

## Chakra Balancing Owen Sound

Chakra Balancing Owen Sound - Chakra balancing originated in the ancient Hindu system of healing. Yogis have used the chakra system for hundreds of years as a part of their holistic healing methods and yoga practices. Chakras are said to be wheels of energy, or chi which are situated all over the human body. Several alternative medicine consultants or naturopathic healers accept as true that there are lots of of chakras located in the body but they are basically concerned with the 7 major ones. These seven energy wheels are said to be aligned along the spine from the top of the skull to the tailbone. Every chakra is delineated by a distinct colour. Numerous consider that whenever these energy centers are misaligned, or when there's an energy obstruction, numerous physical and psychological health issues could come about. These believers typically turn to certain strategies of chakra balancing in order to improve well-being and promote health.

The first chakra is called the root chakra and is positioned at the base of the vertebrae. It's delineated by the colour red. The root chakra is said to control the physical needs and security. The sacral chakra or the 2nd chakra is represented by the colour orange. It's said to control sexuality, desires and feelings. The third chakra, located in the solar plexus, governs power and is represented by yellow. The heart chakra is the fourth chakra which controls love, compassion and forgiveness and it is green. The throat chakra happens to be the fifth and it is recognized for controlling interaction and is represented by blue. The 6th chakra is named the brow or the third-eye; it is indigo and governs reasoning and intuition. The 7th chakra is situated at the crown and is delineated by the colour violet. It is mentioned to control understanding and mysticism.

The energy centers are interconnected and are able to affect each other. This is based on chakra wisdom. The root chakra always spins at the lowest speeds and it has the lowest vibrational frequency. The other chakras get more and more quicker the further up the spine they go with the crown chakra rotating the quickest and having the very best vibrational frequency.

When every one of the chakras is functioning normally, they will be open and correctly rotating so as to gather an adequate amount of energy from the universal energy field. In this balanced condition the body system is centered and life flows smoothly and naturally. When pressures, illness or negative thoughts are held onto or if detrimental experiences are suppressed then vitality can become stagnant and the chakras can get blocked. In these situations, chakra balancing could help to restore an individual's psychological, religious, emotional and physical wellbeing.

In order to clear out the dark, stagnant or dense vitality in the chakras, there exists a lot of chakra balancing methods. Several alternative healing treatments that may stabilize the vitality centers consists of reiki, therapeutic massage and therapeutic touch. Some other therapists use meditation and prayer on themselves or their patients. There are lots of people who use colour visualization to revive the colourful, healthy colour associated with each chakra and to take away the dark energy that might have become lodged in these areas.

The practice of kundalini yoga has been used for years as a method of helping to stabilize the traditional movement of energy within the body and all through the chakra system. Whichever methodology is used, the fundamental premise is to concentrate on encouraging the energy circulation within the chakras and to take away whatever stationary or dark energy obstructions.