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## **Energy Balancing**

The human body not only consists of bones, flesh, blood, and water, but also energy. This energy is called Chi or Qi in Chinese medicine. Chi has a different quality from the common physical energy and is more similar to the Greek or Roman concepts of vital energy. This energy is affected by our mood, our physical and our psychic state. Many healing modalities work with this energy, such as acupuncture and EFT.

Through our body we have seven main energy centers, called *Chakras*, aligned along the spinal column, from the coccyx to the top of the skull. They regulate the energy between the various parts of the body, and between the body, the earth and the universe. The body doesn't have an infinite quantity of energy, so a surplus in one place means a deficit somewhere else. According to *Chinese Law of Five Elements*, there are points in the body which, when they are activated, move the energy from one point towards another.

Energy Balancing helps to eliminate stress and resolve deep and even repressed feelings and can release the blocks responsible for most organic and psychological problems.

### **How do we proceed with an energy balancing?**

Through visualization, we start by relaxing physically and mentally. Then we successively rebalance each chakra, moving stagnant energy and making it circulate again. Through harmonizing and balancing our energy, we gain peace of mind, mental reassurance and greater mental and physical health.

**Consultation by appointment only,  
in Paris**

#### **Telephone consultation**

Phone call at my expense to any landline  
in France and many other countries  
(USA, Canada, United Kingdom, etc.).

Payment by cheque drawn on a French bank  
or secure online payment via [PayPal](#).