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An Evaluation of Results

Abstract

This article introduces the Chakra Charting Method, a breakthrough in tracking, with charts and graphs, the progress of energy healing sessions using Brennan Healing Science. The method is adaptable for any healing modality where chakra readings are recorded. Several case studies are presented and data from over 90 clients is presented, analyzed and commented.

Brennan Healing Science is taught in a 4-year program at the Barbara Brennan School of Healing, a college based in Florida , USA . The school is the only college in the world to offer a Bachelor's Degree in Healing Science. Brennan Healing Science was developed by Dr. Barbara Brennan and is described in her books Hands of Light and Light Emerging.

The Chakra Charting Method can be used to:

- Educate clients;
- Visually document and track the progress of healing;
- Visually indicate where images and limiting beliefs cause unnecessary suffering, which can then be used to support recommendations for deeper process work;
- Compile the results from all healings with a client on a single page for easy reference;
- Document research;
- Help to inform traditional and other modalities about the healing modality.

The method can be adapted to track the progress of other modalities if chakra readings are used and recorded.

Brennan Healing Science

Brennan Healing Science is an advanced form of energy healing created by Dr. Barbara Ann Brennan. Barbara worked as a physicist with NASA when she began an extensive personal healing journey that eventually led her to write Hands of Light and open the Barbara Brennan School of Healing in 1982. The school is a college based in Florida recognized by the Florida Commission for Independent Education. The school is the only

one in the world to offer a 4-year program culminating in either a Diploma or Bachelor's Degree in healing science.

With Brennan Healing Science, universal energy is channelled and made available to the client by laying the hands on the body's energy centres and joints. Throughout the 4-year program, the healer undergoes extensive personal transformation work and therapy to clear his energy field and allow deep contact with clients. The healer learns to develop High Sense Perception (HSP) and is able to perceive the energy field; which helps to "diagnose" what is going on for the client from an energetic perspective. Over 50 techniques are learned to repair, restructure, charge and clear the energy field. The healer learns to work on the aura (energy field) dimension but also works on deeper dimensions of intention and essence. The program teaches the psycho-dynamics of relationships, early wounding and character defenses systems as well as personal development skills.

The Energy Field – The Dimension of the Universal and Human Energy Fields

The Universal Energy Field (UEF) is made up of universal energy. This energy has commonly been referred to as Vital Energy, Chi, Ki or Prana. This energy has consciousness and nurtures all living things and all matter. This energy permeates the universe and interconnects all things. Brennan gives a comprehensive history of references to the UEF.

The Human Energy Field (HEF), commonly known as the aura is that part of the UEF that is intimately connected to human life. It is the level where an energetic framework exists upon which the physical world rests. On this level, energy and consciousness cannot be separated. The energy field is a template for the physical body and is the vehicle for all psychosomatic reactions. The aura defines our personality and how we interact with others in relationships and groups. Disease and dis-ease appear first in the energy field before they appear in the physical world. Therefore, they can be treated by working with the energy field.

The HEF is made up of chakras and levels (commonly referred to as energy or etheric bodies).

Chakras

Chakra is the Sanskrit word for wheel. Chakras act as funnels, which spin and collect the energy from the UEF and metabolize it for use by our body. Each chakra nourishes endocrine glands and specific organs and each chakra also governs a psychodynamic function. As an example, the 5th chakra nourishes the vocal and breathing apparatus, the thyroid gland and the alimentary canal. In addition, this chakra influences how we are able to express ourselves, our ability to ask for what we need, our ability to receive and our sense of self in society and our profession.

There are 7 main chakras located close to the human body, and many other secondary chakras. The locations of the 7 main chakras correspond closely to that of the endocrine glands. In the vertical plane, there is one chakra located at the head (crown chakra) and another at the perineum (root chakra). There are 5 others located in the horizontal plane, one each at the 3rd eye, the throat, the heart, the solar plexus and the pelvis. Each of the chakras on the horizontal plane has a front (A) and a rear aspect (B).

Chakra Groups and Modifiers

In general, the front aspects of the chakras relate to our Emotions, the back aspects to our Will and the head chakras to our Reason. These groupings are referred to as Modifiers because as a group, they influence or modify our relationship to our reality. The major and minor modifiers represents which of these each individual tends to use most or least in interacting with his or her reality.

