



NATURAL ENERGIES COLLEGE

COMPLEMENTARY THERAPIES TRAINING COLLEGE

**Third Eye Chakra Level I
Therapist Addendum**

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Holistic Edu Pty Ltd trading as Natural Energies College
PO Box 260, Mentone, Victoria 3194 Australia
study@naturalenergies.com.au
www.naturalenergies.com.au

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The information in this manual is to be used in a complementary manner alongside allopathic medicine (as required). It is not intended as a substitute to medical prescription or treatment. Students must exercise care and take responsibility when applying treatment in the form of advice or healing to self or others; using logic in practice and taking contraindications into account.

INTRODUCTION

This addendum is for:

- ❖ Students enrolled in the Diploma in Spiritual Counselling
- ❖ NEC graduates of a certificate or diploma course.
- ❖ Existing wellbeing and health practitioners.

The purpose of this addendum is to guide the therapist in adapting the self-development techniques in the accompanying short course, so that they can be applied in a healing session with a client.

For Diploma in Spiritual Counselling students, please practise each technique in this addendum on a volunteer client before implementing it in the case study exam.

Ensure you have the client sign a volunteer form before you practise any techniques on them. Volunteer forms are available under 'Documents' in the Student Portal page. You will also find them at the end of the Module 1 and 2 Assessment Activity templates document (if you have already purchased one or both of these modules).

If you are an existing qualified practitioner, it is also recommended that you first practise the techniques on a volunteer prior to implementing them on a paying client.

Unit 1

Third Eye Chakra Altar

This activity would be suitable if after the consultation, or in subsequent healing/counselling sessions, you feel that the client's third eye is **very underactive**.

You do not need to give the client a detailed overview of the third eye chakra – *this wastes precious time in a healing session*. Instead you would explain to them those areas of their third eye that are imbalanced – *too much or too little energy is going towards them*. (This can be determined from the consultation and prior discussions you've had with the client.)

1. If you have completed level 2 of the third eye chakra course, then you can begin with the quizzes in level 2.
2. Determine from the results of the quizzes (or from the consultation with your client), which aspects of the client's third eye chakra require work. Then help your client to select the related items that will be used on their altar.
 - Use the notes in your manual to assist you with this.
 - If the client has completed the level 2 quizzes, then you can also advise them of other colours they can add to their altar (in addition to indigo), as per their goals.
3. Fill in client worksheet 3 accordingly. *If the client is unsure of what item to use, then they can fill in that section at home. For example, they might not be able to remember on the spot, what indigo items they have at home that could be placed on their altar.*
4. Have your client meditate at their altar daily or three times a week (focusing on their goals at some point in their meditation), until their next session with you. *Have them determine what days and times they will meditate and how they will meditate (if they are beginners provide them with simple point form instructions).*

Ensure you determine contraindications before asking the client to visualise indigo.

UNIT 6

MEMORY BOOST HEALING

Whilst we give the client home care activities so that they take responsibility for their wellbeing, we need to ensure that they are kept simple, thus achievable; and more significant or detailed healings and rituals are best conducted by the therapist (as that's what the client is paying you for).

When conducting rituals with your client, it is best to convert them into a healing in which your client will be lying down (on a massage table or similar).

You will need:

- Client worksheet 11 (help the client to fill this in)
- A tea light candle – with the word 'memory' carved into it
- One or more of the following in a bowl or small bag: - rosemary, ginseng, ginkgo biloba, walnuts, sage.
- 3 drops of essential oil (made up of one or more of the following – bergamot, rosemary, frankincense or peppermint – *crosscheck contraindications with the client's health conditions & have your client smell each oil before using it. If they dislike the smell or it is too strong for them, then don't use it*). Place the oil in a diffuser or dilute in a carrier oil and put a few drops in your palms (and rub together).
- One or more of the following gemstones: hematite, pyrite, rhodonite, emerald, zircon, kunzite, harlequin quartz or rhodochrosite. Programme the crystal/s by holding them in your hand and saying mentally or out loud '*Please boost (insert client's name) memory so that they can easily recall whatever they want and need to, on the spot*'.
- You can also include the items indicated in unit 6 for Archangel Zadkiel.

Healing Process

1. **Gather all the implements** (excluding the crystals) and place them around the **lit candle**. Place the client worksheet (safely) under the candle.
2. Prepare the room for the healing (put on soft **music without lyrics**).
3. **Have the client lie down and make them comfortable**. Place a **folded tissue** over their eyes to encourage them to keep their eyes closed, which enables deeper relaxation.
4. **Place the crystals** (intuitively), on one or more of the following: third eye, crown chakra, solar plexus, base chakra.
5. If your client needs further relaxation, take them through a **brief calming meditation** or have them take a few deep breaths.
6. Place your **hands on the client's shoulders**. Centre, attune and ground yourself.
7. Place your hand/s at the **client's third eye**, either:-
 - One hand or fingers on the forehead
 - One hand on either side of the temples
 - One hand over each eye

8. **Recite** the words below (mentally – to yourself – but projecting the energy towards your client). Fill in the gaps with the client's name:

“Archangel Zadkiel, keeper of the mind, hear this prayer
What _____ reads she/he remembers today and all tomorrows,
What _____ hears she/he recalls with ease and speed,
What _____ sees, she/he retains and gains access at will
_____ remembers her/his to do's, her/his way and her/his path
_____ 's memory is strong, her/his mind is sharp
_____ accesses all knowledge past and present
All that _____ knows, all that she's/he's seen open to her/him”

9. Apply **hands on healing** for 1 to 5 minutes (each) in the following order – **Base** chakra, **solar** plexus, **third** eye, **crown** chakra.
10. Intuitively go back to whichever of the 4 chakras above your most drawn to, and place your hand over this chakra. **Repeat one more time** (strongly but quietly to yourself – projecting the energy of the words to the client):

‘What you read you remember today and all tomorrows,
What you hear you recall with ease and speed,
What you see, you retain and gain access at will
You remember your to do's, your way and your path
Your memory is strong, your mind is sharp
You access all knowledge past and present
All that you know, all that you've seen open to you’

11. Place your hands at the feet for **grounding** for 1 to 5 minutes.
12. Remove the crystals and bring your client back to the room.
13. Give your client the tea light candle (if there is wax remaining); the client worksheet (11) and the herbs to take home. They can place the worksheet somewhere where they will see it as a reminder. The herbs and candle can be placed on an altar, the study, or in the health or knowledge gua (*for students that have completed module 2 – metaphysical studies*).