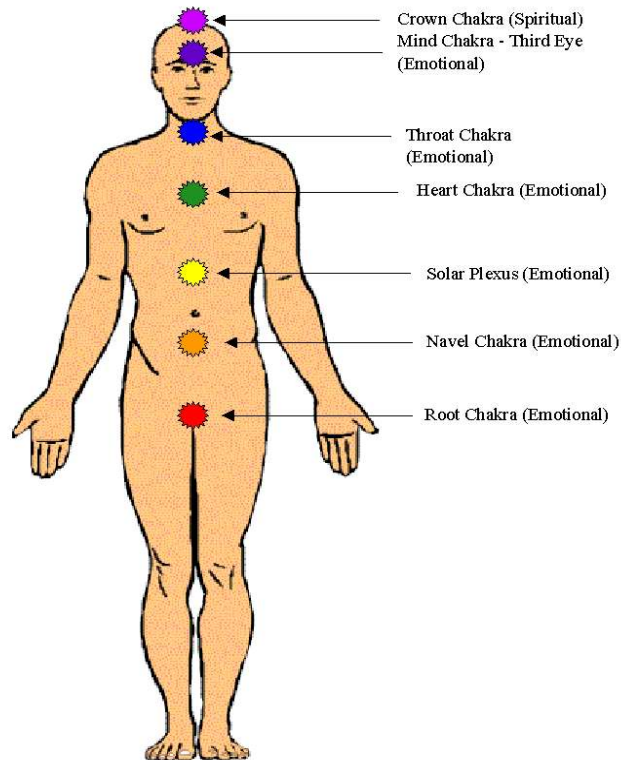




Chakra System

7 Primary Chakras



Overview



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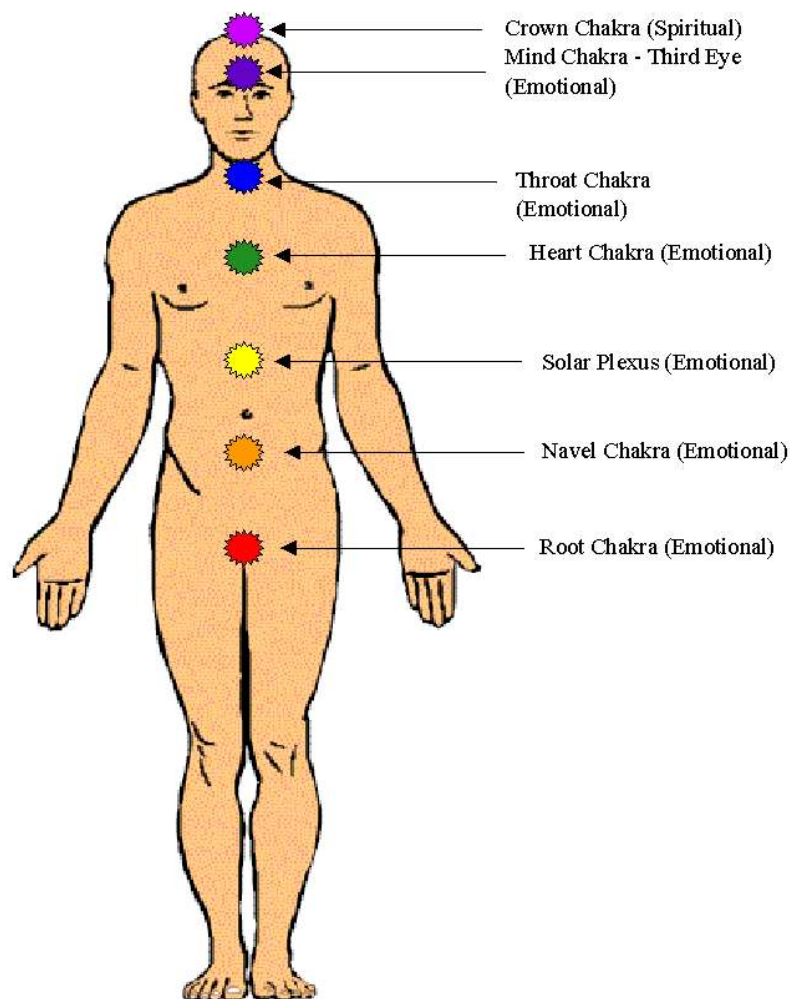
Chakras

Theory and Hands on Practice

The Primary Chakra system in the body is made up of 7 energy centres through which energy flows in and out of the body. Each of these centres is related to various organs within the body as well as interacting with a number of other specific functions. We will now take a more in depth review and discussion of the Chakras.

