

Chakras



Understanding Your
Chakra Energy Centers

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What are Chakras and How Do They Affect Us?

Chakra is a Sanskrit word, and it means "wheel," or "vortex," because that's what it looks like when we look at it. There are seven primary chakras. Each chakra is like a solid ball of energy interpenetrating the physical body, in the same way that a magnetic field can interpenetrate the physical body. The chakras are not physical. They are aspects of consciousness in the same way that the auras are aspects of consciousness

Each of the chakras is energy vibrating at a certain frequency, in a logical and orderly sequence of seven vibrations. As we move up the scale, the elements become more and more subtle, moving through the five physical elements of earth, water, fire, air, and ether, to the spiritual elements of inner sound and inner light. The heaviest element is on the bottom, the lightest on the top. It is a logical and orderly sequence.

The colors of the spectrum also represent a series of seven vibrations in a logical and orderly sequence, as do the notes of the musical scale. Thus, we can put the heaviest vibrations or the longest wavelength on the bottom and the lightest on the top, and a particular color can be used to represent a chakra in its clear state, as can a particular musical note. Music played in a certain key vibrates a particular chakra, and we feel a particular way when we hear that music. Our relationship with a certain color says something about our relationship with the part of our consciousness that the color represents.

The concept of Chakra are often treated in different ways, depending on the cultural context. In Chinese medicine, traditional chakra locations correspond to acupuncture points. In some Eastern thought, chakras are considered to be gradations of consciousness and reflect states of the soul--these systems rely less on proof than on experience (under the assumption that 'proving' the existence of chakras is asking to 'prove' the existence of the thought process). A mystic may deal with chakra as a model for their internal and external experience, and when talking about 'energy centers', may be talking about subtle forces which connect to the physical, emotional, mental and spiritual aspects of a person.

A result of energetic imbalance between chakras is an almost continuous feeling of dissatisfaction. When the heart chakra is agitated, people lose touch with feelings and sensations, and that breeds the sense of dissatisfaction. That leads to looking outside for fulfillment. When people live in their heads,

feelings are secondary, they are interpretations of mental images that are fed back to the individual.

When awareness is focused on memories of past experiences and verbalizations, the energy flow to the head chakra increases and the energy flow to the heartchakra lessens. Without nurturing feelings of the heart a subtle form of anxiety arises which results in the self reaching out for experience. When the throat chakra settles and energy is distributed evenly between the head and the heart chakras, one is able to truly contact one's senses and touch real feelings.

The chakras are described as being aligned in an ascending column from the base of the spine to the top of the head. In New Age practices, each chakra is often associated with a certain color. In various traditions chakras are associated with multiple physiological functions, an aspect of consciousness, a classical element, and other distinguishing characteristics. They are visualized as lotuses/flowers with a different number of petals in every chakra.

Using the Chakras as a Map to Heal the Body & Mind

When there is tension in a particular part of the body, this represents a tension in a particular part of the consciousness, about a particular part of the person's life. Being aware of these associations helps one to see the importance of resolving the tense issues in their life.

If it were only a question of doing what is necessary for the person to be happy, that would be reason enough to motivate the person to want to change something that doesn't work for them, but here, we see that it is also a matter of health. The issues that are unresolved in a person's life are, in fact, hazardous to their health.

When we see the correspondences between the consciousness and the body, we see the degree to which we each create our reality. In fact, those words begin to take on a new meaning. We see how everything begins in our consciousness and we are able to look around us at other aspects of our lives in the same way.

When we see how the body carries out the messages and deepest wishes of the Being within the body, we can realize that the process can go in more than one direction. If our consciousness is directing how we develop symptoms, it can also direct how we release these same symptoms. If our consciousness can make our body ill, our consciousness can make our body well. Therefore we must balance the chakras to bring the consciousness into balance.

