



DEVELOPING THE HAND CHAKRAS



CHI BALLS AND OTHER ENERGETIC TECHNIQUES

CHI BALLS



Chi, or Ki, Balls can literally be defined as balls of Chi energy. For some, the use of Chi balls is one of the most valuable and helpful ways to send healing and comforting energy, including empowerments and attunements. Unsurprisingly, in each manifestation the Chi energy is viewed and defined differently, but basically it is the same thing. Chi or Ki is the power which enables us to reflect, be in motion, respire, and be alive. It is the energy in command that makes gravity act like gravity, the world to turn, and life to exist. It is the link between our awareness of life in the inner and outer worlds.

Chi is one of the elements of the Tao: it is our connection to the very flow of the universe and the prime moving force within the human body. Tao signifies the primordial essence or fundamental aspect of the universe. Chi is not breath; it is the power that makes it possible for us to breathe. Chi is not merely "energy", it is what gives energy the power to be energy. Chi is the power behind movement and thought and existence...and it is everywhere. It is in the oxygen we breathe, the pure water we drink, in the food we eat. Chi is the animated force behind all life. Chi is life force in itself.

It is effortless and natural to create Chi balls because it is personal force that fills the energy that forms the Chi Ball. You are the Light battery that fills the Chi Ball. One controls the energy that goes directly into the Chi Ball. Your intention is the primordial principle that constructs the size, gives the color, defines the scale of the energy and everything that goes into it. All one must do is to send it on your breath and energy.

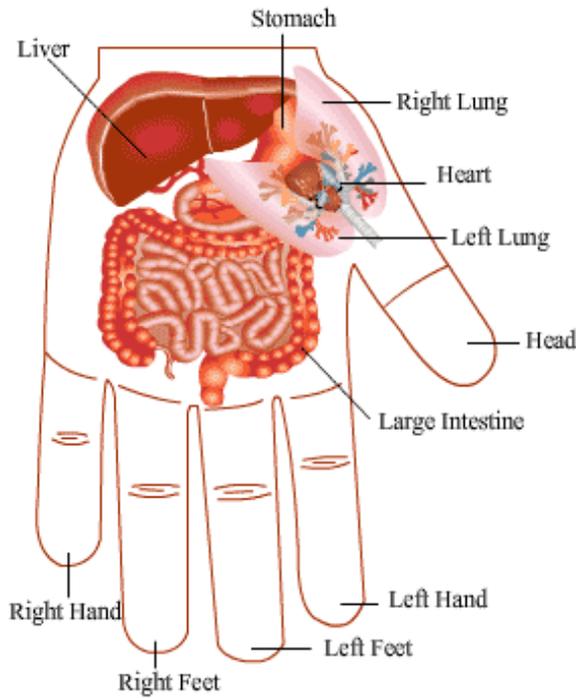
To be successful in creating Chi balls or even Chi objects, it is necessary to learn how to practice GPS¹, breathe properly and to control the brain waves and intensity of energy through the breathing process. Breathing in and out through the nose is the only method that enables the body to process Chi energy efficiently.

A normal Chi ball is constructed using one's energy, making it completely safe and perfect. There is no need to stress or to strain oneself energetically to create a good Chi ball. Through the regular practice of centering, one can draw the necessary energy through a central power point inside of oneself. Those that practice regularly martial arts or Qigong know the value of centering as the generating activity of Chi.

When the Chi Ball is created by you under the directive of your intention, it becomes ready to be sent and used as soon as you disconnect yourself from it. It is naturally protected against negativity because its origins are the center of your heart. To activate your power center in order to build Chi balls, one has to also stimulate the solar plexus. This is the elemental place to turn on the centering energies. Immediately after creating a Chi ball or after any spiritual

¹ GPS: Ground, Protect and Shield. Please see HH free e-books for GPS guidelines and techniques

practice, take a deep cleansing breath and thank your guides and angels for their assistance and support. Make your practice to cleanse deeply through the rebalancing of your energy centers.



