

Healing Touch Technique

Self Chakra Connection

The Chakra Connection is a full body balancing technique that facilitates movement of energy from chakra to chakra by connecting the major and minor energy centers, and opening them to flow freely. The Chakra Connection was developed by W. Brugh Joy, M.D. and is referred to in his book *Joy's Way*. Designed to connect, open and balance the energy centers and enhance the flow of energy in the body, it can be used alone or in combination with other energy techniques.

The Chakra Connection is an excellent self-care technique, which can be incorporated into your daily or weekly self-care practice. It can also be effectively used to care for yourself during stressful situations, times of decision making or for relaxation and rejuvenation at the end of the day.

Procedure: The Self Chakra Connection can be done sitting or lying down. Begin by opening either foot chakra by holding the foot position shown in figure 1 for approximately one minute.



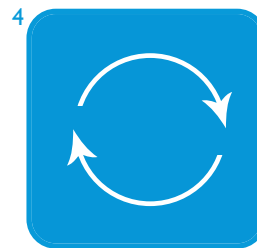
Open Foot



Ankle to Knee



Knee to Hip



Repeat 1-3 on Other Leg



Both Hips



Root to Sacral



Sacral to Solar Plexus



Solar Plexus to Spleen



Solar Plexus to Heart



Heart to High Heart



Wrist to Wrist



Both Elbows



Both Shoulders



High Heart to Throat



Throat to Brow



Brow to Crown



Crown to Transpersonal Pt.