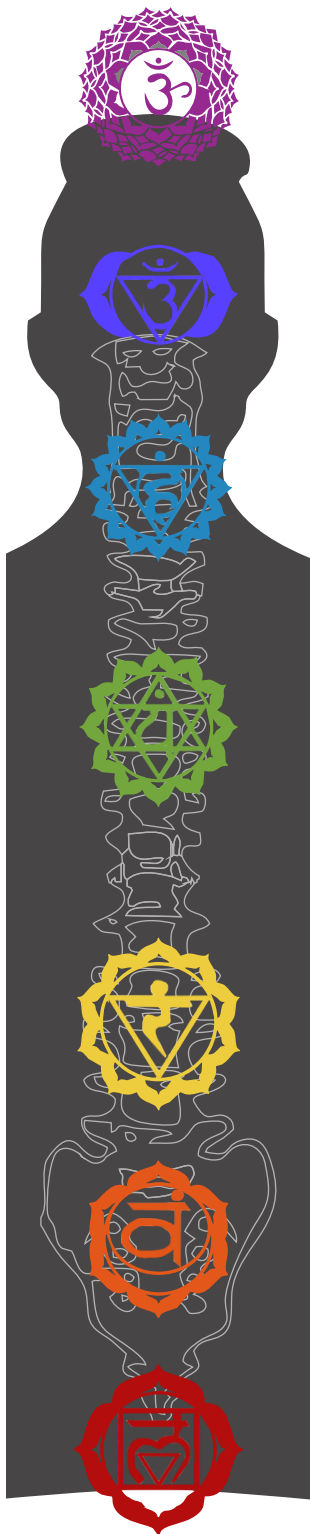


# CHAKRA HEALING AND BALANCING

Come in for your Chakra Guided Visualization Balancing Session today!



7	<b>CROWN CHAKRA</b> Higher Knowledge Element: THOUGHT	Colour: Violet Functions: Spirituality, faith, inspiration, universal source Anatomy: Central nervous system, provides each cell with life-force or divine energy (prana, chi), circadian rhythms
6	<b>THIRD EYE CHAKRA</b> Insight Element: LIGHT	Colour: Indigo Functions: Truth, intuition, emotional intelligence, wisdom Anatomy: Brain, eyebrows, eyes, forehead, neurotransmitters, pineal gland, regulation of hormones
5	<b>THROAT CHAKRA</b> Communication Element: SOUND	Colour: Sky Blue Functions: Strength, will, personal expression, communication Anatomy: Cheeks, chin, ears, larynx, lips, mouth, neck, nose, pharynx, thyroid gland, throat, tongue, metabolism
4	<b>HEART CHAKRA</b> Inner Nurture Element: AIR	Colour: Green Functions: Love, forgiveness, compassion, hope, loneliness, grief, anger Anatomy: Armpits, arms, blood vessels, breasts, hands, heart, lungs, shoulders, wrists, blood pressure, immune system
3	<b>SOLAR PLEXUS CHAKRA</b> Self Esteem Element: FIRE	Colour: Yellow Functions: Personal power, control, trust, fear, self-esteem, self-will Anatomy: Gallbladder, liver, pancreas, small intestine, stomach, digestion
2	<b>SACRAL CHAKRA</b> Creation Element: WATER	Colour: Orange Functions: Creativity, sexuality, emotional balance, procreation Anatomy: Bladder, hips, kidneys, large intestine/colon, ovaries, uterus, sexual functions, water regulation
1	<b>ROOT CHAKRA</b> Life Force Element: EARTH	Colour: Red Functions: Safety, security, family, grounding, survival, tribal Anatomy: Adrenal glands, red and white blood cells, bones, DNA, feet, immune system, joints, legs, muscles, prostate gland, rectum, male reproductive organs, skin, tailbone

Chakras are spinning wheels of energy located in seven major areas of your body from the base of your spine to the crown of your head. These seven chakras are commonly referred to as the body's energy centers. Energy flows into and out of chakras which use it to energize the body's meridians, or energetic blood stream. Chakras directly provide the body's organ systems, tissues, muscles, and cells with energy to flourish. Because physical and emotional toxins can clog the chakras, energy becomes blocked or stagnant and the body feels imbalanced or sluggish. By balancing your chakras you ensure optimal physical and emotional health for your body.