

Cleanse, Balance & Energise your energy body and chakras on a regular basis.

In brief, our energy body is connected to emotions, thoughts, physical sensations & more. The field can accumulate emotional residue, stress, fear, grief, anger, trauma, energetic overwhelm, unhealthy attachments, mental clutter & more

Over time, this may create feelings such as exhaustion, heaviness, emotional instability, brain fog, anxiety, numbness, spiritual disconnection and ultimately potential illness and dis-ease.

Balancing chakras is important because, balance creates harmony between your physical body, emotions, mind, and spiritual awareness.

When chakras are balanced, people often experience greater emotional stability, clearer thinking, improved self-awareness, healthier relationships,

stronger intuition, inner calm and a deeper sense of purpose and connection.

Each chakra represents a different aspect of human life. If one area becomes overactive or underactive, it can affect the whole system.

When the chakras are balanced and in alignment survival instincts can support growth rather than fear and emotions can flow instead of becoming trapped. Confidence can exist without domination, love can exist with healthy boundaries, truth can be expressed clearly and intuition can become grounded.

Once the system feels clearer and more balanced, energising can strengthen vitality, increase awareness, heighten intuition and deepen meditation. It can also awaken creativity, expand emotional openness, give more energy and amplify life-force energy!

All of this can make you feel lighter, more alive and emotionally open. Also helping you to become mentally clear, spiritually connected and deeply present.

In short -

Clear first to remove stagnation and imbalance

Balance to restore harmony and flow

Energise to increase vitality and consciousness

This practice is just great for everyone and very much needed in these slightly chaotic times.