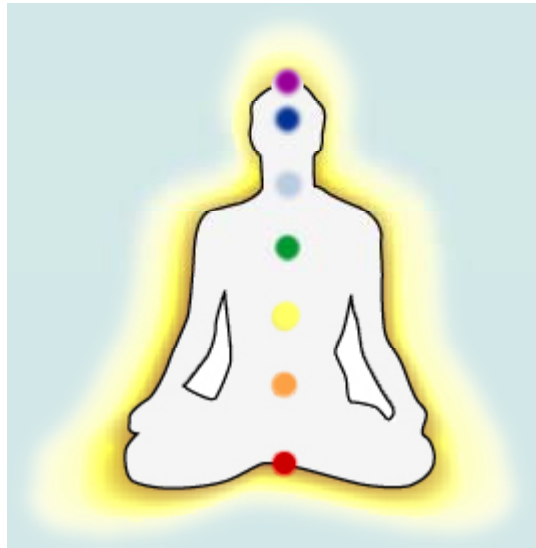


Chakras



What is an Energy Center or Chakra?

An energy center, or Chakra, is a non-physical organ. It is the place in the body that absorbs and releases energy to and from the body. The word *chakra* is derived from the Sanskrit word meaning *wheel*. If we were able to see the chakras we would observe a wheel of energy continuously revolving or rotating. Another way to think about how a chakra functions is to use the analogy of a computer disc. A computer disc stores and distributes information. A chakra does a similar function within the human body.

Why is a chakra important?

Each chakra tends to be primarily related to certain organs, glands, and life issues. Physical and emotional traumas create pain and therefore a negative energetic "charge" in the associated center or chakra. When this happens a block can be created in which fresh life force (chi, energy, light) is unable to flow freely through the chakra.

Our physical body rejuvenates and energizes itself with food, water, breathing, and receiving universal energy. The chakra is the unseen organ that exchanges energy for the body. Fresh energy is drawn into the body and it is this flow of energy that provides energetic nourishment to the organs and glands. Each chakra supports physical well-being by providing vitality to the physical body as well as psychological and emotional balance. If too much or too little energy is focused in a particular chakra, our ability to receive, experience and express the related concepts and emotions is impaired.

Reiki and Energy Therapy use a gentle touch to balance the energy to support a free flow of energy, which helps to create an energetic balance and eliminate the block. This method works with self-healing as well as for client work.

Chakra Characteristics:

OUT OF BALANCE OR NON-FUNCTIONAL: Energy flow in the chakra is sluggish or is not absorbed and released in a balanced manner. If a chakra is not balanced, or if the energies are blocked, the energy flowing into the body will be slowed down or not absorbed into the body. This means that the feelings and experiences associated with that chakra are being incorporated into one's experience. Not only are physical bodily functions affected, which may allow diseases to manifest, but the thought processes and the mind can also be affected. A negative attitude, fear, doubt, etc. may preoccupy the individual. Many people react to unpleasant experiences by blocking feelings and stopping a great deal of our

natural energy flow. Whenever a person blocks whatever experience, the energetic balance in the chakra is also blocked. An energetic block can occur by long held negative states, rigid thought patterns, negative emotions, toxins etc., which if not released can lead to physical imbalances. The term “close” or “too open” is also used to describe a chakra that is not balanced.

BALANCED or FUNCTIONAL: Energy freely flows to and from the body through the chakra. Feelings and experiences associated with that chakra are well balanced and full in that person’s life. This ensures physical vitality by taking in energy & distributing it throughout the body. This balance or equilibrium supports groundedness, good health and a sense of well-being.

A constant balance between the chakras promotes health and a sense of well-being. The term “open” is also used to describe this balance.

Where are chakras located?

There are seven major chakras and approximately 22 minor chakras. The major Chakra System begins at the base of the spine and finishes at the top of the head. They are fixed in the central spinal column. Five of the chakras are located on both the front and back of the body, and work through it.

Chakras in the hands and feet

Note: the palms of the hands and the soles of the feet are considered minor or intermediate chakras. The chakra’s in the palms of the hands is where the energy is transferred from practitioner to client (including working on oneself).

The chakras in the soles of the feet are significant in grounding.

FIRST CHAKRA-ROOT

The root chakra is located at the base of the spine – the perineum. This center holds the basic needs for survival, security and safety. The root chakra is powerfully related to our connection with the Earth, providing us with the ability to be grounded.

