

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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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 (11)

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

Acupressure (23)

Acupressure points for emotional well-being

Energy Exercises (35)

Optimize your energetic state with these exercises and mudras

I Ching

[Available separately]

Energy and the Enneagram (50)

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

Ego (78)

Learn about the ego 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](#) (11)
What the chakras are, and their properties.
 - [Chakra test](http://www.eclecticenergies.com/chakras/chakratest.php) (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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- [Emotions and the Meridians](#) (34)
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Energy Exercises

Optimize your energetic state.

Energy Exercises

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A set of stretching exercises that promote energy flow.
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Using a roller to massage your foot sole, and some experiments to learn about reflex zones.
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How to meditate and what it does for you.

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- [Introduction to mudras \(38\)](#)
What mudras are and how to use them.
- [Set of 4 mudras \(40\)](#)
Mudra set for balancing energy.
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- [So what is energy? \(49\)](#)
Chi / Ki / Prana.
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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:

www.eclecticenergies.com/chakras/chakratest.php

The chakra test is also available as software for installation on a Windows computer.

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.)



Energy Exercises

These exercises are meant to increase energy flow throughout the body. They are mostly stretches for the acupuncture meridians and the spine.

As this set of exercises is easy and doesn't take much time to do, it's ideal to start the day with. If you're not used to doing exercise in the morning, you might find it wakes you up better than a cup of coffee. It makes you feel clearer and calmer and better able to face challenges.

For all exercises: keep your body as relaxed as possible and breath from your belly. Do them for the left and the right side of the body.

Flexibility procedure for the feet

This exercise makes your muscles relaxed and supple, as several acupuncture points that have this effect are stimulated. As the rest of the exercises go more smoothly when the muscles are in better condition, this is the perfect one to start with.

Do this while sitting on something low, a bed e.g.

1. Put the lower part of your left leg on top of the other knee. Hold it with your left hand by putting the hand over the ankle with the thumb over the achilles tendon. (Do not press the thumb in the space between the tendon and the ankle.)
Hold the sole of the foot with your right hand by putting the hand over the ball of it.
Now rotate the foot with your right hand for say 20 times total. Turn both directions and keep the foot relaxed.
2. Hold the left foot with your left hand on top. Hold all toes with the right hand, by putting the fingers on top, thumb around the big toe and top part of the palm under the toes. Rotate the toes, both directions, about 20 times. Again keep the foot relaxed.

Repeat with the right foot.

Exercises done while sitting cross-legged

As these exercises are pretty light to do, they are good for doing in the beginning of the set.

Sit cross legged on a mat on the floor or on a bed.

- Hold your ankles with your hands, and slowly bend your back forwards and backwards.
Do 4 - 10 times.
- Sit with your lower legs tucked under you, with your buttocks on your heels. Slowly bend your back forwards and backwards, while keeping your hands on your knees.
Do 4 - 10 times.
- Cross your fingers and put them in your neck. Alternate moving your upper back sideways, to the left and right. Let your elbow almost touch the ground at each side.
Do 4 - 10 times.

- Turn your head and look back over your shoulder.
Do this twice on both sides.

- Gently pull at your ears at all sides.

As the ears contain acupuncture points that access the whole body, it is a good idea to enhance their connectivity by this exercise.

Exercise done while sitting

To open the meridians in the legs.

- Sit on a bed or a mat with your legs straight. Alternate turning both of your feet to the right and to the left. Turn far enough for the sides of your feet to touch the surface.
Do about 1 minute.

Exercises done while standing

To wake up some more.

Get up on your feet and stand with your feet parallel, and shoulder width apart. The knees should not be locked, but a bit bended and relaxed, so energy can flow uninterrupted.

- Walk in place, by alternately stand on the toes of each foot. Move the opposite hand forwards, as if walking.
Do 10 - 20 times.

- Move just your shoulders around, up, to the back, to below, to the front.
Do 4 - 10 times.

- Turn your arms, in windmill fashion, in front of you.
Do 4 - 10 times.

- Turn your arm at the side, holding the muscle right under the armpit with the other hand.
Do with both arms, 4 - 10 times.

- Gently stretch one arm up and one downward.
The upper hand with palm facing upward, fingers pointing to opposite side,
the lower hand with palm facing downward, fingers pointing to the front.
Keep for a one or two seconds, then slowly and relaxed change positions with palms facing each other.
Do 4 - 10 times.

- Put your hands on your hips and turn your bottom around, by moving it to the front, then to the right, to the back, to the left, the front, and so on. Also move counterclockwise.
Do 4 - 10 times.

- Let your arms dangle at the sides and turn your upper back around to the left, to the right, and so on. Keep your arms and upper body relaxed, move from your hips.
Do 10 - 20 times.

- Put your heel on a table or chair to stretch the back of your leg. Lay your hands near the knee to gently stretch a bit further.

