

Audiobook Supplemental Material

The Vital Key to Healing Your Life,
Your Chakras, and Your Relationships

CHARGE

and the

ENERGY BODY

A N O D E A J U D I T H



HAY HOUSE, INC.

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Reflection Exercise

What kind of complexes are you familiar with in yourself? Begin to tease apart the components by asking the following questions (in any order):

Whenever I feel _____ (emotion),

I think that _____ (belief).

It makes me want to _____ (behavior).

It feels connected to _____ (past experience).

Then ask yourself whether you feel charge as you reflect on these questions. Where do you feel that charge in your body? What does it want to do?

Allow yourself to feel the emotions and see if you can move your body in a way that releases some of that charge (take a walk, go for a run, put on music and dance, do yoga).

After the charge is released, consider rearranging the components of your complex toward a more positive belief, emotion, or behavior.

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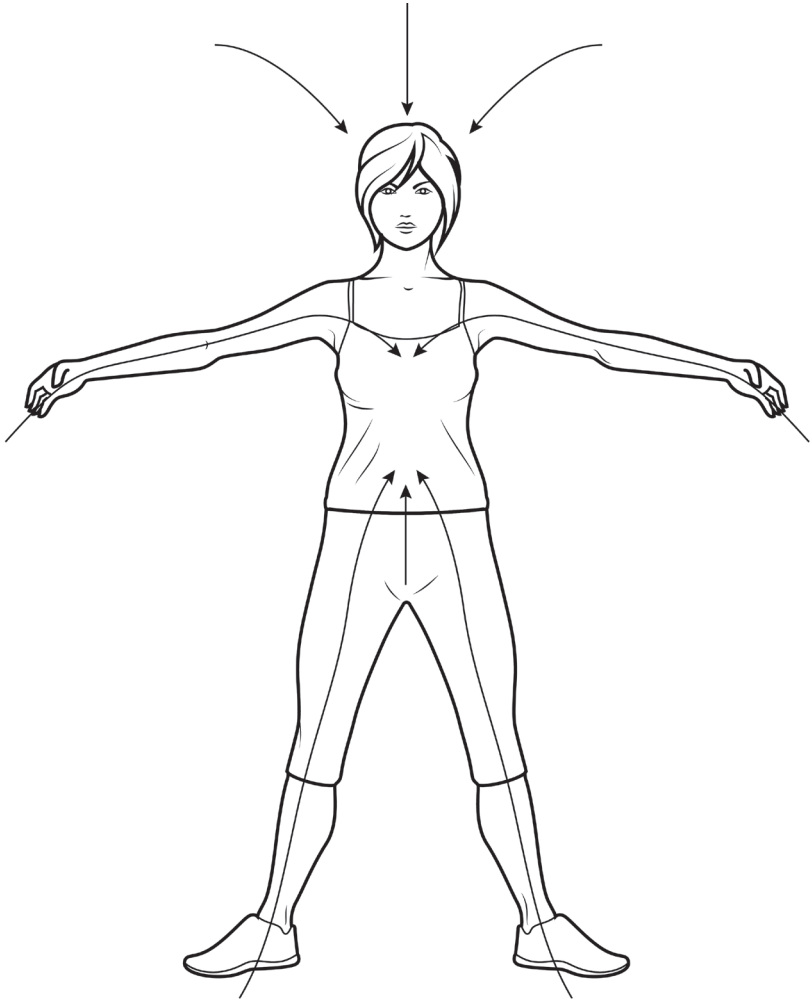


Figure 1a Charging: Charging brings energy from the outside to the inside, through the head, arms, legs, skin, and genitals.

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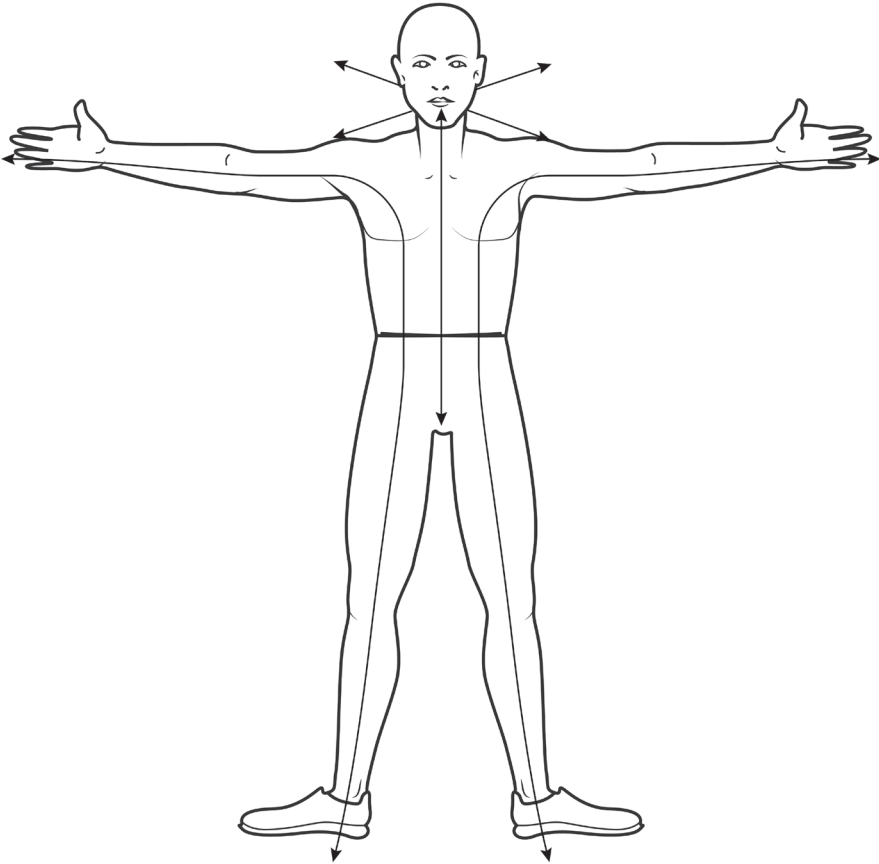


Figure 1b Discharging: Discharging moves energy from the inside to the outside, through the mouth, legs, arms, and genitals.

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CHARGING	DISCHARGING	EITHER
Inhaling	Exhaling	Meditation
Eating	Working	Yoga
Resting	Creating	Conversation
Sexual arousal	Orgasm	Exercise
Feeling emotion	Expressing emotion	Massage
Stimulation	Activities in general	Walking
Importance	Yelling	Being in nature
Memories	Hitting	
Meaning	Running	
Religion	Giving	

Reflection Exercise

- Do you consider yourself to be generally a high-charge person or a low-charge person?
- List the charging activities that are natural for you as well as the ways you find yourself discharging. Do you tend to charge more than discharge, or vice versa?
- Is the environment you are typically engaged with highly charged or slow and quiet? What effect does that environment have on you? What is the ratio between the charge you experience on the inside and the charge in your work or home environment?
- What are some of the things you do to regulate your charge under stress?

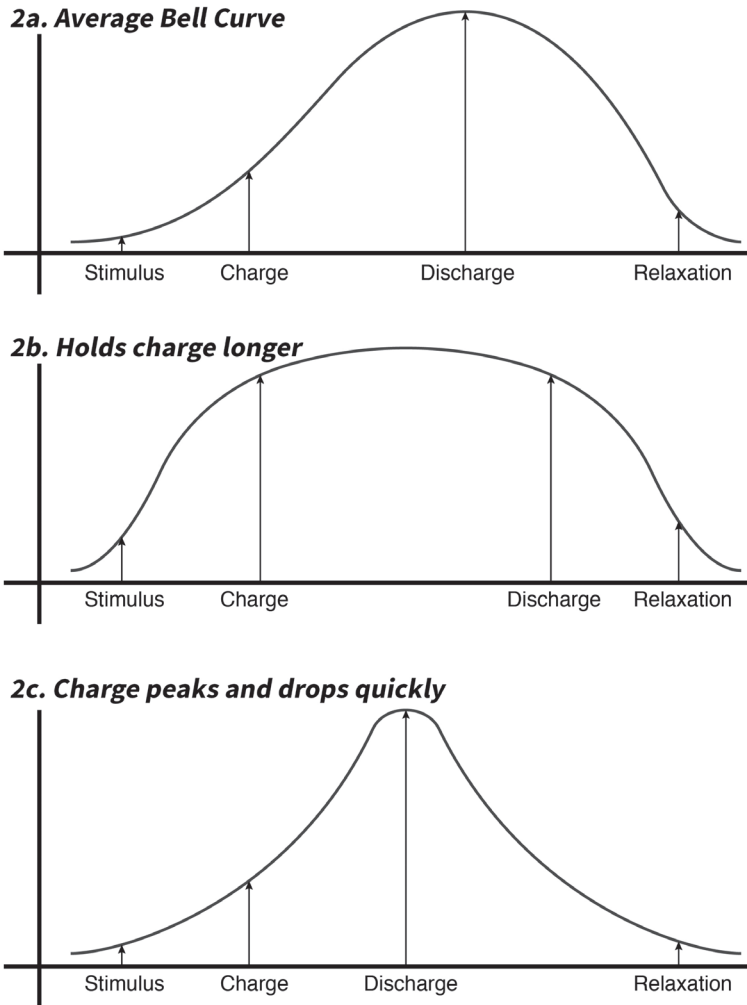


Figure 2 Charge–Discharge Cycle

Reflection Exercise

- Do you charge up easily and quickly or are you slow to charge?
- Which parts of the cycle do you typically block or avoid and why?
- What is the effect this has on your body? On your relationships?
- Do you try to control yourself or control your environment in order to keep those defenses in place?
- Do you allow yourself a full discharge? If so, do you relax afterward?

