



CHAKRA BALANCING

Accredited with the
International Practitioners of Holistic Medicine



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Introduction

Thank you for your booking and welcome to The School of Fine Tuning. I am delighted that you have chosen to train with me and I can assure you that I will offer you the very highest standard of training. At the School, we offer a wide range of accredited CPD courses to enhance your existing practice and inspire you to be the best and most creative therapist you can be, so do have a look around my website for any others that capture your interest.

This course is amazing, in that you get to workso enjoy the journey and let's get started.

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THIS IS A COURSE IN THE PRINCIPLES AND PRACTICE OF CHAKRA BALANCING

Welcome to our Chakra Balancing Course. By enrolling on this course you have taken the first step in understanding the principles of Chakra Balancing and how it can benefit you or your clients.

CHAKRA BALANCING COURSE



Chakra Balancing

Description

The word “chakra” means disk, vortex, or wheel. The chakras are spinning energy stations that can hold negative or positive energy. Seven major chakras have been distinguished, however a chakra may appear anywhere fresh energy is required or in an area of the body that has been injured. Each chakra influences the organs, muscles, ligaments, veins, and all other body parts within the energy field.

Chronic stress can throw our chakras out of balance or cause them to hold on to negative or stagnant energies. Clearing and balancing impaired energies can help heal physical symptoms and increase the flow of energy for optimum health and well-being.

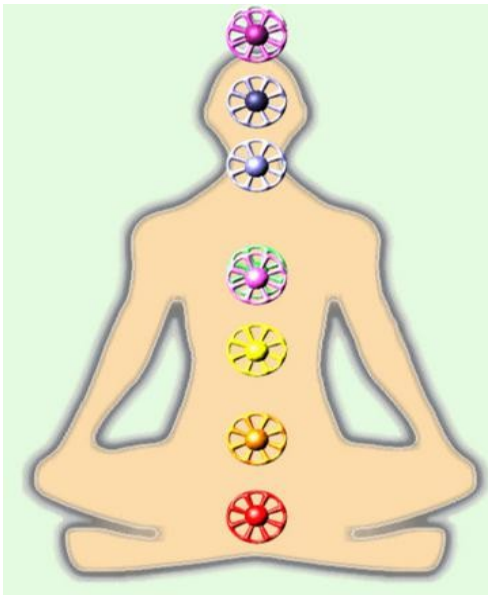
The benefits of chakra balancing can include:

Improving energy balance

Relieving tension and stress

Removing energy blocks and increases energy flow

Clearing the chakras involves a hands-off technique of waving over each chakra, and having the energy follow the direction of the hand. In this way, each chakra layer begins to spin in the same direction, removing energy blocks and allowing fresh energy in. Hand movements act as magnets, pulling out stagnant energy and re-harmonizing each chakra.



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MODULE 1 - WHAT ARE CHAKRAS

In the world of complementary therapy and many spiritual or healing disciplines, the word Chakra pops up often. This course will take you through the seven Chakras, what a Chakra is, and what the Chakra System is all about.

The 7 Chakras are the energy centres in our body in which energy flows through.

A chakra (pronounced “cha”-“kra” with a resounding “ch”) is a centre of energy. Originating from Sanskrit, it literally means “wheel” by association with its function as a vortex of spinning energy interacting with various physiological and neurological systems in the body.

We are made up of four bodies, the physical, mental, emotional and spiritual. All but the physical is often referred to as the aura or energy bodies. The aura or energy body has seven layers, hence, there are seven major Chakras, which are located along the spinal column. Each Chakra corresponds to one of the 7 endocrine glands and to an emotional issue. Our emotions have a direct effect on our Chakras, which may become unbalanced and as such, will be reflected in the physical body. The physical body is a reflection of the energy body. Thus a person is healthy when their Chakras are in balance.

Chakras are the power stations of our body. They are wheels of light which bring our physical body to life. They make us breathe, make our heart beat and energise our thoughts and sensations. The chakras process all the energy inside our body and the energy entering and leaving our body. They distribute energy for our physical, mental, emotional and spiritual functions. Without the chakras we would not exist.

Chakras connect your spiritual bodies to your physical one.

They regulate the flow of energy throughout the electrical network (meridians) that runs through the physical body. The body's electrical system resembles the wiring in a house. It allows electrical current to be sent to every part, and is ready for use when needed.

Sometimes chakras become blocked because of stress, emotional or physical problems. If the body's 'energy system' cannot flow freely it is likely that problems will occur. The consequence of irregular energy flow may result in physical illness and discomfort or a sense of being mentally and emotionally out of balance.

Knowledge of the chakras comes from ancient Indian culture, dating back before 2500 BC. The earliest mention is in the Four Holy Books of the Hindus. However, non-written knowledge goes back even further.

If you work with your chakras regularly, you will eventually gain an insight into what life is all about and a deeper knowledge of yourself. Your chakras are the key to many of life's questions.

The word 'chakra' is derived from the Sanskrit word meaning wheel. This wheel of energy is continuously rotating. Clairvoyants perceive chakras as wheels or flowers. The chakras begin at the base of the spine and finish over the top of the head. Though fixed in the central spinal column they are located on both the front and back of the body and work through it. Each chakra vibrates and rotates at different speeds. The root or first chakra rotates at the slowest speed, the crown or seventh chakra at the highest.

Balancing your chakras not only heals and energises your body, mind and spirit. What you learn and understand in the process can transform your life. You can gain confidence, courage, self-esteem, love and compassion for yourself and others, and your personal qualities and talents can shine through.

Each of the body's basic 7 chakras are also associated with specific locations on the body, such as the heart and crown of the head. When you view a chakra chart, what you won't see is the underlying network of glands and organs governed and influenced by the chakra system.

So, to recap, Chakras, by definition, are energy centres within the human body that help to regulate all its processes, from organ function to the immune system and emotions. We can commonly count 7 chakras positioned throughout your body, from the base of your spine to the crown of your head. Each chakra has its own vibrational frequency, which are depicted through a specific chakra colour, and governs specific functions that help make you human. When properly balanced each of your 7 Chakras work together to create an optimal life.

Knowledge of the chakras can be used for personal development, healing and transformation. The chakras are the key to our physical health, mental and emotional balance and spiritual awakening.

MODULE 2 – WHAT IS LIFE FORCE ENERGY

The Chakras are the aspects of our consciousness. According to Hindu/ Buddhist belief Chakras are the main source of our life energy in our physical body which govern our psychological qualities and enhance human wellbeing.

Nowadays people are looking towards ancient cultures to re-learn basic philosophies of life in order to develop personally and spiritually and to improve health and well-being. It has taken thousands of years for Science to verify what the Ancients taught, that everything living, including humans, is just energy. If we magnify solid matter millions of times, we come to empty space. In this empty space is energy, constantly moving and changing, and if we recognise, control and use this energy, we can bring about beneficial changes in our body and in our life.