The chakras are grouped into Modifier are listed below. (A) refers to the front aspect and (B) refers to the rear aspect.

- Reason
Chakras 7, 6A and 6B
- Emotion
Chakras 5A, 4A, 3A and 2A
- Will
Chakras 5B, 4B, 3B, 2B and 1

These are illustrated on the Assessment Chart further in this paper.

Levels

The HEF has 7 levels. Each level radiates out from the core and “sits” above the physical body and the other levels in correspondingly higher levels of vibration (they are not

layered like an onion). The complete aura usually radiates out approximately 3-1/2 feet from the body, more or less, depending on the state of the individual.

The first three levels relate to our physical aspects (physical sensations, emotions with respect to self, and mental or rational mind). The fourth level relates to our relationships with others and is the bridge between our physical and our spiritual aspects. Levels 5, 6 & 7 relate to our spiritual aspects (divine will, divine love and divine mind).

In the same way that a magnetic field influences its surroundings, the Human Energy Field affects its environment.

Healing Sessions using Brennan Healing Science

During a Brennan Healing Science healing session the healer interacts with the client who is either physically present or is at a distance. The healer obtains a medical and emotional history as well as the client's presenting complaint. The energy field is read using the healer's HSP and healing begins by working with the client's energy field. This is done through the client's chakras, major joints and area of presenting complaint. Work is done on the physical or the energy field, but also on the dimensions of intention and essence.

The field is cleared, balanced, charged and repaired as required, usually over a series of healing sessions. The energy works to dissolve energy that has become stagnant or dense. These blocks, which appear first in the energy field, eventually show up as disease in the physical body or dis-ease in the client's emotional life and relationships.

Through successive healing sessions, the field becomes more stable and nourishes the client's body and spirit. This fosters healing from within on the physical, emotional, mental, psychological or spiritual planes. During the sessions the client is made aware of the dynamics of images, beliefs and unconscious habitual reactions that influence the state of health. Once they are brought to consciousness, the process of transformation can begin to reduce or eliminate unnecessary suffering in his or her life.

The Chakra Charting Method

The Chakra Charting Method is a way to record and track the progress of healing by measuring the difference in the state of the chakras as the successive healing sessions take place. Readings are tabulated and presented on a chart and graphs.

Basis of the Method

The first step requires tabulating all of the chakra readings taken prior to the healing at each session, using the pendulum notation developed by Barbara Brennan as illustrated in figure 10-2, in Hands of Light. By tabulating the readings, grouping them by modifier and then shading the distorted chakras, the effect of healing on the client's energy field becomes very clear.

A chakra is fully open if it is spinning clockwise in a full circle. If the chakra spin is elliptical, moving in a straight line or spinning counter-clockwise, it is distorting the energy it is taking in. In order to plot this data on a graph, each chakra symbol is assigned a numerical value to indicate whether a chakra is open (taking energy into the field), closed (sending energy out of the field) or flat (holding down, compacting and/or not doing much at all).

The values assigned to each spin are shown in the following table. The significance of each of the spin notations is described in figure 10-2 of Hands of Light. They are explained in this paper only to the degree they are significant to the charting method.

SPIN NOTATION	DIRECTION OF SPIN
C	Clockwise round
CER, CEL, CEV, CEH, CEAS	Clockwise elliptical
V, H, R, L	Straight line
CCER, CCEL, CCEV, CCEH, CCEAS	Counter-clockwise elliptical
CC	Counter-clockwise round
S	Still

These values are based on the following reasoning:

- A chakra spinning clockwise, round, is taking in energy and is fully functional (value 1).

- A chakra spinning clockwise, elliptical, is taking in energy but is distorting it (value 0.5).
- A flat chakra (horizontal, vertical, right or left) is taking in very little energy and is compacting it and holding it down (value 0).
- A chakra spinning counter-clockwise, elliptical, is distorted and is sending energy out of the system (value -0.5).
- A chakra spinning counter-clockwise, round, is distorted and is sending energy out of the system (value -1).
- A still chakra, if still for a long time, is very unhealthy (value -2). It is also possible that a still chakra is simply in the process of changing its spin, in which case it is not as much of a concern. In any case, with a value of -2, it will attract attention on a graph.

