

CHAIR HEALING

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These instructions were used at the recent Training Day and were drawn by Glennis. As many healers need to learn them, here are the notes in full.

CHAIR SEQUENCE

1. Stand outside the patient's aura and attune.
2. When ready, place your hands on to the shoulders, connect with patient, and ask to be used for the good of the patient. That is to pray.
3. Place your hands above the patient's head, so that the energy may channel through them to the 7th chakra. That is the CROWN chakra.
4. Gradually move down to the 6th chakra, the THIRD EYE, and stay a moment. No need to rush. Equally, there is no need to stay. Unless you wish to stay in one place for longer. The hands are placed one in front of the THIRD EYE - and the other behind the patients head. Not too close, as this area is sensitive.
5. Next, move down to the 5th chakra - the THROAT chakra.
6. Down to the 4th chakra - the HEART chakra.
7. Down to the 3rd chakra - the SOLAR PLEXUS chakra.
8. Down to the 2nd chakra - the SACRAL chakra.
9. For the 1st chakra, one hand goes at the back of the chair, and the other in front at the BASE chakra.
10. Now put one hand at the back of the neck - and slide down the spine with the other hand.
11. Now take the hand at the neck, and place the other on the right shoulders until you can feel the energy move to the elbow.
12. Take the other hand, and place it on the elbow, until you can feel the energy move to the wrists.
13. Take the other hand, move towards the hand, and repeat on the other side of the patient.

14. Starting at the middle of the back, go towards the right hip.
15. Take the hand near to the hip - and work down the legs towards the knees.
16. Towards the knee, then to the ankle.
17. With the other hand, now go towards the feet.
18. Once you reach the feet, do the other side.

All the time you are doing this, feel for cold and hot spots, and return to them now as your intuition has led you.

Once you've finished the cold and hot spots, then make sure that the person is grounded at the feet, and return to the shoulders and finish with the hands on the shoulders to alert the patient that the sequence is finished.

The hand positions are drawn out on the next three pages.