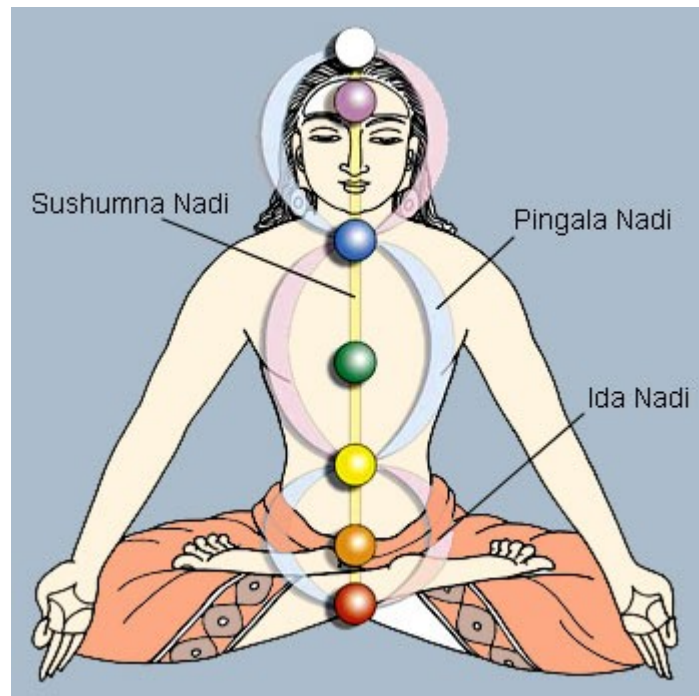
The universe and everything in it is made of energy. The primary source of this energy is the Creator or Universal Mind, Universal Consciousness, God, Source. From this primary source, duality is created and this duality begins the family tree of life.

Before creation, everything that now lives was one with the Creator. There was no separation, just total union and within our body there is a memory of this wonderful union. Although we have forgotten where we all came from, this union is what we are searching for every day of our lives. Forgetting our origins causes the problems we meet in our lives. We turn to material things and other people for our security and happiness, and when these fail to make us feel secure and happy, we suffer. If we can expand our awareness, we can begin our journey towards happiness and peace.

The Chinese call this duality Yin and Yang. In India it is called Ida and Pingala. Yin and Yang are positive and negative energy forces. The chakras are magnetic fields that process this positive and negative energy. The chakras absorb the energy from the universe and distribute this throughout our body. This energy creates and maintains our physical body.

There are chakras on earth as well as in our bodies. Chakras are magnetic energy forces, or spiritual power points, which exist in places such as Glastonbury in England, which is said to be the Heart Chakra of our planet. Giza in Egypt, where the pyramids

are located, is said to be the Third Eye Chakra and Mount Shasta in America is said to be the Root Chakra.



Our bodies are made up of a network of energy paths called Nadis. The earth's energy paths are called ley lines.

Nadis and ley lines are like the veins in our body which distribute blood around the body. However, nadis carry energy all round the body. We cannot see nadis or ley lines, but we know that they exist, in the same way that we cannot see electricity but know that it exists because we see the results of its activity. This energy is called universal energy, chi in China, prana in India, ki or qi in Japan, and many other names. This energy is our life force. It flows through our chakras, which distribute it throughout our body through the nadis. The energy fuels our nervous system and endocrine system, and through our nerves and hormones working together, our physical body functions.

We have many chakras in our body, and there is lots of chakra activity in our hands and feet, but we are concentrating on the seven major chakras, which are located along the spine and to the top of the head. They form an imaginary vertical pole through our body, connecting us at the base with Earth, matter, the personal consciousness, and at the top of the head with Heaven, spirit, the universal consciousness. Chakras link us to every other living thing and connect us to the primary energy source, the Creator, the Universal Mind. We are able to access the wisdom of the Universal Mind when we open our chakras more fully.

Each chakra is associated with different parts of our body, the glands, our goals and life lessons, physical and emotional dysfunctions. Each chakra is also associated with a particular colour and it needs to produce this colour for its energy field. Using crystals and gemstones of the correct colour placed on each chakra area can increase the vibration of the chakra. The enclosed chart will help you to understand the characteristics of each chakra.

Blockages in our chakras caused by the state of our mind and body prevent healthy energy flow and affect our aura.

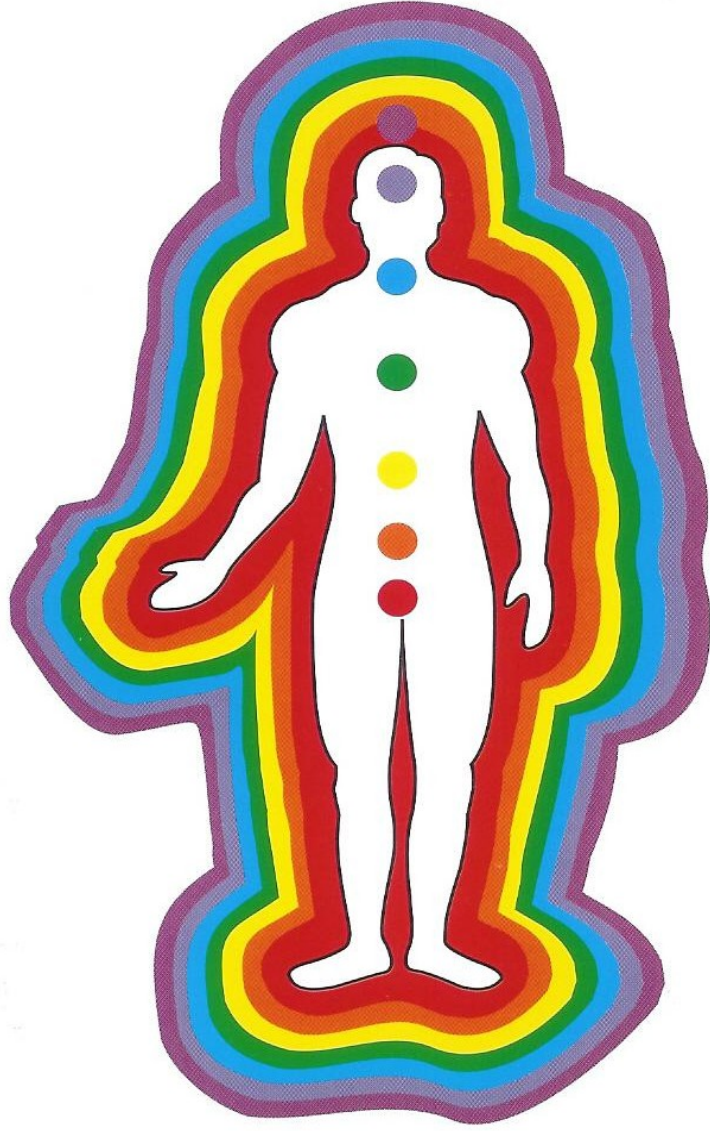
MODULE 3 – WHAT ARE AURAS

The Human Aura

The Webster's New World Dictionary states that an Aura is an invisible emanation or vapour or a particular atmosphere or quality that seems to arise from and surround a person or thing. The following information should give you an understanding of the Aura's. Although you may think that aura's and Chakras are two separate objects or manifestations, Chakras are a part of an aura and each interpenetrates the other. Chakras are the means through which a physical body communicates with it's aura and vice-versa. We refer to the Human Aura, but it must be realised that all living things have an aura.

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Can the Aura be seen?

Yes! There are some individuals who can naturally see the aura, others have trained themselves to see it. It is possible for anyone to train their sight to see the aura. But in seeing the aura, there must be the ability to define what is seen and also a good understanding of the interpretation of colours and what they mean. Colour is a subject on it's own and needs time and effort to study the subject. We often do not realise the effect colour has upon our lives and the use we make of colour without realising it.

Let us think of the human eye and realise that in each one there are approximately 137 million receptors (sensory nerve endings), divided into 7 million cones and 130 million rods. The cones provide us with day vision and it is these cones that are involved with colour vision. The rods become sensitive as light is reduced and it is through these rods that we can see in darker conditions. When we lower the light, these rods become coated with a substance called Rhodopsin or Visual Purple.

Rhodopsin or Visual Purple is a Magenta Red, extremely sensitive to light and fades out fairly quickly as light touches the rods. As a low light returns to the eye, the Rhodopsin or Visual Purple readjusts itself.

