



CHAKRA CONNECTION

The Chakra Connection comes from *Joy's Way* and is part of the foundations of Healing Touch.

Don't forget to connect the crown chakra and the transpersonal point.

Be sure to include the spleen  and thymus  as you move up the body.

Move up the body, pairing the major chakras as outlined on page 59 in *Foundations and Practice of Healing Touch*.

Here the black stars represent the minor chakras of the joints in the legs, hips, arms, and shoulders.

The technique begins at the feet and moves up the body in sequence.

