

{CHAKRAS}

Chakras are the mirror of our soul. They are a rainbow bridge leading to our consciousness.

The word chakra itself is an ancient Indian words meaning a spinning wheel or vortex. Traditional writings mention 88,000 chakras within the human energy field. Most of these chakras are extremely small and only have a minor role to play in the energy system. Only approximately 40 secondary chakras can be considered significant. The most important of these are located in the area of the spleen, the back of the neck, the palms of the hands and the soles of the feet.

The seven primary chakras, which are located from the base of the spine to the top of your head, are very relevant for the functioning of the most important fundamental aspects of the human body, mind and soul.

Each chakra is attached to an emotional and physical effect.

The chakras are named after the part of the body in which they spin and the organs in this area are directly affected by the corresponding chakra. Starting at the bottom there is the Root, Sacral, Solar Plexus, Heart, Throat, Brow or Third Eye, and the Crown chakras.

Most people's chakras extend about 4" in all directions from their point of origin. When these chakras receive information, this information is passed on to the meridian system. The Meridian system is the interface from the outside of the body to the inside and is picked up by the body's nervous system, the spine and the brain. It too relates to the major organs of the body.

The two most fundamental forms of energy enter the human system via the root chakra (earth energy) and the Crown chakra (Spirit). It is important to keep these chakras open, because they supply the rest of the chakras and underlying organs with energy. Each chakra influences the organs, muscles, ligaments, veins, and glands in its system. Each chakra has a key issue and once they are all balanced, the body's energy system often feels better.

Each chakra has a very strong association with the body's glandular system, therefore has a tremendous impact on our emotional environment.

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WE record every thought and feeling into one of our seven chakras.

The chakras govern the endocrine system, bringing the chakras into balance helps bring the hormones and therefore emotions into balance. Our emotions and our perception have a direct impact on the state of our health.

Physically, each chakra is connected to a nerve centre, one of the seven senses and one of the endocrine glands.

Our Chakras are a reflection of our consciousness.

Chakra work leaves people feeling more centred, grounded and in harmony with their surroundings. Balancing a chakra especially if it is the weakest link in the chain can cause remarkable effects allowing the entire chakra system to strengthen.

Chakra Denotes an intersection where mind and body meet.

The symbolism of a lotus flower is often used for the Chakras as they too have petals that open. Beginning at the root chakra to the crown the number of petals are four, six, ten, twelve, sixteen, two and one thousand. The lotus flower grows in mud, and blossoms which metaphorically describes the path from a "primitive" being to a fully conscious one. The base chakra is rooted in the earth and evolves to the thousand petaled crown chakra.

On a physical level, chakras correspond to nerve ganglia, where there is a high degree of nervous activity, and also to glands in the endocrine system. While chakras are interdependent with the nervous and endocrine systems, they are not synonymous with any portion of the physical body, but exist within the subtle body.*



"When you heal yourself and assist others with their self-healing, you heal the earth. You do make a difference"

- Laurel Steinhice -

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We are multi-dimensional beings operating from the physical, mental, emotional, spiritual dimensions simultaneously. There is a complete communication system at work between all four levels. Only when all levels are balanced and in harmony can the body's own healing mechanism kick in.

Our body absorbs life force energy through the spiritual body and then it flows through the mental and emotional bodies for distribution to the physical body through the chakras.

As everyone has a physical body, so too does everyone have a subtle body. The chakras serve

as a bridging mechanism between physical matter and subtle matter.

Each chakra corresponds to certain physical systems and the related organs. Unbalanced emotions, attitudes, thoughts and feelings interfere with the energy flow, resulting in an accumulation of negative energy in the physical body, and depletion of your natural energies and immunities. Left untreated, these thoughts and emotions ultimately manifest as disease or other problems.

Repressed emotions of any kind, from anger to joy, suppresses this system of communication, resulting in an eventual weakening of the physical condition. It may be as simple as a headache, backache, chronic fatigue, and inability to concentrate or sleep.

To correct and heal conditions of disease and imbalance, we must first restore balance to the chakras and the subtle bodies (mental, emotional and spiritual levels) thereby restoring the natural flow of life force energy available to the physical body.

- 1st Chakra: Root Chakra=Life Force = Red**
- 2nd Chakra: Sacral Chakra=Creativity = Orange**
- 3rd Chakra: Solar Plexus=Assertiveness = Yellow**
- 4th Chakra: Heart Chakra=Love and Compassion = Green**
- 5th Chakra: Throat Chakra=Expressiveness = Light Blue**
- 6th Chakra: Brow/Third Eye= Ability to transcend your story = Indigo**
- 7th Chakra: Crown Chakra = Connectedness with the universe = Violet.**

Chakra	Colour/Stone	Location	Qualities,Energies	Body Location Affected
 {7} Crown Chakra (Sahaswara)	violet Quartz crystal	Inside the top of the head	spiritual self, inspirational, direct knowing, visionary and divine guidance	crown of head, scalp, hair, skin rashes, Lymphatic system, emotional problems
 {6} Third Eye Chakra (Ajna)	indigo Amethyst	Between the eyes	intuition, unconscious self, understanding, telepathy	pineal and pituitary glands, nervous system
 {5} Throat Chakra (Vishuddha)	blue Sodalite	Adam's apple	self-expression, truth, loyalty, communication	throat, thyroid gland, neck, jaw, teeth, ears, sinuses
 {4} Heart Chakra (Anahata)	emerald green Aventurin	Chest	love, compassion, emotional empathy, realization of oneness	heart, thymus gland, breasts, lungs, upper back, shoulders, arms, hands
 {3} Solar Plexus Chakra (Manipura)	yellow Citrine	Stomach area	physical willpower, motivation, vitality, instinct, power & control	digestion, stomach, liver, gall bladder, pancreas, spleen, middle spine, kidneys, adrenal glands, intestines
 {2} Sacral Chakra (Svadhastana)	orange Carnelian	3 to 4 inches below the solar plexus	sexuality, appetite, creative life force, addictions, Physical desires & appetites	pelvis, reproductive organs, lower back, bladder
 {1} Root Chakra (Muladhara)	red red Tiger Eye	Base of Spine	survival, grounding, safety, Security (House, Finances)	coccyx bone, legs, knees, ankles, feet, skin, colon, bones