

Choice

Health & Wellbeing



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The Leading Publication for Complementary Health, Education and Wellbeing



Your bodywork blueprint for massage success

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Your Health and Wellbeing Success Starts Here!

Are you a health-conscious consumer, looking to come into the industry or looking for a suitable treatment? Find out what the experts say and read.

Letter from the Editor



This issue is full of facts, hints and tips that will help you make conscious decisions in your professional as well as personal development journey. You should aim to have the maturity to take 100% responsibility for your career, your emotions, your finances, your habits, your health, your relationships and your spiritual beliefs.

It requires taking a deep look at yourself, consciously deciding what kind of person you truly are on the inside, and then getting your external reality to fit with your inner being. Our goal is to help you achieve outstanding effectiveness while maintaining internal balance, where your thoughts, feelings, actions, and skills are all working together to create the life you truly desire.

Truth: Accept reality and get rid of

falsehood and denial. **Love:** Improve your

ability to connect with yourself and others

Power: Build your motivation and discipline

to create the life you desire **Oneness:** Stop

fighting against resistance, and make the

world your ally **Authority:** Take command

of your life, and learn to make clear

decisions **Courage:** Summon the inner

strength to take action in spite of fear

Intelligence: Live authentically, and

express your genuine creativity

Happy reading

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Editor



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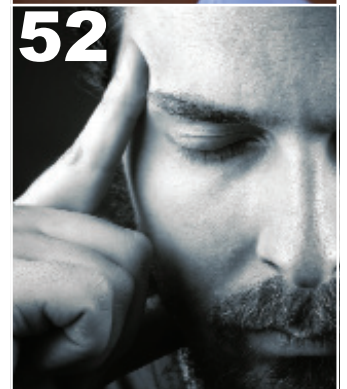
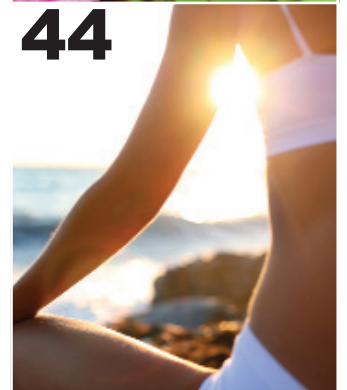
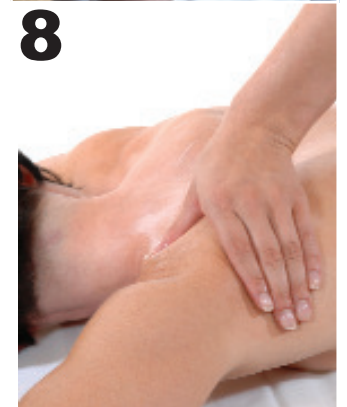
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Chakra Balancing

clear, heal and balance yourself



The word 'chakra' in ancient Sanskrit means 'wheel'. If we were able to see a chakra we would observe a wheel of energy continuously revolving or rotating.

These energy centres are part of our life-force energy system flowing in and out of our being. They affect our physical, emotional, mental and spiritual levels. Depending on what energy we draw in and our ability to release old, stuck energies, we can either be enlivened or burdened by our chakra centres.

In different people and at different times, the chakras can appear in a variety of ways. There is generally a predominant colour associated with each chakra that corresponds to the same colours and arrangement of those in a rainbow.

There are seven main chakras located along the central line of the body, from the base of the spine to the top of the head. They are located in the etheric body and they express the embodiment of spiritual energy on the physical plane.

The chakras are constantly rotating and vibrating

The activities within them influence our body shape, glandular processes, chronic physical ailments, thoughts, and behaviour.

When one (or more) chakra is blocked and the energy does not flow harmoniously through it or it is wide open, the result will be an imbalance that is manifested in all areas of life.

Each chakra is associated with different parts of us and they need to spin totally in balance for us to feel good.

The chakras absorb energy that comes from our thoughts, feelings and the outside environment and feeds this to our body. Our body is affected by the quality of the energy that passes through the chakras. For instance, if we

have negative feelings, we will be filtering negative energy through our chakras and into our body. Over time this can make our body ill.

Our chakras also absorb energy from the environment. Other people's negative emotions or a room full of clutter will produce an unhealthy energy that we immediately absorb.

We cannot avoid coming into contact with negative energy or sometimes feeling down, but there is a lot that we can do to change our feelings from negative to positive and to protect ourselves from harmful energy in the environment. Keeping our chakras in tip-top condition is the key; in other words keeping them spinning in balance. Chakra balancing is a bit like spring-cleaning the chakras and fine-tuning them.

Blocked energy in our seven chakras can often lead to illness so it's important to understand what each chakra represents and what we can do to keep this energy flowing freely.

1. Root Chakra – Red, base of spine

☹️**Imbalance:** Fatigue, disorientation due to lack



of grounding or family of origin.

☯️**To balance:** Visualise the image of your feet and body growing red tree roots that extend deep into the earth. Since this chakra corresponds with issues with one's family of origin ('root'), resolving these deep emotions can heal the first chakra.

2. Sacral Chakra – Orange, just below the belly button.

☯️**Imbalance:** Sexual dysfunction, emotional imbalance, lack of creativity.

☯️**To balance:** Visualise an orange radiating in your belly. Trust your gut feelings; allow your sexual energy to flow, adding vitality and life force to your body.

3. Solar Plexus Chakra – Yellow, sternum.

☯️**Imbalance:** Digestive upset, weakness in core muscles, low immunity, low self-esteem.

☯️**To balance:** Visualise a yellow light, focus on Yoga breath for digestion, physical exercises to strengthen core muscles. Take time to nourish and accept the real self.

4. Heart Chakra – Green, heart.

☯️**Imbalance:** High or low blood pressure, cardiac symptoms, anger, numbness, fear of love.

☯️**To balance:** Visualise a green light in the centre of the chest. Allow it to expand slowly through your body. It may help to awaken the heart and soothe feelings of hurt, loss or pain.

5. Throat Chakra – Light Blue, throat

☯️**Imbalance:** Over- or under-active thyroid gland, frustration, fear or inability to express oneself.

☯️**To balance:** Sing, dance, write, speak – express! This chakra is cleared by genuine, open expression of truth. It is strengthened by standing up for personal beliefs, supporting other people and by speaking up for oneself.

6. Third Eye Chakra – Dark Blue, between the eyebrows.

☯️**Imbalance:** Headaches, lack of insight, feeling

lost, lack of intuitiveness.

☯️**To balance:** Visualise a dark blue 'third eye' in the middle of the forehead, looking around with observation and insight. Over-thinking congests the brow chakra – so don't think!

7. Crown Chakra – Violet, top of head.

☯️**Imbalance:** Headaches, foggy brain, fear, disconnection, lack of trust/hope/faith.

☯️**To balance:** Visualise glowing white energy coming down and enveloping the top of the head, opening and healing the crown chakra. Pull the energy down as a protective shield around the body. Asking our higher self, god, guardian angels or spirit guides can also help.

By clearing the chakras, the trauma within each energy centre is released, allowing the chakra to spin and work in synchronicity with the other chakras. This facilitates inner harmony and balance as your whole energy field shifts to a more unified whole. Once our energy field is aligned with wellbeing in this way, healing begins organically. Our natural intelligence knows exactly how to take care of us once we have resolved inner conflicts within our chakras.

Spending a few minutes balancing your chakras each day is a wonderful way to make you feel full of life with positivity and hope. **CHW**

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