

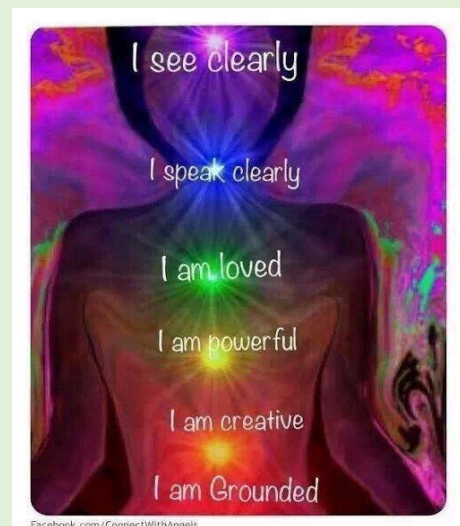
## The Chakra System



The Chakra system is an ancient model that explains the flow of energy within us all. The term Chakra in ancient Sanskrit means “Wheel of Light”, which gives an idea of how to imagine in your mind’s eye what an energetic spinning vortex looks like.

There are seven main Chakras, as seen below. They influence our emotional, mental, spiritual and physical wellbeing. They also act like repositories of thoughts, feelings and attitudes of our outer and inner sense of being. Chakra healing consists of looking inside oneself as well as outside to external influences. Overall wellbeing or Holistic Health incorporates the entire energy system as well as our environment and our perspective.

You will hear terms referring to Chakra Balancing such as opening, releasing, energising and flowing. Anything that impedes the Chakras flow can be seen as an imbalance. Within an energy healing space, a client’s session, the Chakras are incorporated. This can include visualisation and a short guided meditation, crystal therapy, where crystals are placed on the body at the Chakra centres, Reiki or a combination of these practices as an intentional healing session for issues that arise and have been identified by the client.



Reference: The Complete Guide to Chakras by Ambika Wauters

Images: from Google Images

