



Approved Provider

*CE Activity provided by:*

**National Coalition of Estheticians,  
Manufacturers/Distributors & Associations (NCEA)**

## **ALTERNATIVE THERAPIES**

### **INSTRUCTIONS**

1. To reinforce your learning and retain the information, highlight or underline the answers to each of the (30) Study Objectives.
2. Take the Three (3) Self-Assessment Tests, and then attach the tests to the CE Registration Form. Total test scores must be 75% or higher in order to obtain your CE Certificate.
3. Complete the CE Registration (Section A) and Course Evaluation (Section B).
4. Section C - Enclose a check or money order payable to NCEA:  
**NCEA Member Price: \$24.95**                      *Non Member Price: \$34.95*
5. Mail completed CE Registration Form, payment, & three tests to:  
NCEA CE Program, 484 Spring Avenue, Ridgewood, NJ 07450-4624.

### **GENERAL PURPOSE STATEMENT**

To provide the skin care professional with a review of Alternative Therapies. The COA has approved this activity for 2 CEs and is good through July 1st, 2015.

### **LEARNING OBJECTIVES**

After completing this interactive alternative therapies CE activity, the skin care professional will be able to:

1. Evaluate the role that alternative therapies play in overall well-being.
2. Describe and identify types of alternative therapies.
3. Understand the value of ayurvedic facial treatments and ingredients.
4. Summarize the different chakras and their associated element and color.

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# ALTERNATIVE THERAPIES

## Section A - CE Registration:

**PRINT CLEARLY (Illegible forms will not be processed)**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ + \_\_\_\_\_

Tel: \_\_\_\_\_ Fax: \_\_\_\_\_

Email: \_\_\_\_\_

\*Delivery Method used to send CE Certificate

Are you NCEA Certified? \_\_\_Yes\_\_\_No If yes, NCEA Certified# \_\_\_\_\_

License# \_\_\_\_\_ State of Issue \_\_\_\_\_

Type of License:

Esthetician \_\_\_ Cosmetologist \_\_\_ Teacher \_\_\_ Medical Professional \_\_\_

Other \_\_\_ Please specify: \_\_\_\_\_

## Section B - Course Evaluation:

1. Did this CE activity's learning objective relate to its general purpose? \_\_\_Yes \_\_\_No

2. Was the interactive format an effective way to present this material? \_\_\_Yes \_\_\_No

3. Was the content relevant to your skin care practice? \_\_\_Yes \_\_\_No

4. What type of setting do you currently work in? \_\_\_\_\_

5. How long in minutes did it take you to read the article\_\_\_\_\_, study the material\_\_\_\_\_,  
and take the self-assessment tests\_\_\_\_\_?

6. Suggestions for future topics\_\_\_\_\_

\_\_\_\_\_

## Section C - Payments and Discounts:

**The fee for this CE Activity for NCEA Members: 24.95 Non Members: \$44.95**  
**(Check or money order payable to NCEA)**

\*We offer special discounts for 6 or more CE Activities that are for institutional use..

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## Alternative Therapies

"I received a phone call earlier today and the client wondered if alternative treatments would help her better cope. I told her about the benefit of alternative therapies and she booked the Tibetan bowl sound therapy treatment," said Allison.

"Wow, you must be a good salesperson, that stuff is really out there," said Kathleen.

"Well she told me that she was having a really tough time with moving here and its been six months already. I told her that besides offering traditional facial, we have other complementary treatments that we can combine with the facial to help her relax and ease her stress."

"Well, I play music in my treatment room when I do facials, so what's so special about what you do?" asked Kathleen

"Sound therapy research is helping to facilitate awareness of techniques and it's potential for practical application. This treatment is not just striking bowls with a stick Kathleen! There have been documented cases of where different alternative therapies are really helping people."

Later that day...

Mrs. Jones came in for her treatment and she enjoyed the service and rebooked for the following week. Allison ended up doing a blend of Reiki and the Tibetan bowls and was able to ground the client to better focus her energies.

Introducing the client to a Tibetan bowl sound treatment was made easier by combining the treatment with a facial. The client was familiar with what to expect in the a facial and the

addition of the bowls and their relaxing affect rounded out the treatment.

