

# Download Balancing Chakra Manual

Chakra balancing is the process of restoring a harmonious flow of energy across the chakra system. The effect of well balanced chakras often translates into a feeling of well-being, relaxation, centeredness, increased vitality and embodiment of oneself. How to Balance THE SEVEN CHAKRAS A Guide to Opening and Balancing Your Energy Centers [chopracentermeditation.com](http://chopracentermeditation.com). chopracentermeditation.com MULADHARA: The Root Chakra 4. AWAKEN YOUR CREATIVITY The second chakra, Svadhisthana, is also known as the creativity and sexual chakra. It is located above the pubic bone – below CLEARING AND BALANCING YOUR CHAKRAS (Based on the Work of Donna Eden) The seven main Chakras (spinning wheels of energy) are energy centers and transformer stations in your energy body. If the energy at any of these centers becomes blocked, both emotional and physical health can suffer. The Chakra Mind-Body Balance is a two-way street: if there are certain fears and emotions we are holding on to, we experience physical restrictions, too. If you have achiness or stiffness, or certain reoccurring emotions and fears, read along and you may find out which chakra is affected or blocked.