



# The Healing Act: Chair Healing

## Scanning the Seven Chakras



For healing in a public place. Remember the code: Ground. Attune. Protect. Permission.

Then move into the patient's auric space and attune to the patient by placing your hands gently on the shoulders.

Crown



Brow



Throat



Heart



Solar Plexus



Sacral



Base

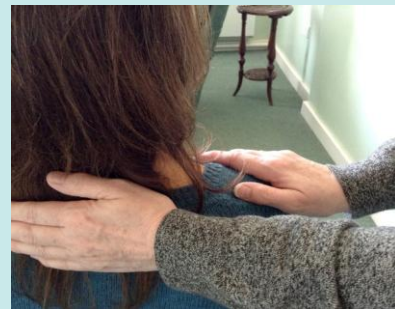


As you attune to the Source, use your hands to sense the healing energy. Sense the appropriate distance for your hands. You may feel energy from your hands or a resistance. Seek to discover the right energy balance for your patient. Be aware of any blocks or congestion. You may wish to return to some centres.

## The Body Circuit



Beginning with nape of neck to base of spine.



Nape of neck to shoulder



Shoulder to elbow



Elbow to wrist



Wrist to fingertips



Base of spine to hip



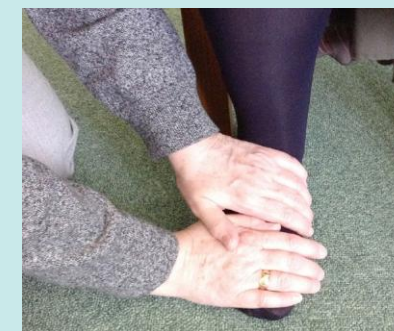
Hip to knee



Knee to ankle



Ankle to toes. Repeat Body Circuit on the other side beginning with nape of neck to shoulder. Then ground feet.



## Closing Down

Replace the hands gently on the shoulders to show the healing has been completed. Withdraw from the patient both mentally and physically, then close down.

Give thanks and see your patient surrounded by light