

Eclectic Energies

Working with your energetic state

written by Ewald Berkers

*From the website at
www.eclecticenergies.com*

-- SAMPLE --

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About this text

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Acupressure point names translated from Chinese by Ewald Berkers.

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Disclaimer

The author is not responsible for any damage to your health you get as a result of using this information.

Eclectic Energies

Working with your energetic state.

Assessing it, by using the I Ching or the chakra test, or tuning it, by doing chakra meditations, exercises or other techniques.

Chakras (12)

Do the chakra test on the site to learn the state of your chakras and open the ones necessary using the chakra meditations

Acupressure (24)

Acupressure points for emotional well-being

Energy Exercises (36)

Optimize your energetic state with these exercises and mudras

I Ching

[Available separately]

Energy and the Enneagram (52)

Energy Healing for the Enneagram personality types; do the Enneagram test on the website to find out your type

Psyche (80)

Learn about the psyche and the unconscious

To work with your energetic state, it is necessary to be aware of what that state is, and have techniques to tune it.

It could for example be seen as the state of your chakras, whether they are open, under-active or over-active, but also as the hexagram in the I Ching that applies to you at a particular moment. It is also, of course, important to be aware of how you feel.

Energy techniques to change your state are for example the chakra meditations and the exercises. I found the changes in consciousness that these techniques make possible, are much better for your health and much more suited to supporting you than drugs can ever be, because they're closer to the energies you're constituted of.

It is a good idea to experiment with them (and others, for that matter). This helps to become aware of what you need and don't need. Maybe even more important is that this helps you learn to actually feel the energies in you.

Chakras

Do the chakra test to learn the state of your chakras and open the ones necessary using the chakra meditations.

- [Introduction to the Chakras \(12\)](#)
What the chakras are, and their properties.
- [Chakra test \(www.eclecticenergies.com/chakras/chakratest\)](http://www.eclecticenergies.com/chakras/chakratest)
Find out the states of your chakras by doing the chakra test on the website.
- [Opening the Chakras \(15\)](#)
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Background information

- [How emotions affect the chakras \(21\)](#)
Emotions and states that are able to close down chakras.
 - [Different views of the chakras \(21\)](#)
Differences in names, locations and properties attributed to the chakras.
-

Acupressure

Acupressure points and techniques.

- [How to do Acupressure \(24\)](#)
Acupressure techniques. How to tonify and reduce points.
- [Index to the Acupressure Points \(27\)](#)
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- [Acupressure Points \(29\)](#)
All points to improve emotional well-being.

Background information

- [Emotions and the Meridians \(35\)](#)
How emotions affect the acupuncture meridians.
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Energy Exercises

Optimize your energetic state.

Energy Exercises

- [Exercises for better Energy flow \(36\)](#)
A set of stretching exercises that promote energy flow.
- [Foot sole reflex massage \(38\)](#)
Using a roller to massage your foot sole, and some experiments to learn about reflex zones.
- [Meditation \(48\)](#)
How to meditate and what it does for you.

Mudras

- [Introduction to mudras \(39\)](#)
What mudras are and how to use them.
- [Set of 4 mudras \(41\)](#)
Mudra set for balancing energy.
- [Index to the mudras \(40\)](#)
Look up mudras for emotional well-being.
- [Collection of mudras \(42\)](#)
Mudras for emotional and physical well-being.

Energy

- [The center of the body - the Dantian \(49\)](#)
An important center for handling energy and feelings.
 - [So what is energy? \(51\)](#)
Chi / Ki / Prana.
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Energy and the Enneagram

Learn your personality type by taking the Enneagram test and enhance your emotional well-being, with the Energy Healing recommendations for each Enneagram type. These consist of acupressure points and chakra meditations.

The Enneagram

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- Enneagram type [One](#) (56), [Two](#) (57), [Three](#) (58), [Four](#) (59), [Five](#) (60), [Six](#) (61), [Seven](#) (62), [Eight](#) (63), [Nine](#) (64)
Descriptions of the personality types.
- [Instinctual variants](#) (55)
The self-preservation, the sexual and the social instinct.
- [Enneagram Test](#) (www.eclecticenergies.com/enneagram/test)
Determine your Enneagram personality type (only available on the website).

