

Chakra Connection



"There is no greater gift one can offer than the energy of unconditional love".

~ B. Joy, Joy's Way

Description

Chakra Connection was developed by Brugh Joy, MD and described in his book, *Joy's Way*. Brugh Joy employs unconditional love in all his work.

Chakra Connection works to open, connect, and balance the major and minor chakras. It is a full-body intervention that affects the entire chakra system. It is used routinely with clients to promote balance. It can stand alone or be used in combination with other Healing Touch interventions.

Indications

- Balance the body and energy field
- Pre and post medical or surgical procedures.
- Promote relaxation
- Diminish pain
- Reduce anxiety
- Following radiation or chemotherapy
- General well-being and prevention

General Information

Chakra Connection is a full-body intervention that affects the entire chakra system. It is used routinely with clients to promote balance. It can be used alone or in combination with other interventions.

Chakra Connection can be done with 2 practitioners working with 1 client, 1 practitioner working with 1 client, or done on the self.

Client generally is reclining on their back or in a chair, although Chakra Connection can be done with client lying on their side.

This is an excellent technique to teach to family members or the client for self care.

References

Joy, B. *Joy's Way*, Jeremy P. Tarcher, Inc. Los Angeles, CA, 1979.

Wardell, D. *White Shadow, Walking with Janet Mentgen*, Denver, CO, 2000.

Adapted from B. Joy, *Joy's Way*. Used with permission.

Chakra Connection – 1:1

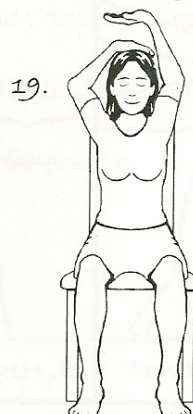
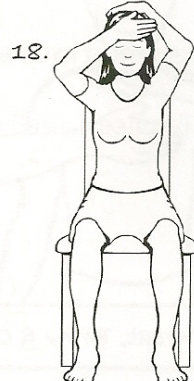
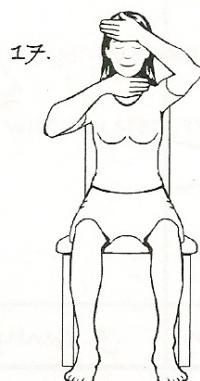
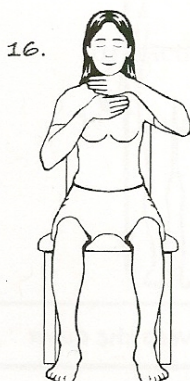
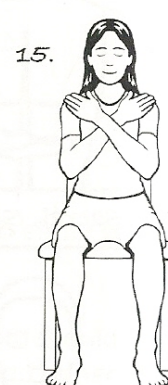
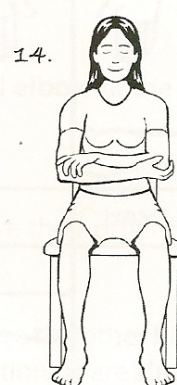
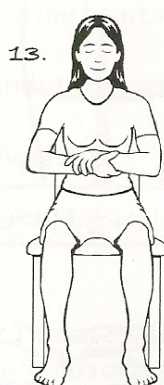
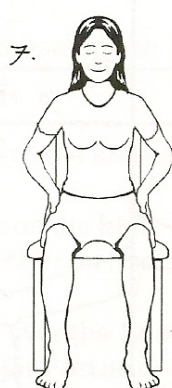
(1 practitioner working with a client)

Procedure

The Basic Healing Touch Sequence is followed and Chakra Connection is inserted in the Healing Touch Intervention section. Client is reclining on the back or in a side-lying position if needed for comfort. Practitioner stands on right side of client. At each position, allow love, light and energy to flow to the client, for the client's highest good. Hold each position until a balance of energy is noted (or for about 1 minute) before moving to the next position. Hands may either touch client, or hover over each position.

1. **Center, Ground and Attune with the client** - Stand at the feet of the client.
2. Place one hand on client's **right ankle**, the other hand on **right knee**.
3. Move hands to **right knee** and **right hip** joint.
4. Move hands to **left ankle** and **left knee**.
5. Move hands to **left knee** and **left hip** joint.
6. Move hands to **both hips**.
7. Move hands to **Root** and **Sacral** chakras.
8. Move hands to **Sacral** and **Solar Plexus** chakras.
9. Move hands to **Solar Plexus** and **Spleen** (under the left rib area.)
10. Move hands to **Solar Plexus** and **Heart** chakras.
11. Move hands to **Heart** and **High Heart** (which is over the thymus gland).
12. Move hands to **right wrist** and **right elbow**.
13. Move hands to **right elbow** and **right shoulder** joint.
14. Move hands to **left wrist** and **left elbow**.
15. Move hands to client's **left elbow** and **left shoulder** joint.
16. Move hands to **both shoulders**.
17. Move hands to **High Heart** and **Throat** chakras.
18. Move hands to **Throat** and **Brow** chakras.
19. Move hands to **Brow** and **Crown** chakras.
20. Move hands to **Crown** chakra and **Transpersonal Point**.
21. Continue with the steps of the Basic Healing Touch Sequence.

SELF CHAKRA CONNECTION



Interventions

Adapted from
Joy's Way
W. B. Joy M.D.