What are the Aura Levels?

The Aura is comprised of individual and interrelated bodies of consciousness and layers of Etheric energy. The four subtle bodies of consciousness that defines our personality are, our perception, our direction in life and our soul's expression. They are known as: The Etheric Body, The Emotional Body, The Mental Body, The Spiritual Body. The Aura also has seven distinct layers of energy that are intimately connected to what is known as the Chakra System, which is located along the spine. Essentially, the difference between an auric layer and an auric body is that an auric body is a body of consciousness and awareness. An Auric Layer is the representation of the Chakra interacting in the aura

The Four Subtle Bodies

The Spiritual Body.

The Spiritual Body is a body of consciousness associated with your true spiritual path and direction in life. It is your highest potential and reflects your ability to manifest your soul's true potential here on earth. The essence of your soul's reality is the expression "to be" and this ultimately is the reason for your existence. Also known as the Causal Body, the Spiritual Body has the highest energy of all of the auric bodies. Depending on the development of your spiritual nature, this body can emanate up to three feet from your physical body. It appears as a whitish glow and contains your true spiritual essence.

"Causal consciousness deals with the essence of a subject while the mental level studies the subject's detail. The causal body deals with the essence of substance and the true causes behind the illusion of appearance. The causal plane is a world of realities that deals with essence and the underlying nature of things in question. Healing at this level is more powerful than the mental body.

The Mental Body

Your Spiritual body is the blueprint to your spiritual potential. However, it requires the creation of patterns of energy for this potential to be expressed and experienced. These patterns of energy are stored in your mental body as thoughts, both conscious and subconscious.

The patterns stored within your mental body creates the character framework for the soul to project it's personality. It manifests and expresses concrete intellect through the mental body. Your Mental Body appears as a golden yellow light radiating out and around your head and shoulders and extends around the whole body.

It expands and becomes brighter when you are concentrating on mental processes. Extending up to twelve inches from your body, the mental body filtrates thoughts down to your emotional body which reacts to your thoughts, with an emotional association, be it love, fear, happiness, anger and so on. A balanced mental body will provide you with clarity and direction.

The Emotional/Astral Body

Your emotional body appears as coloured clouds in continual motion, reflecting the quality and intensity of your emotions. This is the part of you that likes to jump out in times of trauma and shock, to produce a feeling of emotional numbness, which will allow you to slowly integrate the knowledge of the shock in your own way.

The Emotional body, which is also known as the Astral body, is the seat of your emotions. It's the bridge between the mind and the physical body. Your emotional energy governs your fears and hopes, loves and pains etc. It governs the extent and nature of your personality upon the physical plane. The Emotional Body (Astral Body) is the projection of your longings, moods, feelings, appetites and fears. Your emotional self is the expression of your mental self. Your emotional body, is the expression of your mental body. Emotional blockages prevent the manifestation of clarity of thought and direction in your physical body. The energy of your emotional body impacts on your Etheric Body, which in turn impacts on your physical body.

The Etheric Body

Your Etheric Body appears as a bluish-grey colour or shadow, extending approximately one inch from your physical body. It is responsible for the transfer of life energy or vitality from the universal energy field to your physical body.

Your Etheric Body is a body of Etheric or subtle matter, which furnishes the basic blue print for your physical body. Every cell in your physical body has an etheric counterpart. The Etheric Body also serves as a filtration system. Universal energy filters down through your Spiritual, Mental, Emotional and Etheric Body into your Physical Body.

Your Etheric Body is the interface between your Physical body and other subtle bodies of the Aura. When the flow of this energy is disrupted, your Physical body is affected and if this imbalance is not corrected, illness and disease can manifest itself in your Physical Body. There is a synergistic relationship between each subtle body of the aura.

Symptoms are there in this layer, before you begin to complain of being ill. As illness or disease spreads, so damage is caused within the aura, the layers can become stretched or even a break or a hole will develop. Further progress into your Physical Body will have an effect upon and within your energy centres and from there, will come a further manifestation of symptoms.

The Seven Layers of the Auric auras

Starting from the surround of the physical body most people will only see the first three layers of the auric aura. This is often referred to as the Health Aura. When people begin to see the aura, they describe it as being of a grey-white-blue combination of colour - it may not be clear but rather hazy.

Etheric layer

The first Etheric layer is closest to the physical body and fits like a second skin. It has a definite size and shape. Generally it extends from 1/4 of an inch to 2 inches from the body. Lines of energy are readily seen in this section of the aura since it is most closely linked to the physical body. It usually appears as a blue colour. The shade of blue

relates to the condition and health of the physical body. Athletes have strong etheric auras of a deeper blue in shade. In the etheric aura you feel all the sensations, both pain and pleasure. Whenever there is pain, the flow of energy in that area of the etheric is erratic. The etheric aura tells us what is taking place at a very basic level of the person's life, for example: Is the outlook a progressive one? Are intuitions being followed? Is a positive approach being adopted? Again, this is the importance of knowing and understanding colour and that this plays a vital part in being able to read this aura. It may be of interest to you to know that when we talk about physical mediumship and the use of ectoplasm, that it is from the etheric aura that ectoplasm is drawn.

Emotional Layer

The second Emotional layer deals with emotions, emotions with us and emotions we have for other people.

This layer extends about 2 to 4 inches and although the form approximates the human shape, it is not as defined as the etheric layer. In fact, each layer becomes less and less structured as a physical person. This layer appears as rainbow coloured clouds. Positive feelings generally create bright colours in this layer, whereas negative feelings, generally create dark colours. Problems in this aura will eventually lead to problems in the first and third layers.

Mental Layer

The third Mental layer is the layer of thought and ideas. It extends about 4 to 8 inches from the physical body and is usually most visible around the head and shoulders as a yellowish light, especially when the mind is being focused. Thought forms appear as blobs, which may carry other colours if emotions are attached to the thoughts. The more active our thinking processes the brighter our mental aura becomes. The functions of the first three layers are identifiable by most people. They handle the way we interact energetically with the physical world. However, beyond the lower bodies exist three higher bodies that handle the spiritual counterparts of the etheric, emotional and mental aspects of the spiritual world. In addition, they are linked by a bridge layer, which lies between the spiritual and physical realms. This is called the astral body.

Astral Layer

The fourth Astral layer extends about 8 to 12 inches from the physical body. It is similar in appearance to the emotional body, the colours are brighter and rose-hued with the light of love. This layer marks the division between the physical layers and the higher layers. It is where we experience love, both personally and spiritually, the love for humanity.

Etheric Template Layer

The fifth Etheric Template layer is a copy of the physical body on a higher level. It extends about 12 to 24 inches from the physical body and appears as a blueprint like the negative of a photograph. The etheric template holds the etheric aura in place. This level is associated with a higher will, more connected with Divine Will. Here we create through word and thought and we must take responsibility for our actions.

Celestial Layer

The sixth Celestial layer is the Celestial body. It extends about 24 inches from the physical body and appears as pearly shimmering light of pastel colours. It is the emotional level on the spiritual plane. Through this layer we are able to commune with Spirit. It is the level of unconditional love and trust. It can be reached through meditation and other spiritual practices of a devotional nature. The celestial body carries our experience of spiritual love, the connection with and nurturance of all life.

Ketheric Template Layer

The seventh layer is the Ketheric Template. It extends to at least 3 feet from the physical body. This is the mental layer of the spiritual level. Through this layer we can become one with the Spirit. This is a template of fine threads of golden-silver light that surrounds, protects and holds the whole aura together. Although the least dense, this is the strongest and most resilient level of the aura. The golden light that shimmers through the fine filaments at this level are an extension of the Divine Mind. This is the higher mind, the highest level of knowing and integrating our Spiritual Self with our Physical self. It is worth noting that at a certain point in our development, the causal body opens, allowing the light of the soul to enter. At this point, our life becomes soul-directed and the light body is created.

