

# The Tranquillity Integrity Empowerment

This empowerment was developed initially due to an interest in post traumatic stress. Kirlian photographs showed how most of the energy was locked into the base chakra and was not flowing through the other chakras, in other words functioning was permanently at survival level, the essence of the base chakra function. A psychic healer's subsequent chakra scan validated this, the energy in the sacral chakra was virtually non-existent and in the solar plexus she noted that the chakra was spinning backwards, there was very little energy in the heart and throat but the third eye and crown had managed to stay relatively okay, possibly due to regular meditation. There was a dissociation between the higher and lower chakras with very little going on in between.

PTSD was originally diagnosed in members of the armed forces who were suffering from what was known as shell shock or combat fatigue. These days PTSD is noted in all kinds of incidents including environmental disasters, rape, traffic accidents, muggings and domestic abuse etc. The integrity of the self is literally broken down, we may say it has been dis-integrated and the subsequent dissociation of the different aspects of the self is reflected in the lack of energy flowing between the chakras and has a knock on effect throughout the whole system. This is reflected in the symptoms of PTSD. There is a need for the person to rebuild their connectedness with their own emotions, other people close to them, their spiritual beliefs and society as a whole and to restore a strong sense of self and their sense of wholeness and to learn to trust again and feel safe. There is however a positive side to this which is an enormous potential for personal and spiritual development. Those who come out the other side are usually more emotionally balanced afterwards and have a very different view on life. Severe cases of ME can also show a similar chakra disturbance to those of PTSD where virtually all of the energy is collected at the base chakra with a lack of energy in the middle chakras. This is hardly surprising as ME has been shown to be connected to long term chronic stress and is the stage of exhaustion that Hans Selye referred to in his General Adaptation Syndrome.

Initially energy was channelled to each chakra one at a time from the base up to the crown but at some level this was not assisting the dissociation aspect of post traumatic stress because it was having little effect on the integration process so eventually the energy was channelled to flow from base to crown chakra connecting all chakras as it flowed. This is not a quick fix however and in all cases the empowerment needs to be taken at regular intervals over time. This empowerment helps to reintegrate the dissociated aspects of the self whether caused by clinical PTSD or from any other incidents that a person felt were traumatic. Its use isn't only limited to this however as it can be used as a means of connecting the different aspects of the self throughout growth and development and to bring the person into a state of wholeness or 'integrity.'

Important note. Anyone suffering high symptom PTSD needs specialist help such as EMDR, EFT or hypnotherapy which are more appropriate in dealing with the more disturbing symptoms that are affecting day to day functioning such as flashbacks and referral to a trauma cognisant therapist is recommended in order to bring these symptoms under control. Please be aware that PTSD carries a high risk of suicide. The mechanism which causes many of the more distressing symptoms of PTSD is the amygdala in the limbic system of the brain. During the original traumatic incident the memory is stored in the amygdala. Once a memory has been stored in this way anything in the future that matches or part matches that memory can trigger an inappropriate fear response. The above therapies all have the ability to re-encode the traumatic memory into the neocortex where it is stored as a safe one. A combined approach using a treatment such as EFT or hypnotherapy alongside The Tranquillity Integrity Empowerment can be very effective.

As we develop we do so to some extent in stages however these stages are actually quite fluid, they overlap and merge into each other. Not all aspects of a person develop at the same rate, different aspects can be at different developmental levels, so for instance moral development may be at one level yet cognitive development may be at another and still another part may be 'stuck' at yet

another level either due to slow development or due to past hurts and traumatic incidents and may need to be healed and for the blockage to be released in order to be integrated into the developing 'wholeness'.

This empowerment helps to clear and connect the chakras in the following ways.

**Base chakra.** Equated with Abraham Maslow's physiological needs, our basic survival needs, food, water, and shelter and is based on exchange of labour. It relates to Erik Erikson's stage of trust versus mistrust. Survival. Our instinctive fight flight freeze response. The right 'to be' and the right to life. Post Traumatic Stress Disorder, terminal illness, abortion, miscarriage, anything that has threatened survival. Severe cases of ME, cancer or any other seriously degenerative or long term disorder. Psychological difficulties that tell us we shouldn't be here or should not have been born. Serious natural or environmental disasters can also affect this chakra severely.

**Sacral Chakra.** This relates to exchange in the external world. The recognition of the difference between 'self' and 'other' and the need for co-operation, sharing, mutual exchange whether in personal relationships, business or social circles. It is equated with the beginning of Maslow's safety needs which are fulfilled through the spirit of co-operation and relates to Erikson's stage of autonomy versus shame and doubt. Security and co-operation issues. The need to feel part of a group or conversely the attempt to avoid it. Reproduction difficulties. Block of initial creativity and ability to share with others due to primal fear.