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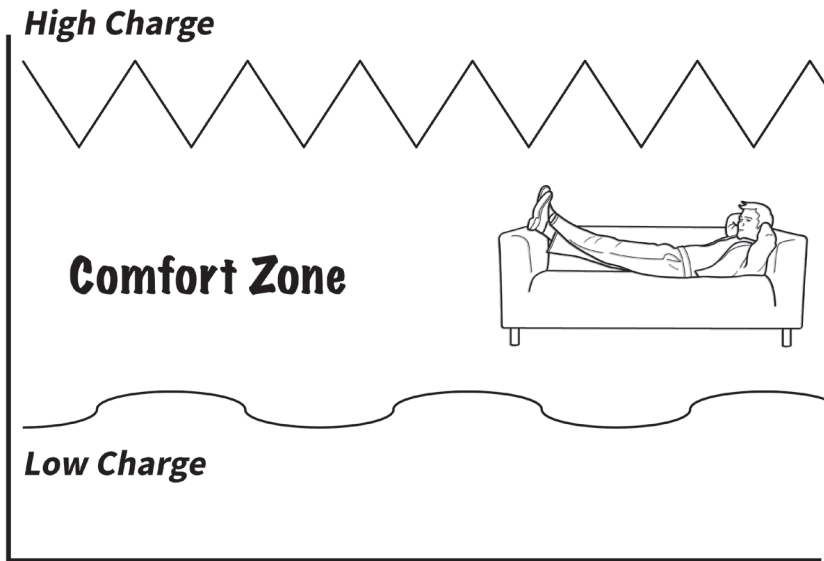


Figure 3 Comfort Zone

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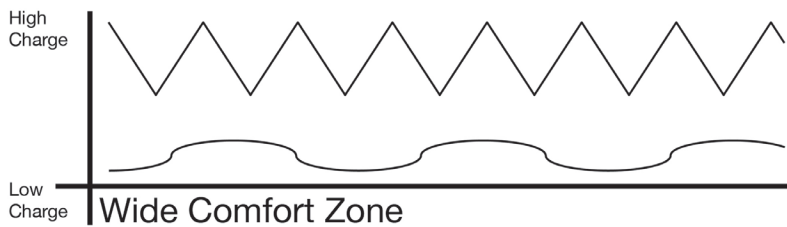
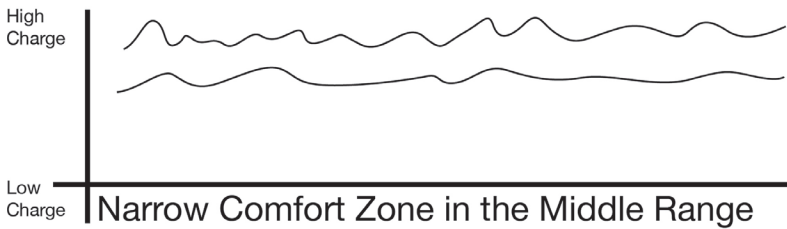
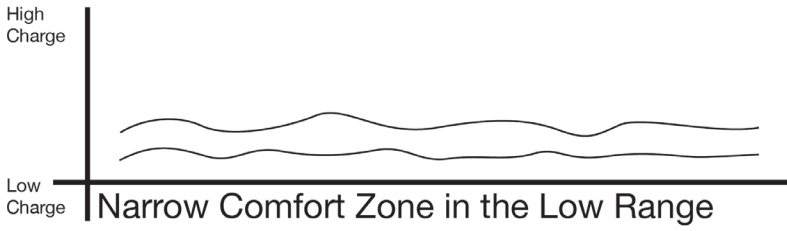
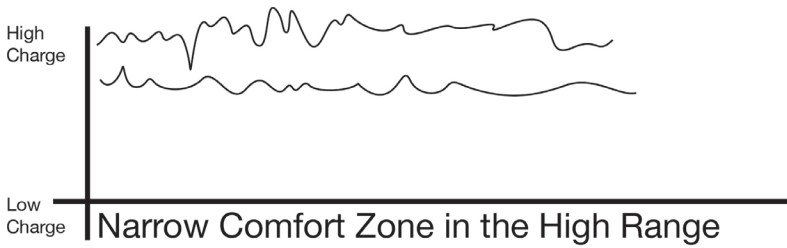


Figure 4 Comfort Zone Variations

Exercise:

Focus and Exaggerate

When you experience a charge hitting up against a block, begin by noticing what you are unconsciously doing in your body to create that block. You might be tensing your shoulders, holding your breath, clenching your jaw, or tightening your legs. This is what your body is doing on its own, in reaction to the charge.

When you have identified what your body is unconsciously doing, the next step is to bring it more fully into consciousness. *Exaggerate the movement. Make it larger.* If you are collapsing your chest, you might collapse it even further, moving toward curling up in a ball, if that seems like the right expression. If you are holding your breath, hold it even tighter and longer, until you can't do that anymore. If you are shaking your legs or your hands are quivering, shake them even more. By making the movement bigger, it's not only completing the urge, it brings the unconscious movement of the body to conscious awareness.

Take a moment to see what your body might be expressing as you exaggerate your unconscious urge. It might be "Leave me alone" or "I need you." Maybe your body is saying, "I'm all alone and scared," or "I feel like everyone is pushing up against me." Sometimes you might not even know what this movement is saying, and if so, that's fine: simply stay focused on the sensations and urges of the body. If I'm working with a client who doesn't know what her body is saying in the exaggerated position, I might reflect back what it looks like she's saying. "Well, it looks to me like you want to hide . . . push someone away . . . reach out for help . . ."

Slowly begin to relax the exaggeration. By *slow*, I mean *incrementally, glacially* slow, a quarter inch at a time. This allows your brain-body interface to track the change and allows your charge to move to a new place. If you move too quickly, you miss valuable openings that can occur. You also run the risk of not releasing the block. Moving slowly allows the charge to release slowly, meaning it can be better assimilated and—*more comfortable!*

Do not decide with your head where the undoing is going to go. Instead just follow the body's natural process of unfolding. If you are bent over with your hands in a fist, and you *slowly* unclench your fingers, you might find that your body naturally starts to sit upright or your shoulders naturally want to relax. But you are not "deciding" this is the right way to go and then forcing your body to do it. You are instead feeling the natural inclination of the body in its folding and unfolding.

When you reach a stopping place in the unfolding, simply observe where you are now. Spend a few minutes in the new position. Feel what's new. You might experience a warmth or a tingling in some part of your body. You might experience relaxation or clearer vision. You might have a new insight, or you might have feelings come up. Simply be with whatever arises and allow it to move your body.

Anchor that new feeling into your brain and body. Focus on it. What's different about it? What does this new posture or feeling make possible for you? Maybe there's a new belief, a new feeling, a new state of being. Sometimes things do not release in one try. Then you might tighten and release a few more times, just remember to do it very slowly.

