

Eclectic Energies

Working with your energetic state

written by Ewald Berkers

*From the website at
<http://www.eclecticenergies.com/>*

-- SAMPLE --

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About this text

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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 (10)

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

Acupressure (21)

Acupressure points for emotional well-being

Energy Exercises (33)

Optimize your energetic state with these exercises and mudras

Energy (45)

What energy is

I Ching

[only available on the website]

Energy and the Enneagram (46)

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

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.

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 - [Chakra test \(http://www.eclecticenergies.com/chakras/chakratest.php\)](http://www.eclecticenergies.com/chakras/chakratest.php)
Find out the states of your chakras by doing the chakra test on the website.
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Energy Exercises

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Energy and the Enneagram

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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.

■ 3 - Navel chakra

The Navel chakra is about asserting yourself in a group. When it is open, you feel in control and you have sufficient self esteem.

When the Navel chakra is under-active, you tend to be passive and indecisive. You're probably timid and don't get what you want.

If this chakra is over-active, you are domineering and probably even aggressive.

■ 4 - Heart chakra

The Heart chakra is about love, kindness and affection. When it is open, you are compassionate and friendly, and you work at harmonious relationships.

When your Heart chakra is under-active, you are cold and distant.

If this chakra is over-active, you are suffocating people with your love and your love probably has quite selfish reasons.

■ 5 - Throat chakra

The Throat chakra is about self-expression and talking. When it is open, you have no problems expressing yourself, and you might be doing so as an artist.

When this chakra is under-active, you tend not to speak much, and you probably are introverted and shy. Not speaking the truth may block this chakra.

If this chakra is over-active, you tend to speak too much, usually to domineer and keep people at a distance. You're a bad listener if this is the case.

■ 6 - Third Eye chakra

The Third Eye chakra is about insight and visualisation. When it is open, you have a good intuition. You may tend to fantasize.

If it is under-active, you're not very good at thinking for yourself, and you may tend to rely on authorities. You may be rigid in your thinking, relying on beliefs too much. You might even get confused easily.

If this chakra is over-active, you may live in a world of fantasy too much. In excessive cases hallucinations are possible.

■ 7 - Crown chakra

The Crown chakra is about wisdom and being one with the world. When this chakra is open, you are unprejudiced and quite aware of the world and yourself.

If it is under-active, you're not very aware of spirituality. You're probably quite rigid in your thinking.

If this chakra is over-active, you are probably intellectualizing things too much. You may be addicted to spirituality and are probably ignoring your bodily needs.

Chakra Test

Take the chakra test on the website to find out how open each of your chakras is.

The questionnaire consists of 56 questions, to which you can answer "not at all" through "definitely." Try to be as honest as possible about yourself, as this will get you the most accurate results.

Next to a list indicating whether each chakra is under-active, open or over-active, the test results consist of a graph displaying the activity of each chakra.

The chakra test is at:

<http://www.eclecticenergies.com/chakras/chakratest.php>

Opening the Chakras

Chakra meditations that use mudras and sounds to open chakras.



These chakra meditations use mudras, which are special hand positions, to open chakras. The mudras have the power to send more energy to particular chakras.

To enhance the effect, sounds are chanted. These sounds are from Sanskrit letters. When chanted, they cause a resonance in your body that you can feel at the chakra they are meant for.

For pronunciation, keep in mind that:
the "A" is pronounced as in "ah,"
the "M" is pronounced as "mng."

Do a meditation for 7 - 10 breaths. Chant the sound several times each breath (for example three times).

■ Open the Root Chakra

Let the tips of your thumb and index finger touch.

Concentrate on the Root chakra at the spot in between the genitals and the anus.

Chant the sound LAM.



(See additional techniques to open the Root chakra in the next section.)

■ Open the Sacral Chakra

Put your hands in your lap, palms up, on top of each other. Left hand underneath, its palm touching the back of the fingers of the right hand. The tips of the thumbs touch gently.

Concentrate on the Sacral chakra at the sacral bone (on the lower back).

Chant the sound VAM.

Acupressure Points

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

- | | | | |
|---------|---------|---------|---------|
| ▪ GB-44 | ▪ LIV-1 | ▪ LU-9 | ▪ TB-17 |
| ▪ KI-3 | ▪ LIV-2 | ▪ P-7 | ▪ TB-5 |
| ▪ KI-4 | ▪ LIV-3 | ▪ SI-19 | |
| ▪ KI-6 | ▪ LU-1 | ▪ SI-5 | |
| ▪ LI-11 | ▪ LU-3 | ▪ SP-6 | |
| ▪ LI-4 | ▪ LU-7 | ▪ ST-36 | |

GB-44

Name: Yin Portals of the Foot (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: Supreme 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.)



Introduction to the Enneagram

- The Enneagram system
- Enneagram type descriptions
- Instinctual variants

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.

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. (49)

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. (50)

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. (51)

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. (52)

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. (53)

Type 6 - The Loyalist

Conflicted between trust and distrust

Sixes essentially feel insecure, as though there is nothing quite steady enough to hold onto. At the core of the type Six personality is a kind of fear or anxiety. Sixes don't trust easily; they are often ambivalent about others, until the person has absolutely proven herself, at which point they are likely to respond with steadfast loyalty. (54)

Type 7 - The Enthusiast

Pleasure seekers and planners, in search of distraction

Sevens are essentially concerned that their lives be an exciting adventure. They are future oriented, restless people who are generally convinced that something better is just around the corner. They are quick thinkers who have a great deal of energy and who make lots of plans. They tend to be extroverted, multi-talented, creative and open minded. (55)

Type 8 - The Challenger

Taking charge, because they don't want to be controlled

Eights are essentially unwilling to be controlled, either by others or by their circumstances; they fully intend to be masters of their fate. Eights are strong willed, decisive, practical, tough minded and energetic. They also tend to be domineering; their unwillingness to be controlled by others frequently manifests in the need to control others instead. (56)

Type 9 - The Peacemaker

Keeping peace and harmony

Nines essentially feel a need for peace and harmony. They tend to avoid conflict at all costs, whether it be internal or interpersonal. As the potential for conflict in life is virtually ubiquitous, the Nine's desire to avoid it generally results in some degree of withdrawal from life, and many Nines are, in fact, introverted. Other Nines lead more active, social lives, but nevertheless remain to some degree "checked out," or not fully involved, as if to insulate themselves from threats to their peace of mind. (57)

Instinctual variants

In addition to the Enneagram type, people are also considered to be one of three instinctual variants. The self-preservation instinct (dealing with oneself), the sexual (dealing with another person) and the social instinct (dealing with a group) can be most pronounced. These three instincts are directly related to the three lower chakras, the Root Chakra, Sacral Chakra and Navel Chakra respectively.

People of the self-preservation variant are generally trying to be comfortable and making themselves feel at home. They are less interested in interpersonal contact than the other two subtypes.

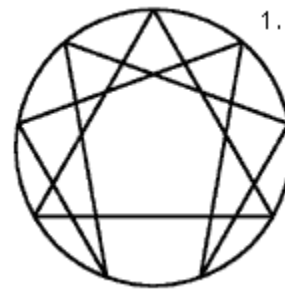
People of the sexual variant, like contact with one other person at a time very much. They are looking for intimacy and this may show in sexuality, but not necessarily.

People of the social variant, prefer to be in groups or teams. They are more interested than the other subtypes in the position that they and others have in a group, and are consequently concerned with status.

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