- **Color Association** - Red (color of a ruby)
- **Sanskrit name** - Muladhara: support or foundation
- **Element** - Earth
- **Verb Association** - To be
- **Physical Location** - Perineum, base of the spine
- **Area of Body Governed** - Spinal column, skeletal system, legs, feet, rectum, immune system, healthy sexuality when connected to a physical need
- **Gland** - Adrenal
- **Issues and challenges** - Rectal problems, conditions that affect the feet, knees, and hips, arthritis, osteoporosis and other bone problems, insecurity, depression, restless, feeling “spacey”, unfocused mind, frequent fear, difficulty with stillness, hoarding, greed
- **Life Lesson (Soul’s Desire)** - To feel safe and secure in the “physical plane”, to manifest our basic needs, to be nourished, to experience belonging to the whole.

SECOND CHAKRA-BELLY (SACRAL)

The second chakra is often referred to as the belly or (sacral) chakra. It is located approximately two inches below the navel. This center holds the basic needs for sexuality (when connected to an emotional need), emotions, and creativity. Proper balance in this chakra means the ability to flow with emotions freely. When balanced it supports confidence in creativity and ability to relate to others in an open and cordial manner.

- **Color Association** - Orange.
- **Sanskrit name** - Swadisthana: abode of the vital force, or dwelling place of the self
- **Element** - Water
- **Verb Association** - To feel
- **Physical Location** - Approximately two inches below the navel.
- **Area of Body Governed** - Reproductive system, kidney, bladder, uterus and ovaries in woman, testes in men, middle spine
- **Gland** - Ovaries in women, testes in men.
- **Purposes** - Emotional connection, creativity, pleasure, healthy sexuality when connected to emotional need.
- **Issues and challenges** - Bladder or kidney trouble, Ob/Gyn problems, pelvic pain, chronic menstrual cramping, problems with feminine reproductive organs, not taking responsibility for our emotion, including blame and feelings of guilt, not open to receive pleasure, poor boundaries
- **Life Lesson (Soul's Desire)** - To bond and connect our emotions with others without losing our identity and to freely express creativity.

THIRD CHAKRA-SOLAR PLEXUS

The third chakra is referred to as the Solar Plexus. It is located two inches above the navel in the center in the area of the stomach. The third chakra is the center of personal power, self-esteem, the place of ego, of passions, impulses, anger and strength. This is also an intuitive chakra where we get our “gut instincts” that signal us to do or not to do something. Strong self-esteem is needed to develop intuitive skills.

- **Color Association** - Yellow.
- **Sanskrit name** - Manipuraka: jewel of the lotus, lustrous gem
- **Element** - Fire
- **Verb Association** – To act or do
- **Physical Location** - Solar plexus (rib cage to navel).
- **Area of Body Governed** - Upper abdomen, stomach, liver, gallbladder, pancreas, intestines, and spleen.
- **Gland** - Pancreas
- **Purposes** - Balanced self-esteem, feeling of empowerment, purpose (who we are in the world)

Issues and challenges - stomach and/or digestive disorders, intestinal disorders, diabetes, hypoglycemia, indigestion, anorexia/bulimia, liver problems, and gallstones, Low self-esteem, fear of rejection, over sensitivity to criticism, self-image fears, indecisiveness, overly aggressive, difficulty maintaining or obtaining personal power, passive

- **Life Lesson (Soul's Desire)** - To experience the depth of who we are, without reservation, fear, or controlling others, to live our life task or soul's life purpose.

FOURTH CHAKRA- HEART

The fourth chakra is referred to as the heart chakra. It is located in the center of the chest, in the area of the heart. This is the center for love, compassion and spirituality. This center directs one's ability to love oneself and others, and to give and to receive love. This is the connection of body with mind and spirit.

This love center of our human energy system is often the focus in bringing about a healing. Thus, the words “Love Heals All” have great truth. Hurtful situations that affect our emotional being are wounding to the heart chakra. Physical illnesses brought about by heartbreak require that an emotional healing occur along with the physical healing. Almost everyone today has a hard, hurt, or broken heart, and it is no accident that heart disease is the one of the most prevalent diseases in America today. Learning to love yourself is a powerful first step in developing a healthy fourth chakra.

We can heal the world, one person at a time, starting with ourselves.

- **Color Association** - Green, pink.
- **Sanskrit name** - Anahata: unstuck, fresh, clean, unhurt
- **Element** - Air
- **Verb Association** - To love
- **Physical Location** - Center of chest.
- **Area of Body Governed** - Heart, circulatory system, blood, lungs, diaphragm, thymus, breasts
- **Gland** - Thymus
- **Purposes** - Love, compassion, emotional empowerment, hope, healthy relationship with self and others
- **Issues and challenges** - Heart conditions, asthma, lung conditions, pneumonia, chronic bronchitis, tuberculosis, breast cancer, despair, hate, envy, fear, jealousy, anger, shy, poor boundaries, lack of empathy
- **Life Lesson (Soul's Desire)** - To experience compassion and connection with oneself and others.