Some Interpretations of Aura Colours

The following descriptions of the aura colours, gives you a general insight into interpretation of auras. Please be aware that not only the colours but also shapes and combinations of colours play an important role. The right side shows the male active energy while the left side indicates the female passive energy.

Red

Positive Characteristics: Red is the colour of energy and outer activity. It has to do with the spontaneous, real expression of power and life. Also you will have a strong grounding for your material needs in life. Beside the ability for you to stand with both feet firmly on the ground, there is also the theme of passion and sexuality. You will also have fast reactions.

Negative Characteristics: You could tend to lead your life in the fast lane. Too much activity can lead you to a situation where you don't reflect your impressions anymore and will only see the material side of life. It can lead to egotism, greed and impatience. Everything is done out of an impulse and only afterwards do you start to think about it.

Orange

Positive Characteristics: Orange is a colour of creativity, spontaneous activity, humour and joy. You love your independence, you always try to be an individual and emancipate from social systems. You will have deep insights and instinctive wisdom, which lead to empathy to their higher ideal. The life of orange people is never boring. They often experience strong changes in their life and they are quite open for changes and spontaneous decisions. Feelings, which are related to orange, are euphoria, deep excitement and being excited and a strong desire for freedom and independence. Often you will find the need to establish projects with other people and also the need to support them. Also, you will know how to observe the needs of others carefully.

Negative Characteristics: Your excitement can lead you into the contrary and it can result into irritating, uncalm excitement without you reaching your goal and inner peace. This can be seen as hysteria on the one hand and as depression on the other

hand. Another theme could be the inability to decide and change and this might be compensated in a form of arrogance and trying to dominate others. In special situations it could happen that there are also shock or trauma experiences.

Yellow

Positive Characteristics: Yellow represents acquired and learned knowledge and the intellect. Functions and exercises of the intellect are represented in yellow colours in the aura. Furthermore there is also a need for you to communicate, contact and encounter. You will find that information is perceived easily and without any effort. Your attention is strong and can be stimulated by many impressions. The colour yellow symbolises easiness and enjoying life, openness and joy.

Negative Characteristics: You will find that there can be a strong stimulation by outer impressions and this can lead to you being quite superficial, not having an aim and being diverted. You might observe action without any depth and you may be missing the ability to make decisions. Everything is always only just being started but there is no depth and no acceptance to really get involved, because, the next impression is distracting you away from concentrating and staying on one topic.

Green

Positive Characteristics: Green is the colour of earth, nature, growth, fruit and self-acceptance. It deals with matters of balance, harmony and centering. You can achieve balance and steadiness in yourself. Security and connection with the earth can be supportive so that you are able to regenerate your own energies. So healing can arise in the exchange of energies. You will find that you are persistent, constant and industrious holding on to your own goals. This can lead you to wealth, money, property and land.

Negative Characteristics: Where your grounding is going into excess you can be greedy and jealous, envious and suffer from egotism. By strongly holding on to material values and egotism, you will be hindered when you try to expand your horizon over self-made boundaries and walls.

Blue

Positive Characteristics: Blue is the colour of your feelings and emotional sensitivity. As somebody who can care for others and listen intuitively, you can focus yourself on your counterpart and will radiate calmness. When you radiate calmness and peace, you will seem to appear somewhat introverted or even a little bit cool. Your more positive Characteristics are that you are very kind and tender towards humans and animals. You can develop a strong inner affection and you also have a longing for emotional security and fidelity. Also, honesty and integrity can be imminent characteristics. You have the ability to communicate between conflicting parties diplomatically. The colour blue is also the first step for the perception of information by higher senses.

Negative Characteristics: Your ability to express yourself is blocked and there can be a certain laziness. There is a strong need for harmonising, then unnecessary conflicts can be avoided.

Violet

Positive Characteristics: You are a very sensitive and sensible human being who knows how to perceive the more subtle vibrations of things and people. Therefore spiritual matters like meditation or religious practice play a role in your life. You could be seen as somebody who is calm from the outside but you reach deep with your roots. You can develop an almost tender ability to feel the things you do. Your goal is to reach the immersion of contraries in ecstasy and contemplation. You have natural modesty. People like you bring heaven to earth. Mostly there is also a therapeutic and a healing ability available within you.

Negative Characteristics: You could have difficulties with the material and physical side of life in insisting on your personal wishes and rights. There can also be a tendency to flee from worldly matters and to daydream, this may be caused by addictions and unrealistic fantasies. You may also have an inclination to hide yourself.

Magenta

Positive Characteristics: You will have a very high spiritual energy. This symbolises love, which you are willing to both give and share. This energy is an expression of godly love. This is not something that has nothing to do with worldly matters but it is spirituality with its roots in life. With this energy you have very good therapeutic abilities, since you are able to bring unconscious matters to consciousness for yourself and for other people, you have the ability to reflect on these matters and work with them.

Negative Characteristics: It may be difficult for you to find your own sense of life and to pursue it, since your power might get side-tracked by illusions and it will not be easy for you to provide the ground for the spiritual content in your life. If you don't have enough space and time for yourself you will get out of rhythm and you will not be able to digest all of the incoming impressions.

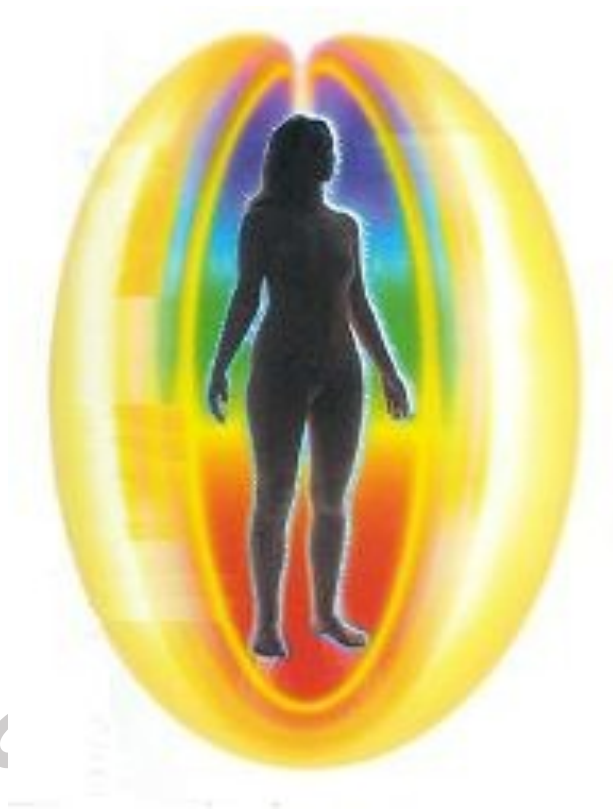
White

Positive Characteristics: On the spiritual level, this colour indicates that you have a high energy level, which is directly linked with light and enlightenment. It symbolises the good, the perfection and the godly eternity. White in the aura therefore is always a sign of high-energy. On the personal level this influence shows itself by the need of emptiness and width, and by your need to free yourself from obstacles and leave all possibilities open for yourself. In certain situations of life it can be a sign that you want to start over again.

Negative Characteristics: Your need of freedom can lead to flight. This can arise by blocking situations in your life from which you are trying to free yourself. But it can also lead to not having the courage to confront your own feelings.

