

Three Basic Energy Techniques for Full-body Healing

This brief document provides directions for three basic full-body energy techniques. The first, "*Self Full Body Connection: Healing Touch as Self-Care*," was adapted by Debra Basham, CHTP, from Janet Mentgen's Full-Body Connection to provide individuals with an energy-based technique to promote their own health and well-being.

The second, "*Chakra Connection*," provides directions for completing a chakra connection on another person. This technique is adapted from "Chakra Connection" as described in *Joy's Way* (1979), by Brugh Joy.

The third, "**Full Body Connection**," was created by Janet Mentgen. It combines the concepts of the Chakra Connection (Joy, 1979) and Chelation, as taught by Roslyn Bruyere (1989) and Barbara Brennan (1987).

The individual exercises, as well as the entire document, may be duplicated and distributed freely as long as the appropriate attributions are included.

For more information about energy-based healing, see *Healing with Energy: Promoting Health and Well-being with Energy Medicine*, by Joel P. Bowman and Debra Basham. Also, be sure to visit the SCS website: <http://www.scs-matters.com>

Self Full Body Connection

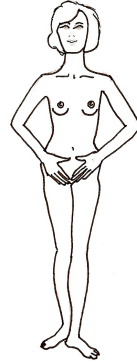
Healing Touch as Self-Care

Debra Basham



1. Place your right hand over the space between your legs just below your pubic bone, and your left hand slightly below your navel as you imagine a vortex of energy spinning under each hand. You may have a sense of warmth or vibration. Hold until your sense is they match, balance, or feel equal.

1



2. Place your hands on your lower abdomen, as shown. On a woman her hands will be over the area of her ovaries. Again, imagine a vortex of energy spinning under each hand, and relax as you sense warmth or vibration, holding until you have a sense of internal balance.

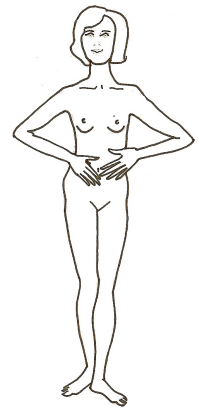
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3. Slide your right hand back to a position slightly below your navel, and move your left hand to a position just below your breasts over the solar plexus. Spin the centers clockwise in a downward spiral, matching the depth between your hands. Continue to spin clockwise until the energy feels smooth and even, or until you are aware that you have held it long enough.



3

4. Keeping your left hand just below your breasts, over the solar plexus, move your right hand to the right side of your body, over your liver area. Then move your left hand over your spleen area, on the left side of your body, over the lower edge of your rib cage. Hold until you sense a smooth flowing and balance under each of your hands.



4



5

5. Move your right hand back to your solar plexus, just below your breasts, and place your left hand between your breasts over your heart area. Hold as you breathe deeply and relax completely, until your sense is that you have held it long enough.



6

6. Place your right hand on your chest above your right breast, and your left hand on your chest above your left breast. Clear your lungs as you hold this area until your sense is one of a smooth, even balance.

7. Next, place your right hand on the underside of your left wrist, while at the same time lightly grasping your right wrist with your left hand. Hold in a very gentle touch until you sense balance and an even flow.



7

8. Now gently slide your hands up to your elbows, and hold there in a very light and relaxed hold until you have a sense that you have held long enough.



8



9. Maintaining contact with your arms, continue to slide your hands up until your right hand rests lightly on your left shoulder, and your left hand rests lightly on your right shoulder. Relax your arms as they are crossed over your chest. Breathe deeply, and continue to hold lightly.

9



10. Return your right hand to the heart area between your breasts. Your left hand is held lightly over the notch of your neck, between your collarbones and over your throat. The heel of your left hand rests lightly on the top of your right hand. Hold until you sense balance.

10

11. Slide your right hand up to hold the position over your throat, and place your left hand on the back of your throat. Allow yourself to relax completely as you imagine or notice a sense of balance between the front and back of your throat.



11

12. Leave your right hand over your throat, and bring your left hand to the middle of your forehead. Breathe deeply and continue to relax completely. Hold until you sense balance or completeness, or you are aware that it is time to move your hands.

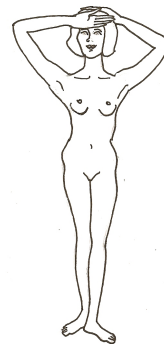


12



13. Gently place your right hand over your right cheek, and your left hand over your left cheek, over the TMJ (Temporo Mandibular Joints). Allow for a total release of tension in this part of your body. Hold until you sense a relaxation in your jaw and face muscles.

