

Disseminating Value of Chakras for Healing

Kathleen Benjamin Rickard, DNP, APRN, FNP-C

www.healgracefully.com

Martha Rogers described humans as unified energy fields affected by interactions in a mutual process with other human fields and environmental fields, affecting each other. Increased energy and flow occurring in humans could imply chakra energy. Her description of patterns as waves identifying a field of lower and higher frequency waves, best explain the role of chakras in whole human balance and wellness.

Chakras are an interdependent energetic system in the body, connecting to one another through the neurologic, endocrine, and autonomic nervous systems. They are believed to spin at different frequencies from each other and change depending on emotional input of the individual. Chakras can facilitate awareness of emotions through physical manifestations. Future investigations may reveal that gap junctions, which are located between neurons in specific areas along the spine and arising during embryonic development, are the locations for chakras.

Describing simple words or phrases, derived from a basic understanding of this emotional association to chakras and physical ailments, can be a very important way to assist in complete healing. This opportunity during a family practice office visit allows the unitary human to be able to integrate their emotions and their physical body for optimum wellness.

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