The above values are arbitrary in terms of the actual amount of energy taken in by a chakra, but the values serve to represent the effectiveness of the chakras and the system as a whole when plotted on a graph. This makes it possible to see which chakras are above the line (taking in), on the line (flat) or below the line (sending out). Thus, a simple visual of the state of each chakra, of the total system of the Human Energy Field (HEF) and of the effect of healing work can be presented over successive healing sessions.

Chakra Assessment Chart

The Chakra Assessment chart combines on a single page the physical and psychodynamic functions of the chakras as defined by Brennan. It is used on the first session to educate clients about the HEF and to indicate to them where the field is strong and where it needs support. The Modifiers (Chakra groups) are shown in the colored boxes.

The chakra spin notation is indicated next to each chakra. The distorted chakras are shaded.

Chart of Chakra Readings

The chakra readings (direction and diameter of spin) **before each healing session** are compiled on the chart. Each horizontal line on the chart represents one healing session, with the date of the session recorded on the left hand side. The extreme left of the chart keeps track of the interval in weeks between each session along with the total time in weeks from the first session. With each successive healing session, some of the chakras change their spin. Some of the distorted chakras that were spinning counter-clockwise or flat begin to partially or fully take in energy. Some shift the opposite way. Generally,

as time goes on, the Total Number of Distorted Chakras (TNDC) decreases, the total number of fully open chakras (TNOC) increases, and the system becomes more effective in taking in and retaining the energy. Progress is measured as a decrease in the TNDC or an increase in the TNOC.

The TNDC alone does not tell the full story. By taking into account the effectiveness (assigned value) of the chakras, the energy being taken in by the system can be evaluated by adding the assigned values for all the chakras for one session. This is coined the Net Energy Intake (NEI) of the system and it can be used as an indication of the overall state of health of the HEF. The maximum value for the NEI is 12 if all the chakras are fully open and the minimum value is -12 if all the chakras are completely closed.

The extreme right of the chart displays the TNDC and the NEI of the system for each session.

The complete chart provides an overview of the state of the HEF at the beginning of each session and how it changes over time. By shading the distorted chakras and reading the chart vertically, the habitual defenses and the modifiers clearly stand out. The chart is also a useful record of all the sessions for each client.

The client depicted on the above chart was suffering from a depression for the 5 years prior to the first healing session. Over the course of the sessions, the NEI increased very rapidly from a value of 2 at the 1st session to a value of 10 by the 6th session and remained stable after this session. Soon after the beginning of the sessions, the client decided to quit smoking, and of his own volition (but also in consultation with his psychiatrist), he drastically reduced the medication that had been prescribed to deal with the depression. During the 8th session he revealed that since the first visit he felt a new sensation inside himself. He recognized this sensation to be his normal and happy self that was knocking at the door and wanted to come back out. The following graphs visually depict the progress of healing.

Graphs

Progress (TNDC) / NEI

Reason Chakras

Emotion Chakras

Will Chakras

All Chakras

Modifiers

Progress (TNDC) and Net Energy Intake

This graph tracks the distorted chakras and the corresponding NEI of the HEF over time. As the TNDC decreases (line going down), the NEI increases (line going up).

Reason, Emotion and Will Chakras

These graphs group the chakras by modifier and track the changes over time. The client's process can be tracked by noting the dips in the lines. The color used for each line in the graph matches the color associated with that chakra, which makes the graph easier to read.

All Chakras

This graph tracks all the chakras. Again the client's process can be followed. Difficult periods can easily be identified by the clustered dips in the graphs.

Modifiers

This graph tracks the progress of each Modifier as the healing sessions progress. There is one line each for the Reason, Will and Emotion modifiers. The highest line of the graph is the major modifier and the lowest is the minor. Ideally, they should equalize over time, representing a more balanced approach to life.