Kathleen was still really skeptical about using alternative therapies, so Allison provided her with some book references that will help her to better understand.

Singing Bowl Handbook  
By Binkey Kok  
ISBN 9789078302162

Mantra of Sound  
Jonathan Goldman  
ISBN 1-57174-432-0

Encyclopedia of Ayurveda Massage  
John Douillard, PhD  
ISBN 1-55643-493-6

Essential Reiki  
Diane Stein  
ISBN 0-89594-736-6

- Do you consider yourself open to understanding therapies or treatments that you don't understand?
- Did you agree with Allison's approach in how she introduced sound therapy to Mrs. Jones?
- Can you think of any instances where you could incorporate alternative therapies into your facility?

## Ayurveda

Ayurveda originated in India approximately 5,000 years ago. The word Ayurveda is a Sanskrit word meaning ayus (life), Veda, (knowledge or science). This science of life or the knowledge of life, this traditional medicine is thought to be the mother of all healing as modern day healing modalities and alternative therapies are based on Ayurvedic principles.

Ayurveda incorporates a holistic approach: balancing the mind, body and spirit of the individual which in turn will create a lifestyle of balance, wellness and longevity. The first written medical text is thought to have been produced by the teacher Charaka Sanhita about 700 BC and is credited as being the founding father of Ayurvedic medicine. Traditionally this knowledge of life information was passed down from father to son. This complete healing approach deals with prevention, preservation, and the treatment of diseases. An Ayurvedic physician is called a vaiya and requires up to six years of study. There are eight traditional branches covering pediatrics, geriatrics, psychiatry, internal medicine, ear/nose/throat treatments, nutrition, fertility and aphrodisiac. A vaiya may prescribe a change in diet, herbal medicine or a detoxifying cleansing depending on the imbalances or disease of the individual. Similar to western physicians, a vaiya examines the patient's pulse (there are several layers and depths), examines the tongue eyes, nose, and ears. There is also a detailed questionnaire to complete. Ayurvedic treatments are based upon ancient literary works called the Vedas containing methods, and measures adopted for health care and treatments. The Vedas were originally four books named the *Rik*, *Sama*, *Yajur*, and *Atharva*.

### Ayurveda in the West:

It is becoming popular to see Ayurvedic based treatments and services offered on a spa menu including facials, body treatments, massage, herbal supplements and yoga.

## Study Objectives

Highlight/underline the answers to the following questions as you read:

1. Where did Ayurveda originate?
2. What does a holistic approach incorporate?
3. What are the 8 traditional branches of training in ayurveda?
4. What are the 5 elements of Ayurvedic philosophy?
5. What are the three Doshas?
6. What is the balance of all doshas referred to as?
7. What time is Vata more productive?
8. What is usually the first sign of illness?

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Historically, all traditional medicines were based on the earth's elements mostly due to mankind's closeness with nature. In the Ayurvedic philosophy there are five elements.

The five elements (*pancha bhutam*) are:

1. *Vaya* – air
2. *Agni* or *Tejas* – fire
3. *Prithvi* – earth
4. *Jal* or *Apa* – water
5. *Akasha* – ether or space

All living creatures are made up of the five elements which also relate to the seasons, months of the year and the time of day. Ayurvedic philosophy believes observing and living in harmony with nature's cycles, eating within the season, will ensure maximum health and longevity, and eliminate disease and dysfunctions within the body.

Determined at the moment of conception is the individual's *Prakruti* (nature or constitution). It is the individual's physical and psychological blue print which is based on the three doshas. The word dosha (dysfunction or fault) is similar to the Greek medical concept of bodily humors.

The three main doshas are *Vata*, *Pitta*, and *Kapha*. Everyone is born with a dominant or basic dosha and may have combination of 2 or 3 doshas. The balance of all doshas is the *Vikruti* which constantly changes throughout the day and through out life. When any one of the doshas within the body accumulates beyond the desired amount, the body becomes imbalanced.

## **Vata – air or ether**

Within the body *Vata* governs nerve impulses, circulation, respiratory and elimination.

## **Pitta – mostly fire, little water**

*Pitta* governs metabolism, the break down of food into nutrients.

