

The Seven Major Chakras

Vertically through the centre of our bodies there are seven major power points or 'energy' areas called chakras. The body is also covered with hundreds of smaller, minor, chakras. Chakra means wheel or disc. All the chakras are believed to spin while they transport energy, or Universal Life Force, through us and into us, regulating our energy, emotions, and health. Each chakra point begins at one side and goes through the energy field that surrounds us, through our physical bodies, and out through to the other side of our energy field connecting each of us to the universal energy source. To keep us feeling energised, healthy, and living at our fullest potential, the chakras need to be spinning in balance. When our system becomes unbalanced it may be because one or more chakras are spinning too fast or too slow. This will lead us to feel unsteady, insecure, and weakened, and in turn we become less contented, unhealthy, unconfident, and ineffective. By balancing our chakras we can encourage them to work efficiently, making us feel fully energized, fulfilled, secure, and in harmony with the universe. Each chakra affects a different area of our life. Each is essential in harmonizing the flow of energy, by increasing or decreasing its spin, and therefore enhancing the quality of our life-force and promoting wellness.



Maladhara, the Root or Base

The first chakra is the focus for the life-force, at home and work.

It relates to issues of trust and money. Positive qualities include common sense, individuality, and patience. Negative qualities generate feelings of

selfishness, greed and violence. **Symptoms of unbalance include:** back problems, poor circulation, a feeling of being unsteady, tiredness, and a generally slow recovery rate.



Savadhithana, the Sacral

The second chakra is called the sacral, the seat of appetite and desire; of

sexuality, procreation, and ambition. Positive qualities include giving and receiving, passion, and feelings of family and community. Negative qualities relate to a lack of self control, addictions, and over eating. **Symptoms of unbalance include:** jealousy, urinary and genital problems, emotional difficulties, and insecurity.



Manipura, the Solar Plexus

The third chakra is the seat of personal authority, integrity, and self-control.

Positive qualities include leadership, self-motivation, energy, and charisma. Negative qualities generate anger, hate, and a lack of will power. **Symptoms of unbalance includes:** stomach and digestive problems, and an abnormally slow or fast metabolism.



Anahata, the Heart

The fourth chakra is the bridge between the physical and the

spiritual, yin and yang. It is the seat of unconditional love and joy. Positive qualities include love, forgiveness, and acceptance, and healing. Negative qualities generate jealousy, self-harm and self-loathing. **Symptoms of unbalance include:** chest pains, heart and circulation problems, loneliness, and discontentment.



Vishuddha – the Throat

The fifth chakra is the seat of communication, creativeness, self-

expression and self-awareness. Positive qualities include a joy in creative expression, spontaneity, and honesty. Negative qualities generate an inability to act, blinkered thinking, and ignorance. **Symptoms of unbalance include:** thyroid problems, sore throats, swallowing and speech difficulties, and depression.



Ajna – The Brow

The sixth chakra is the seat of spiritual awareness, insight, and

emotional identity. Positive qualities include intuitive vision, knowledge, and wisdom. Negative qualities generate cynicism, ignorance and fear. **Symptoms of unbalance include:** headaches, nightmares, and eye problems.



Sahasrara – The Crown

The seventh chakra is the seat of universal consciousness, and the

highest aspects of self. Positive qualities include generating and living in peace, understanding, and being non-judgemental. Negative qualities generate confusion, intimidation, hesitation, and fear. **Symptoms of unbalance include:** anxiety, irritability, loss of balance, and confusion. Though the colour for sahasrara is violet, white, and clear crystal, are also colours relevant here, representing universal light and angel light which is drawn in or requested through this chakra during meditation or visualisation.

Reiki Distant Healing and Telephone Counselling Service

Email: info@jemaycrafts.co.uk

Our primary purpose is to promote what we have called the **Spirit of Healing**. In our experience this is a combination which includes energy work, aromatherapy, and colour and crystal/gemstone therapy.

This we offer not only in person, but also through **Reiki Distant Healing and Telephone Counselling**.

Distant Healing is a focused personal healing session, usually in a block of three weeks, for 20 minutes once a week.

Email our Reiki Healers to make known the issue you are seeking to heal. This can be emotional or physical. Our Reiki master Healers will then seek to clear any energy blockage, rebalance your chakras, and restore your life-force to universal harmony. Jemaycrafts also offer a **Distant Healing Group Session**, which is free to take part in the first week. Love, light, and peace are offered through the chakras using the Reiki Cleansing, Healing, and Power symbols to promote general wellness and harmony.

If the issues you wish to discuss would be better suited to **One to One Telephone Counselling**, then please indicate this in your email. Our Healer-Counsellors will arrange a free assessment telephone consultation in which they will discuss with you your needs and what your expectations would be from healing therapy sessions. Should you and the healer feel there is a benefit to continue the telephone

counselling on a regular basis, a healing plan will be discussed to promote your path to wellness. You will be assigned a specific time on a specific day each week to telephone the healer. A normal session lasts one hour; the number of sessions is not pre-determined. Subjects previously covered include: birth trauma, work/life balance, post natal depression, personal relationships with partners/family, and bereavement counselling.

Rates

One to One Healing **£50** (per hour)
Distant Healing Personal (3 weeks) **£50**
Single Distant Healing Personal **£25**
Distant Healing Group (10 weeks) **£50**
Telephone Counselling **£45** (one hour)
Face to Face Counselling **£50** (per hour)

WEBSHOP

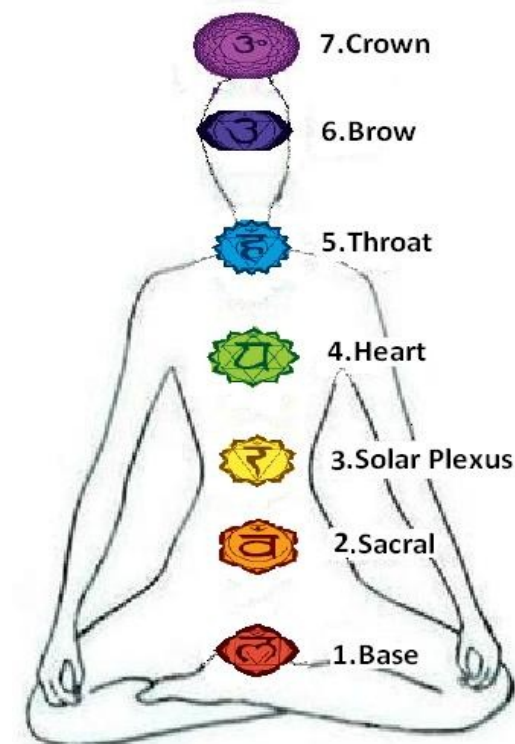
www.jemaycrafts.co.uk

- Working with a local healer artist we have developed our unique range of hand finished Buddha figures for meditation and contemplation.
- Chakra Balancing; a range based on each of the Seven Major Chakras, utilising colour, Reiki energy and aromatherapy
 - Blended Essential Oils
 - Shower and Bath Gels
 - Chakra Balancer Set
- Specialized 100% Essential oil blends, including *Sacred Space* for Meditation, *Lift Up* for depression, and for women, *PMT*
- Golden Cone Remedy (*Echinacea Angustifolia with trace elements*)
- Lead Crystal Balls and gemstone spheres
- Gemstone Powerball chakra necklaces
- Chakra Pendulums and jewellery
- Music, Books, chakra and healing artwork

The Spirit of Healing

Jemaycrafts

The Seven Major Chakras



Healing
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Webshop
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