

Balancing Act

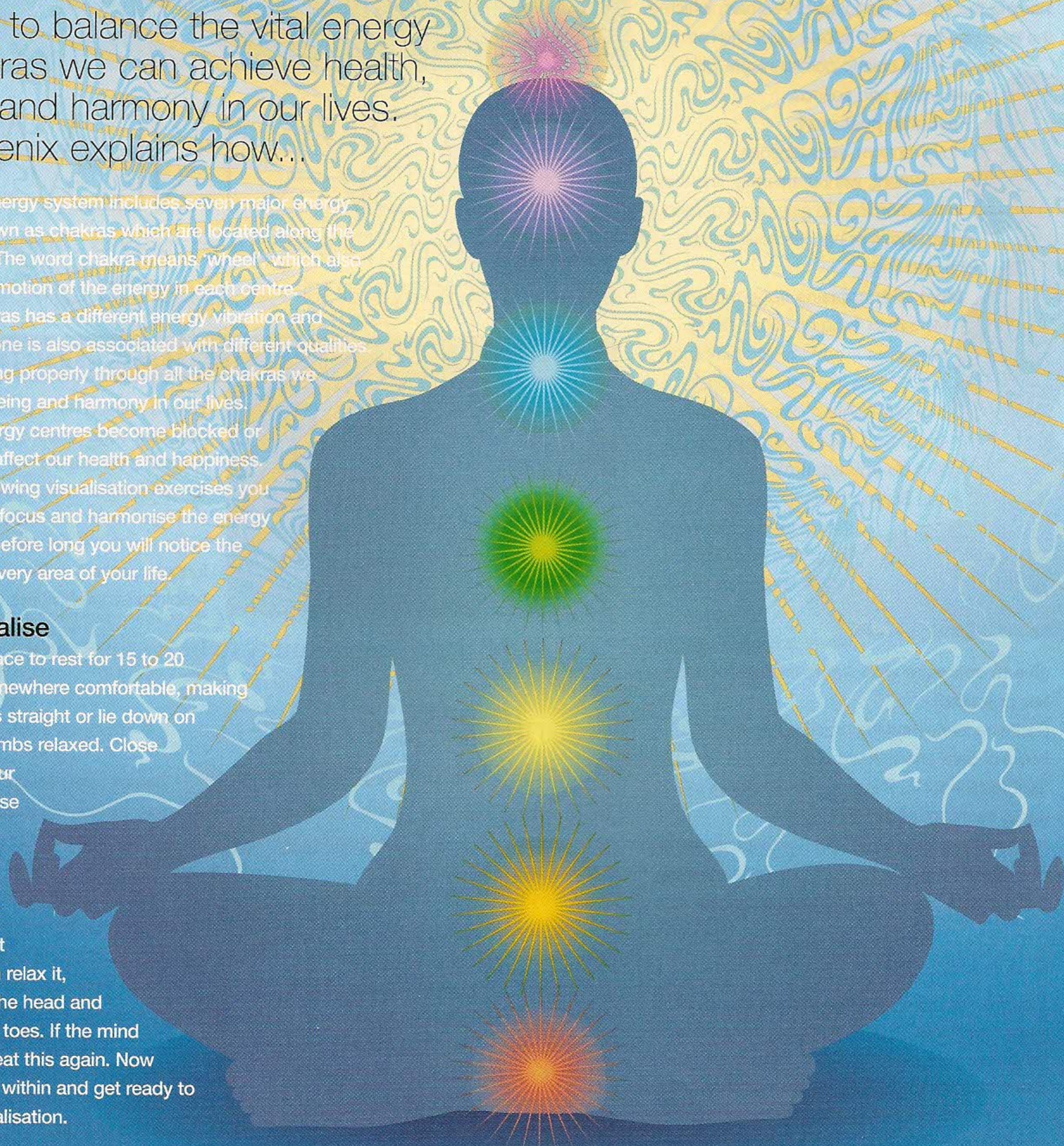
By learning to balance the vital energy in our chakras we can achieve health, happiness and harmony in our lives. Nicola Phoenix explains how...

Our human energy system includes seven major energy centres known as chakras which are located along the spinal axis. The word chakra means 'wheel' which also refers to the rotating motion of the energy in each centre.

Each of the chakras has a different energy vibration and frequency and each one is also associated with different qualities. When energy is flowing properly through all the chakras we can experience wellbeing and harmony in our lives. However, if these energy centres become blocked or unbalanced this can affect our health and happiness. By practising the following visualisation exercises you can learn to balance, focus and harmonise the energy of each chakra, and before long you will notice the benefits throughout every area of your life.

Prepare to visualise

Find a quiet, warm place to rest for 15 to 20 minutes. Either sit somewhere comfortable, making sure that your spine is straight or lie down on your back with your limbs relaxed. Close your eyes and take four deep, slow breaths. Use the out-breath to relax and let go of any tension. Slowly bring your awareness to each and every part of your body and then relax it, starting at the top of the head and working down to your toes. If the mind is still racing then repeat this again. Now bring the mind further within and get ready to begin the chakra visualisation.