## **Kapha – water and earth**

*Kapha* governs growth and protection, the mucosal lining of the stomach, and the cerebral spinal fluid.

## **Seasons**

Mid-October through to mid-February is the *vata* or winter season. The element is air or wind.

Mid-February through to mid-June is the *kapha* or spring season. The element is water and earth.

Mid-June through to the middle of October is the *Pitta* season or summer. The element is fire.

## **Time**

*Vata* time 2-6 am and 2-6 pm. Creative and active work is best achieved during these hours.

*Pitta* time 10 am -2 pm and 10 pm-2 am. This is also a time in the morning for production and in the evening the digestive system is busy.

*Kapha* time 6 am-10 am and then 6 pm-10 pm.

Activities slowly increase in the morning and then slowly decrease in the evening due to this dosha.

Each phase within an individual's life is governed by the three doshas. Infancy and the early formative years of childhood are dominated by Kapha. Through adulthood and middle age, Pitta is the most productive. As aging progresses, Vata increases. The knowledge of the five elements and the tridoshas are also an important aspect of the Ayurvedic healing system in order to heal the imbalances of the unique individual. Vata element governs the two other doshas, Pitta and Kapha, and a Vata imbalance is usually the first signs of illness.

### **A balanced Vata**

This individual is creative, fun and happy.

Light and slender frame.

Small facial features or long angular, thin skin and fine even lips.

Clear alert mind.

Sleeps well.

Quick thinker and learns fast but also quick to forget.

Fast talker, quick movements.

Sleeps 6-7 hrs.

### **Vata imbalances**

Anxious, worries, nervous energy.

Circulation and digestive problems.

Insomnia.

Skin feels fragile, dry, rough, or dehydrated.

Dark circles or shadows under eyes.

Early wrinkles.

### **Balancing a Vata type**

Regular balanced meals.

Plenty of rest.

Keep warm and eat foods that are sweet, sour, and salty.

Warm oil massage.

## **Study Objectives**

Highlight/underline the answers to the following questions as you read:

9. What is a balanced Vata?
10. What treatment balances a Vata?
11. What are Pitta imbalances?
12. How do you balance a Kapha?
13. What does Ayurvedic nutrition rely upon?
14. What are the six rashes or tastes?
15. Ayurvedic facials treatments are customized according to what?
16. What ingredients are found in ayurvedic skin care products?

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## **A balanced Pitta**

Medium frame, good posture.

Well balanced, focused.

Good public speaker.

Sharp hunger can't skip meals.

Heart shaped face, delicate soft skin, burns easily, redness tones, freckles.

Sleeps 7-8 hrs.

### **Pitta imbalances**

Not enough sleep.

Can be impatient and irritable.

Can be bossy and a perfectionist.

Redness, ruddy complexion.

May suffer from skin inflammation, acne, hyper-pigmentation, dry or irritated eyes.

Inflammation of the digestive tract

### **Balancing the Pitta**

Eat meals on time, especially lunch.

Balance work and relaxation. Avoid excessive work load.

Eat cooler foods avoiding spicy, hot foods, alcohol and caffeine.

## **A balanced Kapha**

Heavier frame.

Body is well proportioned.

Easy going, stable.

Filled with energy.

Smooth complexion.

Round or fuller face.

Thick wavy hair.

Sleeps 8-9 hrs.

## **Kapha imbalances**

Oily skin, black heads, skin growths.

Congestion.

Depression.

Excessive sleep patterns.

Laziness.

Weight gain.

Allergies.

### **Balancing the Kapha**

Invigorating, stimulating massage.

Exercise more.

Light foods.

Socializing more.

## **Nutrition**

Ayurvedic nutrition relies upon the six rasas or tastes that are found throughout nature. Each dosha has food and tastes that help to balance them. These tastes are sweet, salty, sour, bitter, pungent, and astringent.

A Vata individual should eat foods that have bitter, pungent and astringent tastes.

A Pitta individual should eat foods that are pungent, sour, and salty tastes.

A Kapha individual should eat foods that have sweet, sour and salty tastes.

