

WHAT ARE CHAKRAS?

The word 'chakra' is derived from the Sanskrit word for "wheel" and literally means "Wheel of Spinning Energy". Envision the chakras as circular, spinning, vortex-like, rechargeable batteries of energy that reside at different points along the spinal column. We have seven major chakras (energy centres) and many more minor ones throughout our body. These chakras are responsible for distributing life energy, also known as Qi or Prana (breath). It is the universal life energy that flows in and around us.

Each of the seven chakras are governed by principles of consciousness and spiritual laws that we can use to cultivate greater harmony, happiness, and wellbeing in our lives and in the world. Whenever a chakra is blocked, the life energy also gets blocked, including our physical health, emotional health and our mental state of mind. Which can lead to the onset of dis-ease.

Envision your chakras as invisible, rechargeable batteries. They are charged up or depleted and recharged through contact with the stream of cosmic energy all around us, similar to your home being connected to an electrical power grid – the difference being that this cosmic energy source is free.

Imagine a vertical power current or a fluorescent tube that runs along your spine, from the top of your head to the tailbone. Think of this as your main power source, your main source of energy. The seven major chakras, spinning energy wheels, are in the centre of the body and are aligned with this vertical "power line" at various points along the spine.

Chakras connect your spiritual bodies to your physical one. They regulate the flow of energy throughout the electrical network (aka meridians) that runs through the physical body. Think of the body's electrical system like the wiring in a house. It allows electrical current (energy) to be sent to every part of the body, and it is ready for use when needed.

1st Chakra – Root (aka Base Chakra)

2nd Chakra – Sacral

3rd Chakra--Solar Plexus

4th Chakra – Heart

5th Chakra –Throat

6th Chakra – Third Eye

7th Chakra – Crown

1st Chakra – Root (aka Base Chakra)

Colour: Red

Location: The base of your spine, or perineum.

Associated with: Legs, feet, bones, large intestine and adrenal glands.

Being the Chakra closest to the earth, the Root Chakra grounds us to our planet and is affiliated with our physical survival. The 1st Chakra is vital to how we experience our life, once our basic needs have been met. It also controls our fight or flight response to threats. When balanced properly, our Root Chakra provides a supportive, stable foundation for all the other Chakras above it, and our entire being, so that we can experience existence beyond just our basic survival.

When our Root Chakra is blocked, this may manifest as procrastination and fear. We may feel spacey and disconnected, paranoid, afraid or threatened and defensive. When our Root Chakra is balanced and open, we are grounded and centred. We feel relaxed, secure, safe, protected & supported, able to foster a sense of hope, trust, and belonging, to both community and spirit.

2nd Chakra – Sacral

Colour: Orange

Location: Between the base of the spine and the navel

Associated with: the lower abdomen, kidneys, bladder, circulatory system, reproductive organs and glands.

The 2nd Chakra is related to relationships, emotions, creativity and inspiration, feelings of desire, passion, sexual pleasure and procreation. When the Sacral Chakra is blocked, it may manifest as emotional problems, troubled relationships, compulsive or obsessive behaviour and sexual frustration or guilt. When the Sacral Chakra is open and balanced, it promotes loving, harmonious and passionate relationships, fun and healthy intimacy, abundant creativity and inspired ideas, birthing, literally or figuratively.

3rd Chakra--Solar Plexus

Colour: Yellow

Location: Just below the ribs, a few inches above the navel

Associated with: the digestive system, muscles, pancreas and adrenals

The 3rd Chakra is the seat of your emotional life. It is the heart of your personal power, and feelings of joy, laughter, self-worth and anger are all associated with this Chakra. It is related to self-worth, self-empowerment, achievement, manifestation, sensitivity and inspired ideas. It is your "gut instinct" or intuition. When this Chakra is blocked we may feel like we are a victim, powerless, lack direction, or become frustrated and angry.

4th Chakra – Heart

Colour: Green

Location: the Heart

Associated with: lungs, heart, arms, hands and thymus gland

The 4th Chakra is the center of unconditional love, including self-love, harmony, compassion, kindness, empathy and peace. When the heart Chakra isn't wide open, it can affect other Chakras. It can influence the Solar Plexus, (our emotional center) and our Root Chakra if we don't feel we are emotionally supported. Conversely, when it is open, loving energy moves through the Solar Plexus. When it reaches our Root Chakra it may enable us to settle down in a loving relationship. When the Heart Chakra is blocked, it can manifest lung and/or heart issues, a weakened immune system, or a lack of principles, compassion, empathy, or inhumane behaviour.

5th Chakra –Throat

Colour: Blue or Turquoise

Location: the Throat

Associated with: the neck, shoulders, arms, hands, thyroid and parathyroid glands

The throat Chakra is responsible for our senses of inner and outer listening, speaking our truth, sharing ideas with others, being authentic and true to ourselves and to others. It is also associated with self-expression, healing, trust, integrity, transformation and purification. If the throat chakra is blocked, it can manifest as sore throats, being judgemental, creative blocks, dishonesty, lying to yourself, denial of truth, feeling like you are having to "bite your tongue" or "tippy toe" around people, and general problems in communication regarding your needs.

6th Chakra – Third Eye

Colour: Indigo

Location: The centre of your forehead, just above the eyebrows

The Third Eye Chakra is the key to our inner self, our spirituality. It is associated with spiritual growth, inner transformation, questioning, perceiving, inner guidance and knowing. Dreams for this life and past-life recollections are located here. If this Chakra is blocked, it can result in depression, mental rigidity, lack of foresight, 'selective' memory and lack of inspiration.

7th Chakra – Crown

Colour: Violet

Location: The top of your head

Associated with: the cerebral cortex, central nervous system and the pituitary gland.

Our Crown Chakra is our connection to God (Creator, Source, The Universe, our Guides and Angels). It is associated with a higher realm of consciousness, with information, understanding, acceptance and bliss. It is the Chakra that connects us to our Divine Purpose and our personal destiny. When the Crown Chakra is blocked, it can manifest as psychological problems, or feeling lost and alone, disconnected from God and not knowing our true purpose in life.