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CHAKRA REBUILDING: A SHAMANIC HEALING TOOL

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Abstract

Chakras pump our vital life force or chi from the body's central axis throughout the body and the body's electromagnetic field or aura. When they have been shattered from a trauma, abuse, assault, or injury, the chakras cannot function properly. An individual with a shattered chakra can keep endlessly recycling the same problem such as fear, anger or grief; or a behavior pattern such as repeated failures or abuse. When a chakra has sustained damage, it needs to be rebuilt. Chakra rebuilding is a new technique my shamanic master teacher, or inner guide, taught me. This deep work can have a transformational impact on the life of the client. It blends shamanism with unique chakra work. This article defines chakras and examines their functions; it describes the chakra rebuilding work, what occurs during a chakra rebuilding, and how it has changed the lives of several people who have received the work.

Key words: chakra, chakra rebuilding, shamanism, post-traumatic stress, asthma, hearing voices, shamanism, soul retrieval

Defining shamanism

Shamanism is not a religion but an ancient set of techniques that many people in traditional societies and now also in modern Western societies have successfully integrated into their daily lives. By using the person's natural ability to vision, people can learn fairly quickly to access deeper levels of the self for healing, gaining information and personal growth. The Society for Shamanic Practitioners (Internet ref.) estimates there are now a few thousand shamanic practitioners in the United States and Canada.

How shamanism came to the West

For thousands of years carefully selected men and women in traditional societies throughout the world have practiced shamanism. While these shamans have been healing people in their communities, many in Western culture have viewed shamans as questionable. Traditional societies

regarded these people as essential and revered members of the community who had access to healing and information to serve others. Up until recently, even though alternative healing has become much more accepted, mainstream culture viewed people who have visions as mentally imbalanced or psychotic. But that view is changing as people are discovering shamanism as a powerful, fast, and safe healing tool.

Anthropologist Michael Harner brought shamanic techniques to the Western culture after he trained with shamans in the South American jungle. He learned that the shaman's visioning was not only validate and effective for healing, but also very appropriate for our culture because it is fast and safe. Over the last 30 years, Harner and his Foundation for Shamanic Studies have trained thousands to use shamanism. Some of his teachers have even re-introduced shamanistic practices into traditional cultures where shamanism had died out. (Harner, 1980) The Foundation has trained thousands of shamanic practitioners several thousand of whom practice in Canada and the U.S. In 2001, 2002 and again in 2010, I studied with Dr. Hank Wesselman (Internet ref.) who was in Harner's first training over 25 years ago.

A session with a shamanic practitioner begins with a conversation so the practitioner can understand the client's issues or concerns. Then the practitioner goes into a light trance connecting with his or her spiritual team or guides. These are compassionate beings who do the healing work in the inner plane, or in the non-ordinary reality, or as Carl Jung would say, the collective unconscious. First, the practitioner finds a spiritual helper, or ally, or animal or guide for the client. This is done to increase the client's chi or life force. Just doing this one piece of shamanic work can strengthen the client emotionally and/or physically. Then, the practitioner does what is called extraction work, removing energetic blocks or negative thought forms that can be causing the client's problem. Next, the practitioner asks her or his team to return soul parts, parts of the client's vital essence that dissociated when the client was traumatized. Finally, the client and practitioner discuss the session and how the client can integrate it to maximize the results of the work.

Over 34 years I have seen thousands of clients in my psychotherapy practice in New York City and California. Having practiced shamanism for nine years, I have conducted over 1000 shamanic sessions; I have found shamanism faster and more effective than traditional cognitive psychotherapy. One therapist who refers clients to me regularly says her clients can get six months or a year's worth of therapy done in one or two sessions. And, tapping into the non-ordinary reality, I often gain critical information not mentioned by the client. After a shamanic session has removed the energy of stuck patterns or old traumas, the client can stop processing them over and over again. A shamanic session often times can help with depression, addiction, trauma, procrastination, loss, divorce, and abuse and issues that have not responded to more traditional therapies. Shamanism is very efficient and has none of the side effects associated with most medications.

My personal journey to shamanism

In my own case, shamanism has transformed me, reorganized me, revitalized me, healed me, and, yes, shaken me up. I had believed that a shaman was a powerful person from another reality and another time whose life style and techniques were completely foreign. I had pictures of a Navajo shaman chanting for seven days over sick person, or a Siberian shaman doing an exorcism. They all lived in a world only visited by anthropologists and *National Geographic* far away physically and culturally.