**Solar Plexus Chakra.** This is the first level of development of intuition, our gut feelings. It is related to the formation of our selfhood or our ego and is equated with the end of Maslow's safety needs and the beginning of the belongingness needs and is the level of group membership and taking on of roles within the group, as such it relates to Erikson's initiative versus guilt and anxiety, and industry versus inferiority. Finding your own identity within the group. Self esteem issues such as rebuilding esteem after trauma. The initial factors which build the persona or ego level come together here and if they are not solid at this point they can cause difficulties in later development. In people with PTSD this chakra is sometimes overloaded due to constant hypervigilance (think of the feeling of having butterflies in the stomach and imagine this going on all the time)

**Heart Chakra.** This is the level of learning to give love and attention to others and the ability to receive it, it is also the level of learning to give unconditional love to ourselves. It equates to a transition from Maslow's belongingness needs to his esteem needs and is the level of self reflective exchange and relates to Erikson's identity versus role confusion and intimacy versus isolation. It is the stage of learning to differentiate between our own role and roles of others and of learning to put yourself in the other person's shoes and to have empathy. This is the development of the mature ego. Compassion for self and others. At this point we learn to love ourselves unconditionally and to love others in the same way. This means having the ability to extend our heart out to others unconditionally. However if we have been unable to do this previously due to blockages which many of us have this can be difficult. Assists with unblocking of emotions that have become repressed due to past trauma or difficult relationships and assists in reconnecting to our own emotions and to others. Assists the process of forgiveness in relation to those we perceive have done us harm. Helps with issues of non-attachment.

**Throat Chakra.** The development of personal expression and the use of individual willpower. This chakra relates to a completion of the self esteem needs and a beginning of Maslow's self actualisation needs and is the fully integrated authentic self. As such it relates to Erikson's generative versus stagnation and integrity versus despair. This is where our thinking becomes more holistic, global and integrated. Actualization. When we have healed our own wounds and reintegrated our lower levels we become authentic and more easily express our own unique gifts and talents in the world and fully realise our life path. Heightens creativity and sense of personal integrity, we are no longer afraid to speak our truth.

**Brow/Third Eye Chakra.** By this time we should be more or less 'actualized' or in other words authentic and true to ourselves and we go on towards the higher levels of the transpersonal to seek our communion with God or the Divine Source. The transition through this stage brings us to Maslow's self transcendence needs and is the time when we take a more spiritual view of life and

choose to willingly embrace the changes necessary for further growth. We have gained wisdom by this time and we respond to the call to be of service to humanity if we have not already done so. As PTSD and ME both have a huge potential for growth it is not surprising to find that as a person finally heals from these conditions their view of life changes considerably and as the lower chakras reconnect with the higher ones the third eye can open quite dramatically.

**Crown Chakra.** If we have fully embraced our soul needs we will now begin to work at the level of spiritual exchange and the ascent will continue despite the difficulties we encounter. At this level we realise our true spiritual responsibilities both to ourselves and others and we become spirit in action. Completion of the process of integration and connection to Divine Source. We may still need to continue to heal any lower level needs and integrate them but at this level in our development they tend to be much more recognisable for what they are and we are more than ready to do what is necessary to deal with them.

Authenticity and Integrity go hand in hand. When you are authentic you are being your true self and are living your life in line with your own core values. This empowerment assists the process by removing the blockages in your energy system that have arisen due to suppressing your own needs and wishes. Continually working with this empowerment will gently lift you from all the 'shoulds' and 'oughts' in life so that you begin to live your life according to your own truth. Releasing and letting go of all the old messages held in your unconscious mind is a very liberating experience, as your inner world and your outer world come into alignment with one another you will be more authentic and integrated and will find that many of the old internal conflicts have been resolved. This stronger and more integrated sense of self is necessary before moving onto further development and leads to what Maslow called the level of self actualization or reaching your full potential.

For anyone who is unable to take this empowerment themselves you can send it as you would distant healing. The Tranquillity Integrity Empowerment is also ideal to send to those in the armed forces, police forces and emergency service workers or anyone who is likely to find themselves dealing with traumatic incidents. It is also useful to send to countries who have undergone natural disasters or terrorist attacks or for any situation where there might be an element of traumatic stress.

To call in the Empowerment simply relax or meditate and call it in by saying  
"I willingly and gladly receive the Tranquillity Integrity Empowerment direct from the source for my highest good."

Much Love, Many Blessings and Divine Light  
Denise Robson and Martin Brown

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#### Medical Disclaimer

The information in this user guide does not constitute medical advice nor is it intended to replace appropriate medical care. Please give this information and the Empowerment out freely to any who it may help in its entirety with the copyright and medical disclaimer attached.



**Tranquillity**  
**Peace Is A Place We Find Within**