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

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

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

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

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

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

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