Case Studies

Case Study A – Fibromyalgia

Progrès (NTCD) / ENÉ

All Chakras

Modifiers

This client is a young adult suffering from fibromyalgia. She came for 30 healing sessions over a period of 43 weeks. The NEI increased rapidly from an initial value of 6 to a value of 10 and varied between 8 and 12 as she moved through her process. She was living in a dysfunctional family and had a very difficult relationship with her mother who was living away from the family. The situation became very tense whenever the mother came to visit. The difficult periods in the client's process are evident from the clustered dips in the graph. The field became more stable near the end of the sessions as indicated by the smaller variations at the right of the All Chakras graph. Even the modifiers came into balance in the last few sessions. Looking at the shaded portions of the table, it is clear that chakras 6B, 5A and 3B are habitually distorted. Although the client was feeling better as the healings progressed, there was a lot happening in her life and the dynamics that kept these chakras distorted were still strongly engrained. When the chart was shown to and interpreted for the client, she could clearly see why therapy was recommended to bring to consciousness, challenge and begin to transform the core beliefs and images holding this configuration in place. She followed up on this recommendation and went to therapy.

Case Study B – Fiber Growth on Ovary

Progress (TNDC) / NEI

All Chakras

Modifiers

This client had a growth on one of her ovaries that she could actually feel through the abdominal wall. By the 9th session, she could no longer feel the mass under the skin. The chart was used to show her that her 2nd chakra, which nourishes the reproductive system, had cleared since she had come for the first session. The chart was a visual confirmation of the healing that had taken place in her field and in her body. The NEI increased from a value of an initial value of 8 and stabilized between 9 and 12 until the 13th session. The dips in the graphs from the 13th to the 16th session indicate that there were emotional issues coming up as she moved through her process.

Chakras 5A, 4A, 2A, 5B and 1 were habitually distorted. Chakras 1, 2A and 5B cleared over about 7 sessions, but 5A and 4A did not, indicating that further work needed to be done with core beliefs and images.

Since the client did not return for further sessions, it was not possible to continue to track her progress.

Case Study C – Self Study and Relationship

Progress (TNDC) / NEI

All Chakras

Modifiers

This client came to study herself and to fulfill her longing to create nourishing relationships. She had become aware of a pattern in her relationships with men; she left them after only a short time. She knew as well that she had very weak boundaries. She wanted to understand and transform these dynamics and break the pattern so that she could create something different with her new partner. The NEI increased rapidly from an initial value of 0.5 to a value of 11, stabilizing for a while around 10 and then decreasing somewhat as her process deepened. She made new discoveries about herself and about what she really needed and wanted in relationship with a man. As she increased her awareness of her dynamics, she adjusted her boundaries and changed her ways of relating. The relationship became very intense and she finally realized that it was not providing the nourishment she needed. She experienced tumultuous shifts in her emotions as she struggled with the decision to stay or leave this relationship. These shifts can be seen toward the right hand side of the graphs.

Effect of Healing on the HEF – An Analysis of the Data

Out of the 90 or so clients treated over the last 3 years, 66 (72%) came for at least 4 sessions, 48 (52%) for 6 sessions, 29 (32%) for 8 sessions and 23 (25%) for 10 or more sessions. While this was not a controlled study in that the time interval between sessions and the total duration of healing was not consistent from client to client, it was interesting to analyze the data and make observations on the results.

Distortions in the HEF at the Initial Session

Clients often wait until things are really not going well before coming for help. It is not surprising therefore, to see an abnormal number of distorted chakras on the first visit due to the snowball effect of deteriorating well-being.

Table 1 and the bar graph show the total number of distorted and fully open chakras at the first session as a percentage of the total number of clients.

Table 1 – Total Number of Distorted and Fully Open Chakras at First Session

	Reason			Emotion			
	7	6A	6B	5A	4A	3A	2A
% Distorted	45%	44%	45%	63%	46%	46%	45%
% % Fully Open	55%	56%	55%	37%	54%	54%	55%
Average Open	55%			50%			

Reason Emotion Will

Almost half of the chakras were distorted in some way. 86% of the clients had a weak 1st chakra (ungrounded and low in energy) and 63% had a weak front aspect of the 5th chakra (difficulty expressing one’s self, not asking for one’s needs and difficulty in receiving).The average data indicates that there was more energy in the will chakras (57%) than reason (55%) and emotion (50%), suggesting that the average presenting major modifier was Will, with Reason a close second and Emotion as the minor. This seems like a good correlation with our goal-oriented society that encourages people to be mental and to be busy doing things rather than to be in touch with and express the emotions one is experiencing. This sample may not be representative of the general population although it may not very far off.

