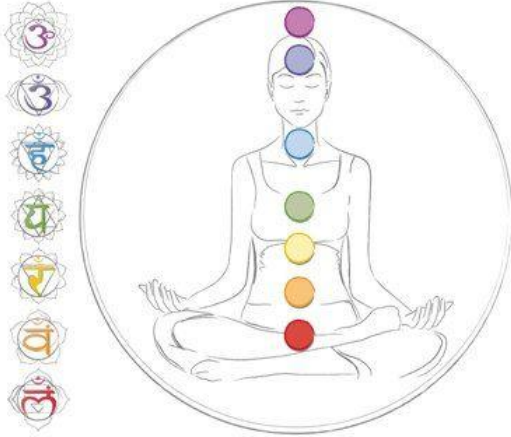


What is the Chakra System?



Chakra is a Sanskrit word meaning wheel of light. There are 7 main chakras which are cone shaped vortices of energy which spin and vibrate within our energy field and these centres feed us with life force and interact with our aura and the world around us.

The Chakras are 3 dimensional and can be found along the entire length of the spine. Starting at the very bottom of the spine is the Base Chakra, next comes the Sacral Chakra – below the navel. Then the Solar Plexus is slightly above the navel. The Heart Chakra is located in the region of the heart naturally, and the Throat Chakra is found in the throat area.

We then come to the Chakras of the head; The Third Eye is in the centre of the forehead and the Crown Chakra is located at the top of the skull.

What happens during a Chakra Balancing session?

The client will sit or lie comfortably, fully clothed at all times, where relaxation is promoted.

The therapist will use a dowsing crystal to measure the energy levels and flow within the whole body and chakra system. After the readings have been taken the client will be taken into a short meditation (if required) while the therapist will place both hands on the shoulders of the client for an initial blending of energies.

The therapist's hands will then be placed on or around the chakra locations to feel and balance the energy within them using Reiki or Spiritual healing techniques. Movements will be performed in a nice flowing sequence and last for the duration. A sweeping of the hands will then go into the aura field itself for cleansing.

Where can Chakra Balancing be performed?

Because Chakra balancing is non-intrusive, it can be performed in either in the comfort of your own home, the office or within the therapist's salon / therapy room.

What are the benefits?

We all live in a modern world with many demands on our time, patience and stress levels.

This can bring negative effects to our energy system and the way we think and behave.

Chakra Balancing can help you not just to cleanse, balance and re-energise your entire Chakra system, it can also help specific areas and problems, whether that is sleeping at night, speaking in public, healing yourself, calming your mind or even easing stress and anxiety.

The mind, in a relaxed state is so receptive and powerful; it opens a wonderful realm of healing and creative potential.

Chakra Balancing promotes a wonderful feeling of well-being leaving the recipient feeling calm and relaxed.

It has a meditative effect as well as harmonising and de-stressing the whole body.

It can be used as complementary to any other therapy and often used in hospices and hospitals today.

After Care Advice

Following the Chakra Balancing treatment it is advisable to:

Stay seated for a few minutes, following treatment

Drink plenty of water or herbal tea

Relax, and try to avoid fast movements, or bending down for at least 15 minutes after the session.

A Chakra Session Chart will be used before and after treatment for recording measures of health and well-being and can be given to the client to assist in any aftercare and further development or action.


Shop:

Unit 10, Shifnal Shopping Centre,
26 Bradford Street,
Shifnal, Telford, Shropshire TF11 8AU

For further information, or to book an appointment, please contact:

Phone 01952 463876 or
Mobile: 07754 908434

e-mail: Jehandraltd@gmail.com
www.jehandra.co.uk

 Jehandra Holistic Healing
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Other therapies and services available:

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- Angel Card Readings
- Reiki / Spiritual Healing
- Indian Head Massage
- Crystal Therapy
- Cupping Massage
- Emotional Freedom Technique
- Henna Tattoos
- Meditation
- Pamper Parties
- Body Massage
- Hot Stone Massage
- Hopi Ear Candling
- Reiki Training
- Stress Management
- Reflexology



Chakra Balancing

Client Information

The Chakras are the energy centres in our body in which energy flows through. Chakra Balancing can assess these energy centres for any in-balance or blockages and bring the body back into harmony.

Chakra Balancing can be useful in relieving stress from the body.

