



The Chakra Points

Energy exists in all things in the known universe from human beings to the chair that you sit on. There are seven main points in the body where energy is obvious, these are called Chakras. The Chakra Points, to some degree, determine how you feel. Chakras are like vortices of energy that spin both from the front of our bodies and the back. These energy centers can get blocked and sluggish at times, therefore making certain aspects of our life or physical body feel the same way. They can also spin too fast and become overactive, this in turn can also cause imbalances on various levels. Therefore, what we strive to achieve is a nicely balanced chakra system, so that each centre is working at its optimum level for us to feel healthy and harmonious in all aspects.

It is important then to realise that you may not need to energise certain chakras or indeed that others will need far more energy at certain times. A qualified healer will be able to perceive what is going on in each of your chakras and would allow energy to flow (or work with colours,

crystals and sound according to need for your highest good) By using your own intuition you can get a fairly good idea of what is going on in your chakra system and work with this accordingly. If in doubt seek further advice from someone that is experienced in this field.

With a well balanced Chakra system you will feel fit, healthy and harmonious. When they are not balanced you may feel disorientated, uncomfortable and lethargic.

The Chakras can also help you to communicate with the spirit realm. By learning to open your Chakras you push your energy level out, which 'opens' you for spiritual communication, but you must remember to close your Chakras because staying open too long will cause unbalancing.

Each Chakra works best with certain colours. There are seven major Chakra points in our bodies and they are situated as so:-

1. Red - is the BASE, situated at the base of the spine. It is like the roots of a tree that bury themselves in the very heart of the Earth.
2. Orange - is the SACRAL, situated about two inches below the navel. A mix of red and yellow, the Earth and the Sun. This is a mixture that benefits both mind (the Sun) and body (the Earth).
3. Yellow - is the SOLAR PLEXUS, situated at the upper stomach (about four fingers width above the navel). It works to influence your mental attitude, enabling you to be good natured, contented and happy in whatever you choose to do.
4. Green - is the HEART, situated in the middle of chest. The colour of growth and renewal. Green is a good balance between mind and body, it brings serenity and calmness both to you and those you come in contact with.
5. Blue - is the THROAT, situated near bottom of the throat. Blue is a very strong, healing colour. It brings calm, peace and a love of both freedom and togetherness.
6. Purple - is the BROW, situated in the middle of the forehead (or slightly lower/between eyebrows). This deeply spiritual colour is linked to the Pineal Gland in the brain which is said to be a sensory organ. It enables the individual to see, hear, write and work with Spirit Guides.
7. Violet/White/Silver/Gold - is the CROWN chakra, situated at the top of the head. This is linked to the Pituitary Gland that secretes hormones to other glands of the body. It also symbolises purity of mind and body and is the strongest link to the spirit world.

BASE CHAKRA

Physically relates to - legs, feet, base of spine, bones, kidneys

If imbalanced - unstable, insecure, hunger/weight gain, constipation, arthritis, spinal tension, knee problems

SACRAL

Physically relates to - reproductive system, skin, spleen, bladder, lower intestines

If imbalanced - jealousy, anger and other negative emotions, sexual problems, allergies, bladder

SOLAR PLEXUS

Physically relates to - stomach, liver, digestion, nerves, muscles, gall bladder

If imbalanced - fear, lack confidence, perfectionist, too much intellect, diabetes, ulcers, digestive disorders

HEART

Physically relates to - heart, circulation, arms, hands, blood

If imbalanced - emotionally unstable, inability to show or receive affection, critical, heart problems, high blood pressure

THROAT

Physically relates to - throat, mouth, neck, ears, lungs, shoulders

If imbalanced - communication issues, little discernment, ignorance, thyroid, ear, neck and throat problems

BROW

Physically relates to - left eye, nose, nervous system, lower brain

If imbalanced - cynical, fear, little focus/concentration, detached, headaches, eye problems/blindness, vivid/unpleasant dreams

CROWN

Physically relates to - right eye, upper brain

If imbalanced - confused, depression, lack of enthusiasm/inspiration, migraines, forgetful/senile, psychotic