

## **Chakra Clearing, Balancing & Strengthening**

The chakras are energy wheels that keep the physical, mental, emotional and etheric system well-oiled and in tune. If even one of these wheels functions sluggishly, or becomes over-active, the entire energy mechanism goes into disarray. The organs and meridians associated with the chakras respond adversely to this imbalance. This can have different consequences, the most tangible of which are physical dis-ease, emotional conflicts, and mental confusion. The outer environment can trigger off these chakric energy blockages and imbalances, and chakric imbalances can, in turn, be responsible for unpleasant experiences in the outer world.

Through energy healing, and meditation, these chakric blockages and imbalances can be cleared, and energy health restored.

To book personal sessions **CONTACT** here.

My YouTube channel, Ellaeenah JadeFire, shall provide you with chakric meditations that you can attempt on your own. Click on the link provided

[https://www.youtube.com/channel/UCG-hsFUvGEaUp-0l0J\\_IA8A](https://www.youtube.com/channel/UCG-hsFUvGEaUp-0l0J_IA8A)

Workshops are held to teach participants the causes and effects of chakric blockages and imbalances, and how to heal these. Advanced workshops relate the chakras to Bach Flower Remedies and Crystals. To avail of the Group Workshops, and get the optimum fee structure, a minimum of 10 confirmed participants is advised. These workshops can be customized to suit the requirements of the group requesting the program. To make inquiries **CONTACT** here.