## **Ayurvedic Facial Treatments**

Facials are customized to the dosha types using oils, herbs, and products with ayurvedic ingredients that will help with the skin imbalances of each dosha. The entire nervous system is treated in an ayurvedic

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facial, which in turn relaxes and balances the body. Specialists face and head massage techniques are utilized.

### **Abhyanga**

A deep body oil massage that stimulates lymphatic movement and used for applying deeper penetration of therapeutic oils.

### **Garhshana**

Using a dry skin brushing or gloves made from cotton, silk or wool. This movement enhances circulation and stimulates lymphatic movement. Used also for exfoliation treatments of the skin.

### **Shirodhara**

Warm oil gently administered to the forehead (dripping of oil like a thread). Helps relax and stabilize the nervous system, releases stress, improves mental clarity.

### **Shiro-Bhyanga-Nasya**

Head massage, neck and shoulders, massage, nasya with aromatic steam.

### **Kansa Vataki**

Foot massage with oils and herbs.

### **Swedana**

Sweat or steam tent used for detoxing the body. During this treatment the body is heated up to remove toxins while the head and heart remain cool to allow relaxation of the mind and emotions.

### **Marma Therapies**

There are 107 major points and 84,000 minor points that can be stimulated through marma therapy. Within these are the 7 chakra (wheels of energy or discs). Chinese acupuncture found its basis in this therapy

### **Panchakarma**

Fasting, detoxing, cleansing of the body with massage and diet. Traditionally in India this form of cleansing could last for several months to help rejuvenate and revitalize the body, mind and spirit.

Yoga and nutrition are customized for each individual dosha.

### **Ayurvedic Skincare Ingredients**

**Alma** – antioxidant exfoliates and brightens the skin.

**Ashwagandha** – helps to clean out impurities on the skin.

**Bhrigraj** – improves skin textures.

**Neem** – promotes skin elasticity. Normalizes oil production, anti bacterial, anti inflammatory.

**Tumeric** – antiseptic and anti inflammatory.

**Tulsi** – antioxidant.

**Sandalwood** – smoothes, cools and hydrates aging skin.

Even in our modern society Ayurvedic traditions and therapies offer the esthetician resources and practical information. Ayurvedic approach to life style and wellness offers an abundance of ancient knowledge.



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### Self Assessment Exercise 1

1. The word Ayurveda is based on:
  - a) Latin
  - b) Arabic
  - c) Japanese
  - d) Sanskrit
2. A Vaiya may prescribe a change in diet depending on \_\_\_\_\_ or \_\_\_\_\_ of the individual.
3. The Vedas were originally:
  - a) four healers
  - b) ancient vaiya
  - c) four books
  - d) branches of philosophy
4. Historically, all traditional medicines were based on \_\_\_\_\_.
5. The three main doshas are Vata, Kapha and Vikruti.  
True or False?
6. Complete the table below:  
Vata governs \_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_  
Pita governs \_\_\_\_\_  
Kapha governs \_\_\_\_\_ and \_\_\_\_\_, + \_\_\_\_\_ + \_\_\_\_\_
7. The balance of all doshas is the \_\_\_\_\_.
8. A pitta individual should eat foods that are:
  - a) sweet, sour and salty
  - b) bitter, pungent and astringent taste
  - c) pungent, sour, and salty
  - d) none of the above
9. A balanced vata is creative, fun and happy.  
True or False?

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## Sound Therapies

Sound therapies have been used since ancient times to help alleviate mood, enhance spiritual practice, and for healing purposes. This is an introduction to some of the different sound healing modalities.

Sound therapies may include one or more of the following techniques: singing bowls—Tibetan or crystal, tuning forks, and the voice. Sound therapists have taken advanced training to be able to incorporate sound therapy into their practice. Sound therapists believe that sounds have an effective healing process, which have a curative effect on the cells of the body. There is a frequency within every organ, tissue, bone, and body system. Every illness also has a frequency and by applying sound therapy, an individual's health can be brought back into balance.