Energy Healing for the Enneagram types

- | | | |
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| • Type 1
The Reformer (66) | • Type 4
The Individualist (69) | • Type 7
The Enthusiast (75) |
| • Type 2
The Helper (67) | • Type 5
The Investigator (71) | • Type 8
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When we work through feelings, we work with our memory. To understand what it is that you're doing, it's good to know about our Implicit and Explicit Memory.
- [Feelings and processing \(86\)](#)
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It is very useful to write a biography of yourself, in order to get an overview of the feelings that play a role in your life.
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This exercise is for developing the ability to be aware of what's going on in you. This can be quite helpful with working through your feelings.
- [Attention in your body \(91\)](#)
We have a tendency to worry and daydream, and not be in touch with our feelings because of that. Here's how to deal with that.
- [Feeling the Inner Child \(93\)](#)
The feelings in you as an adult, coming from when you were a child, are called the Inner Child. These influence a lot of your actions and feelings.
- [Processing feelings of relating \(94\)](#)
In order to work through feelings where you relate to someone or something, it helps to check out a few things.

More information

- [Energy and Intent \(95\)](#)
How the unconscious relate to the subjects of the other sections of this website.
-

Introduction to the chakras

What chakras are and their psychological properties.

Chakras are centers of energy, located on the midline of the body. There are seven of them, and they govern our psychological properties. The chakras located on the lower part of our body are our instinctual side, the highest ones our mental side.



The chakras can have various levels of activity. When they're "open," they're considered operative in a normal fashion.

Ideally, all chakras would contribute to our being. Our instincts would work together with our feelings and thinking. However, this is usually not the case. Some chakras are not open enough (being under-active), and to compensate, other chakras are over-active. The ideal state is where the chakras are balanced. To find out what the state of your chakras is, do the chakra test on the website.

There exist lots of techniques to balance the chakras. Mostly techniques to open chakras are used. It makes no sense to try to make over-active chakras less active, as they are compensating for other chakras. To restore the compensation they'd be over-active again in no time. To stop them from compensating, the chakras they are compensating for must be opened.

■ 1 - Root chakra

The Root chakra is about being physically there and feeling at home in situations. If it is open, you feel grounded, stable and secure. You don't unnecessarily distrust people. You feel present in the here and now and connected to your physical body. You feel you have sufficient territory.

If you tend to be fearful or nervous, your Root chakra is probably under-active. You'd easily feel unwelcome.

If this chakra is over-active, you may be very materialistic and greedy. You're probably obsessed with being secure and resist change.

■ 2 - Sacral chakra

The Sacral chakra is about feeling and sexuality. When it is open, your feelings flow freely, and are expressed without you being over-emotional. You are open to intimacy and you can be passionate and lively. You have no problems dealing with your sexuality.

If you tend to be stiff and unemotional or have a "poker face," the Sacral chakra is under-active. You're not very open to people.

If this chakra is over-active, you tend to be emotional all the time. You'll feel emotionally attached to people and you can be very sexual.

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Acupressure Points

These are acupressure points for emotional well-being. Their location, photograph, use and warnings are listed.

Each point is on the left, as well as on the right, on the body.

- | | | | |
|---------|---------|---------|---------|
| ▪ GB-44 | ▪ LIV-1 | ▪ LU-9 | ▪ TB-17 |
| ▪ KI-3 | ▪ LIV-2 | ▪ P-7 | ▪ TB-5 |
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| ▪ LI-11 | ▪ LU-3 | ▪ SP-6 | |
| ▪ LI-4 | ▪ LU-7 | ▪ ST-36 | |

GB-44

Name: Yin Openings Foot Point (Gall Bladder 44)

Location: On the fourth toe, in the outer corner of the nail (so near the smallest toe).

Use: Press.

Effects: Enhances decisiveness and focus, while resolving anger. For timidity.



KI-3

Name: Largest Valley Stream (Kidney 3)

Location: On the inside of the foot, halfway between the Achilles-tendon and the side of the ankle-bone.

Use: Press.

Effects: Heals effects on the body of too much fear. (Also for lower backpain.)



Collection of Mudras

Mudras, their hand position, a photo and use

List of the available mudras



Acceptance



Ahamkara



Apan



Back Pain



Bhudy



Gyan



Hakini



Pran



Prithvi



Shuni

Acceptance Mudra

Hand position

The index finger is folded into the space between thumb and this finger, so that the nail touches the fold. The outer lower corner of the thumb's nail touches the inner lower corner of the pinky finger's nail.



Emotional / spiritual use

To overcome sadness or an unnecessary resistance to situations, this mudra can help to get into a mood of acceptance.

