***

Using the Power of Healing Hands

**I have come here to give you rest  
I have come here to keep you safe  
With my hands I bring you strength  
With my hands I drive away your disease  
They encompass all healing energy  
As the tongue precedes speech  
My gentle, encompassing, healing hands  
Makes you whole**

*Arthaveda Book 4, mantra 13*

## **Healing Hands**

From pre-historic past down to the present, the “laying of hands” has been an instinctive as well as superconscious response to “healing” at various levels. Instinctively we put our hands to where we have pain or are hurt. Somehow we believe that this will help. Those who have been privileged to receive spiritual initiations or empowerments know that often the climax of such ceremonies is the touch of the Master’s hands. What is the significance of this rather multifunction appendage?

From the physical perspective, the palm and fingers of each hand has a large number of nerve endings and are consequently extremely sensitive. A blind person reading Braille is an inspiring sight.

From the perspective of energetics, it is a scientific fact that energy is strongest when concentrated at point or at long sharp shapes such as the apex of a triangle, and can be transmitted from point to point as is demonstrated by the lightning discharges of a static electricity dynamo.

You can easily verify the energy potential of your hands by rubbing your two hands together for a minute and then sitting receptively with eyes closed, place the two hands palm facing, about three inches apart. Feel the connection between the two palms, moving them slowly closer without touching, and then with awareness separating them further. Do this several times. You should be able to discern the energy field around the hands.

## *Chakra selfHealing by the power of OM*

If you can accept that we are all Beings of Energy, we should be able to transmit or redirect healing energy to different parts of our body or to the body of others. Our hands are the natural tools for doing this.

What is the source of the healing energy being transmitted?

During the energy balancing exercise, the hands are redistributing the energy from the different *chakras*. When you are trying to heal another person, the wise healer will act as an energy conduit for Universal Healing Energy rather than try to transmit his or her own life-force energy.

## ***Chakra* Balancing [Set 1B] Technique**

### *Preparation:*

Create your self-healing space by sitting quietly for a minute and then performing *Chakra* Tuning [Set 1A] for 5 minutes. Then place a clean sheet on the floor and lie down with a light pillow under the head.

### *Procedure:*

1. **Balancing the Navel and Heart Centers:**  
Lie down on your back. Place your left hand on your navel and your right hand on your chest. Relax and keep your eyes closed and your attention on the hands and the two centers. Keep your fingers together rather than spread apart, but without tension in the hands. Feel the gentle vibration of these two centers through the palm of your hands for five minutes.
2. **Balancing the 2<sup>nd</sup> and Throat Centers:**  
Continue lying down. Move your left hand down to the pubic area and move the right hand up over the throat. Be careful not to put too much pressure on the throat. Feel the synchronization of these two energy centers for five minutes.
3. **Balancing the Forehead [Third-eye] Center:**  
Sit up slowly. Keep your back erect. Place the left palm over the back of the head covering the medulla oblongata, and the right hand over the front of the forehead. Focus on the vibration as it brings the two poles into mutual balance. You will also be able to sense the Root *Chakra*

## *Chakra selfHealing by the power of OM*

at the sacrum, as it is closely connected with the back of the head.

4. Balancing the Root or 1<sup>st</sup> Center:  
Assume the normal sitting posture. Stretch out your hands in front at the chest level, with palms facing up. Fold the hands at the elbow and gently place the palms on the shoulders. Feel the vibration at the perineum and feel the harmony with all the other energy centers for five minutes.

### *Effect:*

Our energy centers or *Chakras* are normally balanced relatively to each other. With stress, tension, emotional reactions and other negative stimuli, they become imbalanced and operate sub-optimally. Set 1B corrects the imbalance.