

Chakra Balancing Kingston

Chakra Balancing Kingston - From the ancient Hindu technique of healing comes Chakra balancing. For hundreds of years, Yogis have used the chakra system as part of their alternative healing strategies and yoga exercises. Chakras are said to be wheels of energy, or chi which are positioned all over the human body. Several alternative medicine practitioners or holistic healers believe there are hundreds of chakras positioned in the body but they are primarily concerned with the seven principal 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 distinct colour. Many believe that when these energy areas are not properly aligned, or when there's an energy blockage, various physical and psychological health issues can arise. These believers often turn to specific strategies of chakra balancing so as to enhance well-being and promote health.

Located at the base of the spinal column is the first chakra, which also is called the root chakra. The Colour red is its representation. The root chakra is claimed to control the physical needs and security. The sacral chakra or the 2nd chakra is represented by the colour orange. It is said to regulate sexuality, desires and feelings. The 3rd chakra, situated in the solar plexus, governs energy and is delineated by yellow. The heart chakra happens to be the fourth chakra which oversees love, compassion and forgiveness and is green. The throat chakra happens to be the 5th and it is recognized for controlling communication and is represented by blue. The sixth chakra is called the forehead or the third-eye; it's indigo and governs logical thinking and insight. The seventh chakra is located at the crown and it is represented by the colour violet. It is said to control comprehension and mysticism.

The energy centers are interconnected and are capable to influence each other. This is centered on chakra teachings. The root chakra always spins at the lowest speeds and it has all-time low vibrational frequency. The other chakras get increasingly faster the further up the spine they go along with the crown chakra revolving the quickest and having the highest vibrational frequency.

When working normally, each one of the chakras will be open and correctly spinning to be able to collect an ample degree of energy from the general energy field. In this balanced condition the body is centered and life flows smoothly and naturally. When pressures, sickness or detrimental thoughts are held onto or if detrimental experiences are suppressed then vitality could get stagnant and the chakras could get blocked. In these conditions, chakra balancing might assist to revive a person's psychological, spiritual, emotional and physical well being.

To be able to wipe out the dark, stagnant or dense vitality in the chakras, there exists many chakra balancing strategies. Several alternative healing treatments that may balance the power centers consists of reiki, therapeutic massage and therapeutic touch. Other therapists make use of meditation and prayer on themselves or their clients. There are a lot of people that use color visualization to restore the colourful, wholesome colour associated with every chakra and to remove the dark power that might have become lodged in those locations.

The practice of kundalini yoga has been used for years as a method of helping to balance the traditional flow of energy within the human system and all through the chakra system. Whichever methodology is employed, the fundamental assumption is to focus on encouraging the energy circulation inside the chakras and to take away whatever stationary or dark energy blockages.