

ENERGY IMBALANCES AND POSSIBLE MEANING

Imbalances	Possible meaning?	Possible treatment techniques:
General approach to all IMBALANCES		1. Be present with the imbalance to support shift. 2. Understand origin of imbalance and make peace with it. 3. Going back in time to feel origin and to connect to time of wellness and bring it to the present moment. 4. Connecting to the light and spirit, which you are to take perspective on suffering.
GENERAL FINDINGS		
Vertebras energy is blocked back to front	Physical or emotional block on that level.	Hold both sides until energy opens. Work with client to visualise the opening. Acupuncture.
Energy and physical body are not overlapped.	Identify imbalance or trauma.	Investigate the root cause.
Life force that comes from heaven is blocked on the crown or the other chakras.	The person not allowing the life force to enter in relationship to the relevant chakra due to a relevant issue.	Explore the reason in relevance to the chakra blocked. Understanding that our nature is light and clean flow.
AURA		
	Possible meaning?	Possible treatment techniques:
Pulling to the right	Doing and action, masculine effect, needing to prove oneself (more common pull to right ... due to action mode). Father issues (yang : father /masculine)	Understand that you are perfect without the need to prove it.
Pulling to the left	Emphasising the inner on the outer. (yin – mother/ feminine)	
Right or Left too close to body: like a wall.	Building a wall from life (especially if on the right)	What was the trauma?
Shrinking in	Things are not going well (protection?)	Working on 2 nd chakra, power. Experiencing infinity.
Opening up	Relaxing.	
Bigger around and above the head	Don't want to feel. Fear of feeling.	Teach them to feel.
Energy too much around the head	Mental too active, pulling the life force to the head.	Anchorage to be in touch inwards, that will enhance the mental. Work with fear and trauma if needed.
Big Aura (but the person can feel small) puts big bubble around to feel bigger	Low self-esteem. Identity is not clear – not in peace with identity. I am not enough/not good enough.	Explore why to be the real 'me' is scary.

AURA continued:	Possible meaning?	Possible treatment techniques:
External force coming in	Negative energy form intruding – usually above head.	
Energy/aura pulling to the front	Living in the future! Lacks self-acceptance, feeling way forwards – always planning ahead. E.g. people who have just been on a flight	Empower the joy of being!
Tight to the body like skin	Fear to relax and expand.	Explore beyond the body. Work with expansion of awareness.
Completely open at the bottom	Energy escaping, can't hold its power in.	
Smokey grey coloured aura	Confusion, loads of emotions, not wanting to be seen.	
Central channel is very hard and tight	Deep fear.	Work with fear to soften the trauma.
When physical and energy body are not overlapping	Not comfortable to be whole.	Explore why? Take into account to which direction the imbalance is manifesting.
Aura all at the back, behind the body - like the person is running away from aura - running forward and not connected.	Not comfortable being in their personal power. The person doesn't want to be with themselves.	Explore why? Guide them to connect with what's going on...
Positive force coming in	Loved one, angel, guides are with you – usually around the crown.	Help recognise it and acknowledge the support and guidance.
Seeing guides or loved ones in the aura (especially in the crown)	Loved one has unfinished work or doesn't want to go to the light. Client can't let go. Or guides are here to support us.	Work with love. Guide the spirits to the light. Undertake ancestral work.

CHAKRAS

CROWN: Divine/universal existence. Too close to the head. Dispersed. Not communicating downwards. Has an object or being in it.	Being too much in the head, not allowing emotions to be felt. A loved one could need help to move on.	Just being present with chakra – open to heaven and allow flow back down through central channel. Radiate immense light to heaven. Let thinking go.
THIRD EYE: Mental being projected forward too strong. Enchanting.	Blocked: thinking too much. Living in the future. Being drawn to the colours.	Just being present with chakra – open to front and back. Send energy down to 2 nd Chakra – push power down It is ok to be present inside.... to feel emotions. Guide to acknowledge that the energy is all around the body
THROAT: Expression.	Closed: not expressing oneself / difficulty communicating.	Just being present with chakra – open to front and back. Affirm: I allow my throat to be open so I can express myself freely. Allow to feel emotions, connecting head and body.
HEART: Love / Connection. Open to spread love and warmth self/others Heart chakra tight	Closed: not loving self or others Afraid to share love. Not understanding that love is everywhere.	Just being present with chakra – open to front and back. Affirm: I live in the energy of love Guide to be a channel of love and not the origin of love. Connect to love and so to life. Connect to loved ones and from there to those whom you are in conflict.

CHAKRAS continued:		
SOLAR PLEXUS: Self Expression / Self Esteem (ego). Sometimes aura takes a banana shape on the Solar plexus level.	Easily knotted/blocked – low self-esteem, self-rejection. Reflects a lot of negativity. I am not enough 'as me'.	Just being present with chakra – open to front and back. Need to relax with who we are, don't judge. Affirm: I love and accept myself, as I am at this moment.
2nd CHAKRA: Vitality / Life Power. Can be knotted, unfelt, not allowing down flow.	Not balanced related to past fears. Issue with acknowledging one's power. Rejection of animal nature.	Just being present with chakra – open to front and back. Affirm: I feel strong, vital, fertile & creative. Qi Gong and Yoga: feel the power, be a wild tiger.
BASE: Safety / Nourishment (Can be black too)	Not balanced related to fear, insecurity and feeling unsafe.	Just being present with chakra – open to earth and allow flow down and up through central channel to crown. Grounding techniques. Connect to feeling supported. Affirm: I feel safe and supported! Meridian massage.
Chakra is leaking out – usually it is the base.	Not holding onto the life force energy. Usually involved to a psychological conditioning involving fear and lac of stability in standing safe 'where I am'	Investigate root cause. Grounding techniques. Connect to feeling supported. Affirm: I feel safe and supported!
A chakra is flowing out at front but blocked at the back?	Not allowing to be complete on that level.	Try to understand the reason for rejecting that part and make peace with it.
Chakras are not present or very dim (dull).	Not knowing who am I.	
Chakras are not at all visible (cannot read chakras) but you can see aura.	Person is confused or can't find themselves. Psych not manifesting in the chakras.	
MERIDIAN LINES		
Generally: need to be in harmony	Imbalance will affect related physical structure and internal organs.	Meridian massage, acupuncture, acupressure, visualisation.
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