THE HAND CHAKRAS

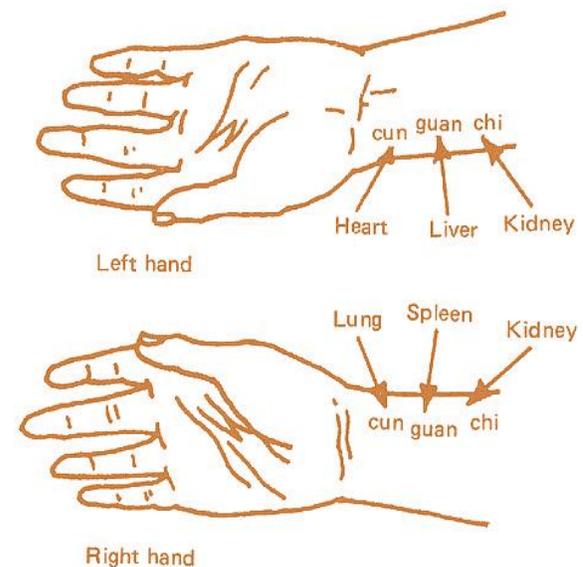
In metaphysical terminology, the word chakra means vortex. The development of the hand chakra will open your body, our personal vehicle of consciousness, to other states of possibilities and manifestations. The hand chakra is located in the central region of the palm of your hands. Because it is located over one of the terminal extremities of the body, they play an important role as an entry and escape port for energies. These not so minor chakras are some of the easiest to be stimulated. Their activation allows one to perceive the subtle energies of human and environmental

fields, including their aura. The development of these vortexes makes it possible to operate the fields of energy at long distances, across time and in different vibrations. Their sensitivity must be developed to be an auxiliary in dealing with physical vortexes and to be able to heal the lattices of a diverse range of the energy matrixes.

In reflexology, the hands can operate as a minor map of the physical body universe, and they can also be used by healers as a powerful tool in perceiving the energies that are running through the system of their patients during the time of the healing session.

The chakras in the palms of the hands are often relegated to minor status. These chakras were designed basically to transmit healing energy and receive energetic information from the universe. They are gateways to dimensions spanning from matter to consciousness.

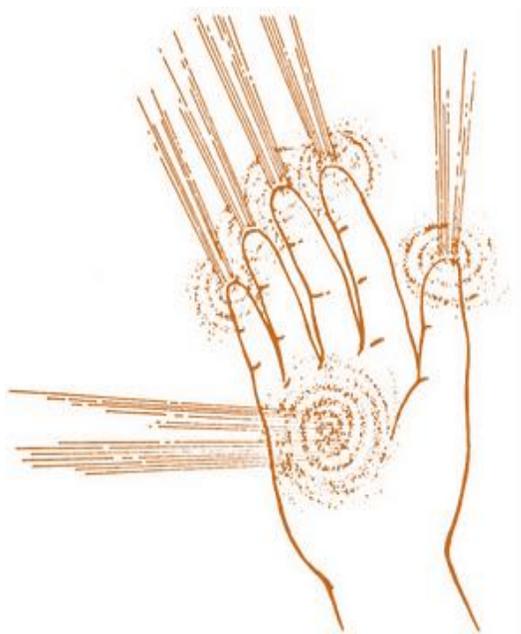
The palm chakras are used to channel healing energies to yourself and others and to receive impressions of the energy of a room, person, situation, etc. Activation



and awareness of these chakras makes a major difference in the quality of life of anyone. They can often be opened by intention and in the course of spiritual exercises and practices.

Through the practice of becoming aware of the energy of the palm chakras is a good place to start if you are interested in energy work and spiritual healing, or in any of the psychic arts.

Healing chakras may also activate in the



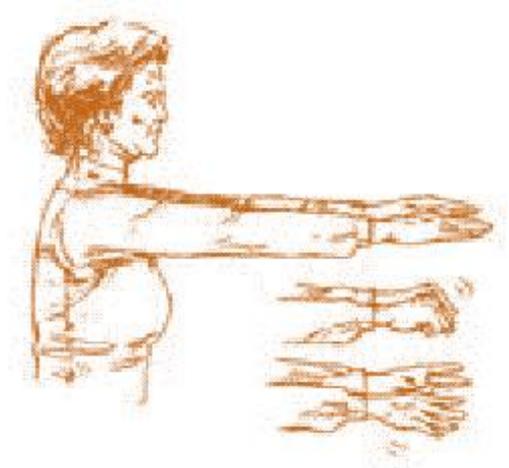
fingertips and elsewhere in the body.