Introduction to the Enneagram

- The Enneagram system
- Wings
- Enneagram type descriptions

The Enneagram system

The Enneagram is a personality typing system that consists of nine different types. Everyone is considered to be one single type, although one can have traits belonging to other ones. While it's uncertain whether this type is genetically determined, many believe it is already in place at birth.

The nine types (or "enneatypes", "ennea" means "nine") are universally identified by the numbers 1 to 9. These numbers have a standard way of being placed around the Enneagram symbol. Enneagram authors have attached their own individual names to these numbers. On this site the type names by authors Riso and Hudson are used. They are



People of a particular type have several characteristics in common, but they can be quite different nevertheless. It depends among other things on their level of mental health. Unhealthy (neurotic) people from a particular type can look quite different from healthy ones. Riso and Hudson distinguish 9 levels of mental health (see their book *Personality Types*) and have type descriptions for each level of each enneagram type.

Wings

Usually one has characteristics of one of the types that lie adjacent to one's own that are more prominent. This is called the wing. So someone who is a type 5, might have a 4 wing or a 6 wing. This may be abbreviated to "5w4" and "5w6". If one doesn't have a dominant wing, it is said that the wings are balanced.

To find out which Enneagram type you are, see which description fits you most, or do the free Enneagram Test on the website.

Enneagram type descriptions

Type 1 - The Reformer

Perfectionists, responsible, fixated on improvement

Ones are essentially looking to make things better, as they think nothing is ever quite good enough. This makes them perfectionists who want to reform and improve, who desire to make order out of the omnipresent chaos. (56)

Type 2 - The Helper

Helpers who need to be needed

Twos essentially feel that they are worthy insofar as they are helpful to others. Love is their highest ideal. Selflessness is their duty. Giving to others is their reason for being. Involved, socially aware, usually extroverted, Twos are the type of people who remember everyone's birthday and who go the extra mile to help out a co-worker, spouse or friend in need. (57)

Type 3 - The Achiever

Focused on the presentation of success, to attain validation

Threes need to be validated in order to feel worthy; they pursue success and want to be admired. They are frequently hard working, competitive and are highly focused in the pursuit of their goals, whether their goal is to be the most successful salesman in the company or the "sexiest" woman in their social circle. (58)

Type 4 - The Individualist

Identity seekers, who feel unique and different

Fours build their identities around their perception of themselves as being somehow different or unique; they are thus self-consciously individualistic. They tend to see their difference from others as being both a gift and a curse - a gift, because it sets them apart from those they perceive as being somehow "common," and a curse, as it so often seems to separate them from the simpler forms of happiness that others so readily seem to enjoy. (59)

Type 5 - The Investigator

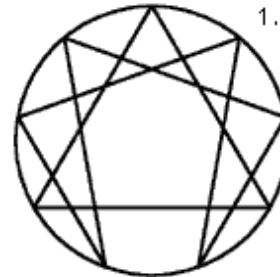
Thinkers who tend to withdraw and observe

Fives essentially fear that they don't have enough inner strength to face life, so they tend to withdraw, to retreat into the safety and security of the mind where they can mentally prepare for their emergence into the world. Fives feel comfortable and at home in the realm of thought. They are generally intelligent, well read and thoughtful and they frequently become experts in the areas that capture their interest. (60)

Enneagram Type 1 - The Reformer

Perfectionists, responsible, fixated on improvement

People of this type are essentially looking to make things better, as they think nothing is ever quite good enough. This makes them perfectionists who desire to reform and improve; idealists who strive to make order out of the omnipresent chaos.



1. The Reformer

Ones have a fine eye for detail. They are always aware of the flaws in themselves, others and the situations in which they find themselves. This triggers their need to improve, which can be beneficial for all concerned, but which can also prove to be burdensome to both the One and those who are on the receiving end of the One's reform efforts. The One's inability to achieve the perfection they desire feeds their feelings of guilt for having fallen short, and fuels their incipient anger against an imperfect world. Ones, however, tend to feel guilty about their anger. Anger is a "bad" emotion, and Ones strive sincerely and wholeheartedly to be "good." Anger is therefore vigorously repressed from consciousness, bursting forth in occasional fits of temper, but usually manifesting in one of its many less obvious permutations - impatience, frustration, annoyance and judgmental criticality. For this reason, Ones can be difficult to live with, but, on the high side, they tend to be loyal, responsible and capable partners and friends.

