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CHAKRA

The Spinning Wheels of Life



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Introduction

The word *chakra* is derived from the Sanskrit word meaning wheel, circle or disc. Chakras appear as a wheel-like spinning energy vortex. In yoga, meditation, and Ayurveda, chakra refers to wheels of energy throughout the body. They reside in our subtle or spiritual bodies which are mirrored by our physical body. When pure energy flows unobstructed between all chakras, a person experiences kundalini, which is said to greatly enhance consciousness.

Chakras receive and regulate universal energy in our bodies. They generate and maintain our life force. Our body exists on the physical, mental, emotional and spiritual or etheric levels simultaneously.

Our chakras are multidimensional energy vortices that exist on all these levels at all times and through all time. We can use chakras to raise our self-awareness, increase our energy levels, resolve health issues, become more intuitive, experience powerful tantric sexual energy, promote good health and even heal past life issues.

Chakras are centred close to our spine and their energy is transmitted out the front and back of our body. Your chakras are busy as they project your energy into the world, and filter your aura. This energy flow is symbolised by a clockwise and anticlockwise coil around a spinal cord.



The Seven Chakras

There are seven main chakras, which align the spine, starting from the base of the spine through to the crown of the head. To visualise a chakra in the body, imagine a swirling wheel of energy where matter and consciousness meet. This invisible energy called Prana is a vital life force that keeps us vibrant, healthy and alive.

These swirling wheels of energy correspond to massive nerve centres in the body that affect our psychological, emotional, and spiritual states of being.

Chakras have vibrations which affect organs, mental states, sounds and colours. Traditionally, chakras are represented by the seven colours of the rainbow.

Since everything is moving, it is essential that our seven main chakras stay open, aligned and fluid. However, as they transfer our life history into our cells, chakras can have blockages or be out of balance. Blocked and imbalanced chakra disrupts the energy flow and needs to be purified and balanced to be in optimum health.



Root or Base Chakra

Colour:

Red

CRYSTAL HEALING:

Obsidian, haematite, onyx, smoky quartz

Energetic Sense:

Belonging, feeling safe, grounding, psychics

Body Parts:

Adrenal glands, kidneys, spinal column, leg bones

The root chakra is located in the region between the genitals and the anus. A balanced root chakra results in a healthy desire for basics such as warmth, food and shelter. Imbalanced root chakra could make a person withdraw from physical reality, feel victimised, operate in a highly selfish mode, be prone to violence, or feel afraid of life. Physical symptoms include problems in the feet, legs and lower back.



Sakral Chakra

Colour:

Orange

Energetic Sense:

Worthiness, fear of loss of control, honour

Organs:

Bladders, digestion, reproductive organs

CRYSTAL HEALING:

Carnelian, bloodstone, coral, unakite, jasper

Body Parts:

Gonads, prostate glands, reproductive system, spleen, bladder

Sacral chakra is located in the groin. When Balanced, the sacral chakra energises our emotions, sexuality and creativity. It increases vitality and makes a person spontaneous and ready to seize the moment. Imbalance in this chakra can result in over indulgence in food or sex, reproductive disorders and feelings of jealousy and confusion.



Solar Plexus Chakra

Colour:

Yellow

Energetic Sense:

Self- esteem, will power, trust, anxiety, intuition

Organs:

Stomach, liver, skin, pancreas, gall bladder

CRYSTAL HEALING:

Citrine, calcite, amber, gold, sunstone

Body Parts:

Digestive tract, stomach, spleen, autonomic nervous system

The solar plexus chakra is associated with the intellect and is the seat of our personal power. When balanced, this chakra gives us a sense of purpose. It helps us transform our hopes and aspirations, particularly material ones, into reality. Imbalanced solar plexus chakra can result in physical and financial insecurity and the need to dominate others. Digestive disorders are associated with this chakra.



Heart Chakra

Colour:

Green

Energetic Sense:

Love, healing, grief, compassion, hope

Organs:

Heart, thymus, immune system

CRYSTAL HEALING:

Malachite, aventurine, rose quartz, jade

Body Parts:

Thymus gland, heart, lower lungs, circulatory system, skin, hands

The heart chakra is a bridge between the physical and spiritual realms and the centre of emotional well-being. When this chakra is fully developed, one can give and receive unconditional love, which manifests as compassion. Dysfunction of the heart chakra can result in the inability to love, fear, anger, sadness and feeling of disconnection which can lead to heart disease.