I had been a high school teacher for many years and psychotherapist since 1975. To most people, I came in a plain brown wrapper: a few freckles, short brown hair, and hay fever in the spring -

basically a normal American package. Who knew that I – a white, rosy cheeked, former English teacher – would practice shamanism? I did not know modern American practitioners were using shamanic techniques including something called soul retrieval. I did not know that shamanism was a set of techniques, not a religion, that is safe and free of side effects, and practiced by traditional societies for thousands of years. I didn't know shamanism has become so popular there are over 500 titles listed on amazon.com.

Having lost the use of my arms and hands and being severely depressed from a severe car accident and the death of my mother and father, I was highly motivated to try something unusual. I enrolled in a healing workshop that enabled me have what I later learned was a shamanic healing. Now, 12 years after my first shamanic healing, I am convinced that the spiritual healing I experienced allowed all the other modalities to work better and faster. It removed energy blocks and brought back dissociated parts of myself so my body could totally heal. My shamanic practice has deepened my connection with spirit and empowered me to fulfill my purpose through using my gifts and talents. I can now facilitate others in doing the same thing. I have continued to be trained by my own spiritual team. And one of those team members taught me the Chakra Rebuilding technique that is the subject of this article.

The link between shamanism and chakra rebuilding

Several shamanic practices around the world include chakra knowledge. The Sami system from Northern Scandinavia regards the human energy body as having seats of power that correspond to what we commonly call chakras each of which is empowered by its own animal spirit helper. In that tradition the perception is that every Sami person has the same set of chakra power animals. (Boyett, 2009) In the Buryat tradition from Siberia, the human body is organized around an upright axis with seven holes corresponding to the seven chakras through which the life force circulates. (Odigan, 2000, p. 51) The Q'ero of Peru, who are descendants of the Inkas, have a process that clears out and re-oriens the chakras. Dr. Alberto Villoldo (Internet ref.), author and founder of the Four Winds Society, teaches a shamanic practice called Illumination using this knowledge. Vedic shamanism from India (Internet ref.) teaches chakra healing as part of its practices.

According to Tibetan shaman, author and psychotherapist, Dr. Larry Peters (2009), "The ancient Tibetan Bon tradition speaks of souls but they are very similar to chakras, and of the 'wind horse' running up the central channel or vein."

A veteran shamanic practitioner, who has studied Sami and Buryat chakra lore and experienced Q'ero illumination process, and has also experienced chakra rebuilding reports, "The Buryat organization of the chakras appeals to my logical mind, the relationships that balance the chakras in the Sami system are easy to maintain; and the Illumination practice has felt good, right, and healing both times I've experienced it. However, chakra rebuilding as rediscovered by Jill Raiguel's helping spirits, is the only practice that has given me lasting, stable results after shattering trauma that resulted in a chakra injury. My rebuild has set up a reliable framework for continuing my own healing during a very vulnerable time." (Boyett, 2009)

My spirit helper who trained me in his chakra rebuilding, tells me that for this process a practitioner needs shamanic tools to conduct it so clients can gain maximum benefit. In fact one cannot do the work without shamanism since shamanic techniques are woven throughout the process. Clients connect with their spirit helpers for information and healing, thus customizing the procedure to their particular needs. As the sessions focus on each chakra, the client's spiritual helpers assist by conveying information while the practitioner's spiritual team may utilize light work, or extraction, or

soul retrieval, or plant spirit medicine, or forgiveness work. The shamanic practitioner facilitates all of this. Thus shamanism is an essential part of the chakra rebuilding process.

The chakras

Before I describe chakra rebuilding in more detail, let me give a little background on chakras themselves. The word chakra comes from the Sanskrit for "wheel." Although invisible to most, clairvoyants and healers such as Barbara Brennan (1988) report seeing them as whirling centers when they are open, healthy and balanced.

The seven main chakras are located along the midline of the body. The first chakra is at the pubic bone and is commonly associated with survival. When this energy wheel is functioning properly, its owner feels connected to life, and trusts his or her emotions and indeed trusts life. When out of balance or shattered, people can be fearful much of the time, feeling like they are in survival mode even when circumstances are good

The second chakra, located just below the navel, is associated with sexuality, creativity, and productivity. When in balance and healthy, it indicates natural sexual expression, productive work and creative endeavors. When shattered, it can indicate recurring sexual difficulties, other issues with sexuality, or challenges with getting work out into the world, including bringing up children as well as producing creative projects.