Chakra Body Map

7th Chakra - Crown

Location: Top of Head

Color: Violet

6th Chakra - Brow (Third Eye)

Location: Center of the forehead

Color: Indigo, Midnight Blue

5th Chakra - Throat

Location: Base of the throat

Color: Sky blue

4th Chakra - Heart

Location: Center of the chest

Color: Emerald Green

3rd Chakra - Solar Plexus

Location: Solar plexus

Color: Yellow

2nd Chakra - Sacral

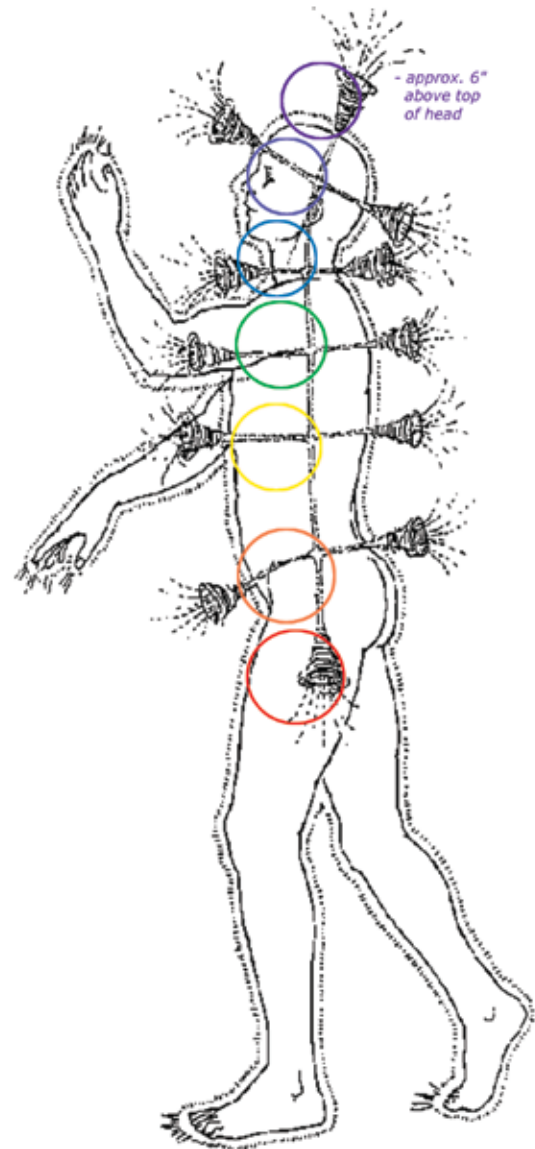
Location: The center of the abdomen

Color: Orange

1st Chakra - Root

Location: The perineum,
the point between the anus and the sex organs

Color : Red



7th Chakra Crown



CROWN

Also known as:
Cosmic Consciousness Center,
"I AM" Center, Sahasrara

LOCATION: Top of the head

COLOR: Violet

PARTS OF THE BODY: This Chakra is associated with the top of the head, the brain, and the entire nervous system

ENDOCRINE GLAND: Pineal Gland

SENSE: Sense of empathy, unity, experiencing another person's experience as if you were inside them, being them.

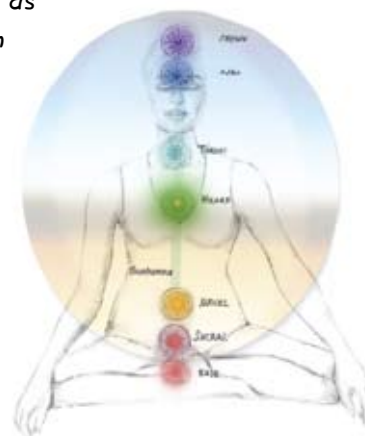
CONSCIOUSNESS: The Crown Chakra represents that part of our consciousness concerned with perceptions of unity or separation. Just as the Root Chakra showed our connection with Mother Earth, this chakra shows our relationship with Our Father in Heaven. It represents our connection with our biological father, which becomes the model for our relationship with authority, and ultimately, with God.

It's the level of the soul.

When one experiences a sense of separation from their father, they close the crown chakra, and experience a sense of isolation and aloneness, as if they are in a shell, and having difficulty with feeling contact with those around them. Thought processes tend to justify and maintain the sense of aloneness.

The view from this chakra includes seeing one's Self as the single consciousness creating all, and paradoxically, thus connected to all, like a dreamer dreaming a dream and realizing that all that is perceived is just an extension of their own consciousness.

