

CORRECTING GENERAL DISORGANISATION

INTRODUCTION

General disorganisation is when the body's energy system is in a state of chaos, where either no healing will get through, or, the energy system will not be able to integrate healing (issues will return). There are many ways to correct this for the purposes of healing, here are two simple methods.

I. COLLARBONE BREATHING

1. Cross arms across chest and place the tips of the fingers on the collarbone.
2. Keeping the fingers in place for the duration of the set:
 - a. Exhale all the way
 - b. Inhale halfway and hold
 - c. Inhale all the way and hold
 - d. Exhale halfway and hold
 - e. Allow the rest of the breath to exhale, and have a full, normal breath (in and out)
3. Still keeping the arms crossed, make a loose fist with each hand, and place the knuckles (middle joint) on the collarbone.
4. Keeping the fingers in place for the duration of the set:
 - a. Exhale all the way
 - b. Inhale halfway and hold
 - c. Inhale all the way and hold
 - d. Exhale halfway and hold
 - e. Allow the rest of the breath to exhale, and have a full, normal breath (in and out)

That's it!

II. CHAKRA MASSAGE

This may not be the usual chakra points with which you are familiar; stimulating these points in the order given is generally very effective at correcting general disorganisation, and, has additional benefits when done regularly.

Whilst breathing in a relaxed and slowed-down manner, rub these points in order:

1. Crown
2. Both temples
3. Bottom of skull
4. Sore spots
5. In from hip bones – about an inch or so
6. Back of the knees
7. Feet (top of, whilst pressing into the floor as well. The top of the feet may have to be massaged in turn rather than at the same time due to flexibility or other issues)
8. Heart
9. Third eye

EXTRA TIP

And, a bonus while we are talking about massaging points gently....

If at the end of a session a client (or you) feel/s a bit low energy or a bit disoriented, this sequence will refresh them/you:

Whilst breathing in a relaxed and slowed-down manner, rub these points in order:

1. Just up and behind the ears
2. Just under the cheekbones
3. Base of tailbone
4. Thymus
5. Solar plexus chakra