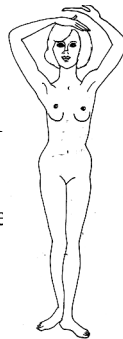
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14. Place your right hand in the middle of your forehead, and move your left hand to the top of your head. Your arms can relax as you continue to hold and notice a sense of well-being. Release the hold when you have a sense of balance or completeness, or you are aware that it is time to move your hands.

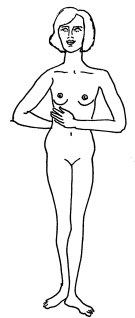
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15. Move your right hand onto the top of your head, and hold your left hand about 1 inches above it with the palm of your left hand upward. Hold this position as you breathe deeply, and continue to appreciate that profound sense of well-being.



15

16. Place your right hand on your low back over your right kidney area, as you place your left hand over your liver area to vitalize your adrenal gland. Relax your arms as you hold your attention on your sense of peace and completeness.



16



17. Now place your left hand on your low back over your left kidney area, as you place your right hand over your spleen on the left side of your body, over the lower edge of your rib cage. Complete the process as you breathe in peace and know a sense of high-level wellness through your entire body.

17



18

18. Return your hands to your sides a comfortable location. Allow any thoughts you have to assist you to remember who you really are. Give the benefits of this balance permission to amplify automatically—the rest of today, tonight (even while you sleep and dream), tomorrow, and the rest of your life.

Chakra Connection

The chakra connection helps smooth the flow of energy throughout the body and the human energy field. It is also a wonderful exercise for increasing sensitivity to the Energy. Especially when working on another person, the practitioner will be able to feel energetic differences come into balance as he or she moves from chakra to chakra.

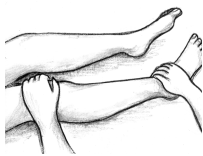
The procedure presented here for completing a chakra connection on another person is adapted from "Chakra Connection" as described in *Joy's Way* (1979), by Brugh Joy.

Have the person lie *face up*, preferably on a massage table adjusted for your height. You will need to be able to move the full length of the person's body. The person on the table is the client. Place a pillow under the client's knees to take pressure off his or her lower back, and adjust the pillow and the client's clothing to ensure that the material is free from creases that might become uncomfortable. The client may or may not want a pillow under his or her head as well.

Set a clear focus and intent to balance the person's chakras and to allow the energy of the session to do whatever is necessary to promote the other person's health and highest good.

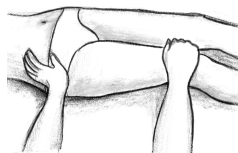
Breathe deeply and remain relaxed while holding each of the positions described below. When you first begin holding a position, quiet your mind and focus on sensing the energy with each of your hands. With practice you will begin to notice that the energy from each of the positions has a certain rhythm or other "feel" to it. Continue holding each position until you sense the positions come into balance or until it simply feels as though you have held long enough. This may take one to three minutes for each position, or a total of up to 30 minutes for a full balancing session.

Begin by standing at the client's right side. If you can comfortably reach across the table, remain on the client's right side throughout. If you cannot comfortably reach the client's left leg and/or arm from that side, you may move to the other side of the table for those connections.

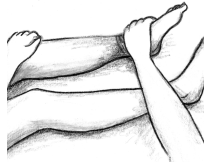


1. Place your right hand on the client's right ankle and your left hand on his or her right knee. Hold lightly until you sense balance or until it simply feels as though you have held that position long enough.

2. When you sense that you have held the right ankle and knee long enough, lift your left hand slightly while still maintaining contact at the knee, and make room to place your right hand on the client's right knee. As you lift your right hand to move it, imagine leaving the image of your hand's energy on the ankle while gently placing your right hand on the client's right knee where your left hand has been holding the space.

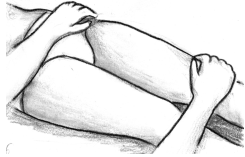


3. When your right hand is in place on the client's right knee, move your left hand to the client's right hip. Hold the knee and hip until you sense the energy come into balance or until it simply feels as though you have held the knee and hip long enough.



4. Once again, use your intention to leave an energy connection as you remove your right hand from the client's right knee and reach across the client's body as you gently place your right hand on the client's left ankle. Now, with intention, move your left hand to the client's left knee, holding the ankle and knee until you sense balance or until it simply feels like you have held long enough.

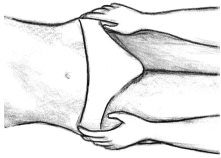
If reaching across the table is too much of a stretch, you may release both the knee and the hip while imagining that you are leaving the energy from your hands in place while you walk gently around the table.