Ones are serious people; they tend to be highly principled, competent and uncompromising. They follow the rules and expect others to do so as well. Because they believe so thoroughly in their convictions, they are often excellent leaders who can inspire those who follow them with their own vision of excellence. Reform movements are frequently spearheaded by Ones.

Ones are often driven and ambitious, and are sometimes workaholics. But whatever their professional involvement, they are definitely active, practical people who get things done. They are natural born organizers, listmakers who finish everything on the list, the last one to leave the office, the first one to return, industrious, reliable, honest and dutiful.

The relentlessness of their pursuit of the ideal can make Ones tense people who have a hard time relaxing and who unnecessarily deny themselves many of the harmless pleasures of life. They tend to be emotionally repressed and uncomfortable with expressing tender feelings; they generally see emotionality as a sign of weakness and lack of control. They are seldom spontaneous. They have multiple interests and talents however; they are self-reliant and seldom run out of things to do.

Ones are often intelligent and independent and can easily mistake themselves for Fives, but unlike Fives, Ones are primarily people of action, not thought. Ones tend to worry and are prone to anxiety and can sometimes mistype as Sixes, but they are far less affiliative than Sixes and their standards are not reached by seeking consensus with a group. Finally, the relentless pursuit of perfection can take its toll and lead to depression. At such times, a One can mistype as a Four. But Fours have a tendency towards self-indulgence whereas Ones are self-denying. Fours are emotionally expressive; Ones are emotionally constrained.

Energy Healing for Enneagram Type 1 - The Reformer

Chakra meditations for

- Sacral chakra (15) to become more feeling
- Heart chakra (16) to develop compassion towards others and self

Acupressure on points

- LIV-3 (reduce) (31) to unblock repressed anger or other emotions, and to relax
 - SP-6 (33) to relax and unblock repressed emotions
-

Compassion

Ones want to be "good" and generally have a morality based on the rigid adherence to rules. But true goodness requires compassion and compassion comes from the heart. Working to open the Heart chakra helps Ones to develop the compassion for others (and themselves) that they sometimes lack.

Feeling

Ones tend to repress their emotions. They are often quite "stiff." Doing chakra meditations for the Sacral chakra helps Ones to be more passionate and feeling.

Smooth flow of emotions

The One's strong superego keeps the emotions, and especially anger, under very rigid control. But emotions need to flow or they will build up. Working with point LIV-3 can help to loosen this stranglehold. To a lesser extent also, SP-6 can serve this function. Utilizing these points also helps Ones to relax.

The Unconscious

While to most people it'll seem that what goes on inside of them is pretty straightforward, everyone does have an unconscious. This unconscious is a part of us that we aren't aware of, but which does influence much of our acts and feelings. Of lots of things we do or feel, we do not really know where they come from, although they feel compelling nevertheless.

Noticing the unconscious

We can sometimes notice parts of the unconscious, or what it makes us do or feel.

We may start feeling sad, scared or angry for no apparent reason, although it does seem to make sense somewhere inside. We may, as adults, sometimes start feeling like a child (and perhaps try to resist that feeling, as we are adults, right?). We may not feel much at all, having the same flat state all the time, while we can remember that this was not the case when we were young children.

We may stay occupied with particular thoughts for long periods of time. We may fantasize about situations from the past, or things that might happen in the future. We can stay angry about things way longer than seems reasonable. Even when we realize that this doesn't actually help us in any way, we are not really able to stop doing that.

We feel we need to protect or defend ourselves from some kind of emotional hurt quite often. While this need feels quite real, we often cannot quite put our finger on what it is exactly that is happening in us that needs protection.

We have pretty standard ways of reacting to situations, that most of us take for granted. It seems that we just are that way, even when we think some of these patterns are not very helpful to living our lives satisfactorily.

Some people seem to be able to get us to do things we had no intention of doing. When that isn't by some obvious display of force, we may even have no idea what actually made us change our mind. We are susceptible to manipulation.

There are lots of things we feel we "should" or "should not" do or feel. We are only aware that we should, and we feel compelled to comply. We also keep to certain rules without being much aware of doing that, it just seems to happen by itself.

All of these things have some kind of unconscious cause.

Suppression of feelings

When we don't really understand why we are feeling something, apparently, we are not aware of some part ourselves. It is unconscious.

We suppress feelings, trying not to have feelings that are unpleasant, negative, or uncomfortable, or when they are overwhelming. We might, for example, think it's weak to feel fear, and don't want to feel it because of that. Or we may be convinced it's wrong to be angry or to feel hatred, and because of that suppress these emotions. It may be unbearable to feel rejected or hurt. We want to protect ourselves from these feelings.

