

## CHAKRA ENERGY FLOW

By Rob Schout. MySolTouch Holistic Health. Fall 2025



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Your energy flows through channels. The central channel, from the base of your spine to the crown of your head, is called the “sushumna”. Along it are several focal points called “chakras” or “wheels”. In the original Hindu text, these “chakras” were metaphoric energy centers within the body, not physical energy wheels. They were focal points and transition points of particular energies, related to Deity meditations that linked the conscious ascendancy of the Kundalini life force and the connection between the physical body/life, and the spiritual (“vajra”) body/life that we all possess.

There are 7 main chakras within each person. Each one serves a different function.

- Root chakra (Muladhara)
- Navel chakra (Swadhisthana)
- Solar plexus chakra (Manipura)
- Heart chakra (Anahata)
- Throat chakra (Vishuddha)
- Third eye chakra (Ajna)
- Crown chakra (Sahasrara)



Sometimes chakras can become blocked, and energy flow can be impeded. A blockage or impediment may manifest as a physical, emotional, mental, social, or relationship illness or challenge; or an inability to move forward in a particular area of life or attain a desired level of spiritual insight or awakening.

The *My Sol Touch Chakra Energy Flow* technique begins with a conversation. We'll discuss how you're feeling, what you've been experiencing, and what your goals may be related to chakra massage support. At the outset of the *My Sol Touch Chakra Energy Flow* session, you'll relax with a brief Swedish-style series of strokes as well as some affirmations. Depending on the focal point(s) of the Chakra Energy Flow, I may guide you through some creative visualization exercises while you lie on a warmed table.

The whole-hand bodywork techniques and strokes, as well as the areas of your body that receive attention, depend on your Chakra Energy Center goals (e.g., which centers you want to work on, unblock, increase flow within, etc.). Whether I use circular movements, strokes, presses, etc., depends on your goal. No two Chakra Energy Flow treatments are the same. Each is unique and, in part, intuitive.

At the end of our meeting, we'll sit together, and I'll share with you a few suggested life skills and meditation exercises that you can do at home. These exercises will support the continued opening and unblocking of particular chakra energy centers.



### About the author: Robert Schout

Rob is a bodywork specialist, certified master life coach, clinical social worker, business consultant, and author. He is an advocate for holistic men's health and well-being, encompassing the wellness of body, mind, emotions, culture, and sexuality. Through MySolTouch™ – Bodywork for Men, Rob offers men a respite from the outside world and the cultural conditioning that men go through. He provides a safe, supportive, rejuvenating, and welcoming experience, both physically, emotionally, and mentally, in the Wilmington, DE area. Rob is available for men's events, retreats, and life coaching.

