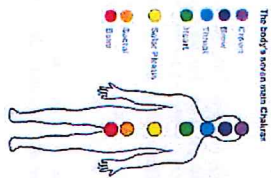


## OUR SERVICES

### CHAKRA BALANCING

Chakras are Entry Gates of the Aura. Within the physical body resides a body double, a spiritual body that contains the Chakras. The word Chakra in Sanskrit translates to wheel or disc. They are centres of activity that receive, assimilate and express life force energy. They are responsible for the person's physical, mental, and spiritual functions.



They absorb and transmit energies to and from the universe, nature, celestial entities, from people even from things. There are 7 main energy centers in the body, known as chakras. The Root Chakra, The Sacral Chakra, the Naval Chakra (solar plexus), the Heart Chakra, The Third Eye and the Crown Chakra.

Each chakra is located throughout our body so that it correlates to specific body alignment and physical dysfunctions; each energy center also houses our mental and emotional strengths. When we have a physical issue, it creates weaknesses in our emotional behavior.

When we release the stale energy from the body, it can undo any tightness, stiffness, or malfunction of that area.

### RAINDROP THERAPY

Raindrop Therapy is a healing technique using pure essential oils. Raindrop Therapy combines aromatherapy, reflexology, massage and moist heat to create healing and cleansing through structural and electrical alignment to the body. The purpose of the therapy is to bring total balance, harmony, and body wellness – mental, physical, and emotional. Essential oils are absorbed into the blood stream immediately and are extremely beneficial. The oils are applied along the spine and on the bottoms of the feet. It is wonderfully relaxing and very healing.



### VITAFLEX

What is Vitaflex therapy? Vitaflex is an ancient technique that was practiced as acupuncture for thousands of years in Tibet. Using the fingers and special points on the body we can access the Innate ability to heal with the piezoelectric properties of our skin.

Vita-Flex Foot Chart



### EMOTIONAL RELEASE

Physical ailments originate at an emotional level. Utilizing the properties of essential oils, affirmation and alarm points through the use of the "Healing Oils of the Bible" where 14 Ancient Oils will be experienced as well as a number of Young Living blends.

### ZYTO BIO SCANS AND CONSULTATIONS

A bio sensor scan tells you what is your body is lacking in nutritional supplements. ZYTO technology relies upon an array of bio-communication principles and concepts that provide users with deeper insight and information when making decisions related to health and wellness. On a basic level, ZYTO technology is designed to energetically ask your body questions and then analyze your body's specific responses.



Essential Oil Zyto Scan

Discover oils for YOUR best health!



## CHAKRAYK



Energy Therapy & Spiritual Guidance  
Certified Professional Energy Therapist, IPHM, IICF



SERVICES

CHAKRA BALANCING, RAINDROP THERAPY, VITAFLEX, EMOTIONAL RELEASE and ZYTO CONSULTATIONS with SCANS

### Healing Stones



### Essential Oils



and

Working subtly, but with profound effects, these unique treatments will leave you feeling calm, relaxed and harmonious with an increased sense of well-being.

Book Online at [www.chakrayk.com](http://www.chakrayk.com)

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Welcome to **Chakra Yk.com**

## Offering Chakra Balancing and Spiritual Guidance

**Carla Wallis, Certified Professional Energy Therapist, IPHM, ICT**

**What Are Chakras?** There are 7 main energy centers in the body, known as chakras. Each chakra is located throughout our body so that it correlates to specific body ailment and physical dysfunctions; each energy center also houses our mental and emotional strengths. When we have a physical issue, it creates weaknesses in our emotional behavior. When we release the stale energy from the body, it can undo any tightness, stiffness, or malfunction of that area. The clearing of the energy can also balance our emotional state of mind. 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.



Sessions are approximately 1.5 hours in length [times can vary for each individual]

In the session, you will be provided with a set of Personal Chakra Balancing stones; the use of essential oils and shown how to balance your own Chakras.

**Chakra YK** uses a technique that is based on ancient Hindu philosophy, deep meditation to help align the body's 7 Chakras through a combination of healing stones and essential oils.

**Zyto Bio Scans are now available during sessions**

## Essential Oil Zyto Scan

Discover oils for

**YOUR**

best health!



## ARE YOUR CHAKRAS OUT OF BALANCE?

### 1st or Root Chakra

Physical imbalances in the root chakra include problems in the legs, feet, rectum, tailbone, immune system, male reproductive parts and prostate gland. Those with imbalances here are also likely to experience issues of degenerative arthritis, knee pain, strain, eating disorders, and constipation.

Emotional imbalances include feelings affecting our basic survival needs: money, shelter and food; ability to provide for life's necessities.

### 2nd or Sacral Chakra

Physical imbalances include sexual and reproductive issues, urinary problems, kidney dysfunctions, hip, pelvic and low back pain.

Emotional imbalances include our commitment to relationships. Our ability to express our emotions. Our ability to have fun, play based on desires, creativity, pleasure, sexuality. Fears of impotence, betrayal, addictions.

### 3rd or Solar Plexus Chakra

Physical imbalances include digestive problems, liver dysfunction, chronic fatigue, high blood pressure, diabetes, stomach ulcers, pancreas and gallbladder issues, colon diseases.

Emotional imbalances include issues of personal power and self-esteem. our inner critic comes out. Fears of rejection, criticism, physical appearances.

### 4th or Heart Chakra

Physical imbalances include asthma, heart disease, lung disease, issues with breasts, lymphatic systems, upper back and shoulder problems, arm and wrist pain.

Emotional imbalances include issues of the heart; over-loving to the point of suffocation, jealousy, abandonment, anger, bitterness. Fear of loneliness.

### 5th or Throat Chakra

Physical imbalances include thyroid issues, sore throats, laryngitis, TMI, ear infections, ulcers, any facial problems (chin, cheek, lips, tongue problems) neck, and shoulder pain.

Emotional imbalances include issues of self-expression through communication, both spoken or written. Fear of no power or choice. No willpower or being out of control.

### 6th or Third Eye Chakra

Physical imbalances include headaches, blurred vision, sinus issues, eyestrain, seizures, hearing loss, hormone function.

Emotional imbalances include issues with moodiness, volatility, and self-reflection. An inability to look at ones own fears, and to learn from others. Day-dream often and live in a world with exaggerated imagination.

### 7th or Crown Chakra

Physical imbalance include depression, inability to learn, and sensitivity to light, sound, environment.

Emotional imbalances include issues with self-knowledge and greater power. Imbalances arise from rigid thoughts on religion and spirituality, constant confusion, carry prejudices, "analysis paralysis." Fear of alienation.



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