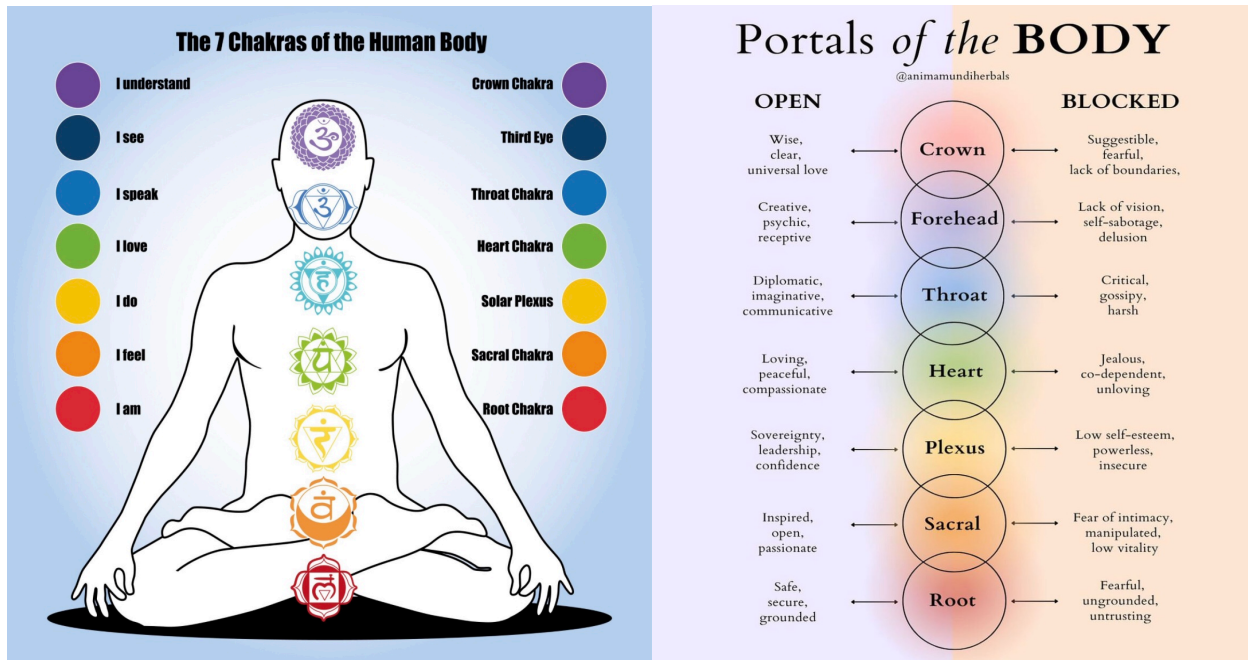


# Chakra System



Chakra is a Sanskrit word for wheel. Similar to the circulatory systems of our body, the chakras are wheels and vortices of energy that interconnect and create loops of energy throughout the body. It is generally agreed upon that the purpose of the chakras is to deliver energy to the cells and organs. Life energy pours into our bodies through these chakras which appear to be centers for energy accumulation. They supply a link between our physical and non-physical bodies. While there are 114 documented chakras in the system, there are 7 main chakras spanning from the base of the spine to the crown of the head. We imagine the chakras as cylindrical, perhaps 1-1.5 inches in diameter, entering the body to supply the nearby meridians, glands, and organs with energy. And when there's resistance or disruption of flow due to stress, poor diet, life challenges, our relationships, trauma, etc., chakra imbalances and blockages can occur. All physical manifestation of disease manifest in the energetic field first before manifesting into the physical. By utilizing Reiki healing energy, we are able to clear blockages and restore energetic flow and balance to the chakras.