The third chakra, located at the solar plexus, is associated with will power and feelings. When this chakra is working properly, its owner experiences a natural and healthy relationship to power and feels and expresses emotions naturally. When it has been injured, it may indicate that people have issues with power or are weak-willed; they may have difficulty owning power or having challenges with other people's power; or a person with this chakra issue may have no will power.

About a hand's width below the level of the collarbone lies the heart chakra. It is vital to the ability to give and receive love. When heart chakras are open and healthy, their owners can express and experience love. When totally closed, their owners often feel depressed and have trouble loving and being loved.

The communication chakra is located at the throat. When this center is flowing and balanced, people are able to communicate appropriately and naturally. People with a damaged throat chakra often have difficulty speaking up, saying what is on their minds, and/or speaking their truth.

Located at the brow, the sixth chakra is called the third eye and brings inner sight. When open and healthy, its owner is connected to his or her intuition and ability to vision. When injured, this ability can be thwarted or missing.

Finally, the seventh chakra is at the crown of the head. When open and healthy, people are connected to the Divine Source or the higher self. When closed, people can feel isolated, alienated, disconnected or out of sorts.

Although there are hundreds of smaller chakras in all the human joints and organs – for example, the hands, knees, feet, eyes, ears and liver - the above are the seven key chakras.

Opening and closing chakras

It is easy to test whether chakras are open or closed using a pendulum with a string about seven to twelve inches long and a small stone or weight. Reiki Master Ethel Lombardi (1978) taught this simple method. Author and healer Barbara Ann Brennan (1988) described a similar technique ten years later. Holding a pendulum about six inches in front of a person, the tester and client will be able to see the pendulum's swing since it is still in the subject's biological energy field. If the chakra is closed, the pendulum will be still and will have no swing; if too open, it will swing in a huge circle, sometimes as much as the length of the string on the pendulum. For a normal chakra the circle should swing about four to eight inches.

If all the chakras are too open, the person will usually feel over sensitive, vulnerable, or emotional, or may have psychotic symptoms. If all the chakras are shut, then a person may be lethargic, severely depressed or comatose. I learned this easy technique from my study with Lombardi, which I have used on myself and on clients for years. The following is a dramatic example of how fast and effective this technique can be:

A therapist referred a man to me who was either psychic or mentally ill. The client, 'Max,' was hearing voices, seeing spirits, and felt frightened and out of control. His therapist was not sure whether Max was psychic or having a mental break down; and she was seriously considering hospitalizing him.

I tested Max's chakras and found they were all too open. We worked together as I taught him how to close down his chakras in a short amount of time. Using my pendulum I showed Max how open his chakras were. Then I had him visualize each of his chakras as a rose in full bloom. I told Max to visualize each rose closing to the size of a bud.

After one session using this technique, his voices and visions stopped. I offered Max a probable cause of his voices and visions. I suggested that he could be very psychic, but not yet grounded enough to handle this type or intensity of spiritual input. I strongly urged him to continue checking his chakras, but not to open up again until he and his therapist felt he was ready.

I have used the checking chakras technique many times over the last 30 years with good success. Even though this is very easy, it is by no means a quick fix for all mental illnesses. However, I have observed in my practice some people who have been diagnosed with auditory or visual hallucinations are in fact seeing or hearing spirits. They have had no one to validate their experiences; no one to train them to turn their experiences off; no one to teach them to send intrusive spirits away; and no one to help them to distinguish between their hallucinations and spiritual beings.

Chakra shattering

What if a chakra has been shattered due to abuse, trauma or an accident? Let me illustrate the effects from my personal experience.

When I was ten, I had an accident while riding my bike over a board at a construction site. The board flew up and sent the handlebars spinning. When they stopped they jammed into my pubic bone with such force that I had a hematoma for ten weeks. Nothing was broken. However, I did not know at the time that the injury shattered my first chakra. Even though my life circumstances have been relatively free of traumas, I have often been fearful but never connected my fears with that incident until recently.

When my teaching position at our local university was cut back in December, 2007, along with thousands of other teachers in California, I was terrified. Although I had enough money saved, my reaction was way out of proportion to what had happened. I began seeking help from my spiritual team, other shamanic practitioners and colleagues. The fear would subside for a while but kept coming back. Finally, in utter frustration, I stretched out on my couch and said aloud, "I need help; I need my fear healed."

