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## Traditional way of healing through balancing chakras

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All our life is made up of frequencies. Everything is made of light. We as human beings are made of light, we are atomic and molecular, which are the building blocks of life and which are made of light. Ever wonder why all people are so enthralled with, mesmerized by, and love rainbows? It is because the human body is, in effect, designed as one. In the deepest stratum of our beings, we somehow know that. That is why seeing a rainbow resonates so deeply within us, producing feelings of awe and joy. It reminds us of our Divine Nature. The rainbow of light spectrum found within the human body is known as the chakra system. The light spectrum has different frequencies which create different wavelengths, or patterns of energy, which we see as colors. These colors, or patterns of energy vary, depending upon the speed of their vibration, red being the slowest, then orange, yellow, green, blue, indigo, and violet. We too have different wavelengths in our bodies. There is consciousness present within our whole body, and it is divided in the upper and lower halves of the body. This divine force or consciousness is called as the Kundalini Shakti. Kundam is the body or pot, and the energy inside that is the Kundalini energy. When the energy in the body rises through the chakras, it has many manifestations. All different emotions are just manifestations of this one beautiful energy. When this Kundalini Shakti is awakened and rises within us, then our entire life becomes a dance of joy and bliss. Then nothing in the world can trouble us, and the entire world becomes amazement when the power of consciousness gets awakened within you. Chakras are the nerve centers in our body. There are 1,72,000 nadis (channels of metaphysical energy or life-force) in our body, and there are various nerve centers for these 1,72,000 nadis. The human body has 109 nerve centers, but among those, nine centers are important, and even in those nine, seven centers (chakras) are of primary importance.



## Biography

Nayana Dhuru has completed her Bachelor of Social Work in 1988 from Nirmala Niketan College, Mumbai University, MPhil in 2013 and PhD in 2014 from The Open International University Complementary Medicines and her Diploma in Naturopathy from Nasik in 2007.

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