The powers of the chakra of the hands were well known by the ancient practitioners of the Spiritual arts, which is why the practice of mudras² during meditation is so recommended and advised. The position of the mudra can determine the quality and the intensity of the energy that is being

² A mudra is a symbolic or ritual gesture in Hinduism and Buddhism.

guided to be absorbed and used. As the hands perform as an auxiliary tool from the energies from the heart, they have to be aligned, cleansed and attuned to each and every Spiritual exercise and practice. Always verify before any energy work if your hands are apt to the job, because any energy work is based on the clear intention of giving, since they are activated when selfless service is needed.

FIRST EXERCISE



Get comfortable and breathe deeply a couple of times. If you wish, mentally say your prayers and start concentrating on your grounding and centering practices.

Stand up and extend your arm in front of you, more or less at your heart chakra level.

With your hands in front of you, place one hand with the palm up and another hand with the palm down. *Palm down* symbolizes release or letting go while *Palm up* indicates receiving.

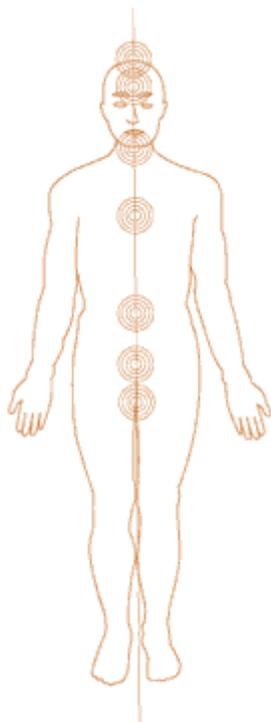
Now, start rhythmically opening and closing both your hands simultaneously in a coordinated way. While doing it, imagine pulling, through your breath, the energy

from your energy center, the Solar Plexus, and directing it gently towards both of your hands.

After doing this exercise for a while, alternate the position of the hands and repeat it for the same number of times. It is very important to keep the numbers even: if you did the first sequence of the exercise ten times, do the second sequence ten times; so the energy in both hands are calibrated and harmonized.

SECOND EXERCISE

1. This method for chakra stimulation is called the *Mental Hands Technique*. The goal here is to shift your focus to other parts of your body.



1) Relax your mind and body.

2) Visualize a pair of invisible hands, which are your own hands. Focus your mind on these hands and start mentally massaging yourself starting at your feet.

3) Imagine the hands going up and massaging your legs and throughout the rest of your body.

4) Keep your focus on the hands and feel your body becoming relaxed one body-part at a time.

5) Your point of awareness is entirely on these hands. Your point of consciousness is shifting to each part of your body as you do this.

6) Combine this with deep breathing, inhale strongly through the nostrils and exhale through the mouth.

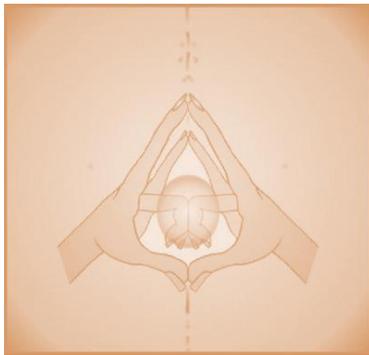
7) After you feel that your whole body is relaxed, use the mental hands to pull energy up from your feet and legs and direct that energy to the Root Chakra. Image each chakra roughly about the size of a softball.

8) Repeat with the Sacral, or Second Chakra, and continue the exercise through all seven chakras. You should repeat this a few times, it may take practice to get the hang of it. If done correctly, you will notice a rush of energy something like adrenaline and pulsing under your skin.



THIRD EXERCISE

When done consistently, what this exercise does is to establish an energy circuit within the hand chakras. This energy can be used for healing, opening other chakras, and applying energy. This exercise is also a basic technique to develop Telekinesis, or the moving of the Chi, or Ki, energy. In order to advance with these gifts, a healthy and powerful aura is needed, along with a well attuned intention source in order to impress and to act upon the auras of objects.



This exercise should be done at least once a day to get your energy flowing freely through your hand chakras.

1. Sit comfortably and relax. Try to go into an alpha state of mind, which gives you a better level of concentration and better results, especially when beginning this exercise. After an energy current within the hand chakras is open and flowing, this can be done anywhere at will.
2. Put your hands facing each other, fingertips almost touching and relaxed. Your fingers can be slightly bent as in the illustration.
3. With the pad of your thumb, press into the palm of each of your hands, right in the hollow part.
4. Now, focus intensely upon your hands, especially your palms.

