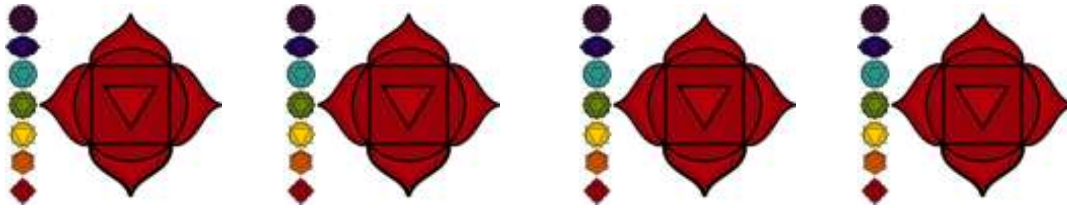


Chakra Balancing



Clearing and balancing your chakras will help to unblock and harmonise the flow of energy in your body. When you make this connection it can transform your life. The chakras are the power stations of our body. They are wheels of light within our aura, which bring our physical body to life.

Each colour of the rainbow carries its own vibration, wavelength and unique healing properties, based on the endocrine system. These colours are reflected in the seven main chakras of the body, which are situated along the spine. Red is at the lower end of the spectrum and violet is at the top.

The proper functioning of your chakra system is as important to your health and wellbeing as what you eat and drink. In the same way as you seek to eat a balanced diet, so does your body need the vibration and balance of the rainbow colours. In fact, we are walking rainbows!

If at times you feel unable to cope, or have persistent health problems, working on your chakras will help you to remain calm, overcome difficult life experiences, develop confidence and improve your health.

