



## **Chakra Healing**

**with Eva/Dharamjeet**

By learning to understand and work with our chakras to bring them into balance we are able to excel at all things and lead a joyful life. Kundalini Yoga provides scientific approach to exercising your chakras so that they may become balanced. By focusing on the areas within your life that need the most attention, Chakra Healing is able to allow you to remove blockages so that you may express yourself to the highest potential. Each Chakra has a primary color and energy of expression and is associated with specific glands in the endocrine system. It is via kundalini yoga that one is able to work with these glands and energies in a controlled manner.

### **But what exactly are these 8 Chakras?**

Chakras are 7 circular vortexes of energy (or sometimes pictured as flowers with petals) starting from your tail bone, and ending at the crown of your head. They are the focal points of your life force, or prana—and their individual states are vital to your holistic well-being. It is your actual life-force or source, or if you will your Kundalini.

Consider this—if we are all energetic beings of limitless potential, why do we face challenges in so many aspects of our lives? Why do our relationships, finances, career and sex life sometimes go awry?

The answer may be that the Chakra controlling this part of your life is dysfunctional—which means it's your job to strengthen it.

Today, more and more people are realizing that the ancient science of Chakra Healing holds the key to virtually everything you've ever wanted in life. Have you ever wondered how some people can...

Almost effortlessly become top performers at work, have all the money they need for necessities and luxuries alike, and look fabulous doing it? That's because their 1st Chakra, which controls their career and finances, is strong.

Indulge in mind-blowing passionate sex multiple times a week, even if they're extremely busy and have been married for years? Their 2nd Chakra which controls their sexuality, is most likely glowing.

Consistently project an image of unwavering confidence, even in the toughest of situations, and play an active role in their families and communities? That's all thanks to the radiance of their 3rd Chakra, which controls their personal power.

Enjoy deep, loving and understanding relationships with their teenage children, spouses, friends co-workers, and solve any dispute amicably? Their 4th Chakra, which controls their relationships, is no doubt healthy.

Always speak their minds, wear their hearts on their sleeves, and be respected for their authenticity? That's a shining 5th Chakra, which controls their true voice, at work.

Rely on their “gut feelings” to intuitively solve problems at home and make important decisions at work—and be right about it most of the time? They’ve got an efficient 6th Chakra, which controls their intuition, to thank for that.

Experience an unwavering connection to God and their higher selves, and savor the security of knowing they’re being watched over at all times? Their 7th Chakra, which controls their divine consciousness, is surely empowered.

## **How does Chakra Healing relate to other popular energy healing practices?**

The breathing, stretching and meditative exercises used in Yoga are frequently targeted at the energy lines, or Chakras, flowing through the body by drawing on their personal energy systems.

Reiki masters work on energy blocks within the body, with the intention of healing different aspects of people’s lives.

Traditional Chinese healing sciences, like Tai Chi, assert that the body has natural patterns of qi energy associated with it. Illnesses are seen as the product of disrupted or unbalanced qi movements.

The science of Acupuncture recognizes the Chakras, or as it calls them, the Taiji Pole, as the main energy conduit in the body. In many countries like France, Acupuncture is now an insurable medical practice.

Qi Gong is the Mandarin Chinese term for the Chakra System, and states that qi energy flows through energy channels known as meridians. Science behind Chakras.

## **The Chakras Influences**

### **1. The Root Chakra influences your career and money mindset.**

Location: Base of the spine

Primarily influences your career, money mindset and sense of belonging.

Energies: Earth, grounding, focusing, centering

You know your Root Chakra is **STRONG** when you love your career and get rewarded for being so good at it. Everybody envies you for your uncanny ability to make, save and invest money. You always have more than enough money to go on holiday and buy what you want, without feeling guilty afterwards. You always feel wanted and loved by your friends and family, and you feel good about yourself when you look in the mirror, both physically and emotionally.

You know your Root Chakra is **WEAK** or **CLOSED** when you’re stuck in an unfulfilling and unrewarding career, and you never seem to have enough money—which leaves you worried and in debt. Spending money is a harrowing experience for you, as you doubt your ability to budget effectively. You suffer from weight or body issues, which leave you feeling unworthy and uncomfortable in your own skin.

## **2. The Sacral Chakra influences your sexuality.**

Location: Lower abdomen

The energy center of sexuality and pleasure.

Energies: Fire, energizing, charging

You know your Sacral Chakra is **STRONG** when you see sex in a positive light, as a glorious, pleasurable and healthy activity. You enjoy passionate, frequent and long-lasting sex with your partner. Orgasms are mind-blowing, and you and your partner often orgasm at the same moment. You make time to have sex at least a few times a week, even if you've been married or attached to the same person for years. You are always able to attract the right partners—compatible people who nourish you, fill you with joy and make you a better person.