Other times, when you relax one thing that you've been doing, another unconscious movement pops up. You might release your shoulders, and then discover that your jaw is tight. Then simply do the same exaggeration and slow release with the jaw. After that releases, return to the shoulders or whatever pops up next.¹

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OVERBOUND	UNDERBOUND
Compensating strategy	Avoidant strategy
High energy	Low energy
Excitable	Calm
Obsessive	Aimless
Controlling	Loose
High metabolism	Slow metabolism
Strict	Lenient
Rigid	Flowing
Muscular	Soft
Stubborn	Yielding
Focused	Lazy

POSSIBLE COMBINATIONS

PERSON	SITUATION	TENDENCY
Overbound	High charge	Tense, obsessive, controlling, angry, over-reactive
Underbound	High charge	Overwhelmed, confused, collapsed body
Overbound	Low charge	Restless, nervous, emotional
Underbound	Low charge	Loose, sloppy, unfocused, undisciplined, underactive

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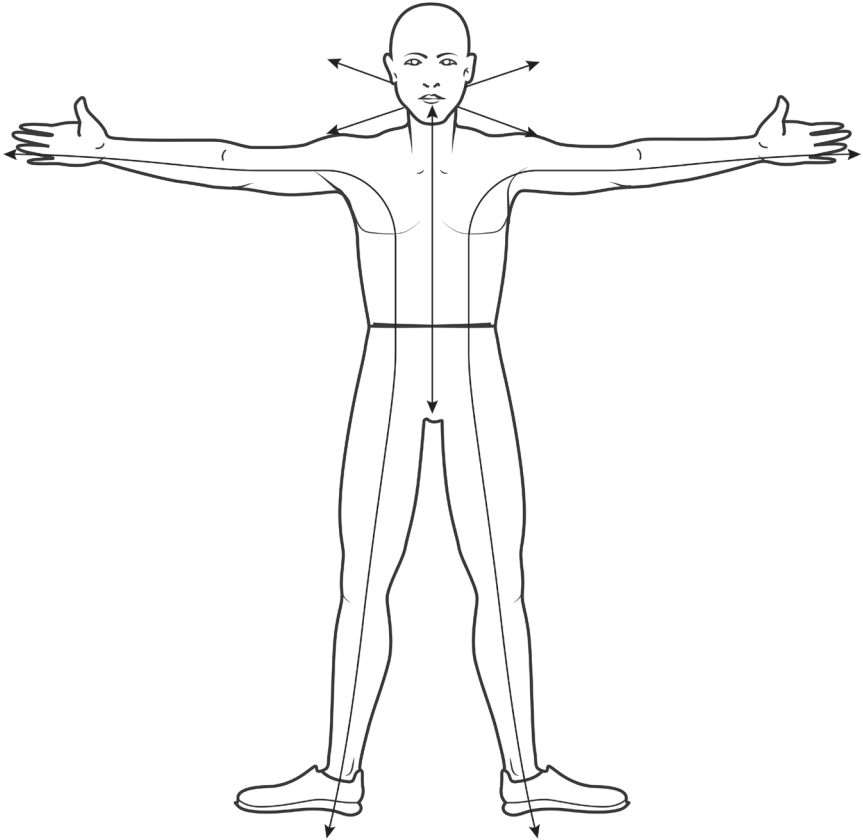


Figure 1b Discharging: Discharging moves energy from the inside to the outside, through the mouth, legs, arms, and genitals.

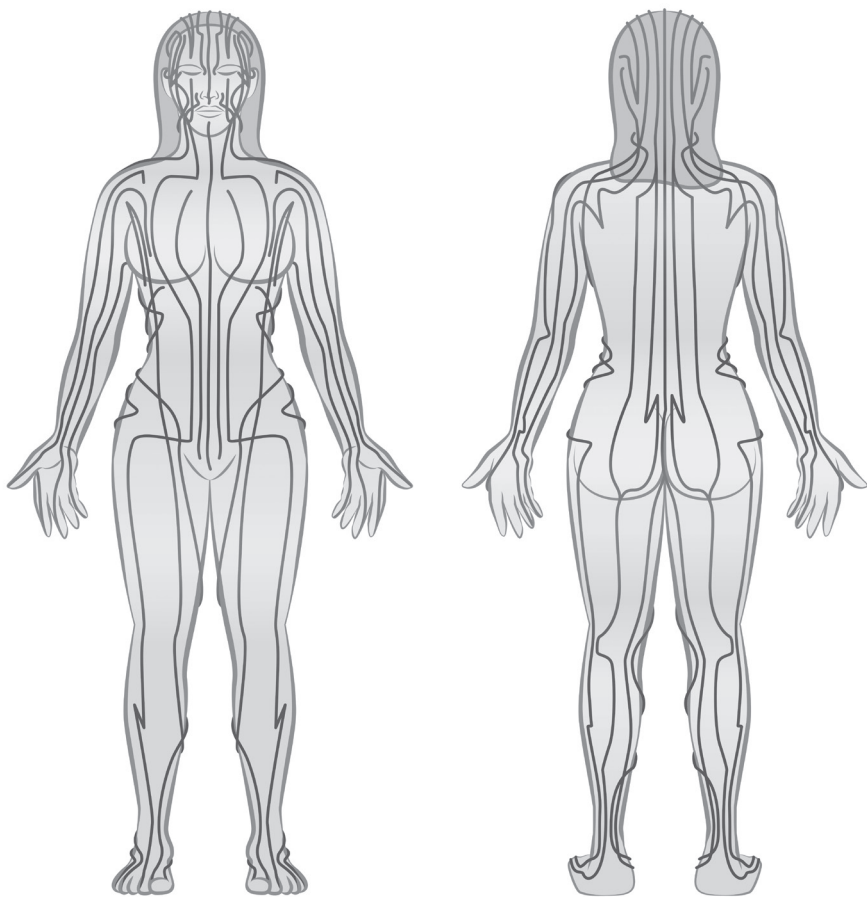


Figure 5 Meridians of Traditional Chinese Medicine

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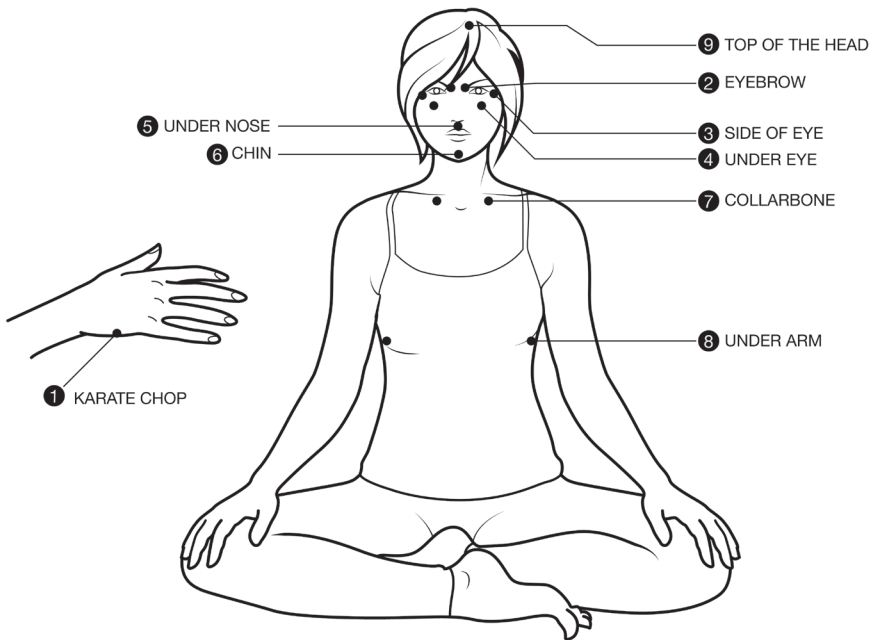


Figure 6 Tapping Sequence: Tap on the points in the order numbered while making your statements. Tapping on one side of the body will suffice.

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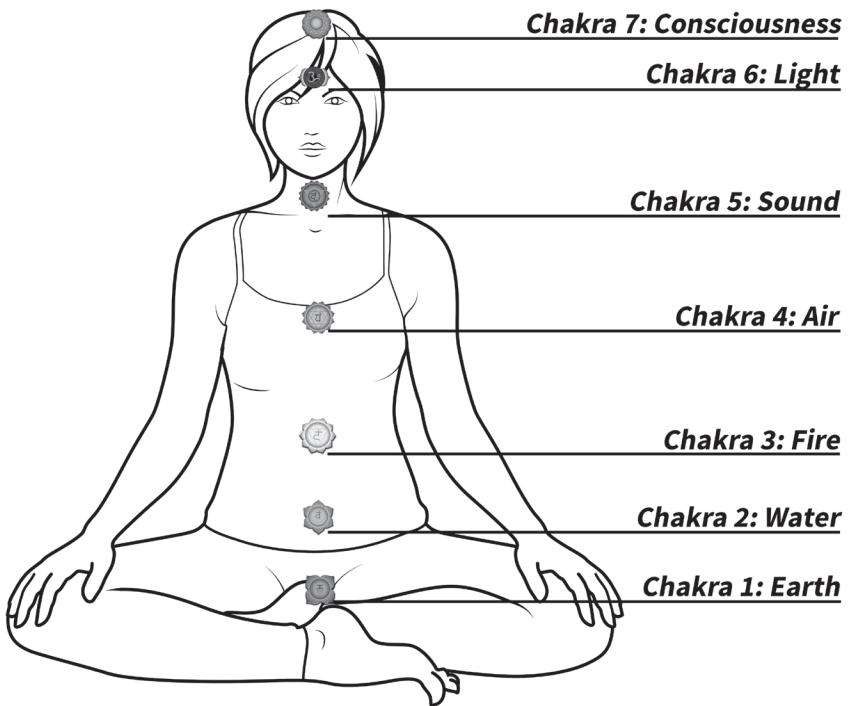