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MODULE 4 - THE 7 MAJOR CHAKRAS



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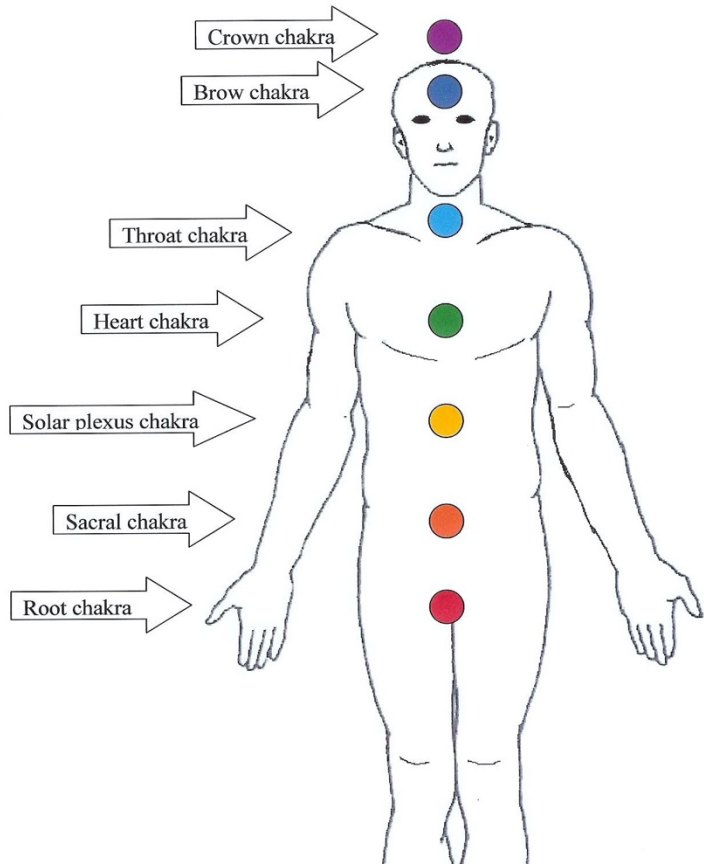
THE 7 MAJOR CHAKRAS

We know that each chakra can be stimulated by a range of therapies including: Healing, Colour Healing, Crystal Healing, Reflexology and Aromatherapy. The Chakra colours are of the rainbow, Red, Orange, Yellow, Green, Blue, Indigo and Violet. The size and brightness of the wheels vary with individual development, physical condition, energy levels, disease, or stress.

If the chakras are out of balance, or if the energies are blocked, the basic life force will be slowed down. We need to understand that Chakras are energy centres, regulating the flow of energy throughout our body. The correct functioning and balancing of the chakras reflects in our health and well-being. Remember your chakras are open and active all of the time, the level of opening is dependent on the energy level required at a given time. When you are working with chakras the term closed refers to their normal balanced position.

These energy centres are also related to the organs of the where they are positioned, and associated positively or negatively with healthy function. Balancing the chakras is an important task for therapist who wants to work on levels of the psyche and spirituality because it is at level that a deep healing can take place.

The essential thing is to be able to tune into your client's energy system. Your client may feel listless, tired, out of sorts, or depressed. Not only will physical bodily functions be affected and diseases manifest, but the mind may also be affected by negative attitudes. A constant balance between the chakras will promote health and a sense of well being.



THE CHAKRA CENTRES AND THEIR COLOURS		
Crown Chakra.	Violet	
Brow Chakra.	Indigo	
Throat Chakra .	Blue	
Heart Chakra	Green	
Solar Plexus Chakra	Yellow	
Sacral Chakra	Orange	
Root Chakra	Red	

As already mentioned, any imbalances within any chakra may have profound effects upon either our physical or emotional bodies. An experienced therapist can by observation, intuition, dowsing or scanning sense which of the chakras are out of balance and by careful use of the correct oil (see Chakra list below) they can help adjust the chakras thus restoring the body's equilibrium. Begin with the root chakra and move up through to the crown chakra.

First Chakra – Root. Element: Earth. **Colours:** Red and Black. **Crystals:** Hematite, Calcite, Red Jasper, Garnet and Black Tourmaline. **Organs and Glands:** Kidneys, adrenals, the spinal cord and colon.

Essential oils: Myrrh, frankincense, vetivert, patchouli

The first Chakra is located at the base of the spine, this centre is our link with the physical world and feeling at home in situations. It absorbs energy from the planet and is able to "refine" this energy for use within our system. This Chakra is concerned with issues related to our self-preservation, survival and security. The energies of the root Chakra impact on the body via the adrenal glands. They may also affect the functioning of the kidneys and the spine. When in a balanced state, the base Chakra vibrates to the colour red. Symptoms of an out of balance first chakra may include: Kidney weakness, problems in the hips, legs and lower back. The Root chakra is about being physically there. When it is open and balanced, you will feel grounded, stable and secure and feel present in the here and now and connected to your physical body. If your Root chakra is under-active you may feel fearful, nervous, insecure and unwelcome. If this chakra is over-active, you may be very materialistic, greedy, obsessed with being secure, and a tendency resist change.

Second Chakra – Sacral. Element: Water. **Colours:** Orange and Blue-Green.

Crystals: Carnelian, Orange Calcite, Blood stone and Tigers Eye. **Organs and glands:** Genitals, ovaries, prostate, womb, bladder, spleen **Essential oils:** Jasmine, sandalwood and rose

The second Chakra is located at the sacral bones of the spine, below the navel, this centre processes all issues connected with our creativity, feelings, sexuality and ability to play and express joy. The energies of the sacral Chakra impact on the body via the sex glands. They may also affect the urogenital organs, the uterus, kidneys, the lower digestive organs and lower back. When in a balanced state, the sacral Chakra vibrates to the colour orange. An out of balance navel chakra, Could result in a loss of vitality,

since this chakra is regulatory of our endocrine system and this could affect the ductless glands such as the thyroid, pituitary and adrenals which do not secrete their

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fluids into the blood system. Symptoms of an out of balance Second Chakra may include: Constipation, muscle spasms and sexual problems.

When the second chakra is open and balanced your feelings flow freely, and you can express intimacy, be passionate, lively without being over-emotional and you will have no problems dealing with your sexuality. If your Naval chakra is under-active you will tend to be stiff, unemotional and have a fear of intimacy and sex. If your Naval chakra is over-active, you will tend to be emotional all the time. You'll will also feel emotionally attached to strangers and beware you can also be very provocative and sexual.

Third Chakra - Solar Plexus. Element: Fire. **Colour:** Yellow.

Crystals: Citrine, Topaz, Amber and Yellow Calcite.

Organs and Glands: Digestive system, pancreas and stomach, liver and gallbladder

Essential oils: Juniper and Vetivert.

The third Chakra is located just below the diaphragm. This centre processes all issues connected with the mind and emotions, personal power and sense of self. Feelings of discomfort in this region may affect the diaphragm and our ability to breathe properly. The energies of this Chakra impact on the body via the pancreas. They may also affect the gastric nerve, digestive system, pancreas, liver, gall bladder and stomach. When in a balanced state, the solar plexus Chakra vibrates to the colour golden yellow. An out of balance energy centre may usually indicate frustration in personal drive or express rage and anger. It may well suggest lack of confidence and poor self-image. Symptoms of an out of balance Third Chakra may include Digestive difficulties, liver problems, diabetes, nervous exhaustion and food Allergies. The Solar Plexus chakra is about asserting yourself in a group. When it is open, you feel in control and you have sufficient self-esteem. When the Solar Plexus chakra is under-active, you tend to be passive and indecisive. You're probably timid and don't get what you want. If this chakra is over-active, you are domineering and probably even aggressive.