- Feel the area you pressed in with your thumb.
5. Keep focusing all of your concentration and begin to feel a warm glow and energy between your palms.
 6. Begin to move your hands an inch or two apart slowly and back again to where your fingertips are almost touching. Try to feel the energy between the palms of your hands. The more you practice, the stronger your energy becomes. Keep moving your hands in and out, further and further apart, until you can feel your energy as far apart as two or more feet.
 7. Now, visualize a ball of white light like a mini-sun as in the illustration. Later on, you can use colors. Feel the heat and energy from this ball of energy between your hands. This may be felt as a tingling or throbbing. For some people, it may even feel cold. The important thing is to get this energy flowing and to “feel” it.
 8. Now let your arms hang down and relax. Focus on energy flowing down your arms and into your hands. This may feel tingly and your lower arms and hands may feel pumped. This is a sign the energy is flowing. Now repeat steps 5-7 above.
 9. Do the above exercise 4 times.

This exercise should be done every day for as long as it takes to really open your hand chakras and establish a permanent flow of energy. With the proper practice, you should be able to feel powerful energy between your hands at anytime.

MORE PRACTICAL EXERCISES³

The ability to harness Chi allows one to be able to heal physical, emotional, mental, and spiritual illness, as well as to be able to defend oneself in spiritual warfare by providing a layer or layers similar to that of a force field, weakening the power of an opponent.

Mudras⁴ are by far the best way to practice Chi, as each mudra has its own function involving Chi, whether to enhance the flow through the body, to condense, to gather, to clean, or to re-energize.

The following are four mudras that will greatly benefit the beginning practitioner.

1 POSITION



This is the most basic mudra to create an energy ball. The hands are in a cyclical pattern, with the fingers of one hand hovering over the bottom palm of the other.

This creates a magnetic stimulation in the Chi, a sort of + and - effect that attracts the Chi to form into a ball. The hands do not touch each other. The forearms are held

³ Exercises from the book: Mudras the Yoga of the Hands by Gertrud Hirschi

⁴ Mudras are positions of the body that have some kind of influence on the energies of the body, or your mood. Mostly the hands and fingers are held in some position, but the whole body may be part of the mudra as well.

parallel to the ground and are straight out in front.

When your hands and arms are placed in the proper position, visualize a ball of energy forming in between your palms. Think of light flowing out from your palms and swirling into a ball. The longer you visualize this, the more energy is formed in the center.

Practice this for about a month. This may seem like a long time, but, learning to make a Chi ball is like learning to walk. It is radically different from anything the body has done before: you go from crawling to walking when you learn how to project Chi. Practicing this for a month allows you to get used to the feeling of Chi and understanding the very basic dynamics of it.

As you practice, note any sensations (it is up to you to discover what you feel). After a month has passed, start moving energy from your wrists, through your hands, and then through your palm. This is more difficult, because now you are pushing more energy out of you over a longer area, which requires more concentration.

After another week of the previous, start again from the elbows. Then, after another week, start from the shoulders. And finally, another week later, practice moving energy from your back.

Don't worry if you feel like you're not doing something right. As long as you visualize energy moving out of your palms and forming into a ball, you are doing it correctly. Chi acts a bit differently in everyone.

Also, if you don't feel anything, this is okay. You just need to continue practicing.

Once you're able to move energy from your back and into the space between your palms, focus on gathering the loose Chi that flows around the hands. Visualize pulling it into the ball in between your palms. This is a good exercise for it allows the user to use Chi more efficiently. Note it's not necessary to gather all the loose energy; there will always be loose energy.

The point of gathering most of it is for the sake of increased efficiency.

Continue practicing this mudra for several months before you move onto the next one.

2 POSITION



This is the more advanced technique of the primary exercise. The points of all the

fingers touch, including the thumbs, to leave a wider space in between the palms. It is because of this wider space, and lack of positive-negative attraction that makes this exercise harder. It is, however, more beneficial as it boosts *Chi ability*.

This exercise has two levels.

LEVEL 1

Level 1 is gathering a Chi ball in between the palms. That's it. Gather enough energy in between the palms to have the ball press against the palms. This may take an hour or longer when first starting. Practice for a week.