The base chakra

Focus your awareness down at the very base of the spine. Become aware of any sensations. Visualise this area glowing a vibrant red and begin to imagine it as a spinning centre of energy. Observe the direction in which the energy is spinning. Now move your awareness to any feelings that may arise.



Here, at the base chakra, we allow ourselves to experience a sense of safety, security and being grounded. Allow these feelings to arise within you; notice any blocks to these feelings and let them go. Imagine the feeling of the earth beneath you. Allow the strong, solid energy of the earth to rise up within you and to sit at this centre. Experience this feeling of stability within. Mentally repeat to yourself: "I am strong, safe and secure".

The sacral chakra

Bring your awareness down the spine to a few inches above the anus. Become aware of any sensations. Visualise this area glowing a radiant orange and visualise it as a spinning vortex of energy, observing the direction of the spinning and the sensations that are arising.



Allow your attention to drift towards feelings of creation; creating new ideas and allowing them to flow. Without any blocks, imagine your life unfolding with new clarity. Where does this lead you? As these ideas arise and fade, begin to feel the balance within you as you feel the possibilities of this creation. Mentally repeat to yourself: "I feel this balance within. I allow myself to create new ideas and possibilities in my life".

The solar plexus chakra

Move your awareness down the spine to just below the navel. Visualise this area glowing bright yellow and imagine it as a spinning vortex of energy, observing the direction of the spinning and the sensations that are arising.



This centre of energy and power is a place of purpose. Begin to feel your own energy and strength within. Allow yourself to accept your inner strength and know that it is safe for you to stand in your power. Allow any anger within you to dissolve, replacing it with a sense of inner purpose. Visualise this inner light glowing brighter and brighter. Mentally repeat to yourself: "I use my inner strength and power to achieve good in my life".

The heart chakra

Focus your awareness down the spine, to a point in line with your heart. Become aware of any sensations and visualise this area glowing a beautiful green. See this area as a spinning vortex of energy and observe the direction of the spinning as well as any sensations that arise within you.



In this heart centre, gradually imagine the brightness of the green increasing. As the brightness intensifies, allow your feelings of love and happiness to increase alongside it. Allow these feelings to transform any fears or worries into joy and happiness. At this place let only love shine. Allow this love to dissolve pain and send it to all in your life. Mentally repeat to yourself: "I am love and loved always".

The throat chakra

Focus your awareness towards your throat and neck. Become aware of any sensations you may be feeling, and visualise this area glowing a brilliant blue. In your mind's eye see this area as a spinning centre of energy, observing the direction of the spinning and the sensations that arise from it.



At this centre of communication allow your focus to rest. Allow yourself to express your thoughts and release anything that you may be holding in. Feel safe in the knowledge that your thoughts are worthy of being heard and allow communication to flow. For a moment allow your feelings and thoughts to rise up from your heart and acknowledge how important they are. Mentally repeat to yourself: "I communicate clearly from a place of peace and love always".

The third eye chakra

Allow your awareness to move to your third eye, which is located in the space between your eyes. Visualise this area glowing a beautiful shade of indigo. See it as a spinning centre of energy, observing the direction of the spinning and the sensations that are arising.



Allow your thinking mind to quieten, and absorb yourself in your deep feelings, your intuition and a place of truth within you. Allow these feelings to flow, letting judgements and analysis fall away. Guidance within you can now flow to the surface. Allow the transformation of your inner knowledge to continue until you feel you are listening deeply to the inner you. Mentally repeat to yourself: "I am open to seeing the truth and trust my intuition to guide me".

The crown chakra

Bring your awareness up to the crown of your head and become aware of any sensations you may be feeling. Visualise this area as glowing an illuminating white. See it as a spinning vortex of energy, observing the direction of the spinning and the sensations that arise.



This is your connection with the divine. Enjoy this white light entering your system through your crown and flowing into your whole being. Feel the deep connection you have with yourself and enjoy this pure feeling within. Then, allow these feelings of connectedness to go beyond you and out into the world, to everyone and everywhere without exception. Enjoy feelings of oneness, of union with all. Mentally repeat to yourself: "I am a divine being enjoying this union with myself and all around me".

Further learning

If you want to learn more about balancing your chakras, take a look at the following courses:

- Energy 4 Life is a health and conscious living programme that takes a new look at the ancient chakra system. Visit energy-4life.com or call 0845 130 1918.
- The Therapy Training School offers one-day chakra balancing workshops in Stoke-on-Trent and London. Visit therapytrainingschool.com for more details.
- The TSL Holistic Centre offers a one-day chakra energy balancing course plus assessment. A variety of dates are available. Visit tslholistic.co.uk or call 01509 239 600 for more information.

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