



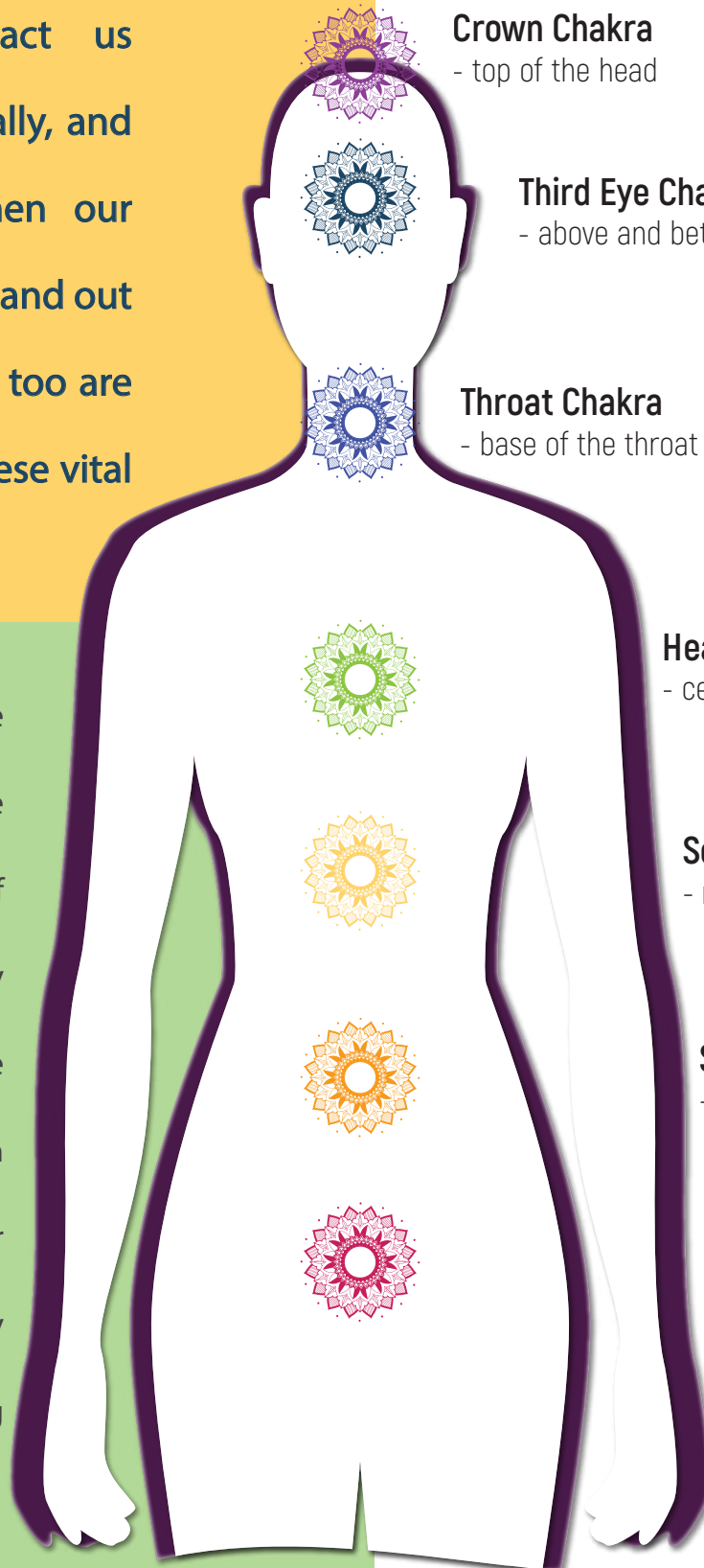
SUMMARY: 7 CHAKRAS

Reiki Therapy

— RESOURCES —

Our chakras impact us physically, emotionally, and psychologically. When our chakras are blocked and out of balance, then we too are out of balance in these vital parts of our lives.

To help restore balance within the 7 chakras we can use Reiki over each of the 7 positions in our body using our hands. As we hold our hands over each chakra we can focus our energy on correcting any imbalance and restoring healing.



Crown Chakra

- top of the head

Third Eye Chakra

- above and between the eyes

Throat Chakra

- base of the throat

Heart Chakra

- center of the chest

Solar Plexus Chakra

- near the stomach area

Sacral Chakra

-near the navel

Root Chakra

- base of the spine