Fourth Chakra – Heart. Element: Air. **Colour:** Green and Pink

Crystals: Emerald, Jade, Diopside and Green Aventurine. Rose Quartz, Malachite

Organs and glands: Lungs, heart, thymus, hands and arms

Essential oils: Rose, melissa and bergamot.

This is the fourth Chakra. It is located in the centre of the chest. This Chakra processes all issues concerned with love, especially unconditional love and concern for others.

The energies of the fourth Chakra impact on the body via the thymus gland and can further affect the heart, lungs, chest, upper back and arms. When in a state of balance, the heart Chakra vibrates to the colour emerald green.

This centre is the basis of love, compassion, universal consciousness and emotional

balance. An out of balance heart chakra can even lead to physical heart problems.

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A client who shows little expression of personal warmth is likely to have an under functioning heart chakra and may frequently display a lack of moral standards or sensitivity to others. Symptoms of an out of balance Fourth Chakra might include a heart attack, high blood pressure, insomnia and difficulty in breathing. The Heart chakra is about love, kindness and affection. When it is open, you are compassionate and friendly, and you work at harmonious relationships. When your Heart chakra is under-active, you are cold and distant. If this chakra is over-active, you are suffocating people with your love and your love probably has quite selfish reasons.

Fifth Chakra – Throat. Element: Sound. **Colour:** Blue

Crystals: Sodalite, Kyanite, Turquoise and Sapphire. **Organs and glands:** Thyroid, parathyroid, mouth, throat, hypothalamus

Essential oils: Chamomile blue, myrrh and lemon.

This is the fifth Chakra. It is located in the throat. This Chakra processes all issues of communication, expression, judgement and divine guidance. The energies of this Chakra impact on the body via the thyroid gland and can further affect the neck, throat, ears, nose, mouth and teeth. When in a state of balance, the throat Chakra vibrates to the colour sky blue. When out of balance clients may find they suffer from sore throats, laryngitis and voice loss, tonsillitis. They may have difficulty in expressing themselves and revealing their emotions. The thyroid is regulated here and body metabolism is structured. Clients who suffer from excessive obesity may have problems in their functioning of this chakra. Drug and alcohol abuse and heavy smoking will always have some connection with healthy working of this chakra. Symptoms of an out of balance Fifth Chakra might include Hyperthyroid, skin irritations, ear infections and a sore throat. The Throat chakra is about self-expression and talking. When it is open, you have no problems expressing yourself, and you might be doing so as an artist. When this chakra is under-active, you tend not to speak much, and you probably are introverted and shy. Not speaking the truth may block this chakra. If this chakra is over- active, you tend to speak too much, usually to domineer and keep people at a distance. You're a bad listener if this is the case.

Sixth Chakra - Brow/Third eye. Element: Light. **Colour:** Indigo

Crystals: Clear Quartz, Opal, Apophyllite and Amethyst **Glands and organs:** Nose and ears, pineal and pituitary glands **Essential oils:** Juniper, rosemary, basil, melissa true, camphor

This is the sixth Chakra. It is located in the middle of the forehead. This Chakra processes all issues of psychic and intuitive awareness. Known since ancient times as the Third Eye. The energies of this Chakra impact on the body via the pituitary gland and can further affect the nervous system, brain, face and eyes.

When in a state of balance, the brow Chakra vibrates to the colour indigo. Symptoms of an out of balance Sixth chakra might include Headaches, Blurred Vision, Blindness and Eyestrain. The Third Eye chakra is about insight and visualization. When it is open, you have a good intuition. You may tend to fantasize. If it is under-active, you're not very good at thinking for yourself, and you may tend to rely on authorities. You may be rigid in your thinking, relying on beliefs too much. You might even get confused easily. If this chakra is over-active, you may live in a world of fantasy too much. In excessive cases hallucinations are possible.

Seventh Chakra – Crown. Element: Thought. **Colour:** Violet

Crystals: Clear Quartz, Opal, Sugilite, Amentrine, Apophyllite and Amethyst. **Organs and glands:** Central nervous system, pineal gland, cerebral cortex **Essential oils:** Lavender, clary sage, frankincense and lemon grass

This is the seventh Chakra. It is located at the top of the head. This Chakra processes all issues arising from our relationship with all things spiritual. It is the Crown chakra that links us to the Divine and opens our spiritual energies. The energies of this Chakra impact on the body via the pineal gland in the brain and can further affect the brain and the rest of the body. When in a state of balance, the crown Chakra vibrates to the colour violet or purple. Symptoms of an out of balance crown chakra might include Migraine, headaches & depression. This is a highly sensitive chakra, which needs to be opened with some care and awareness. Always remember that the Crown is directly linked with the Base chakra through the other energy centres. They must be connected.

The Crown chakra is about wisdom and being one with the world. When this chakra is open, you are unprejudiced and quite aware of the world and yourself. If it is under-active, you're not very aware of spirituality. You're probably quite rigid in your thinking. If this chakra is over-active, you are probably intellectualising things too much. You may be addicted to spirituality and are probably ignoring your bodily needs.

Note: The energies of a Chakra may also be detected at the back of the body as well as the front.

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MODULE 5 -BALANCING YOUR CHAKRAS

There are several methods of healing and balancing the individual chakras

Affirmations – Using the power of affirmations is one of the most effective ways to balance our chakras. As our thoughts create our reality, then, by regularly practising positive chakra balancing affirmations, we can achieve harmony in our lives.

To achieve balance, either for yourself or your client, sit or lie down in a quiet place and focus on the location of each chakra. Speak out or silently meditate on the following affirmations.

The Root Chakra : - “I am a divine being of light, and I am peaceful, protected and secure”

The Sacral Chakra: - “I am radiant, beautiful and strong and will a healthy and passionate life”

The Solar Plexus: - “I am positively empowered and successful in all my ventures”

The Heart Chakra: - “Love is the answer to everything in life, and I give and receive love, effortlessly and unconditionally”

The Throat Chakra: - “My thoughts are positive, and I always express myself truthfully and clearly”

The 3rd Eye Chakra: - “I am tuned into the divine universal wisdom and always understand the true meaning of life situations”

The Crown Chakra: - “I m complete and at one with the divine energy”

Healing each Chakra

Root Chakra (Chakra 1 / Red) – Represents feeling ‘rooted’ or grounded, represents our foundation and stability

Ways to Heal This Chakra:

Walk around barefoot as much as you can

Eat red foods such as strawberries, tomatoes, red peppers (capsicums), beetroot and add spices to your diet

Set up a savings plan if you’re worried about finances

Dance. Dance like nobody’s watching (be sure to move your hips!)

Visualise red pouring into the area around your root chakra

Essential Oils: Cedar, Clove, Myrrh

Crystals: Bloodstone, Ruby, Garnet, Agate, Smoky Quartz, Hematite

Sacral Chakra (Chakra Two / Orange) – Represents creativity, sex and your ability to accept new relationships/situations into your life

Ways to Heal This Chakra:

Eat orange-coloured foods, such as carrots, oranges and capsicums

Be gentle and kind to yourself

Have a long bath with lots of gorgeous bath oil and candles

Watch some romantic movies (alone or with someone else!)