### Tibetan Singing Bowls

Tibetan singing bowls also known as Himalayan bowls, rin gongs, medicine bowls are all a type of standing bell. Historically made in Tibet, Nepal, India, China, Japan and Korea, these bowls were used for ceremonial purposes, enhancing meditation, and for eating utensils. They are made in many different sizes some are small as a few inches in diameter and others big enough to stand in. Symbols and motifs are sometimes carved into the metal. The bowls were originally hand cast out of seven different metals melted together. Each one of the metals within the bowl corresponds to a planet in our solar system.

Gold – Sun

Silver – Moon

Mercury – Mercury

Copper – Venus

Iron – Mars

Tin – Jupiter

Lead – Saturn

Today the bowls are mainly used for sound therapy, sound massage, space clearing, feng shui and chakra therapy.

## Study Objectives

Highlight/underline the answers to the following questions as you read:

17. What are three sound therapy techniques?
18. What are the benefits of Tibetan singing bowls?
19. What is a canopy of sound?
20. How does the frequency of the bowls work on the body?
21. Locate and compare the difference between the brain wave frequencies?
22. What are the four basic brain wave states?
23. What is the sound difference between a crystal bowl and a metal bowl?
24. What are the individual notes for each chakra?

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The benefits are two fold—both the receiver and practitioner are receiving the sound waves. Benefits include: stress reduction, relaxation, helps to balance the mind, body and spirit. Through vibrational healing it can also help increase meditation practices.

### ***Incorporating the Bowls for Chakra Therapy***

Sound therapy combined with Reiki is fast becoming a popular treatment in alternative or wellness spas. The bowls are used as a sound healing modality by striking the bowl with either a leather bound wooden stick, or a felted mallet. Each bowl has its own unique note which corresponds to the individual chakras. The bowl is struck gently on the sides or a rubbing (friction) movement is used around the rim until the bowl “sings”, filling the room with the sound waves.

Strategic placement of the bowls around an individual can elicit different results from the treatment. To form a canopy of sound, the bowls would be spaced evenly around the client. This is often called a “sound bath.” Bowls can also be placed directly on an individual, and by striking the bowl the sound vibrations enter directly into the body. When two bowls are struck consecutively this creates a wave that oscillates, and produces its own harmonics. Each session may last up to an hour.

Bowls vary in price depending on the amount of metals used in the making, the origin, and the age. A set of bowls that are tuned for chakra therapy can be approximately \$2,000 - \$3,000. As bowls age they become more valuable, and a single bowl can be worth thousands of dollars.

Sound has an unmistakable effect on people, and frequencies of sound may induce a meditative and peaceful state. This meditative or peaceful state resonates within the body as vibrational harmonic frequency that impacts the sympathetic nervous system as brain waves synchronize to each vibration of the bowls.

These multi phonic instruments are sound tools shifting the brain into the *alpha* and *theta* states. Sound is understood as waves and there are four basic brain wave states that are measured in electromagnetic currencies. These measurements are called hertz (Hz), and are measured in cycles per second.

#### ***Beta waves***

14 hertz or higher. Normal waking state of consciousness or when the brain is active.

#### ***Alpha waves***

9-13 hertz. Daydream state, or meditation.

#### ***Theta waves***

4- 8 hertz. Deep meditation, sleep or shamanic activities.

#### ***Delta waves***

0.5 - 3 hertz. Deep sleep or unconsciousness. Also found in deep meditation and trance-like activities.

Sound is called a frequency and there are sound waves that the human ear can hear and sounds that are beyond the scope of the human ear. We can hear within a range of 16 Hz to 16,000 Hz and as we age our abilities decrease. Dolphins and dogs can hear up to much higher range (180,000 Hz).

## Crystal Bowls

Crystal bowls are also regarded as singing bowls but unlike the earthy tones of the Tibetan metal bowls these bowls produce a more ethereal sound. Crystal bowls were developed in the USA and are made from quartz, silicon dioxide making them more fragile. Crystal bowls are also commercially sold in sets of seven, with the striking stick made in the seven colors to match the chakras. Concerts are given with the combination of metal and crystal bowls which produces a great variety and tone of sounds. Concerts are usually performed with three sound practitioners and a vast variety of bowls.

## Chakra Chanting

Chakra chanting is part of meditation practice and reciting mantras or sounds for each chakra is thought to help enhance health and raise consciousness.