The common picture shown of the Chakras is seen below, with the normally allocated colours for each of the centres:

7 Primary Chakras





The Chakra Energy Centres

1 Root Chakra (Muladhara)

Location:	Where sacrum joins coccyx, in rear, to middle bottom of pubic bone, in front.
Function:	Seat of Kundalini energy; creative expression, abundance.
Emotional energy:	Survival; power; aggression; contact with the earth; the will to live; being active in the world; confidence; strength; self-acceptance; vitality; 'fight or flight' responses.
Blocks to these energies:	Fear of being in the world; feeling threatened in the above areas.
Body Language:	Crossing our legs: our legs look all twisted up like a spiral.
These energies control:	Adrenal glands; kidneys; spine; joint controller of the bladder; affects the whole nervous system.
Diseases:	Problems of the legs, hips and buttocks.

2 Sacral Chakra (Swadhistana)

Location:	Between the pubic bone and navel.
Function:	Centre of sexual energy; feeling/emotional centre.
Emotional energy:	Sexuality; sensuality; personal creativity; nourishment; family ties; social

Chakras Overview



	behaviour patterns; sensitivity; social consciousness.
Blocks to these energies:	Feeling threatened in the above areas; lack of self-acceptance, self-love and self-esteem.
Body Language:	Sitting with hip area back in chair and leaning forward; standing with hands clasped in front or behind.
These energies control:	The gonads (ovaries and testes); fluid functions of the body.
Diseases:	Reproductive disorders; pre-menstrual tension and irregular periods in women; impotence in both sexes; bowel and bladder problems; AIDS.

3 Solar Plexus or Power Centre (Mani Pura)

Location:	Between the naval and base of the rib cage
Function:	Power and wisdom centre.
Emotional energy:	Connections and attachments to people and things; love in attachment – dependency; relationship to the environment; draws in energy; expels stress; ‘gut’ feelings about people.
Blocks to these energies:	Fears or anxieties about anything ‘out there’.

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Body Language:	Hands/arms over stomach area; legs crossed, elbows on knees; things on lap; hands hooked in belt.
These energies control:	Adrenals; stomach; liver; gall bladder; the digestive system.
Diseases:	Repressed energy at cell level, often leading to cancer; arthritis; problems with the above organs ('butterflies', constipation, diarrhea, ulcers, digestive problems); migraines; heart disease in relation to our fear of power.

4 Heart Chakra (Anahata)

Location:	Centre of the chest – sternum.
Function:	Love, compassion.
Emotional energy:	The whole: holistic thinking; impersonal feelings and unconditional love; healing centre; humility; responsibility; goodwill; tolerance; empathy and compassion. (The solar plexus is selective and determines what you see – linked to one's belief system. The heart is inclusive and sees 'what is' – it picks up the soul quality of a person).
Blocks to these energies:	The biggest aspect of the heart is unconditional love and trust of others. Therefore, blockages come from fear caused by old emotional hurts; lack of

Chakras Overview



	emotional security; fear of letting others in; and protection from recurrence of past hurts.
Body language:	Arms folded; one arm across chest – holding books etc, there.
These energies control:	Thymus gland; heart; blood pressure/circulation; the whole immune system; lungs.
Diseases:	Heart attack; problems with blood pressure; problems of the circulatory system; immune system diseases (AIDS).

5 Throat Chakra (Vishudda)

Location:	Throat area
Function:	Communication.
Emotional energy:	Creativity, self-expression; productivity; personal aliveness; individuality; action; desire for peace over conflict; trust of ourselves and others.
Blocks to these energies:	Stifling of the above; rigidity; unwillingness to compromise; frustrated communication.
Body Language:	Coughs- clearing throat; wearing collar and tie, heavy necklaces etc; hands on chin.

