

How to balance the Chakras

How can we balance the Chakras? One effective way is to lie down quietly and hold one hand about 2 inches above and over the crown chakra and then hover the other hand over the other chakras one at a time, **focusing specifically on the Chakra** that may be out of balance in the current Asyra/Qest Bio Resonance scan.

For the 7th Crown Chakra place your hand about 4 inches or so above your head so that you are directing down from the 8th Chakra.

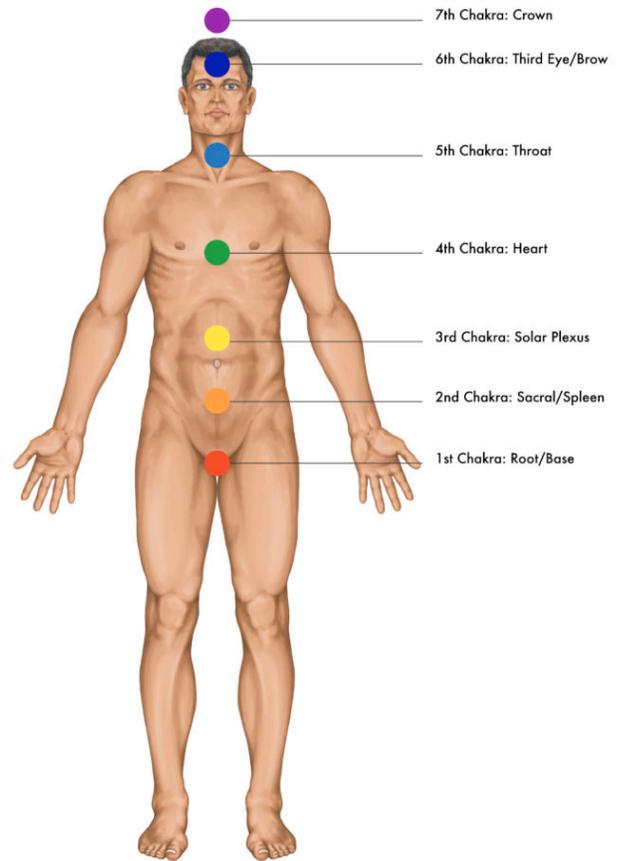
You may feel, heat, tingling, pulsing, a coolness or no sensation at all, but continue to hover there until you take a nice sigh or you feel a difference, then move onto the next chakra all the way down to the root.

When you have done this with them all, you will have balanced your energies. However, sometimes you can relax more if someone else does this for you so you may like to swap with a friend or family member.

Main Chakras

8th Chakra - Soul Star Chakra - above the head:- Activates spiritual skills, energy centre of divine love. Associated with enlightenment, ascension, your higher self, your soul purpose. When 'clogged', people feel only partially in their bodies - disassociated & disconnected from it all. The colour associated with this chakra is gold and seen as a halo like a gold, spinning sun. Affirmation: "I am one with the divine flow".

7th Chakra – Crown:- Connected to spirituality, pineal gland (light sensitive, body clock, sleep and libido) also connected to the central nervous system. Personal identification with infinite. *Function:* Self-knowledge TO KNOW. *Location:* Top of head. *Positive Aspects:* Knowingness & higher spiritual



information. *Negative aspects:* Attachment. *Physical issues:* Migraines. Brain tumours. Coma & amnesia. Cognitive delusions. *Endocrine gland:* Pineal

6th Chakra – Third eye:- Connected to the hypothalamus (the part of your brain that secretes hormones into the pituitary gland), pituitary gland (it tells the adrenal glands what to do), growth hormones and metabolism. The 6th Chakra is also related to our autonomic nervous system and our intuitive inner vision. *Function:* Self-reflection TO SEE. *Location:* Forehead/Brow. *Positive aspects:* Clearseeing & clairvoyance. *Negative aspects:* Illusion. *Physical issues:* Headaches. Vision problems. *Endocrine gland:* Pituitary.

5th Chakra – Throat:- Connected to our Lymphatic system (which helps to feed and clean our cells), respiratory function and thyroid gland (which governs metabolism, weight control and heat thermostat) the 5th Chakra is connected to our ability to verbalise and express ourselves. *Function:* Self-expression TO ACT. *Location:* Throat. *Positive aspects:* Communication & expression. *Negative aspects:* Lies. *Physical issues:* Disorders of the throat, ears, voice, neck. Tightness of the jaw. Toxicity. *Endocrine gland:* Thyroid.

4th Chakra – Heart:- Connected to our physical heart, our circulation and thymus gland (which governs our immune system) The 5th Chakra is connected to our ability to express love to self and balance inner harmony. *Function:* Self acceptance TO LOVE & BE LOVED. *Location:* Chest. *Positive aspects:* Love, ability to validate & be at peace. *Negative aspects:* Grief. *Physical issues:* Disorders of the heart, lungs, thymus, breasts, arms. Circulation problems, asthma, immune deficiency. Tension between shoulder blades & pain in chest. *Endocrine gland:* Thymus.

3rd Chakra – Solar Plexus:- Connected to our digestive system and adrenal glands (which provide us with our fight or flight reactions to stress). The 3rd Chakra is connected to our vitality and personal power. *Function:* Self-Definition TO ACT. *Location:* Navel area. *Positive aspects:* Energy distribution & personal power. *Negative aspects:* Shame. *Physical issues:* Eating

disorders, digestive disorders, ulcers. Hypertension. Hypoglycaemia, diabetes. Disorders of stomach, pancreas, gallbladder, liver. Muscle spasms & muscular disorders. Chronic fatigue. *Endocrine gland:* Pancreas.

2nd Chakra – Sacral/spleen:-

Connected to our sacrum, urinary system and spleen (which filters the blood and recycles our blood cells) The 2nd chakra is connected to nature, emotion and our sexuality. *Function:* self-gratification TO FEEL & WANT. *Location:* Lower abdomen. *Positive aspects:* Emotionality, Sexuality & Clairsentience. *Negative aspects:* Guilt. *Physical issues:* Disorders of reproductive organs, spleen, urinary system. Menstrual difficulties. Sexual dysfunction. Lack of flexibility, low back pain. Deadened senses, loss of appetite for food, sex, life. *Endocrine gland:* Ovaries/Gonads.

1st Chakra – Root/Base:- Connected to our reproductive organs & gonads. The 1st Chakra is connected to our energy levels, creativity & grounding. *Function:* Self Preservation TO BE HERE & HAVE. *Location:* Base of spine. *Positive aspects:* Survival in the Body & Security. *Negative aspects:* Fear. *Physical issues:* Frequent illness. Disorders of bowel, anus, large intestine, bones & teeth. Eating disorders. Issues with legs, feet, knees, base of spine. *Endocrine gland:* Adrenals