*Bija* is a Sanskrit word for “seed—the origin of things” and is a word used for the sound essence of the chakra. Each individual chakra has its own unique note or sound starting at the root or 1st chakra which is the deepest and lowest up to the 7th or crown chakra which is the highest and fastest.

Chakra chanting can be practiced by an individual by chanting each sound or mantra and can be blended with other modalities as part of an alternative treatment. Chakra chanting usually starts at the base or root chakra and works up through each chakra to the top of the head. This sound meditation can last up to 20-30 mins.

### SEVEN CHAKRA & SOUND CHART

<u>Chakra</u>	<u>Note/tone</u>	<u>Vowel</u>	<u>Mantra</u>
1st ROOT	C	UH/U	LAM
2nd SACRAL	D	OOO/O	VAM
3rd SOLAR PLEXUS	E	OH	RAM
4th HEART	F	AH	YAM
5th THROAT	G	EYE	OM HAM
6th THIRD EYE	A	AYE	KSHAM
7th CROWN	B	EEE	OM

## Self Assessment Exercise 2

1. Tibetan singing bowls are also know as:
  - a) Nepalayan bowls
  - b) Kristal bowls
  - c) Himalayan bowls
  - d) Mercuryan bowls
2. Frequency can be found within every \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.
3. Complete the table below:

<u>METAL</u>	<u>PLANET</u>
Gold	_____
_____	Moon
Mercury	_____
_____	Venus
Iron	_____
_____	Jupiter
Lead	_____

4. Beta, Alpha and Delta are types of acids. True or False?
5. The 6th or third eye has the unique note of:
  - a) Tone B
  - b) Tone D
  - d) Tone A
  - e) Tone C
6. A peaceful meditative state can be brought on by frequencies of \_\_\_\_\_.
7. Sound therapy using chanting can last up to:
  - a) 5 minutes
  - b) 10 minutes
  - c) 15 minutes
  - d) 20 minutes

## Reiki

Reiki is a form of palm healing or “laying of hands” healing system. Practitioners transfer healing in the form of Ki through the palms promoting a sense of well being, and relaxation. It is safe, and simple to use and has no serious side effects.

The Japanese word reiki, pronounced “ray-key” and means rei- “universal” and ki- “life force energy” originated in Tibetan Buddhism. This ancient art of healing was thought to have been lost until the 1800s when a Dr. Mikao Usui began a 10-year quest to research and learn the skills. Dr. Usui continued his research, and in the 1930s, Reiki was introduced in the United States. Reiki is regarded as a healing system that is for everyone, within everyone and is not of one particular spiritual belief. Reiki is becoming more popular and is moving into more mainstream facilities such as hospitals, hospice care centers, and spas as it promotes on a basic level of peace, harmony and wellness.

Reiki is learned through a series of workshops or classes. Practitioners are taught 12-15 different hand positions and symbols. There are three levels or degrees to reiki taught in a process from teacher to student through attunements—the process enables them to permanently open and connect to the universal reiki energies.

A typical reiki session lasts from 30-90 mins. The client sits or lays in a comfortable position, and the practitioner lays his/her hands palms down slightly above or gently on the client, primarily on the location of each chakra. The practitioner may also use a scanning technique, or use different hand positions—holding each position up to 2-5 minutes. The practitioner may feel sensations like tingling, or hot and cold sensations in the palms of his/her hands. These sensations are believed to be blockages that are the cause of stagnated energies or ki. It's the goal of the practitioner to be the facilitator to the client's own innate healing powers. Once a practitioner has been practicing reiki for several years, they may develop their own style and incorporate reiki with other modalities.

## Study Objectives

Highlight/underline the answers to the following questions as you read:

25. How does reiki work?
26. What are the origins of reiki?
27. Who can receive a reiki treatment?
28. What is the location of the 3rd chakra?
29. Name the element of the 7th chakra?
30. Which essential oils are used for the 4th heart chakra?

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## Ethics

The five Reiki Principles to live by according to Diane Stein in her book entitled, "Essential Reiki":

- Just for today, do not worry
- Just for today, do not anger
- Honor your parents, teachers, and elders
- Show gratitude to everything.
- Make your living honestly.