5. When you sense that you have held long enough, lift your left hand slightly, while still maintaining contact at the knee, and make room to place your right hand on the client's left knee.

As you lift your right hand to move it to the knee, use your intention to leave an energy connection on the client's ankle, and move your right hand onto the client's left knee where your left hand holds the space.

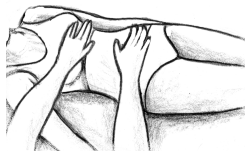
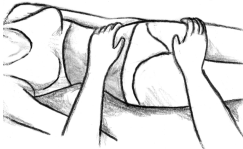
6. With intention, move your left hand to the client's left hip and hold the left knee and hip lightly, until you sense balance or until it simply feels like you have held long enough.



7. The next hold, hip to hip, is created by making room on the client's left hip for your right hand as you gently lift your left hand and move the right hand onto the client's left hip. Then gently place your left hand on the client's right hip.

8. When you feel the energy in the hips achieve balance or otherwise think that you have been holding the hips long enough, you are ready to move from the extensions of the root chakra to the first of the holds on the major chakras.

Begin by placing your right hand over the vortex between your client's legs about six inches above the pubic bone, at the root chakra. Place your left hand slightly below the navel on the sacral chakra. Hold lightly, until you sense balance, or until it simply feels like you have held long enough.



9. Make room under your left hand, and move your right hand with intention up to the sacral chakra and move your left hand to a horizontal position just below your client's breast over the solar plexus. Hold these lightly until these chakras are balanced.



10. Keeping your left hand on the solar plexus, gently move your right hand away from you, and place it over the spleen area on the left side of your client's body, just below the edge of the rib cage. Hold lightly until you sense a shift in energy.



11. Make room with your left hand, and move your right hand to your client's solar plexus. Then gently place your left hand between your client's breasts, over the heart center. Hold gently as you balance the solar plexus and the heart chakras.



12. Gently lift your left hand from the heart center, as you place your right hand over the client's heart chakra. Now move your left hand higher onto the client's chest, over the high heart area, just above the breasts. Hold to balance.



13. You will next balance the extensions of the heart chakra in the right wrist and the right elbow by placing your right hand on the client's right wrist, and your left hand on the client's right elbow. Hold gently as they balance.



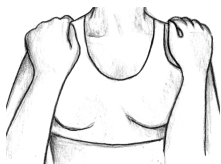
14. Make room under your left hand and gently move your right hand up to the client's elbow, then gently move your left hand up to the client's right shoulder. Hold until they balance.



15. Using intention, leave your left hand on the client's right shoulder as you reach across the person's body and place your right hand on the left wrist. Then move your left hand to the left elbow. Hold lightly until you sense a shift in energy. [Once again, if you cannot comfortably reach across the table, use your imagination to leave the energy from your hands connected to the client's right elbow and shoulder while you move around the table.]



16. Next move up to the client's left elbow and shoulder using the same technique for moving one hand at a time while maintaining an energetic connection with the client's left wrist. Hold the connection until you feel a balance.



17. The next connection is shoulder to shoulder. If you have moved around the table, use the same intentional connection to the body and return to the client's right side to connect shoulder to shoulder, placing your right hand on the client's left shoulder and your left hand on his or her right shoulder.



18. When you sense a balance from shoulder to shoulder bring your right hand back to the client's high heart area above your client's breasts, and place your left hand on your right hand at a right angle. The left hand is held lightly over the notch of the neck between the collar bones over the throat chakra. The heel of your left hand rests lightly on the top of your right hand. In this position you are sending energy down onto the throat chakra, but not physically touching the throat. Allow the throat chakra to balance.



19. Slide your right hand up to hold the position over your client's throat chakra and place your left hand on the middle of the client's forehead over the brow center, also called the third eye. Hold to balance as you sense a shift in the energy.



20. Gently place your right hand in the middle of the client's forehead over the brow chakra, and move your left hand onto the top of your client's head over the crown chakra. Hold to balance the energy.



21. Make room under your left hand, and gently move your right hand onto the top of your client's head over the crown chakra. Extend your left hand, and place it so that the back of your left hand faces the back of your right hand, about 6-12 inches above the crown. This will have the palm of your left hand pointed outward toward the *transpersonal point* that extends about 18 inches above the head. Hold lightly, until you sense balance or until it simply feels like you have held long enough.

22. Gently remove your hands from your client's field and finish by using a closing ritual, such as a head nod or a slight bow, while offering a sense of gratitude for the wisdom of the energy. Move away from the client gently, recognizing your own energy field, and allowing the client to return to the awareness of the room as he or she is ready.