ELEMENT: Inner Light, which is what one experiences when they are in the deepest part of their being, as a point of consciousness glowing with intelligence.



6th Chakra Brow (Third Eye)



BROW

Also known as: White Light,
Consciousness Awareness Center,
Third Eye, Ajna

LOCATION: Center of the forehead

COLOR: Indigo, Midnight Blue

PARTS OF THE BODY: This Chakra is associated with the forehead and temples, with the carotid plexus

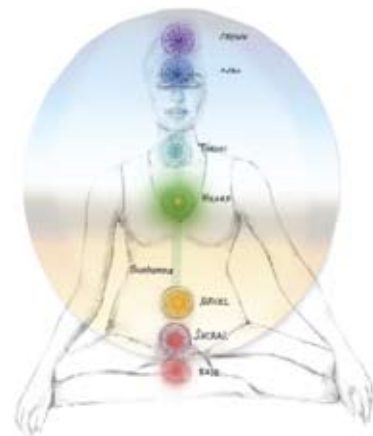
ENDOCRINE GLAND: Pituitary Gland

SENSE: Extra Sensory Perception, all of the inner senses corresponding to the outer senses, which together are considered spirit-to-spirit communication. These include, for example, clairvoyance (inner sense of vision), clairaudience (inner sense of hearing), clairsentience (inner sense of touch), etc.

CONSCIOUSNESS: This Chakra is associated with the deep inner level of Being we call the Spirit, and with what we consider spirituality and the spiritual perspective, the point of view from that deeper part of our being that western traditions consider the subconscious or unconscious. It is the place where our true motivations are found, and is the level of consciousness that directs our actions and, in fact, our lives.

It is also from this point of view that one sees events in the physical world as the manifestation of co-creation among the Beings involved in those events.

ELEMENT: Inner Sound, the sound one hears inside that does not depend upon events outside. Often considered a pathological condition by traditional medicine, it is also seen by eastern traditions as a necessary prerequisite to further spiritual growth.



5th Chakra Throat



THROAT

Also known as:
Cornucopia Center, Visuddha

LOCATION: *Base of the throat*

COLOR: *Sky blue*

PARTS OF THE BODY: *This chakra controls the throat and the neck, and the arms and the hands. It is associated with the brachial or cervical plexus.*

ENDOCRINE GLAND: *Thyroid Gland*

SENSE: *Sense of Hearing*

CONSCIOUSNESS: *The aspects of expressing and receiving. Expressing can be in the form of communicating what one wants and what one feels, or it can be an artistic expression, as an artist painting, a dancer dancing, a musician playing music, using a form for expressing and bringing to the outside what was within. Expressing is related to receiving, as in "Ask, and ye shall receive."*

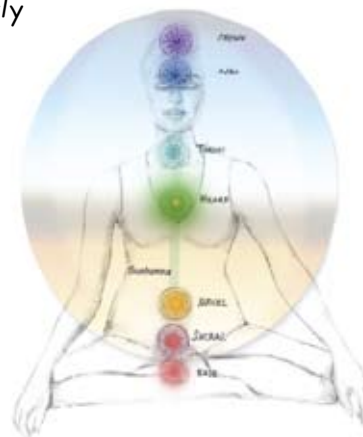
This chakra is associated with listening to one's intuition, which guides one in an optimal flow, in which one sees one's goals manifest, and it seems that the Universe provides all their needs with no effort on their part at all. It's a state of Grace. Abundance, therefore, is associated with this chakra, as is the aspect of unconditional receiving necessary to accept the abundance of the Universe.

This is the first level of consciousness in which one perceives directly another level of Intelligence, and experiences one's interaction with this other Intelligence.

Metaphysically, this chakra is related to creativity, creating, manifesting in the physical world the fulfillment of one's goals.

ELEMENT: *Ether. On the physical level, it corresponds to deep space as the most subtle physical element. From the point of view of the Spiritual, it represents the matrix on which physical reality manifests.*

Metaphorically, it represents a person's relationship with their space, the movie that is playing around them.