Figure 7 Chakra Elements

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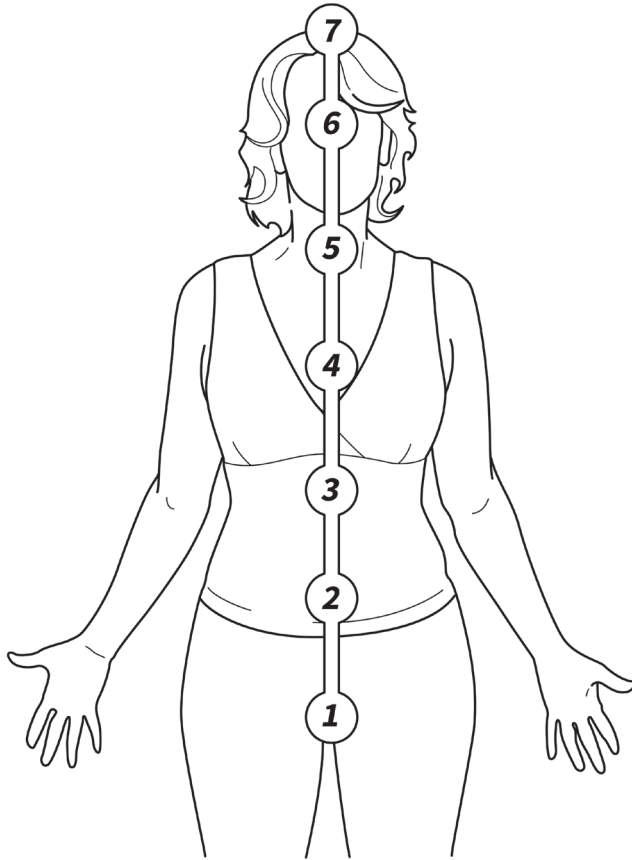


Figure 8 Chakras as Storage Pouches for Charge

THE CHAKRA SYSTEM

CHAKRA	LOCATION	CENTRAL ISSUE	GOALS	RIGHTS	DEVELOPMENTAL STAGE
7	Top of head, cerebral cortex	Awareness	Wisdom, knowledge, consciousness, spiritual connection	To know	Throughout life
6	Brow	Intuition, Imagination	Psychic perception, accurate interpretation, imagination, seeing	To see	Adolescence
5	Throat	Communication	Clear communication, creativity, resonance	To speak and be heard	7 to 12 years
4	Heart	Love, Relationships	Balance, compassion, self-acceptance, good relationships	To love and be loved	4 to 7 years
3	Solar plexus	Power, Will	Vitality, spontaneity, strength of will, purpose, self-esteem	To act	18 months to 4 years
2	Abdomen, genitals, lower back, hips	Sexuality, Emotions	Fluidity, pleasure, healthy sexuality, feeling function	To feel, to want	6 months to 2 years
1	Base of spine, coccygeal plexus	Survival	Stability, grounding, physical health, prosperity, trust	To be here, to have	Womb to 12 months

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IDENTITY	DEMON	EXCESSIVE CHARACTERISTICS	DEFICIENT CHARACTERISTICS	ELEMENT
Universal (Self-Knowledge)	Attachment	Overly intellectual, spiritual addiction, confusion, dissociated body	Learning difficulties, spiritual skepticism, limited beliefs, materialism, apathy	Conscious Thought
Archetypal (Self-Reflection)	Illusion	Headaches, nightmares, hallucinations, delusions, difficulty concentrating	Poor memory, poor vision, cannot see patterns, denial	Light
Creative (Self-Expression)	Lies	Excessive talking, inability to listen, overextended, stuttering	Fear of speaking, poor rhythm, aphasia	Sound
Social (Self-Acceptance)	Grief	Codependency, poor boundaries, possessive, jealous, narcissistic	Shy, lonely, isolated, lack of empathy, bitter, critical	Air
Ego (Self-Definition)	Shame	Dominating, blaming, aggressive, scattered, constantly active	Weak will, poor self-esteem, passive, sluggish, fearful	Fire
Emotional (Self-Gratification)	Guilt	Overly emotional, poor boundaries, sex addiction, obsessive attachments	Frigidity, impotence, rigidity, emotional numbness, fear of pleasure	Water
Physical (Self-Preservation)	Fear	Heaviness, sluggish, monotony, obesity, hoarding, materialism	Frequent fear, lack of discipline, restless, underweight, spacey	Earth

Exercise:

Opening the Leg Channels

1. Begin by standing with your feet parallel, shoulder width apart. After looking down and making sure your feet are wide enough apart (most people make too narrow a base), press your heels out a little wider than your toes, becoming a bit pigeon-toed.
2. Soften your knees, slightly bending out over the second toe, so that you can look down and spot your big toenail just inside your kneecap.
3. Now that your placement is correct press *down and out* with your feet, as if you were trying to push apart the floorboards or stretch the carpet. Feel how the resistance of your feet allows your body to become firmly grounded through your legs.

This is your basic grounding stance. Now we are going to increase the charge in your legs.

4. As you inhale, slowly bend your knees farther, keeping your shoulders directly over your hips. No need to take your hips as low as your knees; just bending a few inches will suffice. Imagine pulling earth energy *up* your legs, into your first chakra.
5. As you exhale, slowly push *through* the core of each leg as you imagine pushing roots into the earth. Your legs will naturally extend and straighten, but make sure to avoid straightening them all the way or locking your knees, as that will shut off the charge you are trying to build. Straighten your knees about 90 percent of the way, but not 100 percent.

6. Repeat steps four and five *slowly*, coordinating with your inhalation and exhalation (inhale as you bend, exhale as you straighten). Continue to press down and out with your feet slightly pigeon-toed.
7. If you are doing this correctly, you will begin to feel a subtle trembling in your legs. That's exactly what is meant to happen. Allow that trembling to take place—surrender to it. As you continue the exercise, the trembling will increase. Find out just how much bending and straightening, or just what speed increases that trembling and let it happen. This is a sign that new charge is coming into the legs.
8. If you are comfortable keeping that charge or allowing it into the body proper, then go ahead and do so. If you feel uncomfortable or anxious from too much charge, then simply discharge by stomping your feet or running in place.

Pelvic Wave Exercise

Begin with the standing grounding exercise, summarized here, which is designed to get energy moving up from the earth into your legs and torso. (A more thorough description of the grounding exercise can be found under Opening the Leg Channels in the previous chapter.)

With feet shoulder width apart, pressing down and out, like trying to push the floorboards apart, inhale and bend your knees slightly. Exhale and straighten to about 90 percent of a straight leg, being careful not to straighten your leg all the way or lock your knees.

Once you begin to feel the tremble in your thighs, it's time to bring the charge into your second chakra.

As you inhale and bend your knees, press your tailbone toward the back, increasing the curve of your sacrum. As you exhale, push down and out through your legs while bringing the pubic bone forward.

Repeat both movements slowly, coordinating with the breath—pelvis moving back on the in-breath, forward on the out-breath.

While this exercise is more subtle than the grounding exercise, you will start to feel a bit of charge come into your pelvis. To help it move through the body, on the next exhale, as your pelvis thrusts forward, let your whole torso make a wavelike motion, starting at the hips and moving upward. Repeat many times and follow any natural or involuntary movements that arise.

Butterfly Exercise

Lie on your back with the soles of your feet together and your knees out to each side. (If this is uncomfortable for your inner thighs, you can support the outside of your knees with pillows, yoga blocks, or rolled-up blankets.)

Tune into your breath and find the natural movement of the breath through the spine. Notice the spine's natural arch on the in-breath and the natural pushing downward on the out-breath. Take several deep breaths here to feel this subtle movement.

Now we add the movement of the knees. As you exhale, slowly bring your knees together, pressing the back of the sacrum into the ground. As you inhale, slowly bring your knees out to each side, arching the small of your back. Allow your breaths to be long and full, and allow your movements to match the breath—one full opening of the knees with each inhale, one full closing with each exhale.

You can, however, experiment with speeding up both the breath and the movement and find the speed that most brings charge into your pelvis.

Stop when you can feel the charge in your pelvis, and just tune in to your own place. Follow whatever movements your body wants to do.

If by some chance you feel overcharged with this exercise, or it brings up uncomfortable feelings, I suggest you do some big movements with your whole body to discharge. Go for a run, dance, or jump up and down and shake it out.

