

Download Balancing Chakra Manual

Chakra balancing is the process of restoring a harmonious flow of energy across the chakra system. The effect of well balanced chakras often translates into a feeling of well-being, relaxation, centeredness, increased vitality and embodiment of oneself. How to Balance THE SEVEN CHAKRAS A Guide to Opening and Balancing Your Energy Centers chopracentermeditation.com. chopracentermeditation.com MULADHARA: The Root Chakra 4. AWAKEN YOUR CREATIVITY The second chakra, Svadhisthana, is also known as the creativity and sexual chakra. It is located above the pubic bone – below CLEARING AND BALANCING TECHNIQUES • Start with Basic Energy-Balancing Self-Care Techniques – Crown Pull, Five Thumps, Belt Flow, Triple Warmer Smoothie, Hook-Up • If Working with a Partner, Test Each Chakra • Clearing and Balancing Techniques (Self-Care or with a Partner) – Spin a Crystal Over the Chakras The Chakra Mind-Body Balance is a two-way street: if there are certain fears and emotions we are holding on to, we experience physical restrictions, too. If you have achiness or stiffness, or certain reoccurring emotions and fears, read along and you may find out which chakra is affected or blocked.