

## Clearing & Re-Vitalising The Chakras

### The MET Chakra Protocol by Nicola Quinn



Human problems on all levels are caused by contraction, the inability to radiate energy freely due to blockages in the energy system.

**It is important to remember that not only is every living being a physical being but that it is also an energy being.**

Clear chakras are essential for the free flow of energy irrespective of where any specific problem lies.

It is well nigh impossible or at the very least, extremely difficult to clear deep level emotional problems by tapping on meridians if the entire system contains blockages which prevents the free flow of energy through those meridians.

#### The Chakras

There are seven main chakras or energy centres in the body. Each chakra is a focal point of energy and they are the network through which mind, body and spirit interact as one holistic unit.

The base or first chakra is located at the base of the spine and is associated with the colour red and grounding and giving vitality to the physical body. The big issues here are to do with survival and instincts.

The sacral or second chakra is located just under the navel, often referred to as the hara and is considered a very powerful centre of energy and is associated with the colour orange and emotions, desire, sex and passion as well as working harmoniously with others and integrating and assimilating ideas.

The solar plexus or third chakra is located in between the navel and the chest and is associated with the colour yellow and the will and self control.

The heart or fourth chakra is located in the middle of the chest and is associated with the colour green or pink and is not only linked with love but also acceptance, forgiveness and compassion.

The throat or fifth chakra is located at the base of the throat and is associated with a pale blue colour and the power of communication, not only in the spoken word but also in writing and creative expression, honesty is also a big issue connected to this chakra.

The brow or sixth chakra (third eye) is located at the centre of the forehead between the brows and is associated with a deep sapphire colour and is the centre for intuition, wisdom, perception beyond duality, insight and imagination.

The crown or seventh chakra is located on the top of the head and is associated with the colour violet or to many, white or silver light. This chakra is our connection to All That Is, our spiritual will, inspiration and unifies our higher self with our personality.

There are also many minor chakras in the body, the palms of the hands being of particular interest in this technique.

### **The Chakra MET Protocol**

We are going to combine energising the Chakras with the directional meridian clearing of a Meridian Energy Therapies protocol.

In this protocol, one hand will energise the Chakras, whilst the other will stimulate the meridian points by lightly touching or massaging them.

Take one long, slow breath in and out on each meridian point and complete an entire EFT type sequence for each Chakra, beginning with the Crown.

### **Crown**

Place one of your hands on your crown, with the centre of the palm directly on the top of your head.

Close your eyes, and with the other hand, treat any psychological reversals by stimulating the “sore spot” on the top of your chest. If you choose to work on any particular issue, this is the time to state the issue or simply, your desire for balance and harmony.

Then, lightly stimulate the meridian points, beginning with the Third Eye Point and following the standard EFT routine.

- Third Eye point
- Eyebrow
- Corner of Eye
- Under Eye
- Under Nose
- Under Mouth
- Collarbone
- Under Arm

For the finger points, use your fingers to stimulate the fingerpoints by light rubbing or just touching them:

- Thumb
- Index Finger
- Middle Finger
- Little Finger

Finish the round by gently stimulating the **Gamut point** on the hand that is placed on the Chakra you are working on. Gently remove your hand from the Chakra and take three, slow deep breaths before continuing on with the next Chakra.

## **Using The Chakra MET Protocol**

### **Daily Balancing & Maintenance**

Using this protocol without any pre-conceived notions or opening statements allows for your energy body to take what it needs at the time and simply smooth out and tune up your energy system overall.

Regularly done, this protocol can be abbreviated to simply holding your hand over the chakras and touching only those points that need to be touched to accomplish the “clearing of the day”, as you become more attuned and accustomed to the feel of energy throughout your system and you begin to notice just where the blockages lie.

### **One Chakra A Day**

By focussing especially on each Chakra and allowing your mind to drift to what it will, deep and profound revitalising can be accomplished. This is a particularly thorough process but it takes time; it is therefore best accomplished by doing a single chakra in a day, so, as there are seven, you will have accomplished a very deep and profound energy re-balancing and clearance after one week exactly.

Use Slow EFT, devised by Silvia Hartmann particularly to work on high level nominalisations such as 'money', 'family', 'happiness' but may be applied to any emotions or feelings that seem vast or very interconnected as you concentrate on each chakra and do the whole process for each feeling or thought that arises.

***\*An Important Note:** Do not search for emotions or thoughts connected to the \*classic\* ideas of the individual chakra issues, this is not always relevant and may restrict the outcome. Go with the flow and see what comes up.*

Starting with PR “Sore Spot”, begin stimulating the meridian points one at a time and stay on that one point whilst you are thinking of things connected to the chakra you are working on; some people have memory flashes, some have just thoughts, others see pictures or just have physical sensations, it matters not.

Keep stimulating the point throughout and stay with that one point, and if any emotions appear, keep stimulating that same point until they have gone. When you feel clear again, move on to the next point.

Make sure that each point is clear before proceeding to the next and for this reason it is a good idea to concentrate on only one chakra daily, so that time may be taken to ensure clearance of each chakra.

### **Intuitive Chakra Clearance Support For MET Treatments**

If you treat yourself regularly with EFT, TAB, BSFF and so forth, you might consider adding the Chakra dimension to your treatment. As you are working on a particular issue, ask yourself which Chakra has the most relevance in the treatment of this issue and use your hand to gently, soften and energise this Chakra before commencing the MET treatment in order to make it even more effective.

### **Enhancing Chakra Healing With Tachyon Energy**

Tachyons are sub atomic particles which move faster than the speed of light and are considered to be similar to the purest form of source energy.

Tachyon Cells channel this source energy or life force energy and when applied over blockages in the body, serve to release and remove blockages as the area is revitalised and recharged. This technique is most effective when Tachyon is used over the chakras as they are particularly responsive to the high, fine and pure vibrations of Tachyon energy.

This allows free flow of any emotions which may be repressed in those areas; therefore, by holding a Tachyon cell in the palms of the hands the technique is greatly enhanced as the Tachyon cell strengthens the flow of energy into each chakra and greatly enhances the process through the additional channelling of source energy into the Chakra.

### **In Conclusion**

I developed this protocol originally for use with Tachyon Cells, i.e. a full Chakra Kit, at a time of intense crisis. This article was originally written for fellow Tachyon/MET users because the process of combining MET with Tachyon on the Chakras was so extremely helpful to me.

In this context I would like to mention that the **colours** of the cells is very important in the treatment of chakras with tachyon – hence the chakra kit having different colour cells for each chakra – but if you only have one cell, or can choose only one, go for a colour that feels just right for you.

As I was writing the article, I thought that it would be nice for anyone to be able to use some of the basic underlying concepts of chakra healing with MET; the protocol works very well even without the use of Tachyon Energy and can help release very profound blockages in a most holistic way. With Tachyon application, it takes a quantum shift in experience and effectivity.

If you have any questions about the Chakra MET treatments or would like to share your experiences in using it, please mail [nicola@nicolaquinn.com](mailto:nicola@nicolaquinn.com)

Best wishes,

**Nicola Quinn**

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