Throat Chakra

Colour:

Sky Blue

Energetic Sense:

Expression, judgement, clairaudience, faith

Organs:

Neck, arms, hands, ears, thyroid, nose

CRYSTAL HEALING:

Blue-lace agate, turquoise, sodalite

Body Parts:

Thyroid gland, throat and jaw areas, lungs, vocal cords, digestive tract

The throat chakra controls mental creativity and communication. When this chakra is balanced, we speak and listen in the spirit of truth and also express anger and other emotions in a constructive manner. Energising this chakra improves one's clairaudience. Imbalanced or blocked throat chakra results in poor communication, over indulgence in eating and drinking, respiratory disorders, dental disorders, low self-esteem, feelings of anger, hostility and resentment.



Third Eye Chakra

Colour:

Indigo

Energetic Sense:

Self- Assessment, vision, clairvoyance, ideas, truth

Organs:

Eyes, pituitary gland, left and right brain

CRYSTAL HEALING:

Amethyst, sugilite, lapis lazuli, azurite

Body Parts:

Pituitary gland, lower brain, left eye, ears, nose, central nervous system

The third eye chakra is associated with our intuition and psychic abilities. It enables visualisation and manifestation. When there are blockages in the third eye chakra, things like fear through imagination and dreams, as well as irrational intuitive insights are manifested. Physical symptoms of blockage in this chakra include persistent headaches (especially in the centre of the forehead), insomnia, anxiety and depression.



Crown Chakra

Colour:

Violet

Energetic Sense:

Enlightenment, oneness,
devotion, peacefulness

Organs:

Higher brain function, pineal
gland

CRYSTAL HEALING:

Clear quartz, fluorite, opal,
diamond

Body Parts:

Pineal gland, upper brain, right
eye

The crown chakra is directly connected to spirituality. A person with a fully developed crown chakra has an understanding of "oneness", universal existence as well as true inner peace. Crown chakra enables us to tap into higher levels of spirituality and develop our claircognition. Blockages in the crown chakra are manifested by physical symptoms in the body parts that it correlates to and leads to feeling lonely, fearing death and low self-esteem.



Grounding your Chakra

To put it as simply as possible, if the chakras are balanced, energy flows freely and we feel our best. If they are unbalanced, energy flow may be blocked or too slow, leading to irrational fears and unexplained illnesses.

It is useful to ground yourself before balancing your chakras, particularly if your emotions are high or you're feeling unusually out of touch. Everybody talks about grounding, but no one tells you how to do it. Although there are many methods, the easiest one is to focus on parts of your body.

Try to quiet your mind by starting with your feet. Ask yourself: how do they feel? Are your feet cold or tingling? Feel warmth flood into your feet as you focus on them. Once you have identified this, progress to your calves and continue up your body until you reach the crown of your head.

The following is a list of focused flow you might find helpful: Feet, Ankles, Calves, Knees, Thighs, Buttocks, Hips, Navel, Midriff, Chest, Upper Arms, Forearms, Wrists, Hands, Shoulders, Neck, Mouth, Nose, Eyes, Crown of Head.

Once you reach the crown of your head takes a few moments to enjoy the sense of well-being, grounded to this beautiful earth plane.





Balancing your Chakra

There are many ways to heal, clear or balance your chakras . Two of the most common practices are Crystals and Intent.




Crystal Chakra

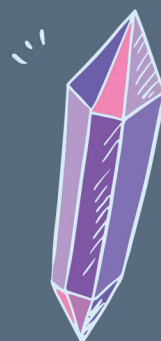
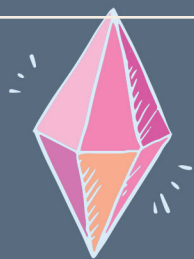
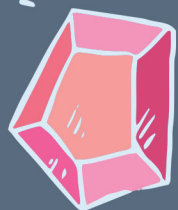
Many find stones and crystals corresponding to the chakras useful in assisting them to balance. There are many different stones one can use. Find the ones that you are most comfortable with. The most effective way to use these stones is to find a quiet place. You can use the table as a basic guide. Prepare for your healing by getting what you need to be comfortable. Put your phone on silent, get a drink of water and tissues (never underestimate the power of flowing energy) and most of all get pillows and a rug so you can sit or lie down somewhere and be comfortable.

