Chakra Balancing Treatment: (1 Hour session - $150, includes chakra report)

If you've been feeling less vital and energetic or in an emotional funk, it's possible that you have a chakra that is clogged or stuck. Contrary to popular belief, chakras are not the newest fad in the holistic world, but rather an ancient system for understanding your body's energy.

The chakras are located in the central channel of the energetic spine, sometimes referred to as the *sushumna*. This major route of energy flow (*nadi*) starts at the base of the spine and runs up to the crown of the head.

What exactly are each of the [chakra meanings](https://chopra.com/articles/what-is-a-chakra), where are the chakras located and how would you know if you were stuck?

Signs of Blocked Energy at Each Chakra

**1st Chakra:** Being depleted of first chakra energy feels like a survival crisis. You can’t get grounded because you are stuck in your head. By contrast, if you have too much energy at the root, you can become greedy or excessive in behaviors. These are misguided attempts to get grounded.

**2nd Chakra:** When someone is stuck in their sacral chakra, they struggle with being ruled by their emotions or the opposite of this, which is feeling numb or out of touch. There's also a correlation to sexual desire (or the lack thereof) at this level. Creativity and pleasure are both found at this energetic level.

**3rd Chakra:** This chakra is often considered the power center, and when out of balance, self-esteem may be low and decision-making can feel out of control. Temper flare-ups are also common when energy isn’t flowing well here.

**4th Chakra:** The heart chakra, when flowing with energy, feels filled with love, compassion, forgiveness, and acceptance. When there's a blockage at this energy level, anger, jealousy, grief, or self-hatred can be more prominent.

**5th Chakra:**This chakra is the source of speaking your most authentic truth. When energy is blocked or low here, fear of not being accepted or of being judged becomes a problem. You might also feel out of touch with your opinions and desires and have challenge in making choices. Not being able to speak the truth or speak up, holding in, not able to express ones self.

**6th Chakra:** The word *Ajna* means “beyond wisdom,” and when this chakra is open, you experience expanded imagination, clairvoyance, and intuition. When there is a blockage at this level, there can be a tendency to be over-involved in fantasy or imagination. Lack of focus or clouded judgment can also occur.

**7th Chakra:** The crown chakra connects you to the wider universal energy, so when this area has a block, isolation or emotional distress can occur. This may present as an inability to set or follow through on goals or an overall lack of direction and feelings of disconnection.