4th Chakra Heart



HEART

Also known as:
Living Love Center, Anahata

LOCATION: Center of the chest

COLOR: Emerald Green

PARTS OF THE BODY: This Chakra is associated with the heart and the blood circulatory system, and the cardiac plexus, as well as the lungs and the entire chest area.

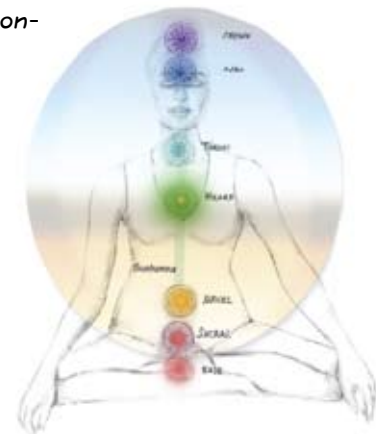
ENDOCRINE GLAND: Thymus Gland, controlling the immune system.

SENSE: Sense of touch, in its aspect of relating to the person inside the body, and distinct from the sensation of the Orange Chakra, which is more about the sensation one feels from their own body. Hugging, therefore, is a Heart Chakra activity. When one hugs, one is aware of what the person inside the other body feels, and they are aware of what you feel inside your body, and there is a sense of relating to the person inside the body. Sensitivity about being touched indicates heart chakra sensitivity.

CONSCIOUSNESS: Perceptions of love, relationships (relating) with people close to your heart, e.g. partner, siblings, parents, children. Difficulty with breathing, or with the lungs, the organs of air, indicates tension in the Heart Chakra. A person's relationship with air reflects their relationship with love.

AIDS is a problem with the person's perceptions of love, since it is the immune system which is affected. The person feels that their lifestyle separates them from those they love, often because of societal judgment.

ELEMENT: Air



3rd Chakra - Solar Plexus



SOLAR PLEXUS

Also known as:
Power Center, Manipura

LOCATION: Solar plexus

COLOR: Yellow

PARTS OF THE BODY: The parts of the body associated with this chakra include the muscular system, the skin as a system, the solar plexus, the large intestine, stomach, liver, and other organs and glands in the region of the solar plexus. Also the eyes, as the organs of sight, and the face, representing figuratively the face one shows the world.

ENDOCRINE GLAND: The pancreas

SENSE: Eyesight

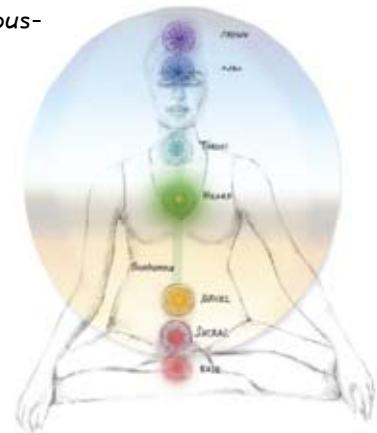
CONSCIOUSNESS: Parts of the consciousness associated with this chakra include perceptions concerned with power, control, freedom, the ease with which one is able to be themselves - ease of being.

Mental activity and the mental body is also associated with this chakra.

The solar plexus chakra is also associated with the level of being we call the personality, or ego.

The relationship a person has with fire, or the sun, can be seen to have its parallels in the person's relationship with the parts of their consciousness that this chakra represents. Someone sensitive about the sun, then, can be seen to have particular sensitivities about power, or control, or freedom.

ELEMENT: Fire, the sun.



