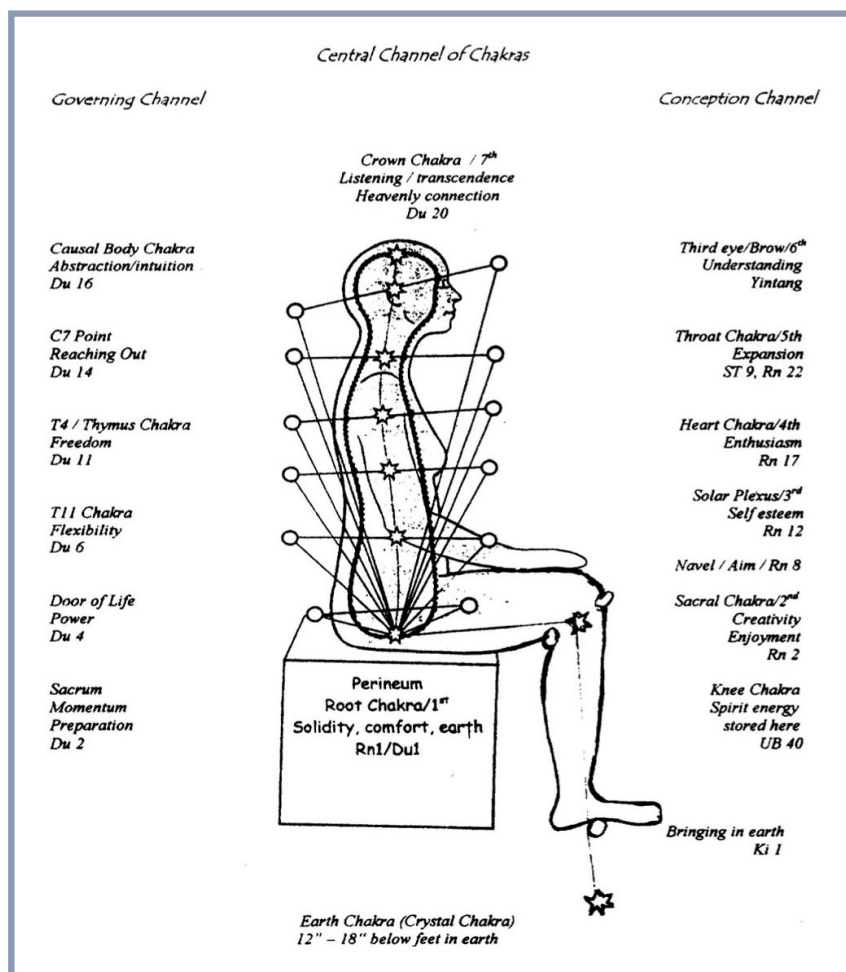


Chakras

Chakras are vortices of energy that help to organize the physical and to determine the quality of our consciousness.

As you can see from this illustration they align with the acupressure and acupuncture points along the microcosmic orbit, and they interrelate with the nerve and endocrine systems, all reflecting energy centers in the body.



There are several ways of treating the chakras.
You can work above the body,
or you can work both on and above the body
at the same time.

The lateral recumbent position allows you to treat them from front to back.