Doorway Push

Stand in a doorway, with your feet over the threshold. Bring your arms to the side and press your palms into the doorjamb on both your right and left at midtorso level. Push down into your feet and simultaneously outward into your hands. Take a few breaths as you push, lengthening the exhalation of each breath, even with a sound. Then slowly release your hands and bring them over your solar plexus. Notice your breathing. It is probably slower and calmer, while your hands may feel warm and energized.

Stand Up and Shake

The simplest technique to discharge is just to shake yourself out. Stand upright on both feet and begin to bend and straighten your knees, such that you bounce up and down a bit, without your feet leaving the ground. Once you start the movement, get your arms and hands involved. Add your voice, making abstract sounds, or even words if saying something arises naturally. Let it get to the point where the movement is happening by itself. Shake until you feel your charge level come down.

Woodchopper

This exercise begins in a wide stance—with your feet planted about three feet apart. Grounding firmly into your legs and feet, clasp your hands together and raise them up over your head. Imagine you are holding an axe between your palms. Allow your back and belly to arch just slightly. Take a few breaths and let your energy build, like a cat getting ready to pounce.

When you feel somewhat charged, take a breath in, then on the exhale, make a loud “Ha” sound as you swing your arms forward and down, as if you were hitting a chopping block with your imaginary axe. Then rise up again and repeat several times, allowing the whole body to move in one smooth release, and making sure your “Ha” sound is loud and forceful. Practice with different sounds, especially with the word *no* or even the word *yes*. When tired, return to standing and pause, noticing what your charge feels like.

Three Thumps Exercise

Donna Eden, author of *Energy Medicine: Balancing Your Body's Energies for Optimal Health, Joy, and Vitality*, suggests a simple practice called the Three Thumps⁵ to wake up the body. This practice takes only a few moments and can be very effective.

1. Press your thumb and first two fingers together, making a kind of pointed beak.
2. Then gently thump or tap on the points shown in the diagram on page 153 10–20 times each, starting with the points under the clavicles (K27) and ending with the spleen points.

She generally recommends following this with the Cross Crawl exercise, to get the right and left sides of the body working together optimally, as a way to balance one's energy. This exercise begins in a standing position.

1. Place your weight onto your left leg and lift your right knee and left arm simultaneously upward.
2. As you bring them down, alternate by lifting your left knee and right arm.
3. Continue back and forth several times.
4. I like to tap my hand to the opposite knee before lowering my leg each time. This is also a good alternative if you are unable to stand for any reason.

DONNA EDEN'S 3 THUMPS

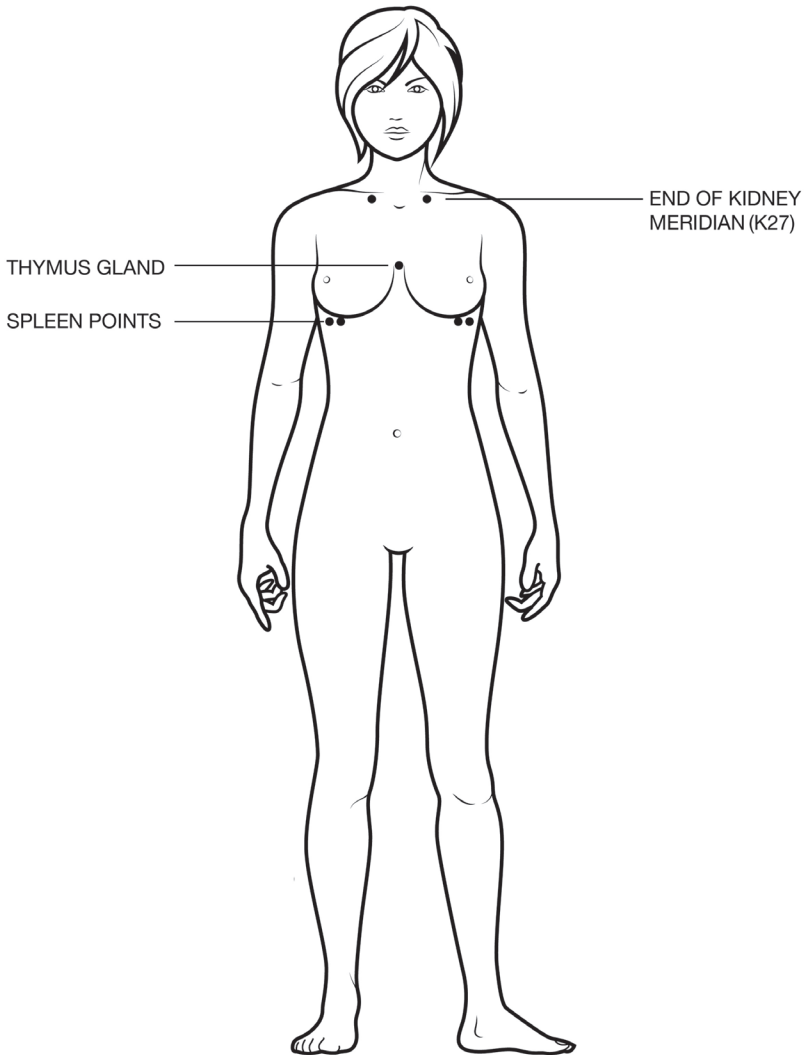


Figure 9 Three Thumps:
Tap on these points to generate a more energetic state.

Punch Out

Begin with the Stand Up and Shake exercise on page 148. Even though this is listed for anxiety, it works for depression too, as it begins to shake off the imaginary straitjacket that's holding you down and gets the energy circulating.

Next, imagine you are punching into the air in front of you. Make a fist in each hand, and alternate between your right and left hands punching forward on the out-breath. I used to stand a futon on its end for my clients to give them something to punch into, so if you have something soft to punch into, great, but otherwise the air will do. Using sound will increase your breath, which in turn builds up your charge.

Breath of Fire

This is an energizing and purifying breath from the yoga tradition. It can be done anytime and anywhere you feel you want to perk up your energy and strengthen your core.

Sit comfortably with your spine erect, your crown chakra placed directly above your base chakra. Place a hand over your solar plexus, between the navel and the breastbone.

With your mouth closed, rapidly snap your diaphragm inward, forcing a quick burst of air out your nose. Then simply relax your diaphragm and notice how the air comes back in by itself. That is one round.

This exercise repeatedly snaps the diaphragm in again and again, forcing the exhalation while allowing for a passive inhalation. Start slowly and build up speed as you gain skill at this exercise and develop your belly muscles.

A few rounds of 40–50 snaps of the diaphragm is a good place to start. Stop if you feel dizzy and simply breathe naturally.

Reflection Exercise

Make a list of the things that you don't want to do, yet tell yourself you have to do them.

List the reasons why you are choosing to do those things. Answers might include pleasing someone else, wanting to look good, or needing a certain result.

If the reasons are important to you, then make it a conscious choice to do those things. If not, consciously choose to say no.

Exercise:

Softening Meditation

Close your eyes and bring your attention to your inner world. Find your alignment by pressing your roots downward, into the earth, and lifting your crown upward, toward the heavens. Feel the central column of energy, your core, running vertically between crown and base.

Once your vertical alignment is established, bring your attention to your breath. Allow your breath to slowly deepen, taking in more air on the in-breath and letting out more air on the out-breath. Notice that the breath is soft; it doesn't have any edges or boundaries. Allow yourself to wait after each exhalation until the urge to inhale comes naturally, to wait at the end of each inhalation until the urge to exhale comes naturally.

Imagine that someone is gently putting a hand on the back of your heart chakra, giving you support, while gently pressing your heart slightly forward and upward.

Imagine now that the air around you is a field of universal love and that every breath you take fills you with that love and every breath you let go of contributes to that field of love.

As you breathe, soften your chest, your shoulders, your lips. Soften your arms and hands. Soften your legs. Imagine that the boundary between inside and outside, the boundary of your skin, becomes very soft and permeable—that you can breathe in and out through the pores of your skin, love coming into every pore, love releasing through every pore.

Imagine softening your stance on an issue. Maybe you soften toward another person in your life, or maybe you soften how you regard yourself. Imagine that this softness allows you to return home to your innermost self, where the inner beloved resides. Imagine this inner beloved as a field of love, radiating and shining out into the field of love that surrounds you in a perpetual exchange of love, compassion, and forgiveness.

When you are ready to open your eyes, open them with a soft gaze that allows you to remain connected to yourself and connect to the outside world at the same time.

The Winged Breath

The Sufi tradition often depicts a heart with wings, indicating the expansive nature of the heart. You can think of your arms as the wings of the heart: they reach out, they expand and contract, and they are connected to the muscles around the ribs and chest.

In this simple breath, you inhale and expand your chest, opening your arms wide, spreading them like wings. As you exhale, round your chest and bring your hands inward, giving yourself a hug. Feel yourself cradling your own heart.

