



Chakra Interaction Guidelines

1. Never approach the chakra from the front- when entering the chakra do so from the side as coming in from the front has the potential to cause harm to the natural action of the chakra.

2. Never explore or feel this area for fun. Only touch a chakra with permission, knowledge, and foresight- have a plan for why you are sticking your fingers in this intimate and sacred place.

3. Always explain out loud what you are doing while you are doing it. The subtle anatomy reacts to intention and focus. Talking to it helps to shift it because it helps keep your clear intention true to your task.

4. Realize you can do harm. This stuff is real and you can hurt someone playing around with his or her subtle anatomy. So read up and be prepared.

5. First explore yourself. Touch and sense your own chakras before attempting to feel another person in such an intimate and intense way.