LEVEL 2

Once you can gain enough Chi, you are ready for Level 2. Make the Chi ball, and now send the ball through the dominant hand and up the dominant arm. Bring the ball all the way to the shoulder, through the chest, and down the other arm. Push it through the palm and back in the space in between the palms. Repeat so that the energy moves in a circuit. If this sounds hard, it is.

It may take several months to accomplish. Do not stress if it feels like you can't get the energy where you want. This is advancing from walking to jogging. My congratulations if you reach this level or can already do this!

3 POSITION



Now we will move away from making a Chi ball and instead will concentrate on enhancing the flow of Chi. The

mudra is similar to #2, however, the pinky fingers are drawn towards you and press against each other, as can be seen in the picture. The index and middle fingers are curved, while the ring fingers are straight.

This mudra allows Chi to flow freely throughout the body, going where it most required. You can hold this mudra for as long as you like, though, try holding it for 10 minutes while first starting out, as it may take this long to notice the effect.

4 POSITION



This mudra, instead of increasing the flow of Chi, condenses the Chi that surrounds your body. It pulls it compactly,

increasing the amount of Chi that flows through your body. It doesn't so much affect the amount of flow as #3 does; it increases the amount that can flow. And because it condenses all the energy around you, naturally it increases your energy level. Plus, the increased amount of energy in your body will now clear energy blockages within you, blockages such as illness and pain.

I give you these mudras as I have been granted the knowledge of their existence recently, and felt that more should know about them. Enjoy each of them, as they all will boost your ability. The better you are at harnessing Chi, the easier it will be to eventually learn how to heal and defend. Remember, the art of energy healing and defense is a different exercise all together; you will not automatically be able to heal illness or limit physical damage. It will require a different series of exercise. These four mudras however, will prepare you to learn these arts quicker and easier.

Remember, the first two mudras, if you are using the energy within you, will leave you feeling tired after prolonged practice. Though this isn't a bad thing, I mention this so that you know you haven't done anything wrong. It is recommended that you first gather the energy around you (not your own

as #4 does) but energy from the things around you, and then using this energy to create the ball. But before you try gathering surrounding energy, learn how to make the Chi ball with your own, otherwise the former will be too difficult to achieve.

HANDS ON CHI BALLS

Before beginning any Spiritual exercise, you should Shield yourself. Shield yourself with a Ball of White Light to protect you and the energy you are about build for yourself.

Sit in a chair with feet on the floor. Look at your hands, palms up. See them, the lines that create the skin, the fingers, and the palms. Now take your hands and place them at just chest level, comfortable for you to work easily with during this exercise.

Take your hands and face those palms to each other. Hold them close to each other and feel the energy, the heat as it builds. Now slowly bring your hands apart to about 4 inches from one another and allow the energy to travel with the motion.

The energy is warm, and you can feel it build between your two palms. Mold that energy with your hands to form a ball-round and complete.

With your hands in this position, please take a breath *through your nose* and breathe with your diaphragm-deep and strong. Carry the breath to your solar plexus and draw it deeply. Now exhale through your mouth, quietly; and evenly. Take two more breaths. On the fourth breath, you will now direct the exhalation to the palms and blow your breath into the space between your hands. You are giving the space/ball between your hands your Light Energy. Feel the energy go to the space between your hands. Feel a heart beat in the space

between your hands, and take a moment and feel that energy build with gentle power. Allow your hands to form a ball around the energy you have created.

Direct your hands down to your Solar Plexus. Gently push this ball of energy into your Solar Plexus. Feel the ball move within you and feel the ball heat gently within you.

Take a deep breath and direct the ball of energy to flow all through your body from head to foot. Feel the energy flow through you.

This energy will be the energy for creation of the Chi Ball. This energy is the basis for your ability to center⁵. All you need to do to activate this centering energy is to touch your Solar Plexus! Try it!

You will feel a gentle surge of energy move through you that will go to that place of anxiety and gently create calmness. It is a place of power that you can move anywhere through your body to heal and calm anxiety or pain. This energy is permanent. It will never leave you, and will serve you anytime you need it.



⁵ Centering is twofold. One is for energy sending and the other is to provide you with power. You may ask, why power? In this day and age, stress and anxiety is everywhere. If you remain centered, you remain calm.

There is a fundamental difference between Chi balls and Reiki Balls⁶. Reiki Balls are filled with Reiki energy, and the Chi balls are filled with your Chi. You can produce a simple healing Chi ball or even a clearing chi ball for a multitude of different needs.