As you inhale again, allow your chest to lift upward and expand forward, once again opening the arms out wide.

Repeat several times, allowing your body to follow with any other movements or sounds that spontaneously arise.

Then stop and notice if your charge has shifted in some way.

Twisting Breath

This is an energizing breath that will bring charge into the heart chakra area. The breath comes in through the nose and out through the mouth.

Sit in a comfortable upright position where you have a bit of space around you to move freely. Place your hands on your shoulders and hold your elbows out to the sides at shoulder height. Breathe in through the nose and twist your upper body to the right, allowing your head to follow the movement, looking over your right shoulder. Then quickly twist to the opposite side as you exhale through the mouth, again allowing your head to follow the movement, looking over your left shoulder.

Repeat 12 times, breathing in to the right, breathing out to the left.

Then center yourself and switch to breathing in on the left and out on the right, as you repeat 12 times again.

When you stop, take a moment to be still and feel the charge that the breath brings into your upper body. Make note of any feelings that arise.

Alternate Nostril Breathing

This exercise is a basic yoga breathing practice (*pranayama* to balance the breath, calm the mind, and soothe the nervous system). It is excellent for balancing the left and right hemispheres of your brain and for creating peace and equilibrium.

Sit comfortably cross-legged or in a chair, with your spine comfortably erect. If you are in a chair, make sure your legs are uncrossed so that your hips are level and that your feet are on the floor.

With your right hand, fold the second and third fingers into your palm, extending your thumb and ring fingers. Take a deep breath. With your right thumb, close off the right nostril and exhale fully through the left nostril. When the breath is empty, breathe in once again through the left nostril.

When the breath is full, use your ring finger to close off the left nostril, and exhale through the right. Inhale again through the right, and when the breath is full, use your thumb to close the right nostril again, breathing out and then in through the left.

Always switch nostrils at the top of the breath, meaning when the breath is full. Breathe out and then in again through the same nostril. Breathe slowly and deeply. Practice 10–20 rounds of this breathing, and then sit quietly in meditation for a few moments or longer.

HeartMath's Freeze-Frame Process

This simple exercise can be done very quickly to combat stress, sadness, depression, or anxiety by developing great heart coherence. When you notice you are feeling stressed or anxious, begin by taking some time out (even a few minutes will do) to disengage from the thoughts that are causing you stress by doing the following:

Focus on the physical area of your heart chakra (heart, lungs, chest, and upper back areas).

Imagine that you can breathe in and out through your heart chakra, taking several deep, slow breaths.

Think of a positive experience from the past—a time when you felt love for someone or loved by someone, a time when you were content, safe, cared for, etc. If you cannot remember a time, then make one up. Let that feeling radiate through your heart and the rest of your body. I tell my clients to imagine “soaking their cells” in the experience.

Spend a few breaths here, noticing any changes.

Get off My Back

Here's a simple bioenergetic exercise to loosen the area around the neck and shoulders, especially in the back body.

Stand with your feet at least shoulder width apart. Bend your elbows, and make a fist with each hand.

Begin, one elbow at a time, alternating left to right, moving the elbows rapidly toward your back, saying aloud, "Get off my back!"

After alternating back and forth, finish with pressing both elbows back at once. If any other words besides "Get off my back," wants to be expressed, feel free to do so.

Then stand and notice if your shoulders feel lighter and you feel more grounded.

Pressing on the Jaw

When we restrict our self-expression, we often tighten our jaw. This can create tension in the whole body. This exercise can be done by yourself but is more effective when someone does it to you.

Stand up straight with a nice wide stance. With your mouth closed and your head level, place your hand (or a friend's hand) directly under your chin. Then try to open your jaw, pressing against the resistance of the hand. Make a sound as you do so.

If making sounds is frightening for you, at first practice just the movement. Then add a soft sound and gradually increase the volume as you become more comfortable.

Develop the Witness Exercise

Sit comfortably in a position of meditation. Close your eyes, deepen your breath, and soften your body.

Imagine you can project your consciousness to a vantage point up on the ceiling, or even outside, where you can look down at yourself. You might be watching through a telescope or the lens of a camera.

Engage your witness, through your imagination, to observe yourself going through a typical day. See yourself waking up, and notice how you wake up—what are your first thoughts in the morning?

See yourself getting out of bed, taking a shower, getting dressed, eating breakfast, interacting with others.

See yourself going to work, doing what you do all day. Notice your conversations, your body positions, your thoughts and feelings as you watch yourself go through your day.

See yourself coming home at night, interacting with family or pets, or being by yourself, eating, relaxing, going to bed.

Notice especially anything about this person that she might not be seeing as she goes through her day. Notice what she is *not* noticing. Simply observe without judgment.

When you are ready to end the meditation, write down a few things that you observed that you might like to tell that person. Maybe you notice that they think they are more alone than they really are. Or that they could be nicer to people, or that they are not remembering that spirit is behind them.

What would it be like to go through your day with that awareness?

The Five Basic Character Structures

Classical Names	Schizoid	Oral	Masochist	Psychopath	Rigid
Alternate Names	Creative, Leaving, Unwanted Child	Lover, Merging, Undernourished Child	Endurer, Defeated Child, Overmanaged Child	Challenger-Defender, Aggressive, Betrayed Child	Achiever, Perfectionist, Hurried Child
Age of Wounding	Utero to 6 months	6 months to 2 years	18 months to 3 years	2.5 to 4 years	3.5 to 5 years
Parent	Angry, frightened, disembodied	Depriving, overwhelmed	Intrusive, enmeshed, controlling	Seductive or authoritarian	Sexually rejecting, cold, rule follower
Charge and Holding Pattern	Holds together, high charge, jumpy	Holds on, collapsed, low charge	Holds in, dense, blocked charge	Holds up, outwardly directed, high charge	Holds back, surface, high charge
Gifts	Connected to spirit, intelligent, creative	Loving, generous, caring, flowing	Loyal, steady, patient	Strong will, big energy, charismatic	Accomplished, optimistic, structured
Challenges	Embodiment	Receiving, self-reliance	Individuation, taking action	Vulnerability, trust, yielding	Feeling authentic self, owning shadow

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Classical Names	Schizoid	Oral	Masochist	Psychopath	Rigid
Fear	Falling apart, going crazy	Abandonment	Exposure, humiliation	Surrender to others	Surrender to feelings
Doubts	Right to exist	Right to have	Right to act	Right to love	Right to want
Illusion	My mind is my body	Love will solve everything	I'm trying to please you	It's all a matter of will	Performance is everything
Central Emotion	Fear	Sadness	Resentment, guilt	Anger	Shame
Personality	Mental, creative, scattered	Needy, dependent, merging	Heavy, withdrawn, feels stuck	Power hungry, obstinate, contrary	Proud, competitive, motivated
Defense Strategy	Withdraw, escape	Fixate on others, collapse	Resist, hide	Dominate, control	Compete, perform, follow rules
Eyes	Vacant, scattered	Pleading	Suffering, confused	Commanding	Sparkling, bright
Body Signs	Thin, wiry, angular	Round, soft, sunken chest	Compressed, thick, dense	Broad shoulders, loose pelvis, strong head	Attractive, tight, well toned, fit
Healing	Grounding, embodiment	Find core, stand on own two feet	Move resistance to action, say "No"	Trust something bigger than you are	Acknowledge needs, feelings, shadow

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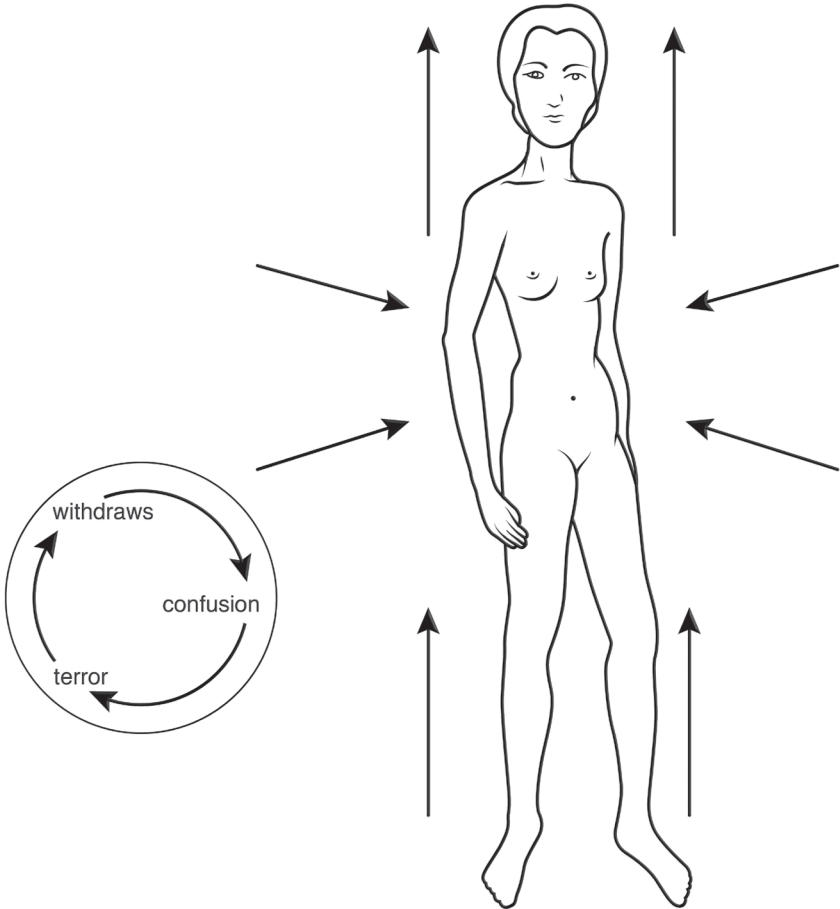


