THE MAJOR CHAKRAS

What is a chakra?

- A chakra is generally positioned along the mid-line of the body
- It is a central and vital energy point
- It is connected to organs, emotions and human qualities
- It is a point of high concentration of nadis

What are nadis?

- They are minute energy channels that define the energy field of the body
- Most reliable sources agree to say we have about 72 000 nadis
- Nadis can be compromised, underutilized or overcharged with energy
- Reiki definitely helps to clear and balance nadis

What is the best practice?

About a dozen clients a year report that a Reiki practitioner or naturotherapist have said: …they had a blocked chakra… **Lesson #1** NEVER-EVER say that someone has a blocked chakra.... If a person truly has a blocked chakra, they are most likely on their death bed. Here is how we can word or describe a chakra, it is: overactive, underactive, needs work or deserves one's attention, could work more efficiently or needs to be better activated or utilized. Another way to address this is to suggest activities that will help a person focus on the chakra which is in need of attention. For example:

- Root chakra: To eat more earth vegetable. Walk outside or garden…

- Sacral: Have a creative journal. Eat more simple food combination. Reduce aggression…

- Solar Plexus: Choose a workplace or job that makes you happy. Reduce stress and impurities…

- Heart: Cook your favorite food. Declutter and create more flow. Breathe fresh air…

- Throat: Coordinate your words and actions. Speak less. Wear a scarf if it is cold or windy…

- 3^e Eye: Sit in silence every day. Allow yourself to act more spontaneously/intuitively….

- Crown: Clear old beliefs your ego holds onto. Recognize daily what you are grateful for….

	Crown Chakra
	Third Eye Chakra
	Throat Chakra
	Heart Chakra
	Solar Plexus Chakra
	Sacral Chakra
	Root Chakra

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