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CHANNEL CLEARING AND TUNING

A therapy/enlightenment based on an ancient Chinese energy model.

The model envisages the twenty-four major organs of the body in a state of continuous resonance, each of them being at any one time in one of four states of consciousness. And as the vibrations of a tuning fork can produce a sound in another tuning fork at some distance from it, so sounds and colours can set up sympathetic resonances in the organs and thus help them to adjust, heal themselves, and operate in unison with all the other organs of the body.

Originally the sound used was the chanting of monks. Western practitioners can use a tape-recorder!

Like the meridians and treatment points of acupuncture, Channel Clearing uses points on the body to transmit energy to specific organs. The manual of the twenty-four organs is called Tonal and it identifies a specific colour, letter of the alphabet, vertebra, and sound for each organ. And each organ can be reached via the head - the intellectual centre; the heart chakra - the emotional centre; or the harar - the energy centre of the body. Using the three centres together is the most powerful - this produces a unison of healing and creative energy.

Channel Clearing allows the energy of the body to vibrate one specific organ at a time. When we do that, the state of that organ becomes available for inspection. We have in fact twenty-four windows on reality, the reality we create from inside ourselves. So our outside reality is a reflection of inner states. What Channel Clearing does is allow us to look at the quality of energy in each organ. A person who is doing Channel Clearing is experiencing the content of an organ and surrendering to that experience. It is like watching a film of one's life in which only the sections that belong to that organ appear. And the experience can go backwards towards birth and we can see how we have been responding to our experiences in certain ways and in a certain pattern.

What actually happens is this. The passive partner, the one who is being worked on, is lying on the floor and the active partner or therapist is touching the energy points in the body to channel the energy to a particular

organ. There is silence, except for the music or chanting appropriate to the organ in question. The subject is holding a hand mudra - a position of hands which allows the heart to resonate with the organ we are working with.

The sound content works in two ways. When the subject sings or even speaks, it is possible to know which organs are in need of tuning. Then we have charts that can tell us the appropriate sounds to mediate and improve the functioning of those organs. There can be a physical response.

If there is a pathology or dysfunction in the organ, then a Channel Clearing session will result in the organ starting to repair itself and because all the organs resonate together, the body will go into a healing crisis. This may be very powerful or very gentle depending on the sensitivity of the person who is doing the work or depending on the power with which we do the channel clearing.

As well as sounds, every organ has a particular colour and sometimes people spontaneously see the appropriate colour of the organ they are working on.

Following the clearing technique, we can then use tuning to vibrate any one of the organs by encouraging the subject to intone or chant a sound or word that will resonate with that particular organ. We can then amplify through all the centres in succession, in the hara, in the heart chakra, in the mind and in unison. Thus we get four different energy states for each organ.

Tuning will produce a change in consciousness and it will also have an immediate impact on the physical organ. As well as using the voice to energize the organs, the process will also help the subjects to rebuild and strengthen their own voices. With the voice freed and strengthened, people can inspect the energy of their organs on their own. They can do tuning in the bathroom in the morning. Once this technique is learned, people can energize particular organs according to the demands of the day ahead.

When doing Channel Clearing in a workshop, we aim to have the balance of Yin and Yang energy - equal numbers of men and women. We usually allow thirty to forty minutes for each organ, taking it in turns to be therapist and subject. Usually we go through the organs from the planetary cycle - this is an astrological calendar or the chi chai which indicates three particular organs in prominence for every two weeks in the year. Should we sense that there is a common disturbance in a certain organ with this particular group, then we can change the programme. We can also change to help those people who have come with a certain problem. Working this way we have found that certain organs need to be treated much more than others. The most abused organs we have found are the female genitals, the heart, the kidneys, the adrenal glands and the lungs.

We have found in practice that this is a very powerful technique not only for correcting imbalances and dysfunctions in the body, but also for producing a sense of well-being and a fund of creative energy in the subjects.

Channel Clearing was discovered and developed by Swami Shantam Dheeraj, who personally instructed the two authors in this method.