Full Body Connection

The Full Body Connection was created by Janet Mentgen, and combines the concepts of the Chakra Connection (Joy, 1979) and Chelation, as taught by Roslyn Bruyere (1989) and Barbara Brennan (1987). To chelate means to claw out or to spin out, and this technique combines the hand positions with an intentional spinning motion, pulling out any debris in the energy field. (See *Healing Touch: A Resource Guide for Health Care Professionals*, by Dorothea Hover-Kramer, Janet Mentgen, and Sharon Scandrett-Hibdon)

As with all energy healing techniques, begin by centering and grounding yourself by feeling your own connection to the earth below you and to the universe above. Some people like to facilitate this process by visualizing an actual flow of energy up from the center of the earth through the feet, legs and root chakra and down from the universe into the crown chakra. For this one, also get your chakras spinning very rapidly and then begin.

Have the person lie *face up*, preferably on a massage table adjusted for your height. You will need to be able to move the full length of the person's body. The person on the table is the client. Place a pillow under the client's knees to take pressure off his or her lower back, and adjust the pillow and the client's clothing to ensure that the material is free from creases that might become uncomfortable. The client may or may not want a pillow under his or her head as well.

Begin by standing at the client's right side. If you can comfortably reach across the table, remain on the client's right side throughout. If you cannot comfortably reach the client's left leg and/or arm from that side, you may move to the other side of the table for those connections, adjusting the right and left hand directions written below.

If necessary, use the drawings for the "Self Full Body Connection" and "Chakra Connection" to help you with the appropriate holds for each step in the sequence.

1. Begin by holding the sole of the right foot and the right ankle between the palms of your hands until a flow of energy occurs. Imagine a spinning in your own body or hands as part of the chelation, allowing you to spin the energy fast enough to feel or sense a release of any blockage. Continue until your hands feel full, balanced and free, or until you sense no further movement.

(Note: Think of the person as a clock you are looking at, and imagine the spin going clockwise, from 12 to 3 and from 3 to 6, from 6 to 9 and from 9 back to 12, so from the person's face to his or her left shoulder, to the left elbow, to the left knee, ankle, and up and around the other side)

2. Place your right hand on the client's right ankle and your left hand on his or her right knee. Spin the energy fast enough to feel or sense a release of any blockage. Continue until your hands feel full, balanced and free, or until you sense no further movement.
3. When your right hand is in place on the client's right knee, move your left hand to the client's right hip. Spin the energy fast enough to feel or sense a release of any blockage. Hold the knee and hip, spinning in a clockwise movement, until you sense the energy release or until it simply feels as though you have held the knee and hip long enough.

You will next hold the ankle and sole of the client's left foot. If reaching across the table is not physically easy, walk gently around the table before holding the ankle and sole of the foot.

Hold the sole of the left foot and the left ankle between the palms of your hands until a flow of energy occurs. Imagine that spinning in your own body or hands as you spin the energy fast enough to feel or sense a release of any blockage. Continue until your hands feel full, balanced and free, or until you sense no further movement.

4. Now, with intention, move your right hand to the client's left ankle, and your left hand to the client's left knee, holding the ankle and knee, spinning clockwise, until you sense a release of the debris.
5. Lift your left hand slightly, while still maintaining contact at the knee, and make room to place your right hand on the client's left knee.

As you lift your right hand to move it to the knee, use your intention to leave an energy connection on the client's ankle, and move your right hand onto the client's left knee where your left hand holds the space.

6. With intention, move your left hand to the client's left hip and hold the left knee and hip lightly, spinning the energy until it releases or until it simply feels like you have held long enough.
7. The next hold, hip to hip, is created by making room on the client's left hip for your right hand as you gently lift your left hand and move the right hand onto the client's left hip. Then gently place your left hand on the client's right hip.
8. When you feel the energy release in the hips or otherwise think that you have been holding the hips long enough, you are ready to move from the extensions of the root chakra to the first of the holds on the major chakras.

Begin by placing your right hand over the vortex between your client's legs about six inches above the pubic bone, at the root chakra. The best way to spin the root chakra in a client is for you to spin your own root chakra with a clockwise spin and let the client's chakra match your spin. Place your left hand slightly below the navel on the sacral chakra. Hold lightly, spinning your own chakras, until you sense the release of debris.

Place both of your hands on the clients lower abdomen, over the area where a woman's ovaries would be. Imagine energy spinning under each hand until you have a sense of internal balance.

