

EUREKA MORRISON

*Calming and Clearing
Chronic Pain*



TEN WEEK PROGRAM
EFT AND
CHAKRA BALANCING



**Calming and Clearing
Chronic Pain
with EFT and Chakra
Re-balancing**



I wish to express my profound gratitude to EFT Master - Rue Hass - for posting her public online article and sending me additional information. Without her ground breaking work and generous spirit it would not have been possible for me to write this manual. Rue literally holds our hands as we walk not only our own healing journey but in turn hold the hands of all those in need. Thank you dearest Rue

The Chakra, Hara and Core Star energy work in this manual is based upon my own experience and having been blessed to work with a Barbara Brennan Healer for many years.

To paraphrase EFT Master –

Rue Hass

....EFT is not about "healing" you. It is about how to recognize the energy patterns of disharmony in your body that may be showing up as chronic physical discomfort, and exploring ways to change those energy patterns with EFT. When you follow this program, you are taking responsibility for changing your own life in ways that can result in better mental, emotional and spiritual health.

....We are not "treating" any of these medical conditions. EFT is not a substitute for professional healthcare.

....Your healing is in your own hands. Only YOU can allow the emergence of new beliefs and behaviours in your life at the deep level that will lead to feeling better. No one else can do this for you.

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Week ONE: Reframe your highly sensitive temperament /cont.

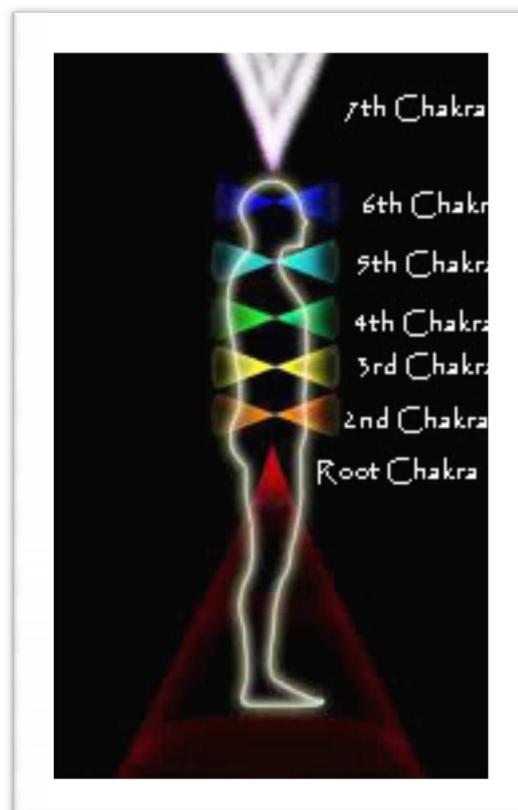
Week ONE: Exercise ELEVEN - Physical Task

Charging and Balancing the 1ST (Root) Chakra

This exercise to be done a *minimum* of ten times a day – five minutes at a time – you desperately need this energy fuel – else your 'body-car' won't go!

Notice the 7th and the 1st (Root) Chakras are single opening energy vortices.

Notice the 2nd, 3rd, 4th, 5th and 6th chakras have energy openings in both the front and back of the body



Week ONE: Reframe your highly sensitive temperament | Charging and Balancing the Root Chakra /Cont.

This exercise to be done a *minimum* of ten times a day – five minutes at a time – you desperately need this energy fuel – else your ‘body-car’ won’t go!

When this chakra is charged, balanced, and healthy, we are centred and have a strong will to live. People who are giving up on life need to really work with their first chakra. Without the will to live the rest of our healing plan will be difficult if not impossible to implement. For those suffering from Fibro and Chronic Fatigue Syndrome this is a vital chakra to kick start and to keep on kick starting each day.

At a Brennan Healing Science workshop, Anne Hoye our teacher asked our class, “*how do you move energy?*” Of course we all gave the wrong answer. She smiled at us and replied, “*With intent of course!*”

In this exercise you are going to kick start your root chakra by helping it to turn again – reminding it to spin in a clock-wise position. Once it is spinning (remember the tornado?) it can do its job properly - which is to suck in the universal energy which we need to strengthen our will to live, and to let this energy strengthen both our physical and spiritual legs.

Visualize a traffic circle between your legs. If you looked down at this traffic circle it has a clock face on it, but you can’t see the clock face as it is pointing down towards the floor. The only way you could see the clock face is if you were standing below yourself looking upwards towards yourself. Twelve o’ clock would be towards the front of your body, with six o’ clock towards the back of your body, Three o’clock would touch your left leg, and nine o’clock would touch your right leg.

Now visualize the colour

RED

Stand up (if you can) or lie in a half sitting position and bend over. If you cannot do this, ask a friend to help you, while both of you visualize the colour **RED, RED, RED**. Take your *right* hand, stick your **thumb** up, and place it between your legs, your **thumb** pointing up towards your belly button. Now your **thumb** becomes your **RED** car! **Drive** your **RED** car round and round the traffic circle. Actually move your **thumb** in this circle.

Starting at the twelve o’ clock position in the front of your body **drive** to the three o’ clock position which is towards your left leg. Now **drive** on to the six o’ clock position which is towards the back of your body. Now **drive** on to the nine o’ clock position which is towards your right leg. Now complete your journey around the traffic circle by **driving** to the twelve o’clock position (where you started) which is as the front of your body. Continue **driving** around the traffic circle for at least five minutes.