Immediately, a master physician appeared inwardly with something in his hand. He is an ancestor of mine who lived in the ancient Mediterranean world practicing and teaching physical as well as spiritual medicine; and he is a member of my spiritual team. My ancestor said he used a special form of chakra work in combination with his other medicine.

"Greetings. Thank you for coming. What is that?" I asked.

He answered, "That is your new first chakra. Yours shattered when you had that bike accident." He installed it and immediately I felt a shift. My fear was gone. He then rebuilt my second and third chakras just as easily. Thank you was too small a word for the gratitude I felt.

Interestingly, Rosalyn Bruyere (1989, p. 18) reported, "The chakra system, in fact, is part of the ancient and lost mysteries." My master physician concurred.

Several days later, I journeyed to this master teacher again. He said, "We are ready to rebuild your heart now." Again I followed his directions. He told me my heart center needed rebuilding even though I had done soul retrieval and many other therapies on my heartaches. Combining this new technique with other shamanic techniques, we completed the process of rebuilding my throat, third eye and crown centers. I was grateful but did not yet know the tremendously positive impact it would have on my heart and my life.

Since divorcing over 30 years ago, I had never allowed myself to fall in love again. Then, on April 4, 2008, one month after my heart chakra was rebuilt, my life completely changed.: I met a wonderful man, Jim, and we have been together ever since. More importantly, my new heart chakra has allowed me to give and receive love with this man. He and I have thanked my master teacher many times over.

Examples from my practice

Since learning this method I have worked with over 80 people, rebuilding their chakras. During a typical session my ancestor conducts some of the work while clients enlist the assistance of their spirit helpers. Usually, to rebuild all seven chakras takes two sessions, although my ancestor has rebuilt hand, knee, eye and ear chakras as well. For this article, I interviewed 28 of the 80 chakra rebuilding clients.

Clients reported a variety of results. Ten people reported that their fears had either lessened or had been eliminated altogether. One client reported he has not needed to take his anxiety medication. One person came to a session very mentally disorganized and distressed, and all those symptoms disappeared after chakra rebuilding.

Another, who is a shamanic practitioner, had experienced her throat chakra as missing despite many shamanic and chakra healings. After rebuilding, she reported, "My throat chakra is present

and functioning for the first time in many years. I no longer hesitate to lead a song. My voice emerges strong and uninhibited.”

Seven survivors of sexual and emotional abuse stated they felt more grounded, more present, more whole, and less angry, less depressed, less affected by past trauma. Six who had done shamanic work previous to chakra rebuilding, reported feeling more focused, more resolved with past issues, more positive about life. Four people did not experience any noticeable difference after chakra rebuilding. Although more detailed research is needed, these preliminary anecdotal findings indicate that this work produces positive effects.

I also teach workshops on chakra rebuilding instructing health care providers, shamanic practitioners and psychotherapists on how to do this process. I know of five psychotherapists and two shamanic practitioners who now use chakra rebuilding with their clients.

Some people come to workshops simply to get their own chakras rebuilt while practitioners come to learn the work to use with others. Since training professionals, I am reminded that, although chakra rebuilding is fairly easy to learn like many other shamanic techniques, it takes masterful skill to facilitate the emotional processing and clearing that can be activated during sessions. So I request that participants consult their spiritual teams and ask if they are ready to do this work with others.

Several of my clients have given their signed informed consents to tell their stories in more detail.

'Cynthia,' a 32 year old business woman, was molested as child. Since then, she dissociated from her body especially around men. When males came close to or touched her, she immediately went “weird,” by which she meant that she spaced out. She could not stay present with a male companion. Although she had undergone soul retrieval, the problem persisted and she had abandoned all hope of having a healthy, close love relationship. A week after she completed the chakra rebuilding work, she met a man she felt could be a new boyfriend. After three months she has still been able to stay present with her friend as they become close and more intimate. Cynthia reports she can also be present with the other men in her life.

'Susanne,' 63, is a retired educator, who called me upon returning from the emergency room after experiencing another in a long series of severe asthma attacks. Over the last few years she had had a soul retrieval as well as other healing work with good results. However, Susan did not want to be on prescription medication longer than absolutely necessary and was seeking alternative options. After consulting my spiritual team, I suggested we rebuild her chakras. It has been two years since she went to the hospital and now uses her inhaler on a very limited basis. She said, “Rebuilding my chakras literally gave me back ‘the breath of life,’ and I now have more energy to cope with my busy schedule.”

