

## Chakra Balancing

Chakra is the Sanskrit word for wheel. Chakras are spinning vortexes of energy which interact with the universal life force energy. As a result of physical, mental and emotional challenges the chakras can become out of balance and stop drawing in this life force energy, which can then result in illness and disease. At the commencement of a treatment I will use a pendulum to read the chakras, discuss the findings with you and then energetically balance them.