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Effect of Healing on the Total Number of Distorted Chakras and the Net Energy Intake

Table 2 and the bar graph present data on the TNDC and the NEI at the initial visit and after 3, 5, 7 and 9 healings as measured **before the healing** on the 1st, 4th, 6th, 8th and 10th visits.

Table 2 – Effect of Healing on the TNDC and the NEI

Number of sessions	1st session	After 3 sessions	After 5 sessions
Average TNDC	5.5	2.3	2.2
Average NEI	4.63	9.6	9.6

Clients have come in with as many as 10 distorted chakras and a Net Energy Intake as low as -5.5. A negative NEI indicates that the system is sending out more energy than it is taking in. However, the HEF reacted very quickly to healing and remained quite stable, as shown by the low average number of distorted chakras (2 to 3) and the relatively high (8.6 to 9.6) NEI after 3 and 9 healing sessions (4th and 10th visits).

Effect of Healing on the Number of Fully Open Chakras and the Net Energy Intake

Table 3 and the bar graph indicate the percent increase in the number of fully open chakras and the NEI compared to the initial visit over time after 3, 5, 7 and 9 sessions as measured before the healing on the 4th, 6th, 8th and 10th visits.

Table 3 -Effect of Healing on the Number of Fully Open Chakras and NEI

Number of healing sessions

Average increase in the number of fully open chakras

Average increase in NEI

On average, the number of fully open chakras increased by 60% over the initial visit after 3 healing sessions. The average increase in the number of fully open chakras remained above 50% until the 9th session. For 83% of the clients there was an increase of at least 25% in the number of fully open chakras after 3 healing sessions. For 18% of the clients there was an increase of at least 100% in the number of fully open chakras after 3 healing sessions.

On average, the NEI increased 200% over the NEI at the initial visit after 3 and 5 sessions, dropping to 154% after 7 sessions and to 123% after 9 sessions. Some clients with many distorted chakras experienced a dramatic increase in energy as high as 20 times their original NEI (see Case Study C).

One might conclude from the above that it is better to stop after 5 sessions! However, in the process of healing and running more energy into the HEF, the client starts to sink into and begins to work with the deeper issues. The client is making new discoveries and is risking making changes to the way that he or she relates to others. The process of healing causes shifts in the HEF and is seen in a variation of the TNDC and the NEI. This is what we see happening after 7 and 9 healings. This eventually levels out and the HEF becomes more stable as the person learns to integrate the new choices and the new awareness of the dynamics in their life.

Looking to the Future

Charting chakra readings using the Chakra Charting Method is truly a breakthrough in tracking, charting and demonstrating the progress of healing work and its effect on the HEF. It is very useful for the healer and the client and can be used as a bridge to inform traditional, and other complementary and alternative healing modalities about Brennan Healing Science, or any other modality where chakra readings are recorded.

The number of distorted chakras and the Net Energy Intake are not the complete story of healing, but they are an important factor in the process. The healing work helps to bring the field back into balance. However, even when the field is mostly open and stable, healing is a moment-to-moment choice of aligning with our longings, our life task and our divine essence. In order to do this, we need to bring to consciousness, challenge and transform the limiting beliefs and images that unconsciously organize our present moment experience and cause unnecessary suffering. As the HEF begins to take in more energy, the chakras can nourish the body and govern the psycho-dynamics in a more positive way, allowing the client more favourable conditions for healing the self and fulfilling his or her longings.

While some will argue that the pendulum is not a scientific instrument and is subjective to influence by the user, healers and dowsers have been using it for many, many years. The results are consistent once a healer learns to use it correctly and gains experience. The data collected over many sessions is reliable and indicative.

The method can be adapted to any other healing or therapeutic modality where chakra pendulum readings are used and recorded.

I hope that the availability of this method and of the results presented herein will encourage further research on the effect of Brennan Healing Science and other healing

modalities, using this method along with recognized research protocol (double blind, consistent healing methods, consistent interval between sessions, similar presenting complaints or diseases, etc.).

Research findings from hands-on work with clients presented in this way would support the theory of Healing Science and be an effective way to demonstrate the power of healing work to a world that thrives on statistics and studies.

As independent studies confirm positive results, the community at large will recognize the potential that Healing Sciences have to bring clients back to health, wholeness and well-being.



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