Celebrate the little achievements in life

Visualise orange pouring into this chakra

Essential Oils: Sandalwood, Ylang Ylang

Crystals: Moonstone, Carnelian

Solar Plexus (Chakra Three / Yellow) – Represents confidence, thoughts and feelings, and our ability to be in control of our lives

Ways to Heal This Chakra:

Get outside into the sun

Eat yellow foods, such as corn

Drink camomile tea

Be aware of who you spend time with (make sure they love and appreciate you)

Catch yourself if you talk about yourself badly

Visualise yellow pouring into this chakra

Essential Oils: Camomile, lemon

Crystals: Tiger's Eye, Amber, Citrine

Heart Chakra (Chakra 4 – Green) – Represents our ability to love and be loved, to enjoy what we love

Ways to Heal This Chakra:

Schedule in regular time to do something you love, just for you, and commit to it- don't make excuses!

Listen and speak to others with an open heart; be generous and loving

Follow your dreams and desires

Eat green foods, such as leafy greens, green apples and avocados; drink green tea and green smoothies/juices

Visualise green pouring into this chakra

Essential Oils: Rose, Bergamot

Crystals: Emerald, Green Jade, Rose Quartz

Throat Chakra (Chakra 5 – Blue) – Represents our ability to communicate clearly and to speak our truth

Ways to Heal This Chakra:

Sing wherever and whenever you can- in the shower, in your car, while you're drying your hair (my personal favourite!)

Be open and honest with those around you

Say 'no' kindly, but firmly

Shine love onto authority figures you have trouble speaking with

Visualise blue pouring into this chakra

Essential Oils: Lavender, Sage, Neroli

Crystals: Turquoise, Aquamarine

Third Eye Chakra (Chakra 6 – Indigo) – Represents our ability to see the big picture, inner knowing, insight and vision

Ways to Heal This Chakra:

Begin to listen more closely in to conversations- are there any hidden messages?

Try to feeling the energetic vibration of those around you- are they feeling positive or negative?

Praise yourself every time you intuit something and guess it right

Visualise indigo pouring into this chakra

Essential Oils: Jasmine, Vetiver, Patchouli, Basil, Rosemary

Crystals: Lapis Lazuli, Sodalite

Crown Chakra (Chakra 7 – Violet) – Represents our ability to connect fully with our spiritual selves

Ways to Heal This Chakra:

Meditate

Read inspirational books on a daily basis

Watch uplifting DVDs and audiobooks

Be sure to include 'quiet time' into your daily routine

Eat blueberries, grapes and purple foods

Visualise violet pouring into this chakra

Essential Oils: Frankincense, olibanum

Crystals: Amethyst, Alexandrite

Meditation and Visualisation

Close your eyes and visualise each colour individually over the associated areas. start with the root chakra, and go through all the colours until you reach the crown chakra.

You can visualise yourself in a ball of white light to finally balance your chakras.

Aromatherapy.

Smell-oriented treatments, like aromatherapy, work well too because this chakra is related to your sense of smell. The chakras are closely woven into the endocrine system and essential oils can be used to affect the hormonal balance of the body. Sometimes one, or more, of the main chakras can be out of balance, or the energies flowing through them may be blocked. When this happens it has an effect on our health either physically, mentally or emotionally.

Using essential oils can help stimulate the 'energy centres' and bring them back into balance.

The most useful essential oil of all is lavender, which can be used to energise and balance all seven.

Here are some ways that you can use aromatherapy to balance, heal and help open the chakras:

Diffuse a selection of one or more essential oils beneficial for the chakra(s) you wish to work with. Diffuse the oils while relaxing, meditating or practising yoga. Or listen to some peaceful music!

Use aromatherapy massage for a very powerful way of connecting with the chakras and helping to unblock energy flow.

Use the appropriate oils in **baths** or with **compresses**.

Through **therapeutic skincare**

By direct topical application

Through inhalation methods - especially to help decongestion and respiratory problems.

If you are not a qualified aromatherapist, then either ask one to make up a blend for you, or only use through inhalation methods i.e., placed in a burner. You can buy specific pre blended oils to use in massage

Use whichever method is best for you! Many of the essential oils associated with each chakra overlap, so it may be a good idea to keep notes on which oils and blends you use for each one. Remember also that people do react in different ways to essential oils, so it is important to use your intuition and to try different blends!

Crystals & Chakras.

Laying gemstones on the body for healing purposes has been practiced across numerous cultures for thousands of years. But why? What could a seemingly inert stone possibly do that could benefit the body?

The answer lies in a scientific phenomenon called the piezoelectric effect. To avoid getting into too much technical jargon, you can best understand the piezoelectric effect

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by considering a quartz watch. When slightly bent, a small piece of quartz puts out a constant voltage that keeps a watch running with phenomenal accuracy.

Crystals and gemstones do the same for us. They put out a small, charge that interacts with our biomagnetic field and creates more harmony and balance.

Every stone has a unique vibration, just as every person does. For this reason, the particular stones needed for balancing the chakras will vary somewhat from person to person. For this reason, you see a lot of different suggestions across various chakra books.

The best way to determine if a particular gemstone is good for you or for a specific chakra is to “test” it by placing it on your body and checking in with your body’s subtle (or sometimes, not-so-subtle) response.



Rock Crystal	All Chakras
Amethyst	Crown
Sodalite	Third Eye
Chrysocolla	Throat
Rose Quartz	Heart
Citrine	Solar Plexus
Carnelian	Sacral
Hematite	Root

You may even want to have a friend place different stones on your body while your eyes are closed, and determine which ones feel the best on each chakra.

Always trust your body’s response. If a stone feels bad on the body, remove it – unless you recognize that “bad” feeling as a clearing, and feel to stay with the stone.

A very simple, but generally good rule for chakra balancing is that if a stone is the colour of the chakra, it's good for boosting and balancing that chakra. Hence, the first chakra stones tend to be red-toned, the second chakra stones orange-toned, and so on. Certain stones, like quartz, come in many different hues and can be used for all of the chakras depending on its shade.

The good news is that if you do not intuitively feel that the above methods are suitable for you or your clients there are other very simple ways to balance chakras. You may also consider Yoga, Reiki, Meditation, Massage – all of which will help bring your chakras back into harmony.

Chakra Sprays and Aura Sprays are imprinted with energetic information that resonates with the frequency associated to each Chakra and Aura.

Chakra Sounds

What is a Mantra? A sound, syllable, word, or group of words that is considered capable of “creating transformation.” The Sanskrit word mantra consists of the root man- “to think” (also in manas “mind”) and the suffix -tra, meaning “tools or instruments”, hence a literal translation would be “instrument of thought”.

What is Bija Mantra? Bija means seed. “The Bija mantras are one-syllable seed sounds that, when said aloud, activate the energy of the chakras in order to purify & balance the mind & body. When you speak the bija mantras, you resonate with the energy of the associated chakra, helping you focus upon your own instinctive awareness of your body & its needs.”-DailyOM

What is a chakra? In Sanskrit, chakra translates into “wheel”. These “wheels” can be thought of as vortices that both receive & radiate energy. There are 7 major energy centers (aka chakras) in the human body. They run from the base of the spine to the crown of the head. Emotions, physical health, & mental clarity affect how well each chakra can filter energy. This in turn dictates how pure the energy is that's emitted from different regions of the body.

In traditional Hatha Yoga, the 7 cleansing bija mantras associated with the chakras are:



- “LAM”- chakra 1 (root)
- “VAM”- chakra 2 (sacral/navel)
- “RAM”- chakra 3 (solar plexus)
- “YAM”- chakra 4 (heart)
- “HAM”- chakra 5 (throat)
- “OM”- chakra 6 (third eye/brow)
- “OM”- chakra 7 (crown)

Wearing Clothes, scarves, hats, shoes, accessories of fabrics and jewelry can help to balance the frequency of the Chakra energies.

All information and content provided on this course is for reference and educational purposes only. It is not intended as a substitute for the advice given by your physician or other health care professional. Persons who have, or suspect they may have, a serious illness or medical condition should seek the guidance of a qualified health professional.

