

British Academy of Crystal Healing

Safety Energy Lock Locations within the Body

Recommended reading **The Touch of Healing by Alice Burmeister with Tom Monte**
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There are 26 energy locks located within the body, each energy lock is associated with an attitude. By using crystals, the palm of the hand or the fingers to harmonise them it is possible to release unproductive thoughts and attitudes toward life. This will change your perception of life, your emotional disposition and eventually your external world will dramatically improve.

Remember the external world is a reflection of your inner world therefore it is very important to get to know yourself.

Crystals can help the process. By listening to the body and picking up what emotion may be hindering the flow of energy you can choose the appropriate crystal and place it on the energy lock to assist.

Example: The first depth attitude is worry) and there are a myriad of emotions that can be caught up in worry, insecurity, unsafe, alone, unloved, out of control, over responsible, lack of time, hatred, lack of forgiveness, anger, jealousy, what others think about you, past events and emotional trauma, criticisms, hanging on to old thought patterns, negative thinking, uncertainty, not being good enough.....

Worry (energy locks 1 -5) **Sadness** or grief (energy locks 5-15) **Anger** ((energy locks 16 -22)
Fear (energy locks 23) **Pretense** (energy locks 24 -26)

All of the emotions intertwine with the attitudes so any emotion can be released through any of the depths (attitudes). Therefore as we work on this level it will have an impact on the other 5 depths.

Safety Energy Lock 1 The Prime Mover

Use when you experience extreme high's or low's or when you feel stuck in a rut. It will relieve abdominal stress, bloating, headaches and deeper breathing. It moves the energy around the body and helps to start things flowing

Safety Energy Lock 2 Wisdom

It will reconnect you to the original wisdom and purpose for living; relieve all forms of back discomfort, balances digestion and breathing and reduces tension in the legs.

Safety Energy Lock 3 The Door

Unloads negative tension and receives purified energy. Aids breathing treats fevers, colds, sore throats and boosts the immune system by releasing the body's own natural antibiotic. It will release stress and tension in the pelvic girdle.

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Safety Energy Lock 4 The Window

Allows in the light of knowledge and life giving breath: harmonises the eyes, and any throat discomforts. It is good for insomnia, weakness or straining of the eyes and for a sore or dry throat, releases you from unproductive thoughts of the past.

Safety Energy Lock 5 Regeneration

Rebirth and regeneration, restores our ability to release the old patterns and embrace the new ones. Feeling liberated from all the bondage of the past, especially fear based beliefs.

Safety Energy Lock 6 Balance and Discrimination

Balances the 2 worlds, helps one live on the material plane with universal inspiration. Releases tension in the chest, lower back and hips.

Safety Energy Lock 7 Victory

Helps complete the Spiritual cycle, hence victory. Clears the mind, head and relieves convulsions, headaches and digestion problems.

Safety Energy Lock 8 Rhythm, Strength and peace

Helps us vibrate to the rhythm of nature promoting peace and strength. Good for reproductive functions, elimination process, and muscle tension

Safety Energy Lock 9 Ending of one Cycle and beginning of another

Is useful when people are trying to clear their slate...Offers inspiration to give up the old and take up the new. It also connects the upper and lower part of the body, great to harmonise when there is Chest congestion, arm, back, ankle and hip discomfort

Safety Energy Lock 10 Warehouse of Abundance

Releases an outpouring of limitless life energy when it is unlocked, it harmonises the heart, circulation, throat, voice, shoulders and knees. They are especially good for balancing blood pressure projects.

Safety Energy Lock 11 Unloading the burdens of the Past and the Future

Helps us unload excess baggage and burdens relating to the past and the future. It eases discomfort in the shoulders and neck, hips, legs, arms, elbows, wrists, hands and fingers.

Safety Energy Lock 12 Not my will but Thy will

Powerful effect on the psychology as it realigns the will to the Universal will. It eliminates anger, restores emotional equilibrium and relieves tension in the neck and arms

Safety Energy Lock 13 Love your Enemies

It will help us to see the good in all people, even those with whom we disagree or clash with. Harmonises the reproductive system, balance the appetite and reduce tension in the neck and shoulders

Safety Energy Lock 14 Equilibrium and Sustenance

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This energy lock nourishes us and brings balance into everyday life, connects the upper and lower body and is good for the hip or thigh region of the body

Safety Energy Lock 15 Wash our hearts with Laughter

Restores joy and laughter into our lives, which changes our perception of everything. Helps us take life less seriously, harmonises the abdomen, legs, knees, ankles and feet. Alleviates bloating and is good for the heart

Safety Energy Lock 16 Transformation

Healthy and smooth changes in life, A wonderful place to balance the skeletal system, muscular tissue, relieve head and neck tension

Safety Energy Lock 17 Reproductive Energy

Balances the nervous system and is excellent in emergency situations. Benefits the heart, breasts, ankles and relieves bloating

Safety Energy Lock 18 Body Consciousness and Personality

It makes us conscious of the physical body and the need to integrate it with the personality. Eliminates sleep disorders and harmonises the rib cage and the back of the head.

Safety Energy Lock 19 Perfect Balance

Authority, leadership and the ability to maintain balance in all types of situation are associated with the 19s. It harmonises the digestion, back, lungs, breasts and physical fitness

Safety Energy Lock 20 Everlasting Eternity

Unifies personal consciousness with the Universal mind, thereby giving us a glimpse of the timeless reality that we refer to as eternity. Harmonises the eyes, ears and sharpens mental activity to restore equilibrium

Safety Energy Lock 21 Profound security and Escape from Mental Bondage

The 21s release the weight of the world, mentally and physically, thereby strengthening thinking, restoring energy and balancing weight projects, both underweight and overweight. Good for dizziness and stress.

Safety Energy Lock 22 Complete Adaptation

Harmonises our thoughts to think more objectively and reasonably without emotion and attachment, they also help us adapt to changes in season, weather and environment also natural changes in life.. They harmonise the thyroid and parathyroid and help prevent strokes.

Safety Energy Lock 23 Controller of Human destiny, proper circulation maintenance

They unload fear... an impediment to the natural flow of life. It improves circulation and adrenal function, relieves temper tantrums and abdominal stress. Great one to use to alleviate addictions, projects of the circulation, brain function and physical agility.

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Safety Energy Lock 24 Harmonising Chaos

Use when there is confusion or chaos in life, it promotes peace and eliminates feelings of stubbornness, jealousy and revenge.

Safety Energy Lock 25 Quietly Regenerating

Regenerates all body functions, increases mental alertness and clarity.

Safety Energy Lock 26 The Director, total peace, total harmony

Provides vital Life force and total harmony to the whole being, it will recharge all mental, emotional and physical function with life giving energy.