9. Move your left hand to a horizontal position just below your client's breast over the solar plexus. Place your right hand slightly below the navel on the sacral chakra. Spin the centers clockwise in a downward spiral, imagining that the levels of depth between your hands matches. Continue to spin until the energy feels smooth and even, or until you are aware you have held long enough.
10. Keeping your left hand on the solar plexus, gently move your right hand away from you, and place it over the spleen area on the left side of your client's body, just below the lower edge of the left rib cage. Then move the left hand to the right side of the body over the liver area, over the lower edge of the right rib cage. Continue to spin until the energy feels smooth and even, or until you are aware you have held long enough.
11. Move your right hand back to your client's solar plexus. Then gently place your left hand over the heart center. Feel the downward spin underneath each hand, to match the two centers. Spin your own chakras, as you release debris from the solar plexus and the heart chakra.

Now slide your left hand on your client's chest above the right breast, and place your right hand on the client's chest above the left breast, to clear debris from the lungs. Continue until your hands feel full, balanced and free, or until you sense no further movement.

12. Using your right hand, take the client's right hand and lock thumbs, matching your palms together. Place your left hand on the client's wrist. Create a flow by sending energy through your palms until the energy feels smooth and even, or until you are aware you have held long enough.
13. Place your right hand on the client's right wrist, and your left hand on the client's right elbow. Continue to spin and feel release.
14. Make room under your left hand and gently move your right hand up to the client's elbow, then gently move your left hand up to the client's right shoulder. Continue to spin until the energy feels smooth and even, or until you are aware you have held long enough.
15. Reach across the body (or gently move to the client's left side) to take the client's left hand and lock thumbs, matching your palms together. Place your other hand on the client's wrist. Create a flow by sending energy through your palms until the energy feels smooth and even, or until you are aware you have held long enough.
16. Place your right hand on the left wrist. Then move your left hand to the left elbow. Continue until your hands feel full, balanced and free, or until you sense no further movement.
17. Next move up to the client's left elbow and shoulder. Continue to spin until the energy feels smooth and even, or until you are aware you have held long enough.
18. The next connection is shoulder to shoulder. Check the right and left sides for balance. Spin rapidly and sense a clearing of debris from this area of the body.
19. When you sense a balance from shoulder to shoulder bring your right hand back to the client's high heart area above your client's breasts, and place your left hand on your right hand at a right angle. The left hand is held lightly over the notch of the neck between the collar bones over the throat chakra. The heel of your left hand rests lightly on the top of your right hand. In this position you are sending energy down onto the throat chakra, but not physically touching the throat. Spin, and hold to balance as you sense a shift in the energy.

Move the right hand up to hold lightly over the notch of the neck between the collar bones over the throat chakra, and slide the left hand around to the back of the neck. Hold the front and back of the throat chakra and allow it to clear.

20. Slide your right hand up to hold the position over your client's throat chakra and place your left hand on the middle of the client's forehead over the brow center, also called the third eye. Spin, and hold to balance as you sense a shift in the energy.

Gently place your right hand over your client's left cheek, as you place your left hand lightly over your client's right cheek over the TMJ (Temporo Mandibular Joints). Allow for a total relaxation of the jaw muscles, as you spin to release the stored debris.

21. Gently place your right hand in the middle of the client's forehead over the brow chakra, and move your left hand onto the top of your client's head over the crown chakra. Continue until your hands feel full, balanced and free, or until you sense no further movement.

22. Make room under your left hand, and gently move your right hand onto the top of your client's head over the crown chakra. Extend your left hand, and place it so that the back of your left hand faces the back of your right hand, about 6-12 inches above the crown.

This will have the palm of your left hand pointed outward toward the *transpersonal point* that extends about 18 inches above the head. Hold lightly and spin, until you sense balance or until it simply feels like you have held long enough.

23. Gently slide your left hand under the client's low back, over the right kidney area. Place your right hand on the client's lower abdomen, just below the lower edge of the right rib cage. Send energy through the palms of both hands to vitalize the right adrenal gland.
24. Gently slide your hand out from under the client, and slowly come around to the other side of the table. Slide your right hand under the client's low back, over the left kidney area. Place your left hand on the client's lower abdomen, just below the lower edge of the left rib cage. Send energy through the palms of both hands to vitalize the left adrenal gland.
25. Gently remove your hands from your client's field and finish by using a closing ritual, such as a head nod or a slight bow, while offering a sense of gratitude for the wisdom of the energy. Move away from the client gently, recognizing your own energy field, and allowing the client to return to the awareness of the room as he or she is ready.