

Chakra Balancing

The chakras, which resemble whirling wheels of energy, exist on the etheric plane. This is why orthodox western medicine has difficulty accepting their existence. Indian and Chinese healing symptoms have shown us how important these energy centres are to our whole well-being. Our Chakra's serve all areas of our body and bodily functions..On the physical plane, the chakras correspond to the endocrine glands. All chakras interpenetrate one another. Each chakra corresponds to a particular colour frequency, and with a particular organ or gland. This means that the organ or gland vibrates at a sympathetic rhythm to a colour vibration.

When we feel 'off colour' or 'washed out' we need to retune to the colour, just like tuning in a radio set to a station so that it restores the signal loud and clear. When a person's aura colours glow clear and healthy, so do the corresponding chakra centres. In a healthy body, the chakras absorb and distribute colour energy evenly, while in an unhealthy person, toxins may begin to collect causing physical, mental and emotional problems. There are seven major centres within the aura, these are joined together at intervals along the spine. These centres of power are constantly moving, absorbing currents of energy. A free flow of this life-giving energy is vital to the health and well-being of the person. We thus describe the chakra centres as being either open or closed. The open centre allows energy to pass freely, while a closed centre creates an energy block typified by problems related to that chakra. Chakras can also become too open, which will also cause disharmony, and allow too many vibrations to enter that centre. The aim is to balance the energy between the different chakras as well as making sure each centre is not too open or closed. Each of the chakras contains all the colours of the spectrum, but only one colour is dominant in each.

What are energy blockages or energy imbalances in the chakras?

Imbalances in the chakras are known as energy blocks. When there is unreleased emotion such as fear, anger or guilt accumulated from past experiences or when there's been a lack of nurturing, love, and encouragement during the developmental period, the energy flows less freely to/from the chakras.

Whenever a person blocks an experience, he/she blocks the flow of energy to/from their chakras. The chakras become blocked, clogged with stagnated energy, spin irregularly or backwards or can even become distorted or torn. When the chakras are functioning normally, each one will be open and spinning properly to metabolize the particular energies needed from the universal energy field.

If you were to completely think thoughts of love and faith, your body's energy would flow smoothly between and around the chakras and you would probably feel happy and healthy. Fearful thoughts negatively affect your chakras' ability to function. They cause the chakras to become dirty, shrunken and swollen making you feel out of sorts and lethargic. Obsessive thoughts can cause the chakras to enlarge and become out of proportion.

When there is an energy imbalance in the chakras, the chakras tend to close down starting at the top chakra (Crown) and moving downward to the Base Root.

Why do we want to identify and remove energy blocks/imbalances and balance our chakras?

Yogis knew that a person's illness often first manifests in the chakras before the physical body. They knew that no one could be completely healed if the chakra system continued to

be out of balance. When there is a blockage or imbalance in one part of the chakra system, it has an impact on all the other chakras.

Imbalances occur when there is too much or too little energy flowing through the chakras. By understanding how each chakra affects a particular body function and life issue, it is possible to identify where a chakra is malfunctioning. Various techniques can then be used to balance the chakra system and restore health in the individual physically, emotionally, mentally, and spiritually.

Holding negative thoughts causes chakras to become dirty with dense, dark energy. This prevents chakras from providing sufficient vital energy for the body. Unbalanced or “blocked” chakras create a whole range of mental, emotional, and physiological conditions.

Some say we come into this life with a certain set of life challenges already factored into our chakras. This partly determines our attitudes and behaviours.

Many therapists believe that the imbalances in our chakras are in part from our childhood and cultural experiences. They say that one of the ways we try and protect ourselves is by closing down the relevant chakra so we won't feel those uncomfortable emotions. It is a defence mechanism.

Ways to balance the chakras and clear any energy blockages/imbbalances.

There are many ways to balance the chakras and clear any energy blockages/imbbalances I prefer to use a mixture of prayer, meditation, dowsing, colour crystals, Reiki healing and music.

We are made up of vibrating atoms, which appear to those who can sense the subtle energies as colour and sound. Colour and sound are forms of energy, which vibrate; as the vibration of sound becomes higher and lighter, the sound is transmuted into colour. Colour is visible sound.

Both colour and sound affect the chakras, especially when used together. Each of the chakras or energy centres is associated with a specific tone of the musical scale and with a specific colour. Certain music and tones can help heal energy imbalances in the chakras by assisting the body to release unwanted thoughts and feelings and to come into its natural state of balance and harmony through deep relaxation and entrainment.

When our physical, emotional, mental or spiritual bodies are out of vibrational harmony and sound and colour are projected into the chakras, correct vibrational patterns can be restored enhancing overall well being. Sound produces changes in the autonomic, immune, endocrine and neuropeptide systems.

Quartz crystals amplify, transform, store, focus, and transfer energy. They are used in microphones, radios, TV equipment, watches, laser tools, and computers. Crystals may have profound affects on the organs, tissues, and cells as well as the circulatory, endocrine, and metabolic systems. When thought energy interacts with a crystal, those thoughts are changed to harmonic forms, which change brainwave frequencies and can alter consciousness. Thus, positive intention or affirmation combined with crystals can provide wonderful healing results.

The laying-on-of-hands as in Spiritual Healing and Reiki have also been found to be extremely effective. The willingness of the client to surrender to the Divine, to ask Spirit for assistance, and to willingly release and receive, is paramount to allowing Spirit to work.

Chakras can also be helped back into balance during hands-on healing through entrainment. The body wants to vibrate at a healthy resonance and will readily move from an out of balance state towards a healthy state when healing energy is available.

Chakra or energy centre balancing is a simple yet very effective way of maintaining the optimum health and well being we need to continuously give our body the right conditions to enable it to heal itself.