Figure 10 Schizoid Character Structure: Thin, contracted, drawn upward

Schizoid Expansion Exercise

The following exercise can create remarkable shifts in the Schizoid's disembodiment and help them become more present and grounded. It helps to counteract the chronic contraction into the core, by producing a feeling of expansion that allows them to drop down inside themselves and into their body.

I ask the person to stand in front of me and explain that with their permission, I am going to press on various parts of the body with one of my hands. Whenever I touch them, I ask them to take a deep breath, and then on the exhalation, to push that part of their body against my hand.

I begin in the extremities, often with the upper arms. First one side then the other, I instruct the person not to lean against my hand but to push out from their core and imagine widening the energetic space they live in. As they push against me, I offer a slight amount of resistance—enough to make them use real effort but not so much that they can't move outward.

I then go to the thighs, hips, shoulders, upper and lower back. Needless to say, I avoid the buttocks, breasts, or anything near the genital area.

As I gradually work my way from periphery to core, my final steps are to push against their third chakra, then the sternum. The very final step is to have the person draw their hands up, palms facing outward, close to their body, and then push into the resistance of my hands as they straighten their arms, pushing me away. This final step teaches them that rather than going away themselves, they can make something in their environment go away. This allows them to take up more room, instead of shrinking away from what they don't like.

The result is that the person feels larger and simultaneously more grounded and more grown-up. With the expansion at the core, there is room for the spirit to drop down into the body.

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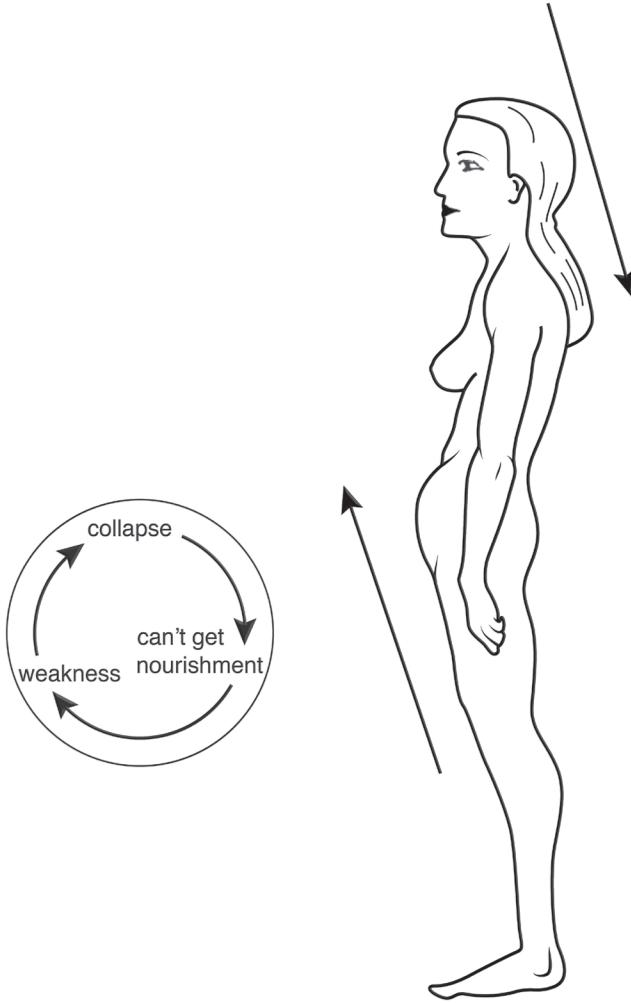


Figure 11 Oral Character Structure: Collapsed chest, passive ground

Boundary Exercise

For this exercise, both people are standing some distance apart, 10–15 feet, if possible. (I have been known to go out into a parking lot to create enough space with some clients!)

I tell the person I am working with that we are going to do a boundary exercise and that I am going to slowly walk toward him. I tell him that he is allowed to do whatever comes naturally to him as I walk toward his personal space.

I take one step at a time, carefully observing the level of charge in the body. I watch the eyes, the hand movements, the face, and the breath for any signs of arousal. Often I see these signs before a person takes action to stop my approach, but the first time around, I simply notice and keep quiet. Sometimes a person takes no action whatsoever and allows me to push them backward, sometimes all the way to the wall. (I do this gently, however!) Other times, someone says *stop*, or puts their hands up as a boundary.

This gives me a sense of the person's ability to sense their boundary and to defend it appropriately.

I then point out where I saw the activation arise, stepping back to that distance. I say something like, "I saw you tense up when I was standing here, and I saw you flinch when I stood here, and you visibly drew back when I stood here but never said stop."

Then I repeat the exercise, giving them feedback on these subtle activations as I step forward again. I encourage them to notice these messages from their body and to respond accordingly with words and/or motions, such as putting the hands up.

Once the boundary is established, I can take it to the next step, which is asking him to defend an invasion of his boundary. I push into his hands and ask him to push back against me, using any words that come naturally, such as "Back off," "Stop right there," or "Get away." When these words are said with full charge, I stop and allow the person to feel the exhilaration and charge of having set a clear boundary.

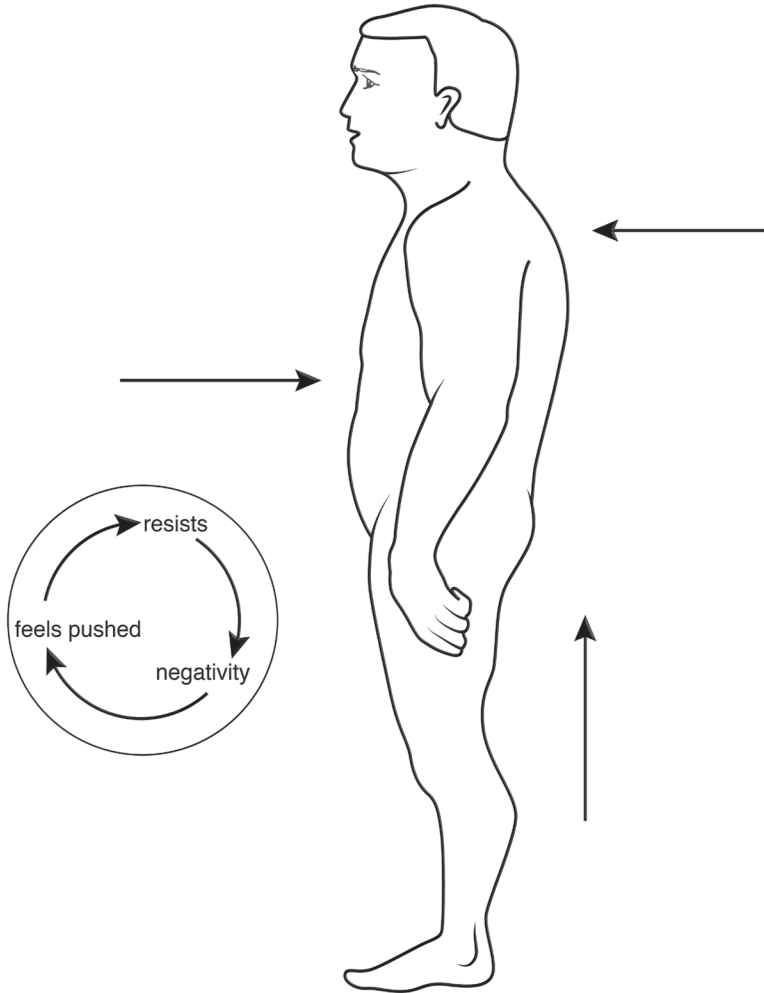


Figure 12 Endurer Character Structure: Dense tissue, holding in the middle

Tug-of-War Exercise

You've heard about the inner child? Well, this exercise invites you to regress into your inner "brat." This awakens the unbridled feeling of childish power that got thwarted at a young age and energizes the third chakra.