When offering any alternative treatments remaining professional and ethical is important. The intent of the practitioner is vital when giving a treatment or service. Avoid any exaggerated claims and results, as each individual will experience reiki in his or her own unique way.

\*Review the NCEA Code of Ethics found on [www.ncea.tv](http://www.ncea.tv) - under "About NCEA"

## Consent for Treatment

It is advisable to have a consent form when offering any kind of treatment even when offering an alternative treatment. It is important to have the client understand your role in their healing process. A clear statement should be made to the client that you are not a medical doctor therefore you cannot diagnose or prescribe any drugs, advise against discontinuing of medical treatments or prescriptions.

## Understanding the Chakras

Chakra therapy is an integral part of most alternative healing modalities. The first references to the chakras were found in the ancient writing of the Vedas and were used by the yogis. The term "chakra"

is a Sanskrit word "for wheel or disc which turns continuously."

We have thousands of small energy points in the body called "nadis" which come together through seven main chakras. We also have chakra points in the palms of the hands and bottom of the feet. This overview will concentrate on the seven main chakras that are aligned in a vertical line up the spinal column.

## Benefits of Chakra Therapy

Chakras constantly absorb energies from our surrounding environments, and everything and everyone around us. Working on the chakras can benefit the mind, body and spirit promoting inner peace, relaxation, and wellness. It is thought that this healing system helps to dissipate blockages of energies which could result in illness or disease if left unchecked.

### 1st root or muladhara chakra

**Color:** red

**Location:** base of the spine

**Element:** earth

**Symbol:** square

**Sense:** smell

**Functions:** skeletal system, male reproductive organs, blood, lymph, colon and adrenals. It is the life force, self preservation. It is the grounding chakra giving a sense of security and trust.

**Nature experience:** dawn, sunset, fresh soil

**Gemstones:** bloodstone, garnet, ruby, red coral, black tourmaline

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**Aromatherapy:** cedar, clove, rosemary

**Balanced qualities:** secure and grounded, stability and healthy

**Out of balance:** insecure, self centered, aggressive.

### **2nd sacral or svadhithana chakra**

**Color:** orange

**Location:** lower abdomen to navel area

**Element:** water

**Symbol:** crescent moon

**Sense:** taste

**Functions:** sexuality, assimilation of foods.

Female reproduction organs, spleen, skin, kidneys ovaries, womb, testicles

**Nature experience:** moonlight, clear water

**Gemstones:** carnelian, coral, amber

**Aromatherapy:** ylang ylang, sandalwood

**Balanced qualities:** giving and receiving, working in harmony with others.

**Out of balance:** over indulgencies, jealousy and anxiety

### **3rd solar plexus or manipura chakra**

**Color:** yellow

**Location:** above the navel below the chest

**Element:** fire

**Symbol:** triangle

**Sense:** sight

**Functions:** pancreas, gallbladder, liver, stomach, muscles, diaphragm. Vitalizes the sympathetic nervous system,

digestive process, and metabolism.

**Nature experience:** sunlight, fields of sunflowers, wheat, rape in full bloom

**Gemstones:** Citrine, gold topaz, tiger eye, gold

**Aromatherapy:** lavender, chamomile, lemon, anise

**Balanced qualities:** personal power, self confident self control, self empowerment, vitality and radiance

**Out of balance:** ego, pushy, anger, fear, hate

### **4th heart or anahata chakra**

**Color:** green or pink

**Location:** heart

**Element:** air

**Symbol:** hexagon

**Sense:** touch

**Function:** energies blood and heart lymph glands, lungs, arms, hands, thymus. The center of one's humanity and feeling for others. Love compassion, warm hearted.

