

## Chakra Balancing Abbotsford

Chakra Balancing Abbotsford - Chakra balancing started in the ancient Hindu system of healing. Yogis have used the chakra system for thousands of years as part of their alternative healing strategies and yoga practices. Chakras are said to be wheels of energy, or chi which are located all around the body system. Several alternative medicine practitioners or naturopathic healers accept as true that there are lots of chakras located in the body system but they are basically concerned with the seven major ones. These seven energy wheels are said to be aligned along the spine from the top of the head to the tailbone. Every chakra is represented by a unique colour. Many believe that when these energy centers are not properly aligned, or when there is an energy obstruction, various bodily and psychological health problems can come about. These believers usually turn to specific strategies of chakra balancing in order to enhance well-being and promote health.

Positioned at the base of the spinal column is the first chakra, which is also referred to as the root chakra. The Colour red is its depiction. The root chakra is said to govern the bodily wants and security. The sacral chakra or the 2nd chakra is represented by the colour orange. It is said to regulate sexuality, wishes and emotions. The third chakra, positioned in the solar plexus, governs energy and is delineated by yellow. The heart chakra is the 4th chakra which controls forgiveness, love and compassion and is green. The throat chakra is the 5th and it is known for managing interaction and is delineated by blue. The sixth chakra is named the forehead or the third-eye; it is indigo and governs logical thinking and insight. The seventh chakra is positioned at the crown and it is delineated by the colour violet. It is stated to be in command of understanding and mysticism.

The energy places are interrelated and are capable to affect each other. This is centered on chakra wisdom. The root chakra always spins at the lowest velocity and it has all-time low vibrational frequency. Other chakras get increasingly quicker the further up the spine they go with the crown chakra revolving the quickest and having the highest vibrational frequency.

When each of the chakras is functioning normally, they are going to be open and correctly spinning in order to collect an ample degree of vitality from the universal energy field. In this balanced condition the human system is centered and life flows easily and purely. When stress, sickness or unfavourable thoughts are held onto or if negative experiences are suppressed then vitality can get stagnant and the chakras could get blocked. In these situations, chakra balancing could assist to restore an individual's psychological, spiritual, emotional and physical well being.

To be able to wipe out the dark, stagnant or dense energy in the chakras, there exists many chakra balancing methods. Several alternative healing therapies that might balance the vitality facilities includes reiki, therapeutic massage and healing touch. Some other therapists make use of meditation and prayer on themselves or their clients. There are a lot of people that use colour visualization to restore the colourful, healthy colour connected with every chakra and to take away the darkish power that might have become lodged in these locations.

The practice of kundalini yoga has actually been applied for years as a way of helping to stabilize the standard movement of energy inside the human system and all through the chakra system. Whatever method is used, the fundamental assumption is to concentrate on encouraging the energy circulation within the chakras and to remove whatever stagnant or dark energy obstructions.