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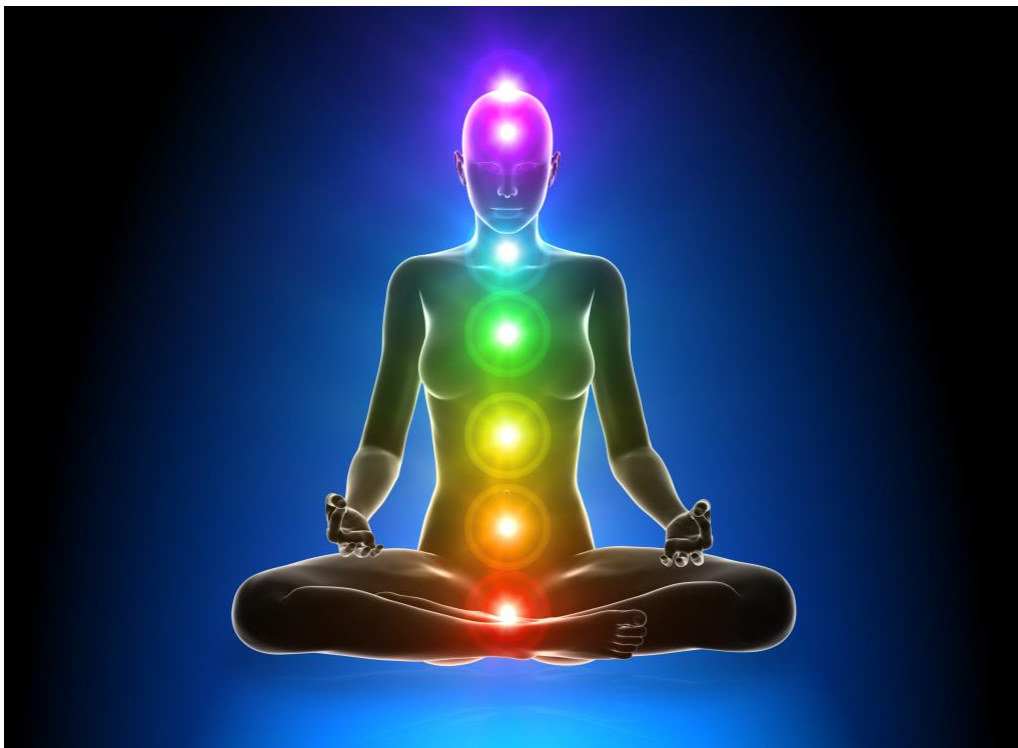
The following is an excerpt from my Stress Defense® Rei Qong self-healing practice manual on Chakra activation and charging.

The full practice and video can be purchased at

<https://stressdefense.com/Store/>

THE POWER OF CHAKRA CHARGING

Critical to understanding energy and personal power is the Rei Qong practice of *chakra charging*. Chakra is a Sanskrit word that means “spinning wheel” and refers to the seven main energy centers located within the body. The chakras are the energy batteries of the body-mind-spirit and like a battery the chakras can become depleted and need to be recharged on a daily basis. Charging is the process of consciously feeding each chakra with high quality source energy. The technique is simple and can be performed frequently throughout your day as needed.



The chakras are also a part of our sensory faculty, we sense and feel with our chakras as well as give and receive energy from them. The three main chakras that most people are aware of are the head, the heart and the gut. The head corresponds to the intellect, the heart to conscious awareness and the gut to instinct. These three comprise the core of our inner guidance system. When we tune in, listen and feel through our head, heart and gut we become more aware of what we are experiencing and what is happening in our environment. With training it is possible to become more aware of the other four chakras as well, the crown, the throat, the solar plexus and the root chakra.

The chakra charging technique in Part II is an effective way to connect to your core energy and to cultivate a deeper internal connection. Healing at this level serves as a powerful awakening of consciousness and spirit that has a profound impact on one's sense of personal identity. The experience of this awakening is one of becoming clearer in one's sense of self and stronger in one's sense of personal power.

CHAKRA CHARGING

Chakra charging is the practice of awakening and nurturing each of the seven chakras, or energy centers, through conscious connection and breath. Mind leads energy, so as you focus internally, the mind will draw and focus energy to the object of your attention, and energy will build on any given point within your body as you breathe and maintain your focus and intention. This is a nurturing process that encourages growth and expansion of your personal power.

The quality of your focus and intention has a direct effect on the chakra. Focusing rigidly or aggressively will trigger a defensive response and cause the chakra to contract, so it is important to monitor your intention during practice of the chakra charging. Focusing softly with a loving, nurturing intention will encourage the chakra to open and expand.

The goal, therefore, is to soften, smile, breathe, connect, and nurture each energy center with your breath, focus and hands.

This gentle approach is subtle and deceptively powerful. As each chakra opens and expands, its function grows stronger, self-awareness increases, development accelerates, and the potential power that was once dormant and frozen is unleashed.

Chakra Charging Technique

Following is a detailed description of each chakra, its location, color, function, corresponding body part, and associated experiences and issues. Begin this practice at the top of the head with the highest chakra and move downward.