Reiki Balls can also be used to transmit attunements. You can draw Reiki symbols into the chi ball if doing an attunement that requires symbols or you can just channel Reiki into the chi ball and allow energy to accumulate into the space between your hands.

To send healing energies through the distance, one may use the chi as vehicles. Here is a suggested way to do it:

Call in your guides, healing guides and angels to be there with you. There is a very important step to be noted, when calling for guides and beings of light, please be aware and mindful to call the ones and only ones that are aligned to the Christ-consciousness, the Law of One and with the Cosmic Will of All That Is.

Now is the time to gently touch your Solar Plexus to give it the signal that you are activating the centering energy, this is your point of power.

Then simply place your hands palms facing and form a ball of energy. Mold it with your hands to any size you wish. First, give it color.

The colors are just representatives of the different frequencies and vibrations you are

⁶ Reiki chi balls are different than qigong chi balls in that qigong chi balls are filled with the practitioners own healing energies and Reiki chi balls are filled with Universal life force (i.e. Reiki) energy. They are created in a similar fashion but they are not the same.

evoking to transmit to others. For instance, if you wish to have gold Chi Ball; speak to the Chi Ball and intent the Ball to be gold.

Then take that deep breath through your nose and blow the breath out the mouth into the ball you have just formed with your hands.

Now it is time to fill it with energy. Now with your mind's eyes, open the ball with your dominate hand, and then intent exactly what you wish to go into the ball-the person's name, the amount of time it is to be used; and any other pertinent information needed to intent the healing, comforting energy and even an attunement.

Take a deep breath and blow that energy into the ball. Now, close the chi ball with your dominant hand, and take a deep breath and intent the ball on your breath to go to the recipient of the Chi Ball.

Take another breath and allow it to blow the Chi Ball off to the person you are sending it to. Bless it and send it on its way.

After you have sent the Chi Ball, take a cleansing breath and thank your guides and angels for their assistance and support. You have activated energy of great power inside of you to help you maintain good spiritual health, peace and serenity. You have given yourself a tool of great assistance to send energy and attunements without absorbing any negative energy in the

process. You provide yourself with proper shielding, maintain compassionate use of energy, and send powerful attunements and healing to those in need.

ENHANCED TECHNIQUES

There are some additional techniques that can be added to the tools above to enhance and to facilitate the sending of energy.

One is the use of the Violet Breath, which is a breathing technique where you imagine a bring violet sphere with pure Transmutation Violet Light above your crown chakra. First visualized it; breathe in the energy from your crown chakra, and imagine it traveling downwards your central channel front the front of your body, crossing, traversing and resetting all your chakras in the front, and traveling downwards, with a clockwise movement. Once the violet energy reaches your base chakra, continue to breathe this energy inside of our body, but now, in the ascending direction. Imagine it coming back through the chakras located in the back of your physical body. Continue in an ascending movement, clockwise, upward till you reach the crown chakra.

Once your chakra system is charged with this purifying energy, you can breathe it inside of your chi ball and command the time you intend this energy to be in action. While intending the time,



format, energy and function of the chi balls, don't forget to protect it with golden light, and decree that only beings of Christ-consciousness are allowed to access this source of energy.

Another auxiliary technique to enhance and facilitate the sending of the chi balls is that during the performance of the creation, and the decree of its functions, you would voluntarily contract your anal sphincter muscle. This is a technique that closes the system inside of you, so the sending energies tend to be more efficient and directed. The contraction of the sphincter also is a powerful tool to ground and close your energy in environments that one may feel energetically adverse.

Calling in or receiving the energies sent to you by the means of Chi balls is very easy. All you need to do is state to the Universe your intention to receive and then you can sit back, relax and enjoy the flow of energy!

RECEIVING CHI BALLS

To pick up an empowerment or attunement sent from another person, first ground, protect and shield yourself. After this place yourself in a meditative receptive state of mind. Call the assistance of your Spiritual team (angels, guides and Helpers) to help and support you during the receiving time. Then call in the Chi Ball by intent.

I am ready to receive the chi ball from *fill in the name of the person sending it to you.*

“I now call in the Chi Ball which carried the _____ (healing energy/attunement) from _____. I accept this Chi Ball now with love, light, peace and gratitude.

Visualize the ball opening and entering your Crown Chakra. The energy will pour out of the Chi Ball and begin to attune (initiate) and bring energy of healing to you.