When we do that, we are making those feelings unconscious. In fact, feelings don't go away when we suppress them, they just go hidden. Although we are no longer aware of them, they are still influencing us. Our behavior and reactions keep being influenced by those unconscious feelings, and we keep having thoughts that are related to them.

As explained in the article about defensiveness, we can lose touch with our feelings when they are threatening to us in some way, and we feel we need to protect ourselves from them.

Another reason to not feel is that we simply don't care. When we don't have a reason for feeling particular things, why bother? Only when you feel a need for feeling things, and unpleasant things especially, will you allow them in your consciousness, or be willing to go look for them.

Sometimes you may not be aware that something you notice in yourself is actually a feeling, that can be worked through. You could, for example, notice that you are holding on to something for a long time, but not realize that there is actually a feeling of "holding on for a long time," that can be worked through to arrive at a feeling of freshness, of being flexible with what you do.

Introduction to the exercises

The exercises here are for gradually getting you to develop the skill of working through feelings.

At first, these exercises will probably make you more aware of your feelings only. Over time, while you get to notice more and more of your feelings, gradually a process of working through your feelings can develop.

You can notice you worked through something when feelings you had before are not there anymore. You may suddenly, but also without immediately noticing it, have gotten more relaxed. And you may just feel differently.

These exercises are meant to get you on the way. In order to get to work through deeper laying feelings, you will, however, need knowledge and skills that are not presented here.

Trauma

For some people, the exercises here can bring up rather unpleasant feelings. When you had traumatic experiences or episodes in your life, it can happen that strong fears and other intense feelings surface. You could do the exercise of writing your biography, for setting your mind to thinking about whether you might have traumas.

On the one hand, such feelings may be difficult to deal with, but on the other hand, the surfacing of such feelings may be exactly what you want. When you're looking to work through traumatic feelings, that can be quite helpful. If you cannot handle them, it may be better for you to not continue doing these exercises, and seek the support of a therapist or psychiatrist, if you don't already have that.

Recommended way of doing the exercises

To start with, it is recommended to do the exercises more or less in the order in which they are presented. The feeling skills you develop with the first exercises are useful to have in the later ones.

After you've done most or all of the exercises at least once, it is recommended to do at least one of them daily. When you feel you have some proficiency with this, you could proceed by doing them without consciously describing your feelings, and only feel them.

The exercises

1. Your biography

It is very useful to write a biography of yourself, in order to get an overview of the feelings that play a role in your life.

2. Describe pictures

Exercise your ability to name and recognize feelings and emotions. Describe the feelings you see that the people in the pictures are feeling.

3. Stream of consciousness

This exercise is for developing the ability to be aware of what's going on in you. This can be quite helpful with working through your feelings.

4. Attention in your body

We have a tendency to worry and daydream, and not be in touch with our feelings because of that. Here's how to deal with that.

5. Feeling the Inner Child

The feelings in you as an adult, coming from when you were a child, are called the Inner Child. These influence a lot of your actions and feelings.

6. Processing feelings of relating

In order to work through feelings where you relate to someone or something, it helps to check out a few things.

Your biography

It is very useful to write a biography of yourself, in order to get an overview of the feelings that play a role in your life.

The exercise

This biography is supposed to tell about circumstances and events in your life, and especially in your childhood, that have considerably impacted you. If you are aware of some of the feelings and emotions that those situations brought up, it would be good to describe those too. So, it is not like a professional resume, that only lists your achievements. You can include those, but it would be a good idea to also include the things that were not so good in your life.

Examples of what to include

Family

It would be important to write about your childhood and how the family was, that you grew up in. Did you feel loved and supported? Were you punished? How was the balance between these two? How were your relationships with your parents and siblings?

School

When writing about school, you could include things like whether you found school boring, exciting, hard, easy, scary, welcoming, and how your contacts with teachers and students were. Were you popular or aloof, did you feel accepted or perhaps not, did you domineer others or did you go along?

Big changes

Include situations that were emotional or stressful for you, or kind of big changes. Family members lost or gained, or friends. Jobs and unemployment. Moving to live elsewhere. Health problems. How were those changes for you?

Addictions

Did you or family member or friends have any addictions? Regularly being drunk, gambling, smoking, drug use? How problematic were those? Do you have any idea what problems were to be solved with those addictions?