In each position:

- Hold your hands—left resting on right—over each chakra for a span of three, six, or nine breaths.
- Focus gently with an inner-smile when connecting to your energy centers. (or focusing anywhere internally).
- Imagine each chakra as a luminous ball of light or as a radiant star. Visualizing the corresponding color will help your mind stay connected and centered while breathing.

Seventh Chakra



Located at the top of the head the color is Gold. The function of the seventh chakra is connection to the divine consciousness and higher soul self. The seventh chakra corresponds to the soul body. The experience is astral traveling and inspiration. The fear associated with

the seventh chakra is of giving up control and of submission to one's higher self and soul plan. Issues include mentally leaving the physical body, blocking the divine connection, and lack of grounding. Nurturing the seventh chakra creates a greater connection to one's higher self and to the universe.

The power of the seventh chakra is *inspiration*.

Sixth Chakra



The sixth Chakra (also known as the "third eye" chakra) located in the center of the forehead, just above the eyebrows the color is Violet.

The function is spiritual insight and the ability to see beyond the physical realm. The sixth chakra corresponds to the brain and the pineal gland. The experience is wisdom. The fear associated with the sixth chakra is of right and wrong. Issues include over- intellectualizing, over-concentrating, losing focus, viewing reality in absolute terms, and being disconnected from one's emotions and physical body. Nurturing the sixth chakra creates greater mental clarity and the ability to perceive truth.

The power of the sixth chakra is *insight*.

Fifth Chakra



Located in the throat the color is Blue

The function is communication, expression, and creativity. The fifth chakra corresponds to the mouth, throat, neck, and thyroid gland. The experience is of creating one's personal reality through expression. The fear associated with the fifth chakra is retaliation for speaking and expressing one's truth. Issues include trouble-swallowing, inability to communicate clearly, inability to fulfill one's dreams and desires, and losing one's voice. Nurturing the fifth chakra opens the throat and creates a greater sense of ease and freedom of expression and creativity.

The power of the fifth chakra is *command*.

Fourth Chakra



The fourth Chakra (also known as the “heart” chakra) located in the center of the chest the color is Green.

The function is awareness of and connection to humanity. The fourth chakra corresponds to the heart and lungs. The heart chakra is the center of consciousness and, in Chinese medicine, is referred to as the center of the “heart-mind” or the center of knowing. The experience is of acceptance, love, and connection without judgment. The fear associated with the fourth chakra is isolation. Issues associated include hatred, judgment, and the inability to give and receive in balance. Nurturing the fourth chakra creates the courage to open and expand one’s heart-mind.

The power of the fourth chakra is *willingness* and acceptance.

Third Chakra



The third Chakra is located in the solar plexus, just below the bottom of the sternum the color is Yellow.

The third chakra is often referred to as the seat of the lower mental body. The function is digestion and assimilation of emotional experience. The third chakra corresponds to the stomach, spleen, liver, gall bladder, and diaphragm. The experience is of personal power and identity. The fear associated with the third chakra is of deprivation and loss. Issues associated with the third chakra include indigestion, worry, self-criticism, anxiety, humiliation, and poor self-esteem. Nurturing the third chakra creates a clearer sense of personal identity and personal power.

The power of the third chakra is establishing clear *boundaries*.

Second Chakra



The second Chakra located around the navel the color is Orange.

The function is awareness of basic emotional feelings and physical needs. The second chakra corresponds to the intestines and umbilicus. The experience is often associated with the lower intuition or “gut feeling” as it relates to safety and survival. The fear associated with this energy center is the fear of personal inadequacy. Issues associated include lack of trust, guilt or shame about feelings, and attachment to others. Nurturing the second chakra will create greater awareness and acceptance of feelings and intuition.

The power of the second chakra is *trust* in oneself.

Dan Tien



Located 1 1/2 inches or 3 centimeters below the naval the color is White.

The Dan Tien |Dahn Tee-En| corresponds to the second chakra and to the *hara*, or center of spirit. Dan Tien is a Chinese term the means "energy center," and it is often referred to as the "extra" chakra. This energy center does not develop naturally and must be cultivated through meditation. The function is the storage and distribution of vital energy, or *chi*, to the entire body. The experience is vitality and physical power. The fear associated with the Dan Tien is weakness. Issues include lack of energy and physical weakness. Nurturing the Dan Tien will INCREASE PHYSICAL ENERGY AND STAMINA.

The power of the Dan Tien is *physical vitality* and *mental serenity*.

First Chakra



The first Chakra (also known as the “root” chakra) located at the base of the body, from the perineum to the top of the pubic bone the color is Red.

The function is connection to the earth/physical dimension. The first chakra corresponds to the sexual organs, bladder, and rectum. It is also associated with the Kundalini energy of sexual creation, power, and the passion for life. The experience is of physical safety, security, and survival. The fear associated with this energy center is of “being fully present in the physical body.” Issues include money, sex, power, grounding, stability, and mobility. Nurturing the first chakra will create a greater sense of physical connection, stability and strength.

The power of the first chakra is *grounding*.

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