

## Chakra Balancing Kitchener

Chakra Balancing Kitchener - Chakra balancing originated in the ancient Hindu system of healing. Yogis have used the chakra system for hundreds of years as part of their alternative healing techniques and yoga practices. Chakras are understood to be wheels of energy, or chi which are situated all around the human body. Many alternative medicine experts or holistic healers believe there are hundreds of chakras situated in the body system but they are basically concerned with the seven principal ones. These seven energy wheels are said to be aligned along the backbone from the top of the head to the tailbone. Each chakra is delineated by a different colour. Multiple consider that when these energy centers are not properly aligned, or when there is an energy blockage, various physical and mental health issues can occur. These believers usually turn to certain strategies of chakra balancing so as to enhance well-being and promote health.

The first chakra is called the root chakra and is situated at the base of the vertebrae. It is delineated by the colour red. The root chakra is claimed to govern the physical wants and security. The sacral chakra or the second chakra is represented by the colour orange. It is said to control sexuality, desires and emotions. The 3rd chakra, located in the solar plexus, governs power and is delineated by yellow. The heart chakra is the fourth chakra which controls love, compassion and forgiveness and is green. The throat chakra happens to be the fifth and it's recognized for managing communication and is delineated by blue. The 6th chakra is called the forehead or the third-eye; it is indigo and governs reasoning and insight. The 7th chakra is situated at the crown and is delineated by the colour violet. It is stated to be in command of comprehension and mysticism.

According to the chakra teachings, the energy centers are interrelated and in a position to influence each other. The root chakra spins at the lowest velocity and has the lowest vibrational frequency. Other chakras get increasingly faster the further up the spine they go along with the crown chakra revolving the fastest and having the highest vibrational frequency.

When working normally, each one of the chakras will be open and correctly spinning in order to collect an adequate quantity of energy from the general energy field. In this balanced state the body is centered and life flows effortlessly and naturally. When stress, sickness or detrimental thoughts are held onto or if adverse experiences are suppressed then energy could get stagnant and the chakras can get blocked. In these situations, chakra balancing could assist to revive a person's psychological, religious, emotional and physical wellbeing.

To be able to wipe out the dark, stagnant or dense energy in the chakras, there exists many chakra balancing strategies. A number of alternative healing treatments that may balance the energy centers includes reiki, massage and therapeutic touch. Other therapists use meditation and prayer on themselves or their patients. There are a lot of people who use color visualization to restore the colourful, healthy colour connected with every chakra and to remove the darkish energy that may have become lodged in those areas.

The practice of kundalini yoga has been applied for years as a technique of helping to stabilize the traditional flow of energy within the human system and throughout the chakra system. Whichever technique is used, the basic premise is to concentrate on encouraging the energy circulation within the chakras and to remove any stagnant or dark energy blockages.