

A. About the Chakra Spew Intervention

One of my clients, Sophie, taught me the chakra spew. We were working away one day when all of a sudden I could see something spewing out of her 3rd chakra. It was as though a faucet had opened and something was pouring out.

Many of my clients are highly intuitive and Sophie is no exception. So, I was surprised at her answer when I asked her what was flowing out of her chakra. Sophie went inside and looked deeply for quite some time and then said, "I don't know".

We continued with the work and at some point it became obvious to both of us that it was milk she was spewing, connected to motherhood, nurturing and menopause. I then instructed her through the rest of the process.

When should one use the Chakra Spew Intervention? I usually get a strong intuitive knowing that it is needed and confirm it with muscle testing. The Chakra Spew is especially useful when the client has done a lot of work and is ready to let go of a big energetic chunk. It's helpful to watch the client's chakras because I've had more than one person spewing spontaneously. If you don't have that level of vision yet, not to worry. Work on developing it. Your client will do the process when he/she needs it, whether either of you is aware of it or not. I think it is helpful for the client to do this consciously because he/she can be aware of what is being spewed out and monitor the end of the process.

If the client needs the chakra spew and this was determined early in the session, wait and start the spew at the end of the session. This is because the chakra spew usually goes continuously for or more days and it can interfere with other work you are doing during the session.

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Chakra Spew Intervention

1. MT: "Is the priority intervention the chakra spew?"

If yes, continue.

"Is the priority location to spew from a chakra or is it some other place?" (Usually client's spew from a chakra, but occasionally someone will want to spew from a body part.)

Ask the client which chakra or chakras he/she needs to clean out. Confirm with MT. It is usually only one chakra or location. It's possible for a client to do more than one at a

time. I don't encourage this. This can be an intense process, even when the client is only doing one spew at a time.

2. Instruct the client to create a container to catch what is being released. It is cleaner to spew into a container than into the environment, because without it, sooner or later you will have to clean the environment, which is in this case is your office!!

Ask the client what the container should look like. (A bowl, a box, glass, metal, plain, decorated, big, small, etc.) MT for accuracy.

Instruct the client to create the container with his/her intention.

3. Instruct the client to open the chakra and allow the energy to flow out. This is the wording I use:

“Imagine your (#) chakra (or body part) as a faucet. With your intention, turn the knob/handle of the faucet to begin the flow of energy out of your chakra and into the container. Let me know when you've done that....Now, regulate the flow of energy out of the chakra until it is just right for you. Let me know when that is complete.”

4. MT: “Is your (#) chakra (or body part) spewing out energy?” If no, troubleshoot. (Ask about objections, limiting beliefs, etc., that could be holding up the process.)

MT: “Is the flow of energy optimal?” If no MT: Is it in your highest interest to increase the flow? Decrease it?” Have client make the adjustment and retest.

5. It's important to know what the client is unloading, so ask. One way to start is to ask what the energy looks like - color, consistency, etc.

Then ask what the energy represents. It can be an emotion. I had one client spew out rage. What a wonderful release for her -- during which she did not experience rage. It could also be an old identity or way of being. In my experience, the client knows what it is.

6. Unlike other interventions, the chakra spew usually continues for anywhere from 1-7 days. So, the intervention will continue after the session is complete and the client has gone back into his/her life.

MT the number of days to spew.

7. I then instruct the client to monitor the spew. The client can increase and decrease the flow if that feels appropriate. For example, the client might slow the flow down in the afternoon before attending a big meeting and turn it back up before going to sleep at night. I make some suggestions, talk it over with the client and then co-create something workable. The options are:

* monitor by watching intuitively (for those who are able)

- * have the client monitor with self muscle testing each day.
MT: "Is the chakra spew complete?"
- * have someone else muscle test the client -- a friend or family member.

I instruct the client to dispose of the container and contents when the spew is complete, with the intention of sending all of the energy back to nature where it can be recycled. Sending it into a body of water is best.

I instruct the client to call me and leave a message when the spew is complete so I know how the client is faring. This may not always be necessary, but I like it as a cautious step. I also think it helps the client to feel supported in the process.

Most clients do the spew for 1-3 days and are fine. I have had one person have a rough couple of days in which she felt unbalanced. This is why I like the voicemail message from the client. If he or she doesn't feel well, I would recommend Cook's Balance (ref), TAT or one of the interventions to help balance the client.

8. At the next appointment, I follow up:

- MT: "Is the (# chakra or body part) spew complete?"
- MT: "Has the container and its contents been returned to nature?"
- MT: "Is the chakra spew process complete?"

If you get a "no" to any of the above, explore with your intuition and muscle testing, how to have the client successfully complete the process.

MT: "Is the highest priority to begin another chakra spew?" It's common for a client to need to do a few of these in a row.

9. At the end MT, "Have you reclaimed anything, let go of anything or do you now know something that needs to be stated out loud or written?"