**The Energy Healing Modality of Chakra Balancing**

**What is a Chakra?**

It is a Sanskrit word that means “wheel” and is used to describe 7 different energy centers in the body (on a vertical line starting at the base of the spine all the way to the top of the head) that are connected to different aspects of the body, mind and spirit. Energy is the life force that travels through the different energy systems -not addressed in conventional medicine.

The following is a great description of each of the 7 main chakras found in Kyle Gray’s book **Raise Your Vibration**. (Love this book.)

* **The root chakra**: considered the most important chakra because in most things you have to start from the group up. It is found at the base of the spine. This space is about our security and survival but also represents the health of our legs and back.
* **The sacral chakra**: found just below the navel at the tip of the pubic bone, the sacral chakra governs the reproductive system. This energy space is about our ability to flow with life and express our creativity.
* **The solar plexus chakra**: around the center of the belly, the solar plexus chakra is our “gut instinct” and is known as the brain of the body. This chakra is all about our willpower and ability to achieve, and governs the digestive system.
* **The heart chakra**: At the center of the chest, this energy center is about our capacity to give and receive. It’s about love, generosity and being able to share a loving experience. It affects the heart and upper respiratory system too.
* **The throat chakra**: Our ability to communicate, be open and express ourselves is governed by this chakra. Not only does it help us speak our truth, but it also has a lot to do with being fully expressive on an emotional level. It affects the thyroid gland, which is essential for our hormonal stability.
* **The third eye (brow) chakra**: This is the center of intuition and perception on both a physical and non-physical level. It affects our eyes and helps us develop our inner vision too.
* **The crown chakra**: The most elevated of the traditional chakras, at the crown of the head (or just above) governs our wisdom and connection to the divine.

**What is a Chakra Balancing session like?**

In a chakra balancing session, the patient lies face up (fully clothed) on a massage table and the practitioner hovers over various parts of your body close enough to channel healing energy through their hands or chakra balancing object (?). When combined with reiki, the session is mostly hands off (within 6 inches of a patient’s body) with only occasional hands on contact. Most people find these sessions to be intensely relaxing.

Chakra Balancing is an energy healing modality, complimentary alternative medicine, and an important aspect of holistic healthcare. It can be used in conjunction with other treatments and can speed up the healing process and enhance the level of healing.

Energy work, like Chakra healing, requires a willingness to change your mindset in order to change old patterns, address fear, and work on issues that is often rooted in us since childhood.

**Chakra Balancing**

Chakras are energy stations that can hold negative or positive energy. Each chakra influences the physical (organs, muscles, ligaments, veins, and all other body parts), the mind, and the spirit.

Chakra balancing is a deep healing technique that not only removes stagnant energy but also provides fresh energy to restore balance and well-being.

When a chakra becomes blocked, damaged, or muddied, our physical and emotional health is usually affected. With balanced chakras, you feel relaxed, whole and healthy.

Chakra balancing is the process of restoring a harmonious flow of energy across the chakra system. The effect of well-balanced chakras often translates into a feeling of well-being, relaxation, centeredness, increased vitality and embodiment of oneself.

Many people are energy-depleted because they are not able to hold enough life force energy or “chi”. In this energy condition, you are flushing energy down and away from you, much like a toilet flushes water down.

**What causes our chakras to get out of balance?**

Some of the causes can be:

* Financial Insecurity
* Lack of stability, not feeling grounded
* Lack of self-worth, self-esteem,
* Anger
* Stubbornness
* Blaming others, victims mentality
* Childhood traumas & birth traumas
* Alcoholism in families
* Divorce
* Death of a loved one
* Physical abuse
* Betrayal
* Guilty feelings
* Abandonment
* Depression
* Controlling tendencies, manipulation
* Resentment
* Lack of forgiveness
* Judgmental
* Jealousy & bitterness
* Sexual issues, fear of sex, sexual abuse,
* Addictions, obsessions
* Emotional dependency
* Fear of change, fear of speaking the truth, difficult to communicate with others
* Inability to listen
* Rigid religious/spiritual beliefs

**What are the benefits of Chakra Balancing?**

When your Chakras are open, your physical body and life are healthy, happy and balanced. When there is an imbalance or blockage, there will be a disturbance in your body or life. By healing the energetic centers of your body, your overall health will improve:

* More passion in life
* Think Better
* Sleep better
* Reduce stress and pain
* More creativity
* Better problem solving
* Better relationships

**How many Chakra balancing sessions will I need?**

Every person is different and has different needs so there is no set number of sessions, everyone responds differently. Normally clients may see results after a couple of sessions. For maximum results, it is suggested that clients have at least 4 to 8 sessions and some of my clients comes regularly because they understand that energy work is an ongoing process in our everyday life.