

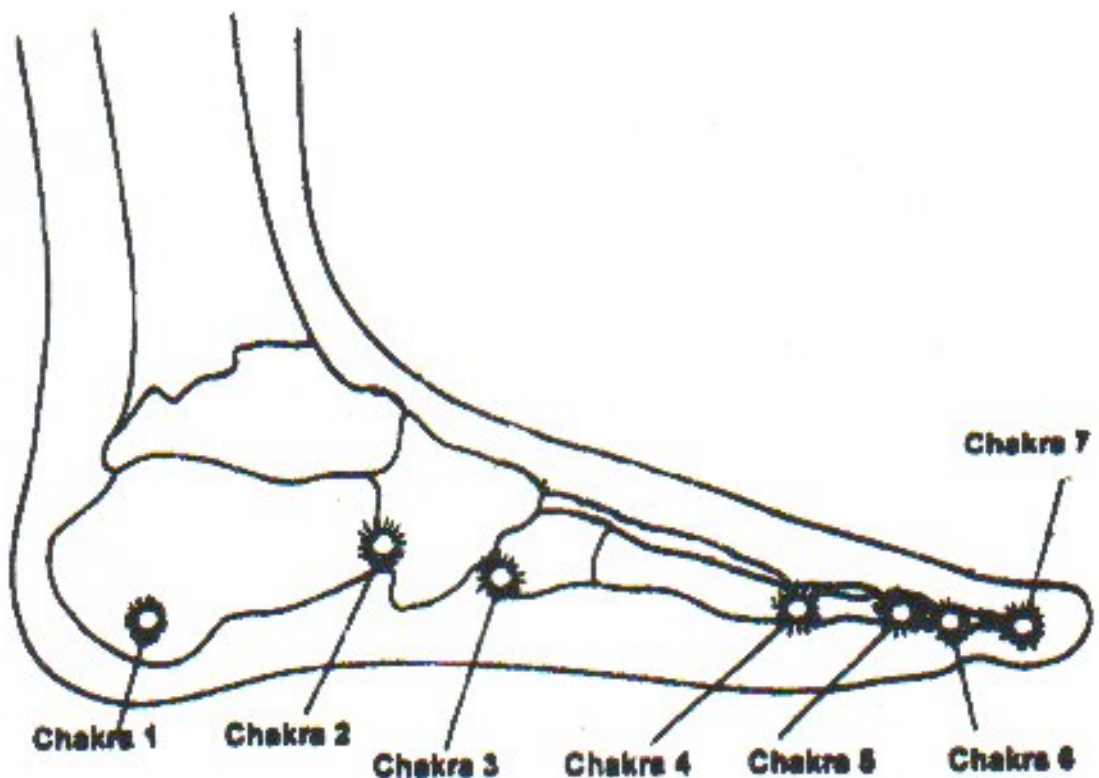
Reflexology Chakra Balancing

Practitioners of oriental medicine have long since been aware that the balance of our internal life can be influenced by external stimulation of various points along the body.

Inside every human being there is a network of nerves and sensory organs that interprets the outside physical world. At the same time, there resides a subtle system of channels and centers of energy (chakras) which look after our physical, intellectual, emotional and spiritual being.

Each of the seven chakras has several spiritual qualities and by keeping these chakras balanced and aligned, we become more dynamic, creative, confident and at the same time very humble, loving and compassionate individuals.

When using reflexology for chakra stimulation, it is important to remember that the points are only for enhancing flow rather than for healing any particular health conditions.



To balance or align your chakras, place your finger or thumb over each end (that is one finger or thumb on chakra 1 and one finger or thumb on chakra 7) and hold with a light pressure for one minute or until you feel balanced, whichever is sooner.

Closing your eyes and taking deep abdominal breaths as you do this will help to center and relax you. You should feel a sense of "centeredness" and well being after you are finished.