Foot massage roller

Reflex zones on the sole of your foot can influence you entire body. How to massage your foot soles using a roller and some experiments.



In natural health stores, one can buy a roller that's intended to massage the soles of the feet. There are several ways such a roller may be built. The one I have is for one foot at a time and has three separate rollers, but there are also rollers that are for both feet together, or that have only one roller.

On the feet, and particularly on the soles, there are areas that are connected to every part of the body. By massaging a particular area on the sole of the foot, one more or less massages a part (like an organ) somewhere else in the body at a distance. One can feel that part actually become warm while massaging.

This can have a healing effect or can be used to just become a bit more awake. A roller is a simple way to massage the whole foot sole at once, and thereby reaching the bigger part of the body.

There are more body parts that are similarly connected to the rest of the body. The hands, the ears and the face also are.



One can become aware of this innerconnectedness by some simple experiment. Roll the sole of your foot on a broom stick (without broom) or a tube or something. While the stick is pressing on different parts of the footsole, you can actually feel it move through your body as well. Actually you can simultaneously feel it moving through your face.

You can do a similar experiment with the palm of your hand.

On the feet, it's not just the sole that has reflex zones. The sides and upper part of the feet are sensitive as well. Keep in mind that these parts aren't massaged by using a foot massage roller.

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. (54)

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. (55)

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. (56)

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. (57)

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. (58)

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. (59)

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. (60)

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. (61)

Type 9 - The Peacemaker

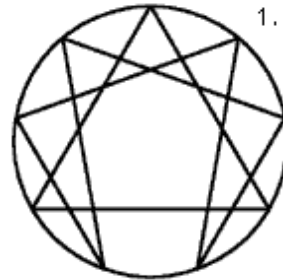
Keeping peace and harmony

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. (62)

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.

The Defensive Ego

We don't feel particularly safe with ourselves, though it may not always be that obvious. We often are protecting ourselves, in one way or another, from some kind of hurt. Psychology calls this self-protection "defense." We perceive threatening events or feelings as "attacks" that we need to "defend" from. It is the ego's primary activity.

Defending in conflicts

That we defend ourselves from feeling hurt is obvious during conflicts, especially when these escalate into quarrels and fights.

It seems more noticeable in others than in ourselves that this self-protection can be more important than the truth. The other person often seems to be saying things that we are convinced aren't true. It seems that the other says these things just to defend himself, and should know that they aren't entirely true. But everyone feels the need to defend from emotional pain, and parties do make efforts to inflict it onto each other during fights. The truth is the first thing that is out of the window, for the ego, then.

Blaming is often a part of conflicts. When someone blames us for something, we may get to blame the other person instead. Sometimes, the other person is really accusing us unjustly. But sometimes what's happening is that we just can't bare to feel the guilt, and blame the other person just because of that, on the belief that one of the parties has got to be blamed.

Telling the other person that he's only defending himself, and because of that not accepting the truth, will usually have the effect of the other person defending himself even more. The need to defend is quite compelling.

Self-protection from hurt

But even when we are not in an obvious conflict do we defend ourselves. Our egos have numerous ways of doing that.

When we notice that we are about to feel hurt, we may get tense, which makes us not feel it. In fact, when we are not feeling relaxed, we are usually avoiding some kind of unpleasant feeling, or several feelings.

We may be using one feeling to avoid feeling another. When we get angry, but don't want to act angry towards the other person, it may be hard to actually stop being angry. Angry thoughts just keep coming up. We are angry, of course, because we got hurt. The reason we can't stop being angry, is because we'd have to feel the underlying unpleasant feelings that caused the anger in the first place, and we don't want to do that.

We can also deny feeling something. When we want to be with someone, and that person doesn't want to be with us, we may decide that we actually don't like that person after all. It's not entirely true, but it does make life more bearable.

Lack of feeling

This defensiveness makes us very concerned with the outside of us, with how we appear to other people. It makes it harder to notice what goes on inside of us, with our inner feelings.

When we are thinking and fantasizing, we don't feel much of what goes on with our more subtle feelings. We then only notice feelings that are at the surface, if we feel anything at all. Retreating into our thoughts thus is a way of avoiding feelings that are unpleasant.

Our constant concern with self-protections makes that we don't really feel much any more when we've arrived at an adult age. Sometimes, it can seem unsafe to feel anything at all. We then have the same flat state all the time. Some will deny that feelings are a real part of them, and consider themselves "completely rational" people.

Losing touch with ourselves

The result of all these defensive tactics is that we're not really in touch with ourselves. We don't really know ourselves, when we don't feel ourselves. Consequently, we are unaware why we really are doing things.

The self-protection makes it impossible to deal with our deeper feelings, and the result is that these feelings stay hidden and don't dissolve. They disappear into our unconscious, but do not cease to influence us.

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.