FIFTH CHAKRA-THROAT

The fifth chakra is referred to as the throat chakra. It is located in the V of the collarbone at the lower neck and is the center of communication, sound, and expression of creativity via thought, speech, and writing. It is also connected to our career or vocation.

The healthfulness of the fifth chakra is in relation to how honestly one expresses oneself. Lying violates the body and spirit. We speak our choices with our voices (throats). All choices we make in our lives have consequences on an energetic level. Even choosing not to make a choice such as in repressing our anger (not speaking out) may manifest issues for the throat such as laryngitis. We have all experienced that "lump in our throats" when we are at a crossroad of not knowing how to speak the right words in any given situation, perhaps even stuffing our own emotions. A challenge of the throat chakra is to express ourselves in the most truthful manner. Seek only the truth.

- **Color Association** - Blue (sky blue).
- **Sanskrit word** - Visuddha: pure
- **Physical Location** - Throat, neck region
- **Element** – Sound
- **Verb Association** – To speak
- **Area of Body Governed**- Throat, thyroid, trachea, neck vertebrae, mouth, teeth, gums, esophagus, parathyroid, ears.
- **Gland** – thyroid
- **Purposes** – Communication (speaking and listening), expressing creativity, learning to take responsibility for one's own needs
- **Issues and challenges** - Sore throat, ear infections, swollen glands, thyroid dysfunctions, laryngitis, voice problems, deafness, cervical (neck) problems, TMJ, dishonesty or lying, criticism, excessive talking, inability to listen, fear of speaking
- **Life Lesson (Soul's Desire)** - To be heard and understood, to speak and receive the Truth

SIXTH CHAKRA- BROW

The sixth chakra is referred to as the Brow Chakra or sometimes as the “third eye”. It is located above the physical eyes on the center of the forehead. It is where we take our learning from experiences and put them into perspective. Our ability to separate reality from fantasy is connected to the healthy functioning of this chakra. This is the center for our higher intuition. Through the sixth chakra one can receive guidance and tune into one’s “higher self.

- **Color Association** - Indigo.
- **Sanskrit word** - Ajna: command, perception, knowledge, authority
- **Element** - Light
- **Verb Association** - To see
- **Physical Location** - Center of the forehead.
- **Area of Body Governed** - Eyes, sinuses, nose, face, and brain.
- **Gland** - Pituitary
- **Purposes** - Action of ideas, perception, intellect, dreaming, insight (intuition), mind development, to” see” where one is going.
- **Issues and challenges** - Brain tumors, strokes, blindness, migraine headaches, blindness and other eye problems, confusion, difficulty concentrating poor memory, poor vision, denial
- **Life Lesson (Soul’s Desire)** – To use insight and intuition instead of judgment This is where peace and clarity automatically occur.

SEVENTH CHAKRA-THE CROWN

The seventh chakra is referred to as the Crown. It is located just behind the top of the skull. It is the center of spirituality, enlightenment. It allows for the inward flow of wisdom. This is also the center of connectedness with God or Divine Source.

- **Color Association** - Violet, white.
- **Sanskrit word** - Sahashrara: thousand-petal lotus
- **Element** - Thought
- **Verb Association** - To know
- **Physical Location** - Top of head.
- **Area of Body Governed** - Nervous system, brain, top of the head – midline above the ears.
- **Gland** - Pineal
- **Purposes** - Understanding, knowledge, wisdom, make logical decisions, connection to one's spirituality, integration of the whole , discovery of divine trust, selflessness, humanitarianism, ability to see bigger picture in life, devotion, inspiration.
- **Issues and challenges** - Lack of understanding, confusion, learning difficulties, chronic exhaustion not associated with physical ailments, lack of purpose, loss of meaning or identity, spiritual addiction, denial of spirituality
- **Life Lesson (Soul’s Desire)** - To experience the divine meaning to life.

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HUMAN ENERGY FIELD – AURA

The Aura, or Human Energy Field (HEF), exists around every living thing and is where the natural energy extends. It connects you to the universal life force energy. It is where your unlimited energy comes from. It protects the inner energy field in the same way your skin protects your muscles and organs. The physical body is counted as an energy body since all matter is ultimately made up of energy. All layers of the HEF penetrate the physical body. So when an energy practitioner places hands on the client, the healing energies are sent not only to the physical body, but also to each layer of the energy field.

The aura consists of several layers of energy and intelligence. The layers overlap and there are no clearly defined edges or borders. We don't stop at our physical body. This is a very important concept to remember.

The Aura absorbs the imprint of everything you come in contact with. Have you ever walked into a room full of people you have never met before and had a strong feeling about them? Your aura layer has touched theirs and you have felt their energy. The Aura can extend as much as 18 feet outside the physical body. We are so much bigger than meets the eye.

Thus, the healing energies that are channeled through the practitioner allow healing to occur on not only the physical level, but also on the levels as well.