Place your chosen crystals on or near the corresponding parts of your body. Take care where you place stones. There is no use trying to balance a 5lb crystal ball on your third eye as you may give yourself an injury. Size is not important in crystal healing.



Spend from ten minutes to an hour lying down, breathing deeply and relaxing on the exhale, as these crystals work on aligning your chakras. Do not worry if a stone moves or falls off your body, as they tend to do that when their job is done. Always thank your crystals for contributing to your healing before you put them away.





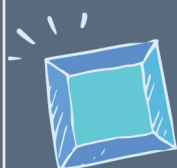
Another option is to hold the stone comfortably in either hand. Close your eyes and take two or three deep slow breaths. Visualise a disc of light in the colour corresponding to the chakra you're working to balance. Imagine this disc glowing brightly and warmly. See it spinning gently until the disc becomes a ball of light. Be patient. If you don't see and feel the spin, continue concentrating on the flood of colour and disc.

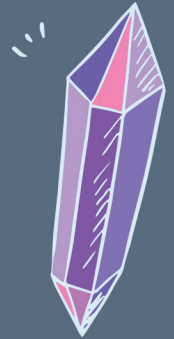
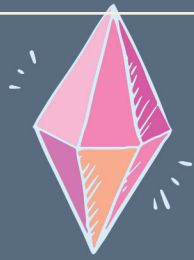
Slowly nudge it with your mind to begin spinning. Feel the motion in that part of your body and you will achieve your goal. Continue to move through your stones as you activate and balance all your chakras. Once you reach the top of your head, take a few moments to enjoy the sense of wellbeing.

Some people feel the stone getting warmer during the process of balancing. Do not be concerned at this, it's quite normal and can be an indication of your progress. Conversely, don't be concerned if you don't feel the stone getting warmer as it depends on one's sensitivity.

Crystal Infusion

Pick your crystals suitable to the chakra you believe is out of balance and then place it in a glass jar or jug of pure water overnight. Remove the stone and then drink the water on the following day.





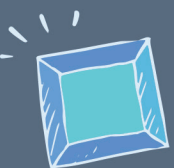
Intent

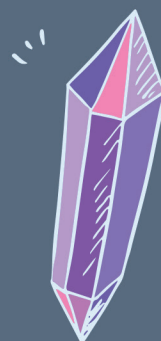
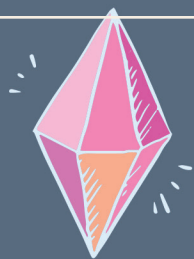
Pick your crystals suitable to the chakra you believe is out of balance and then place it in a glass jar or jug of pure water overnight. Remove the stone and then drink the water on the following day.

Again, prepare your healing space and get what you need to be comfortable. As you lie down to take your time to feel your body connect with the surface you are lying on. Breathe deeply as if your body is breathing down into the earth, relaxing you as your breath flows.

Once you feel relaxed and centred, say a statement of your intent. For example: "Today I am breathing the breath of life and awareness into my chakras to promote their healing and balanced functioning."

As you breathe, imagine each of your chakras is an object that can easily open or close like a flower or a door. Focus your attention on your base chakra and allow it to open as large as it can. As you breathe deeply imagine a flower bud opening slowly, its petals are stretching out until they are fully extended. Imagine that each breath brings new life and energy to that chakra, lovingly cleansing and balancing it.





Once you sense that your base chakra is balanced and renewed, focus your attention on the next chakra. Breathe, open your Base, Sacral, Solar Plexus, Heart, Throat, Third Eye and then Crown chakra. Before you immerse yourself back into your daily life allow yourself to go through your body and close down your chakras starting from your Crown, Third Eye, Throat, Heart, Solar Plexus, Sacral and finally the Base chakra.

Once you become experienced at this, you can do this meditation weekly or even daily. Many psychics do a similar ritual before starting and finishing a reading.



Closing your Chakra

As we work to balance our chakras we activate them as well. It is very important to close the chakra system after doing balance work. This does not mean they're not spinning and flowing; it means that you close down the "system" so that there is no energy loss.

It is very important to close the chakra system after doing balance work. Do this by visualising and feeling a white ball of energy flowing through your chakras from your crown chakra to your root chakra. Your system is now closed and your chakras are balanced





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