**Nature experience:** untouched nature, blossoms, pink sky

**Gemstones:** emeralds, pink tourmaline, jade, rose quartz

**Aromatherapy:** rose, jasmine

**Balanced qualities:** divine unconditional love, forgiveness and compassion

**Out of balance:** negative repressed love, emotional instability. Heart and circulation problems



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### **5th throat or vishuddha chakra**

**Color:** blue

**Location:** throat

**Element:** ether

**Symbol:** circle

**Sense:** hearing

**Function:** speech, sound, communication, thyroid, parathyroid, hypothalamus, mouth

**Nature experience:** blue sky, sky reflected in water, gentle waves

**Gemstones:** lapis lazuli, aquamarine, topaz

**Aromatherapy:** eucalyptus, peppermint, camphor, sage

**Balanced qualities:** power of speech, creativity, expression in speech, writing and art

**Out of balance:** communication or speech problems. Lack of discernment

### **6th third eye or ajna chakra**

**Color:** indigo

**Location:** forehead between the brows

**Element:** light

**Sense:** sixth sense, transcendental awareness

**Function:** vitalizes the lower part of the cerebellum and central nervous system, vision, pituitary, nose and ears

**Nature experience:** night sky

**Gemstones:** blue sapphire, opal, blue tourmaline

**Aromatherapy:** lemongrass, mint

**Balanced qualities:** intuition, visionary, concentration, peace of mind, wisdom

**Out of balance:** lacks concentration, tension, eye problems, no clear purpose in life.

### **7th Crown or sahasrara chakra**

**Color:** violet, white, gold

**Location:** top or crown of head

**Element:** cosmic energies

**Sense:** cosmic awareness

**Function:** vitalizes the upper part of the brain, pineal, cerebral cortex

**Nature experience:** mountain tops

**Gemstones:** diamond, rock crystal, amethyst

**Aromatherapy:** rosewood, frankincense

**Balanced qualities:** spirituality, opening of the higher planes, enlightenment, self realization, idealism, selfless service, perception of time and space.

**Out of balance:** lack of inspiration, confusion or depression, hesitates to serve.

### **The Seven Layers of the Aura**

These subtle layers are the beginning of the many healing modalities that are describe in this section. Shaman, spiritual teachers and healers utilize these seven layers for healing purposes and the evolution of consciousness. Each of these individual layers is not separated from each other but do have their own respective frequencies.

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### Self Assessment Exercise 3

1. The word "Reiki" is based upon
  - a) latin
  - b) Arabic
  - c) Japansese
  - d) Sanskrit
2. Reiki is learned through:
  - a) Online Courses
  - b) Studying a textbook
  - c) Workshops or Classes
  - d) None of the above.
3. List the five Reiki Principles
  1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
  4. \_\_\_\_\_
  5. \_\_\_\_\_
4. A typical reiki session lasts from 30-90 minutes?  
True or False?
5. Besides the earth, what makes up the physical layer of the aura?
  - a) ether, fire, air, and water.
  - b) earth, wind, fire, and air.
  - c) water, metal, wood, and crystal
  - d) heart, throat, crown, and sacral

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## **The Seven Layers**

1. Physical layer
2. Etheric layer
3. The Emotional layer
4. Mental layer
5. Astral layer
6. Casual layer
7. Spiritual layer

### **Physical Layer**

This level contains the most dense energy and ends at the skin. In Sanskrit this layer is described as the shell of nourishment. It makes up the physical body and the elements of earth, ether, fire, air, and water. It is our earthly existence.

### **Etheric Layer**

In this layer the energy field that extends several inches from the physical layer. This is where our life force or *ki* is held and is often describe as a white field of color. This layer is the life shell of the body and regulates the body's energetic processes such as our body temperature, self-preservation instincts.

### **Emotional Layer**

This layer affects our emotions and feelings and this layer changes color depending on our moods and emotions.

### **Mental Layer**

Our thoughts, mental clarity, intuition are here. It extends about one foot from the body and holds our belief systems. Work on this level helps to change blocked thought patterns that could lead to physical problems. This layer is seen as yellow.

### **Astral Layer**

Found three feet from the physical body, this energy field has a blend of emotions and mental images. This is thought to be the layer that separates from the physical form for astral traveling or out of body experiences.

### **Casual Layer**

About from four feet from the body this holds memories of past and present lives.

### **Spiritual Layer**

The layer encompassing all of our being. It extends several feet from the physical body and this is where the higher self resides.

Incorporating alternative therapies into your treatment offers modalities that have multidimensional benefits and a holistic approach in the wellness of the whole client.

Be sure to check with your state regulatory board to ensure alternative therapies are within your scope of practice.