'Randall' is a 34 year old heavy equipment operator, married for 8 years and father of two small children. He was raised in Africa by his missionary parents until he was 14. Then his parents sent him to the US to live with his grandparents and go to high school and college. He became very involved in his church in this country. He planned on training as a missionary or a pastor. While he was in high school his mother contracted cancer and died. In college he was playing baseball and got hit in the head with the ball. He had a mild concussion, but otherwise seemed well.

Randall says, "I heard about Jill's work from my therapist. I had been depressed since my mother's death and angry at God for taking her. No medication or therapy had helped me. After a shamanic session of soul retrieval I was better but the depression came back.

Then I had my chakras rebuilt. It was my crown chakra that closed all the time. Jill taught me how to recognize when it was closed. When I feel depressed and separate from life, I know it is probably shut. In a few minutes I open it with a little visualization. Having them rebuilt I do not feel alienated. I feel close to God again. I've even talked to my wife about going to seminary. Whether I go to school to become a formal pastor or not, I have an everyday relationship with my spiritual team, especially Jesus."

'Renee,' a retired non-profit director, has been married 39 years. She now has a healing practice. During her childhood her parents verbally and physically abused her. As a result, she lived in constant fear as a child.

She reported, "At some time in the chakra workshop, my fear left. I have an internal freedom. It's seven months later, and it's still gone. I feel lighter, happier, and calmer and focused. My family noticed right away. My son said, 'Mom, you have your own friends now; you play more.'"

During the interview Renee spoke about the future. "Even in this economically troubled time, I am hopeful."

Earth chakras

Just as the world financial centers were beginning to tumble in October, 2008, my master physician told me we could rebuild the shattered chakras of cities and physical locations in this reality. Because our national election was imminent, I journeyed to Washington, D.C., and asked permission of the spirit of that place to do healing work. My master teacher installed the huge chakra. He had a list of ten other US cities whose financial chakras had been shattered and needed the work immediately. He asked that the work be done before our election the first week in November, 2008; I complied. After following his instructions, I could see inwardly an energetic web connecting the cities we had worked on. Over the next months we rebuilt the chakras of 77 other cities worldwide. In addition, other members of my spiritual team assisted conducting extractions, group soul retrieval, plant spirit medicine; and installing light columns, light grids of power, protection and support, and light curtains

My master physician said, "These new chakra installations allowed spirit to build an energetic structure of light connecting the world's financial centers. That will assist in establishing a new world economy based on mutual cooperation and support."

Conclusions

When I discussed the client findings with my chakra rebuilding teacher, he said benefits vary depending on the level of injury or trauma. He told me each person has a "unique personality signature" and therefore a unique response to the work. However, all people who have chakra rebuilding have a stronger energetic structure and therefore a stronger flow of chi or life force. Chakra rebuilding allows issues, emotions and problems stuck in the chakras or energetic field to resolve, dissolve and disappear.

Beyond healing the past, chakra rebuilding rewires the human energy field so people can pump more life energy and process more light. Rev. Dr. Earlynne Cheney (1951), American mystic, healer, and author, suggests that well-balanced and aligned chakras enable us to become what we are destined to be, and that is to become light beings, or beings that are manifesting light on Earth.

Dr. Hank Wesselman, author and teacher of shamanism, believes that shamanism gives us the tools to activate our inner visioning program "hardwired in our DNA." He also believes we are poised as a species to make a great leap in consciousness, perhaps even to become a new species.

Wesselman (2003) states, "At the time of this writing, humankind has not, as a whole, experienced the triggering of those higher functions, but those individuals who have could well be prototypes for a new kind of human....This is not fantasy, but a real phenomenon known to science as speciation."

When we activate and develop our inner gifts, we are getting a hint as to what that new species might be and are perhaps becoming that new species. And ALL our gifts for healing ourselves and our planet are urgently needed if we are to recreate ourselves, our lives and our world. Where does chakra rebuilding fit into this vision?

My inner physician advisor tells me, "The chakra work strengthens, reconstitutes, and fortifies the body/mind/spirit in such a way that human beings can repair their human selves and manifest the God self or the higher self more rapidly and smoothly. Rebuilding chakra centers for the Earth as well as for people not only raises our vibration but the Earth's as well. This work enables us to bring forward more light and be more of that light."

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