

Chakra Balancing Winnipeg

Chakra Balancing Winnipeg - From the ancient Hindu system of therapy comes Chakra balancing. For thousands of years, Yogis have used the chakra system as part of their holistic curative techniques and yoga practices. Chakras are understood to be wheels of energy, or chi that are positioned all around the human body. Many alternative medicine practitioners or holistic healers believe there are hundreds of chakras situated in the body system but they are basically concerned with the 7 essential 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 unique colour. Many consider that whenever these energy centers are not properly aligned, or when there is an energy obstruction, numerous physical and mental health issues could crop up. These believers usually turn to specific strategies of chakra balancing in order to improve well-being and promote health.

The first chakra is called the root chakra and it is positioned at the base of the spine. It is represented by the colour red. The root chakra is said to govern the physical needs and security. The sacral chakra or the second chakra is represented by the colour orange. It is said to regulate sexuality, wishes and emotions. The third chakra, located in the solar plexus, governs power and is delineated by yellow. The heart chakra happens to be the 4th chakra which oversees compassion, forgiveness and love and is green. The throat chakra is the 5th and it's known for managing interaction and is delineated by blue. The 6th chakra is named the forehead or the third-eye; it's indigo and governs logical thinking and insight. The seventh chakra is located at the crown and is represented by the colour violet. It is mentioned to be in command of understanding and spirituality.

Based to the chakra knowledge, the energy centers are interconnected and able to influence each other. The root chakra spins at the lowest velocity and has the lowest vibrational frequency. Other chakras get increasingly quicker the further up the spine they go with the crown chakra spinning the fastest and having the highest vibrational frequency.

When working normally, each one of the chakras shall be open and properly rotating with a purpose to gather an enough degree of energy from the universal power field. In this balanced condition the human system is centered and life flows easily and naturally. When stress, sickness or unfavourable thoughts are held onto or if unfavourable events are suppressed then vitality can get stagnant and the chakras can get blocked. In these situations, chakra balancing might help to restore a person's mental, religious, emotional and bodily wellbeing.

In order to wipe out the dark, still or thick energy in the chakras, there exists a lot of chakra balancing strategies. Some alternative healing treatments that may balance the power centers includes reiki, massage and therapeutic touch. Other therapists employ meditation and prayer on themselves or their clients. There are a lot of people who utilize color visualization to revive the colourful, wholesome colour connected with every chakra and to take away the dark energy that may have become wedged in those locations.

In order to assist balance the traditional circulation of energy within the body system and all through the chakra system, the practice of kundalini yoga came to be which has been existing for decades. Whatever technique is employed, the fundamental premise is to concentrate on encouraging the energy circulation inside the chakras and to remove whatever stationary or dark energy blockages.