(This exercise requires two people and cannot be done alone.)

Grab a yoga strap or a large towel or blanket that you can twist into a long rope. Each person grabs an end to the "rope," then stands facing their partner, as far away as the length of the rope.

Each person is invited to think about something that is important to them—something they don't want to have taken away. It can be their fire, their sexuality, or their freedom, or they can even imagine something as simple as a toy.

On a count of three, each person begins pulling the rope, reverting to the feelings and actions of a three-year-old. They yell out, "Give it to me! This is mine! I want it!" or whatever comes to mind. Allow this feeling to come into the body as you ground into your feet to avoid getting pushed over.

Allow the energy of your inner brat to come out. When he or she has had her say, you can stop and take time to feel your third chakra and your charge in general.

Will Exercise

This exercise also involves two people, though one facilitates for the other. We'll call the facilitator Person A and the participant Person B.

Person B thinks about something he or she needs to do with their will. Examples would be sticking to a diet, finishing a project, maintaining a yoga practice, or getting to bed earlier. It should be something the person finds challenging.

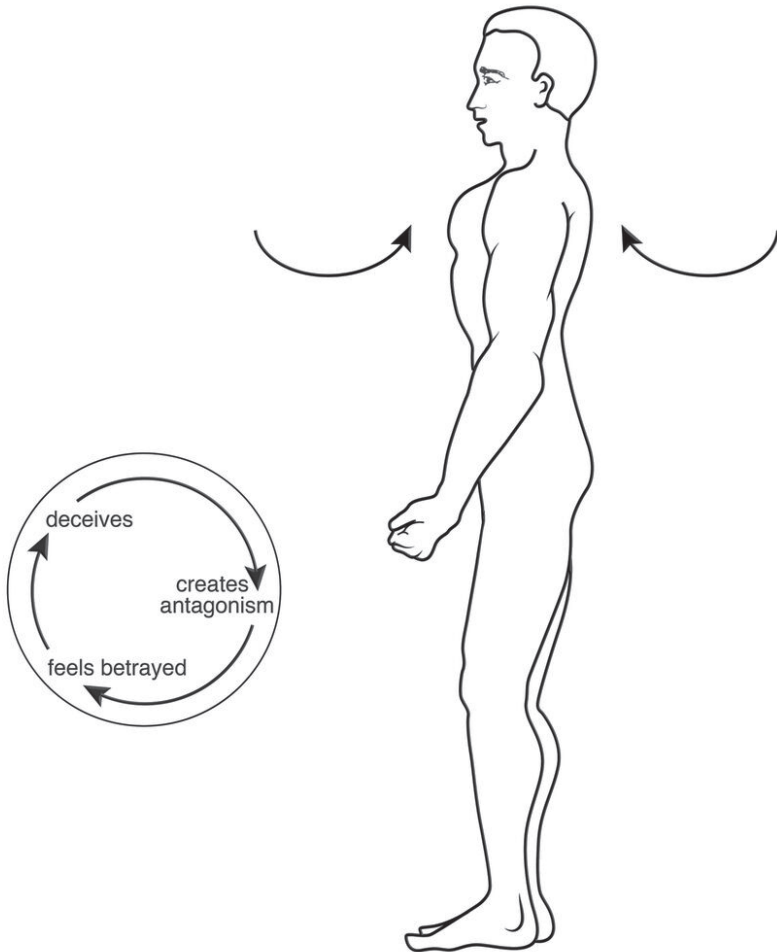
When this is clear, Person B starts with grounding and takes a solid stance, pushing down into the earth. She then brings her arms alongside her body, with elbows straight and hands in a fist, backs of the wrists facing outward.

The facilitator, Person A, applies a small amount of pressure to the backs of the wrists while Person B tries to lift her arms, *keeping her elbows straight*.

The amount of pressure is enough to make Person B have to work hard to raise her arms, but not so much pressure that she can't do so. When the arms tremble, you know that they are running some charge.

When the wrists lift up to shoulder height, Person A lets go. The result is a feeling of breakthrough, with the charge moving upward through the third chakra.

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**Figure 13 Challenger-Defender Character Structure:
Strong, defensive, energy held up in shoulders and head**

Reflection Exercise

1. Imagine a time when you felt alone and perhaps betrayed by circumstances or someone you loved. What were the feelings at the time? Hold yourself in compassion.
2. If someone had been there for you as a champion, someone real or imagined, who would it have been? What would they have done to protect you?
3. Imagine this more positive scenario happening to the child you were at the time, with this champion at your back. Notice what it feels like to have that kind of support. Notice how it can allow you to soften and return to some of the innocence of a child.

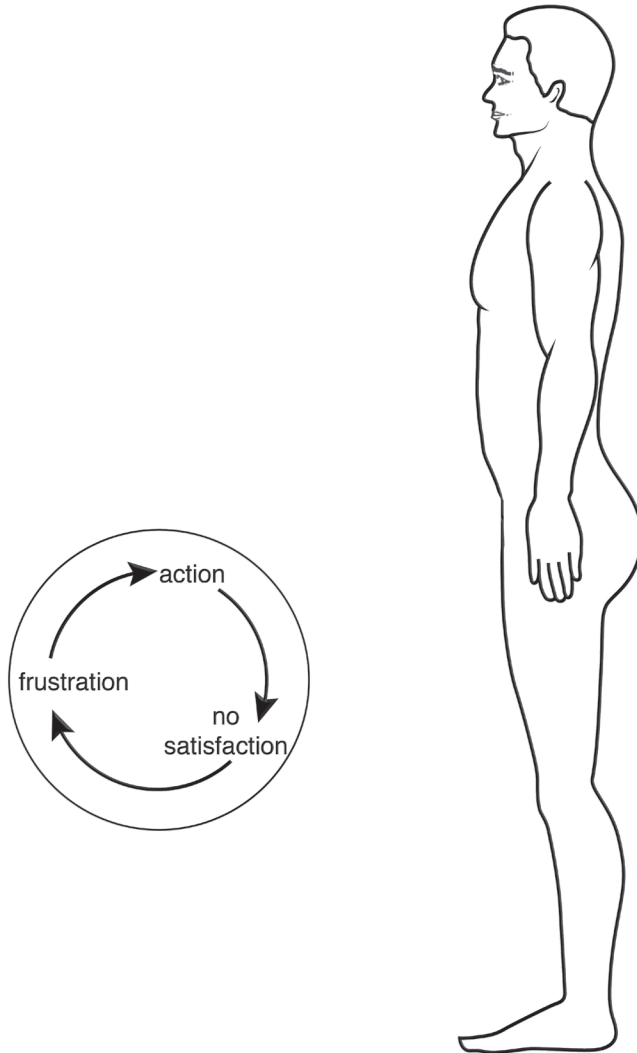


Figure 14 Rigid Character Structure: Well proportioned, tight in chest, held back in middle. Arches and leans forward.

Reflection Exercise

On the left side of a piece of paper list all the characteristics you developed as a child in order to be “good.” Maybe you were quiet, neat, helpful, responsible, or the straight-A student. Just write a word or two for each quality.

Next to each item on the list, down the right-hand side, name what you had to give up in order to develop those traits. If you wrote down *reserved*, you might have had to give up being needy or emotional. If you wrote down *quiet*, you might have had to give up being noisy. If you were neat, you had to give up being messy.

Next, imagine yourself doing or being some of the things on the right-hand list. Notice whether it brings up charge for you. Track your charge to see where it is in the body and any feelings or emotions.

Authentic Movement

It is good for the Rigid character to find their authentic self, in body, mind, and spirit. This exercise helps to free the body. Set aside about 20 minutes.

Take some time where you can be with yourself, wearing comfortable clothes, with some empty floor space in which to move around freely. Close your eyes and feel into your body. Notice any movements your body might want to make, and allow them to happen, slowly at first, starting with subtle micromovements around the core. As you continue to focus on the smaller movements, very gradually allow them to get bigger. Eventually allow them to get as big as they want, even adding any sound that wants to come out. Allow the movements to express your charge from deep within. The movements may change from one thing to another or from one body part to another. You might curl up in a ball or stamp your feet into the ground. Just see what emerges.

When the larger movements have been fully expressed, gradually begin to tone it down into subtler movements again, until you come to a natural stopping place.

Allow at least 10 minutes or longer for the movements. If it is shorter, you are hurrying too much. Go back and try it again. Use music if you like, but make sure the music doesn't have a rhythm that dictates your movement.

When you are finished moving, take the rest of the time to write in your journal, draw a picture, or engage in some form of expression.

Make sure the movement comes from within the body, not what you are "supposed" to do. Avoid dance moves, yoga postures, martial arts *katas*, or anything that has a fixed form. See what emerges organically from your own body.