2nd Chakra Sacral



SACRAL

Also known as: Sensation Center,
Spleen Chakra, Hara, Svadhithana

LOCATION: The center of the abdomen

COLOR: Orange

PARTS OF THE BODY: Reproductive system, sexual organs, lumbar plexus

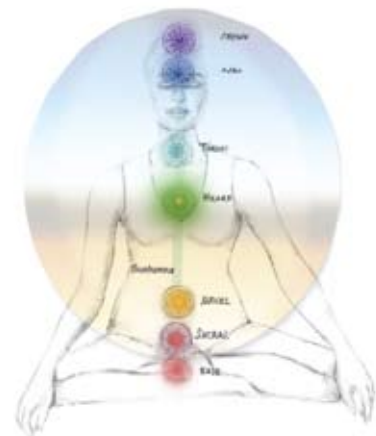
ENDOCRINE GLAND: Gonads

SENSE: Sense of taste, appetite

CONSCIOUSNESS: This chakra is associated with the parts of the consciousness concerned with food and sex. It is about the body's communication to the Being inside, about what the body wants and needs, and what it finds pleasurable. The person's ability to have children is also associated with this chakra. If there is not a clear relationship with the element of water, associated with this chakra, the person's relationship with water is a reflection of their relationship with the parts of their consciousness associated with this chakra, i.e. food, sex, or having children.

This chakra is also associated with the emotional body, and the person's willingness to feel their emotions.

ELEMENT: Water



1st Chakra Root



ROOT

Also known as:
Security Center, Muladhara

LOCATION: The perineum, the point between the anus and the sex organs

COLOR: Red

PARTS OF THE BODY: Lymph system, skeleton system (teeth and bones), the prostate gland in men, the sacral plexus, the bladder and elimination system, and the lower extremities (legs - feet, ankles, etc.). Also the nose, since it is the organ of the sense of smell, and associated with survival.

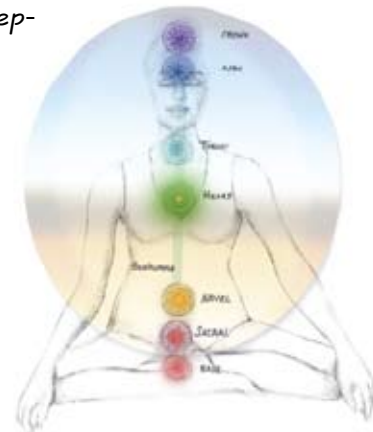
ENDOCRINE GLAND: Adrenal glands

SENSE: Smell

CONSCIOUSNESS: Security, survival, trust, the relationship with money, home, job. Ability to be grounded, to be present in the here and now. Ability to allow one's self to be nourished, in the sense of allowing one's Inner Being to be satisfied. This chakra also reflects a person's connection with their mother, and with Mother Earth. How the person feels about being on the earth. Connection with the physical body.

Symptoms or tensions in the parts of the body controlled by this chakra indicate tensions in the parts of the person's consciousness related to this chakra. Tension here is experienced as insecurity as a general perceptual filter. More tension is experienced as fear. More than that is experienced as terror, or a threat to survival.

ELEMENT: Earth



The Language of the Chakras

We are going to examine the map of consciousness that the chakras provide, in order to understand the language of the symptoms that are associated with each chakra. In order to complete this map, however, we also need to look at ourselves as each a polarity of yin and yang, feminine and masculine characteristics.

When we are reading the body as a map of the consciousness within, we work with the idea that the tensions in the body represent tensions in the person's consciousness concerning what was happening in the person's life at the time that the symptom developed. The person was feeling stress about something that was happening in their life at that time.

Your consciousness, your experience of being, represents everything it is possible for you to experience. All of your senses, all of your perceptions, all of your possible states of awareness, can be divided into seven categories, and each of these categories can be associated with a particular chakra. Thus, the chakras represent not only particular parts of your physical body, but also particular parts of your consciousness. When you feel tension in your consciousness, you feel it in the chakra associated with the part of your consciousness experiencing the stress, and in the parts of the physical body associated with that chakra. Where you feel the stress depends therefore on why you feel the stress. When someone is hurt in a relationship, they feel it in their heart. When someone is nervous, their legs tremble and their bladder becomes weak.

When there is tension in a particular part of your consciousness, and therefore in the chakra associated with that part of your consciousness, the tension is detected by the nerves of the plexus associated with that chakra, and communicated to the parts of the body controlled by that plexus. When the tension continues over a period of time, or reaches a particular degree of intensity, the person creates a symptom on the physical level. Again, the symptom served to communicate to the person through their body what they had been doing to themselves in their consciousness. When the person changes something about their way of being, they are able to release the stress that had been creating the symptom, and they are then able to return to their natural state of balance and health.

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