

Benefits of Chakra Cleansing and Balancing

Chakra Balancing is an integral part of our daily lives. Our body system will not work properly if our chakras are out of balance. The seven major chakras and their relevance are:

Root - this first chakra must be kept in balance before moving on to the next

Spleen - this is where we encounter change and without it we cannot grow

Solar Plexus - the dynamic energy transforms you to a new state and allows you to find a balance between the extremes

Heart - the main task is to integrate and balance the realms of the spirit and mind with our physical body

Throat - the realm of consciousness where communication occurs

Third Eye - the essence and function to see

Crown - this represents our belief systems both the conscious and unconscious

There are seven chakras and they have several spiritual qualities. These qualities are intact within us, and even though they might not always manifest, they can never be destroyed. Inside every human being there is a network of nerves and sensory organs that interprets the outside physical world and at the same time, within us resides a subtle system of channels (nadis) and centres of energy (chakras) which look after our physical, intellectual, emotional and spiritual being. Each chakra has an associated colour and vibration which can aid in the correct balancing.

The colour and association of each chakra is listed below.

The base = red = adrenal glands

The belly = orange = reproductive gland

The solar plexus = yellow = pancreas & spleen

The heart = green or pink = thymus gland

The throat = sky blue = self expression and inner growth

The brow = indigo = pituitary gland

The crown = violet = pineal gland

To be in balance is essential when considering how it can affect us. The chakras are constantly vibrating and rotating. The activities that influence them are body shape, thoughts, behaviour, chronic physical ailments and glandular processes. Therefore, when one or more of the chakras are blocked and the energy does not flow harmoniously through them it will cause an imbalance that manifests in all areas of life.

Chakra meditation is ideal when you wish to be recharged. This will allow your chakras to become clean, charged and in balance. The attributes of this balancing allows you to become completely refreshed, calm and peaceful. Your energy is balanced and you are full of vitality. As you can see there are many benefits for the use of chakra balancing.