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These energies control:	Thyroid gland; voice; oesophagus; neck; lower jaw; strongly linked with Sacral Chakra.
Diseases:	Diseases of the throat and lungs.

6 Third Eye or Brow Chakra (Ajna)

Location:	One inch above centre of eyebrows.
Function:	Intuitive centre; seat of will and clairvoyance.
Emotional energy:	Left hemisphere function (rational mind); integrated personality balance; planning – seeing into the future; will; purpose; control; self-control; ambition; choice; assertiveness; telepathy; super-ego – injunctions of parents; programmed actions, rather than appropriate responses. Right hemisphere function (creative mind); creative and artistic nature, the gentle, receptive, irrational and intuitive. It represents our relationship with feminine nature, both within ourselves and with others.
Blocks to these energies:	Confusion in any of the above areas.
Body Language:	Wiping, rubbing and tapping of brow, hand on forehead when studying, furrowed brow when confused; eyes wide open when ‘Aha’ attained.

Chakras Overview



These energies control:	Pituitary gland – the master gland, controlling and balancing all the other glands in the endocrine system; nose; ears; sinuses; autonomic nervous system (linked with root chakra); hypothalamus; lower brain.
Diseases:	Diseases of the autonomic nervous system; hormonal imbalance; headaches; migraines; sinusitis; dizziness; depression; eye/ear problems.

7 Crown Chakra (Sahasrara)

Location:	Top (crown) of the head.
Function:	Connects us to our spiritual self.
Emotional energy:	Transpersonal awareness; the whole; systems; connectedness; relatedness; inner development; consciousness; unity with all things.
Blocks to these energies:	Feeling cut off; alone (aloneness versus ‘All-one-ness’); as all other centers come into balance, they are activated in the crown.
Body Language:	Hands over head; stroking hair back; hats; various religious practices of covering or shaving this chakra; crowns on kings and queens as a symbol of opening this centre and of unity with all things.



Chakras Overview

These energies control:

Pineal gland (this gland is light sensitive, and is very active from birth until about seven years; secretes melatonin); time issues; circadian rhythms – jet lag effects.

Diseases:

Serious psychotic disorders; being totally cut off; as in severe grief; deeply hurt people in psychiatric institutions; deep shock; inability to face reality.

Additional Reading :

“Your Healing Power” by Jack Angelo

- Chapter 4 The Chakras (p56)

- Chapter 5 The Energies of the Chakras (p71)



BONUS

Chakra Supplementary Information

Secondary Chakra System

The secondary chakras are actually a collection of thirty-two points on the body and in the aura. While most of these secondary chakras are located within our physical body,

some of these reach beyond the physical body. The thirty-second secondary chakra, for instance, is in the center of the earth, because our physical survival is contingent on our ability to tap into certain earth elements.

The secondary, in-body points are:

- | | |
|----------------------------------|---|
| 1. Legs | 19. Pancreas |
| 2. Buttocks | 20. Liver |
| 3. Coccyx | 21. Gall bladder |
| 4. Sacral vertebrae | 22. Spleen |
| 5. Lumbar vertebrae | 23. Stomach |
| 6. Thoracic (dorsal) vertebrae | 24. Diaphragm and lungs |
| 7. Cervical vertebrae | 25. Arms |
| 8. Cranium | 26. Bubbling springs in palms |
| 9. Silver cord to the soul | 27. Wrists |
| 10. Bubbling springs in the feet | 28. Elbows |
| 11. Ankles | 29. Clavicle |
| 12. Knees | 30. Throat (including larynx, thyroid, and tongue) |
| 13. Thighs | 31. Upper brain (upper functions involving cerebrum, pineal, pituitary, hypo/thalamus glands) |
| 14. Hip bones | 32. Centre of earth |
| 15. Navel and sex organs | |
| 16. Appendix | |
| 17. Kidneys and adrenals | |
| 18. Large and small intestines | |



Chakras Overview

Chakra Supplementary Information

Secondary Chakra System

