

Benefits of Chakra Alignment

Do You pay attention to your chakras? They're there working in balance or out of balance all the time whether You pay attention or not. Why not tap into the spiritual energy available to You by being conscious about your chakra energetic system?

Do you ever have physical, emotional or mental issues that just don't ever seem to be resolved or keep reoccurring? Chakra imbalances can show up in various ways. Here is a list of some common manifestations of chakras not functioning properly. Do You recognize any of these symptoms?

Physical Imbalances

- Low back pain
- Repeated injury to the same area
- Bladder or bowel issues
- Skin disorders
- Immune disorders
- Lack of Circulation
- Reproductive disorders
- Low sex drive
- Digestive disorders
- Thyroid problems
- Heart Disorders
- TMJ
- Dental issues
- Eye weakness
- Breathing Issues
- Headaches
- Nervous disorders

Emotional Imbalances

- Low self Esteem
- Need for Approval
- Eating disorders
- Inability to express self
- Lack of willpower
- Abusiveness, self or others
- Anger
- Deep Sadness
- Close hearted
- Moodiness

- Addictions
- Depression

Mental Imbalances

- Jealousy
- Resentment
- Indecision
- Unclear communicating
- Boredom and Apathy
- Judgement
- Criticism
- Lack of Creativity
- Overly analytical
- Dogmatic
- Materialistic
- Ego centered
- Lack of Motivation
- Disconnected to life reality
- Exclusion
- Scattered
- Unstable
- Insecure
- Fear of Lack

You can learn to be aware of your chakras and harmonize and balance the energy running through them. By clearing your chakras you may experience the following benefits:

1. Increased awareness and openness to **Psychic and Spiritual** Information
2. Faster and greater **ability to heal** your Physical, Emotional, Mental and Spiritual Issues
3. Transform weaknesses into **strengths**
4. Easier **Release** of Non Supportive Patterns
5. Increased **Passion for Life**
6. Experience the Power of living **Present in the Now**
7. Overcome boredom by **infusing spirit** into mundane
8. Become **comfortable** facing uncertainty by tapping into the stability of your Self
9. Increased **manifesting ability** to create what You want in life
10. Access **financial wisdom**
11. Enjoy healthy and **loving relationships**
12. Greater **pleasure and enjoyment** in life
13. Realization of your **self worth**
14. Make **clear choices** that reflect who You are
15. **Self confidence** to accept and express yourself

16. Ease in experiencing **Love and forgiveness** of self and others.
17. Access **inspiration** to turn dreams into reality
18. Awareness and dedication to your **Highest life path**.
19. Increase the health and strength of your **immune system**
20. Recognition and increase **intuition**
21. Express and **release emotions** in a healthy manner
22. Increased **personal integrity**
23. Attain **self mastery**
24. Access your **inner wisdom**
25. Enjoy the clarity of a **focused mind**
26. Abundant inner guidance by maintaining a **strong connection to Source**
27. Live your **Highest Life Path**
28. Tap into your **Will Power**
- 29. Clear communication** of your heart and mind
30. Experience the **power** of being grounded in physical and your Spiritual Higher Self simultaneously

I hope this information helps and assists you in looking at **Benefits of Chakra Alignment** in a whole new perspective.



Balance Toe