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MODULE 6 – PROFESSIONAL ETHICS, HYGIENE & PROFESSIONALISM

Whilst not all of the following advice may be applicable, it is important that you have a working knowledge of hygiene and professionalism. Particularly if you are offering this treatment to others and you are using premises to do so.

HYGIENE & PROFESSIONALISM

Hygiene is of the utmost importance – it must be carried out regularly and be visible to the client. It also creates the right image and increases the client's confidence in the therapist and establishment. When carrying out a treatment, we need to achieve a high standard of hygiene to reduce the risk of cross-infection to a minimum. The following are measures to assist:-

Towels:- Always use paper to cover the towels, pillows and table/trolley. All towels should be changed between clients and any dirty linen to be placed in a covered laundry bin and washed regularly in a non-biological detergent.

Floors:- Must be cleaned regularly – use anti-bacterial wipes in between clients to prevent the spread of infections. Mop or wash daily with disinfectant.

Sinks, Worktops & Toilets:- These must be cleaned regularly and kept scrupulously clean with appropriate chemicals/toilet cleaners.

Waste Disposal:- Any tissue and paper roll waste must be disposed of immediately in a covered bin. The waste container should be emptied and disinfected daily.

Personal Hygiene:-

Always remove jewellery before a treatment.

Have clean hair and keep it off the face.

Dress cleanly, appropriately and professionally.

Short, clean fingernails (preferably no varnish)

Use anti-perspirants/deodorants (wash and reapply between clients)

No strong perfumes

Common sense....shower, bath and change underwear daily.....

Client Records:- Always keep client consultation forms/record cards up to date and both stored and treated with confidentiality, so no-one else has access. Remember, if stored on a computer, then the establishment must be registered under the Data Protection Act of 1984.

PROFESSIONAL ETHICS AND CONDUCT

Therapists shall:-

Demonstrate commitment to provide the highest quality treatment to those who seek their professional service.

Not discriminate or behave in any prejudicial manner with clients and colleagues.

Demonstrate professional excellence through regular self-assessment of strengths, weaknesses, limitations and effectiveness by continued professional development in education and training.

Respect the confidential nature of the professional relationship with clients and acknowledge each clients right to privacy.

Conduct all business activities within the law and project a professional image for yourself, your business and the profession in general.

Accept responsibility to refrain from or do any harm to the physical, mental and emotional well-being of clients, self or associates.

Refrain from engaging in any sexual conduct or sexual activities involving their clients.

Practice honesty in advertising and promote any services ethically and only for those which you have received adequate training. To ensure that you do not make false or dishonest claims regarding the potential benefits of the service(s) offered.



Chakra Balancing Practitioner Session

- Consultation
- Card Selection
- Get client comfortable on bed, chair, floor and play Chakra Balancing Music
- Select Essential Oils based on Consultation
- Dowsing – Ask for a Balanced Chakra (Yes) and Imbalanced (No)
- Select Other essential oils based on dowsing results
- Crystal Placement, can be on all Chakras but more on the blocked Chakra
- Essential Oil Inhalation (1)
- Singing Bowl(s) and Tuning Forks
- Essential Oil Inhalation (2)
- Off Body Energy Balancing in Auric Field (Reiki, Gaia, Vortex Healing)
- Dowsing to see if there is change, if not, if you have time, some previous techniques can be repeated – if not give for home/after care
- Can offer Further Tuning Forks, EO's if you feel drawn to..
- Remove Crystals
- You can say affirmations out loud if it feels right for you, if not recommend an affirmation as going home gift
- Smooth Down Aura
- Sage Purification
- Offer aftercare and home care recommendations and advice
- Offer EO's on a cloth to take home
- Recommend crystals
- Recommend Yoga Postures
- Any other recommendations you choose

Anna Joti Low □

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MODULE 7 – CONSULTATION, AFTERCARE ADVICE AND INSURANCE

If you are intending to offer Chakra balancing to people outside of friends and family, and will be taking a fee, you will need to be insured. All insurance companies will want to know that, whilst there are very few, if any, contraindications to offering a chakra treatment, you have taken a full history of the person and they are safe to have the treatment. It may be you feel the person is under the influence of a substance, or they are emotionally unstable. You will need to use your judgement – for the most part, you or your clients will feel reduced stress, insomnia, anxiety, improving depression, calming the nervous system and releasing blockages and barriers and more able to cope.

This course is accredited by and insurable with the International Institute of Complementary Therapies. Insurance can be obtained by contacting

<https://www.iictinsurance.com/#welcome> please mention that your coursework has been through this training school.

This Course is Insured by Westminster Insurance. Contact details are on the School of Fine Tuning Home Page.

Intake Form

Please provide the following information:

NAME: ___ DATE: ___

ADDRESS: _____

HOME PHONE # _____ WORK PHONE # _____

CELL/MOBILE PHONE # _____

E-MAIL: _____

EMERGENCY CONTACT: _____

STRESS LEVELS: 1 2 3 4 5 6 7 8 9 10 AGE: _____

OCCUPATION: _____

REASON FOR VISIT: _____

ANY ALLERGIES TO FRAGRANCES OR OILS? _____

Pre-Session Notes

Chakras

___ Crown:

___ 3rd Eye:

___ Throat:

___ Heart:

___ Solar Plexus:

___ Sacrum:

___ Root:

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Post-Session Notes

Recommendations

Consent

I understand that chakra balancing is an energy technique that is used for stress reduction and relaxation. I understand that chakra balancing practitioners do not diagnose conditions, do not prescribe or perform medical treatment, and do not interfere with the treatment of a licensed medical professional. I understand that chakra balancing does not take the place of medical care. It is recommended that I see a doctor or other health care professional for any physical or psychological ailment I may have. I further acknowledge that I know of no reason that I may not have chakra balancing services and that I can safely receive such services or, in the alternative, that I assume full responsibility and the consequences that may result for not having sought medical advice, and fully indemnify and release who performs such services at my request. I have read and understood the above information.

Signature__

Date_

MODULE 8 – QUESTIONNAIRE AND CASE STUDIES

The following questions must be completed, along with two case studies before you will successfully achieve your certification. If you have any problems, or you require any tutorial support, please email anna.finetuning@gmail.com for assistance – we are always happy to help.

Please complete these **in your own words** and do not copy from the manual

Q1) What does the word Chakra mean, and where does it originate?

Q2) What are the 4 bodies we are made up of?

Q3) How do Chakras connect our spiritual bodies to the physical? Q4) What do the Chinese call our duality, and explain what they are.

Q5) What is a Nadi?

Q6) In your own words, describe a Nadi

Q7) In your own words, describe what the 4 subtle bodies are.

Q8) What is an Aura?

Q9) Describe what colour Aura you think you are and why? What are your positive and negatives characteristics – which colours and essential oils would benefit you (minimum of 100 words)

Q10) How would your client feel if your second chakra was opened, and why?

Q11) Where is the 4th Chakra located, and what organs is it connected to?

Q12) What chakra is the one connected to communication and what are the consequences of it being underbalanced, and how would we help heal this chakra.

Q13) When would you not offer a treatment to a client? Q14) What are professional ethics?

Q15) Why do we need to take a consultation? What do we gain from it? Q16) What is the importance of insurance?

You are required to complete 3 case studies. Using family or friends initially, please take a consultation of each person and write down your findings. How you would help them achieve balance and heal their chakras, how they felt once they had the treatment, and also how you, as the therapist felt giving the treatment. Once you have completed these, please send to anna.finetuning@gmail.com for marking.

Please also confirm the name you would like printed on your certificate.

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