You know your Sacral Chakra is **WEAK** or **CLOSED** when the thought of sex conjures images of guilt and pain in your mind. You rarely have the time or inclination to have sex, and when you do, it's lackluster. You and your partner rarely orgasm at the same time, and premature or delayed ejaculation may be a frequent problem. You struggle to see yourself as 'sexy', and sometimes wonder how anyone could desire you. Your partners are often wrong and incompatible for you, and you find yourself wondering if you'll ever find "the one".

## **3. The Personal Power Chakra influences your self-esteem.**

Location: Above the navel

Influences your personal power and ability to channel this power into the world.

Energies: Fire, energizing, charging, lends energy

You know your Personal Power Chakra is **STRONG** when you are admired for your confidence and healthy self-esteem, both in your career and personal life. You're never afraid to speak your mind, and you empower those around you to do the same. Your family, colleagues and community see you as a charismatic individual, determined to use your charisma and power for making the world a better place.

You know your Personal Power Chakra is **WEAK** or **CLOSED** when you struggle with self-esteem issues, and feelings of unworthiness. You tend to question yourself when faced with important decisions like whether to move to another city, change your career, get married to your partner or to have children. You feel like a victim in the world, and often feel powerless to circumstances and other people's desires. You may also suffer from frequent stomach pains and stomach anxiety.

## **4. The Heart Chakra influences your relationships.**

Location: Center of the chest

The Chakra for love, relationships and self-acceptance.

Energies: Water, calming, soothes, relaxes

You know your Heart Chakra is **STRONG** when you enjoy comfortable, loving and empathic relationships at home, at work and in your community. You get along with your family. Your friends see you as a reliable person. At work, you're known as the one people can talk to. You feel a heartfelt sense of gratitude for how wonderful your life is, and feel compassion for all around you.

You know your Heart Chakra is **WEAK** or **CLOSED** when you tend to sabotage your relationships with distrust, anger, and a sense that you'll lose your independence if you rely too much on others. You may struggle with commitment, experience frequent fights or misunderstandings with your loved ones, and always keep yourself "on guard" in case you get hurt by someone.

## **5. The Throat Chakra influences your self-expression.**

Location: Throat

The Chakra of your “true voice”.

Energies: Water, calming, soothes, relaxes

You know your Throat Chakra is **STRONG** when you are good at voicing out your thoughts, ideas and emotions to those around you. You’re admired for your willpower and strong communication skills, and your conviction to speak the truth, even if it may be uncomfortable to some. Your career and personal life are enriched as a result.

You know your Throat Chakra is **WEAK** or **CLOSED** when you constantly feel like nobody cares about your opinions, and that you have nothing of value to say. You’re likely to be known as the ‘quiet one’ in your professional and social circles, and you frequently settle with following other people’s opinions. You often suffer from a blocked and sore throat.

## **6. The Intuitive Chakra influences your intuition.**

Location: Center of the forehead

This Chakra acts as your inner compass.

Energies: Air, meditative, intuition, promotes thought

You know your Intuitive Chakra is **STRONG** when you are able to make accurate intuitive decisions and evaluations about your career, your family and the intentions of other people. You often know things without knowing exactly how you know them, and you have a clear sense of direction and clarity in everything that you do. You have a vivid picture of where your life is headed, and the people around you are likely to rely on you for guidance and advice.

You know your Intuitive Chakra is **WEAK** or **CLOSED** if you feel lost and helpless when faced with decisions and judgment calls. You are indecisive, uncommitted and unconfident of the decisions you end up making, because you have a history of making the wrong ones. You feel spiritually lost, and your true purpose is unclear to you. You often get headaches and feel tension in your brow area.

## **7. The Crown Chakra influences your connection to source.**

Location: Top of the head

The Chakra of divine consciousness.

Energies: Air, meditative, intuition, promotes thought

You know your Crown Chakra is **STRONG** when you perpetually feel connected to a higher power, be it God, Universal Consciousness or simply your higher self. As you go through your daily life, you are always reminded that you are being watched over, and you feel immense gratitude for the universal love and appreciation you feel towards yourself and others. Others describe you as “glowing”.

You know your Crown Chakra is **WEAK** or **CLOSED** when you feel little or no connection to a higher power, and always feel alone. You feel unworthy of spiritual help, and perhaps even angry that your higher power has abandoned you. You often suffer from migraines and tension headaches.

## **8. The Aura Chakra is your radiant attraction and protection.**

Location: The energy field around an individual.

The Chakra for protection and projection

Energies: Electromagnetic, Air, intuition, changes, lends energy

You know your Aura is **STRONG** when people are drawn to you. You get promotions, the guy, everything is coming your way. You are healthy, happy and radiant!

You know your Aura is **WEEK** or **CLOSED**, when “nothing is going your way”, for a long time, now! You say the right things, go out of your way to please, and yet you are not invited to anything. You have accidents, are prone to bruising, etc. You seem to be repelling rather than attracting.

**Please call or email for a consultation!**

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