

Balancing AChT

By learning to balance the vital energy in our chakras we can achieve health, happiness and harmony in our lives. Nicola Phoenix explains how...

Our human energy system includes seven major energy centres known as chakras which are located along the spinal axis. The word chakra means 'wheel', which also refers to the rotating motion of the energy in each centre.

Each of the chakras has a different energy vibration and frequency and each one is also associated with different qualities.

When energy is flowing properly through all the chakras we can experience wellbeing and harmony in our lives.

However, if these energy centres become blocked or unbalanced this can affect our health and happiness.

By practising the following visualisation exercises you can learn to balance, focus and harmonise the energy of each chakra, and before long you will notice the benefits throughout every area of your life.

Prepare to visualise

Find a quiet, warm place to rest for 15 to 20 minutes. Either sit somewhere comfortable, making sure that your spine is straight or lie down on your back with your limbs relaxed. Close your eyes and take four deep, slow breaths. Use the out-breath to relax and let go of any tension. Slowly bring your awareness to each and every part of your body and then relax it, starting at the top of the head and working down to your toes. If the mind is still racing then repeat this again. Now bring the mind further within and get ready to begin the chakra visualisation.

