

The 7 Chakras and The Energy System

The word Chakra comes from an ancient Indian language known as Sanskrit, chakra means vortex, spinning wheel or circle. Chakras are the major centres of spiritual power in the human body and are circles of energy which balance, store and distribute the energies of life all through our physical body along the subtle body. The subtle body is the non physical body or otherwise known as our soul or spirit, which overlays our physical body.

Chakras are like the power stations of our body, bringing it to life, keeping it healthy and assisting in the running of it as well as the mind and soul. The chakras absorb energy that comes from our thoughts, feelings and outside environment and feed this to our body. Our body is affected by the quality of the energy that passes through the chakras. If a chakra is not performing correctly, has become blocked or unbalanced, this could cause our physical health, mental health and our spiritual selves to suffer. The seven major chakras are shown below, these chakras start at the base of the spine and move upwards to the crown of the head. They coincide with positions along the spinal cord that contain major nerve ganglia.



Chakra 7 – The Crown

Violet in colour and is located at the top of your head. It is associated with the cerebral cortex, central nervous system and the pituitary gland. It is concerned with information, understanding, acceptance and bliss. It is said to be your own place of connection to God, the Chakra of Divine purpose and personal destiny. Blockage can manifest as psychological problems.

Chakra 6 – The Third Eye (or Brow Chakra)

Indigo in colour, it is located at the centre of your forehead at eye level or slightly above. This Chakra is used to question the spiritual nature of our life. It is the Chakra of question, perception and knowing. It is concerned with inner vision, intuition and wisdom. Your dreams for this life and recollections of other lifetimes are held in this Chakra. Blockage may manifest as problems like lack of foresight, mental rigidity, 'selective' memory and depression.

Chakra 5 - The Throat

Blue or turquoise in colour and is located within the throat. It is the Chakra of communication, creativity, self-expression and judgement. It is associated with your Neck, shoulders, arms, hands, thyroid and parathyroid glands. It is concerned with the senses of inner and outer hearing, the synthesising of ideas, healing, transformation and purification. Blockage can show up as creative blocks, dishonesty or general problems in communicating one's needs to others.

Chakra 4 – The Heart

Green in colour and located within your heart. It is the centre of love, compassion, harmony and peace. It is said that this is the house of the soul. This Chakra is Associate with your lungs, heart, arms hands and thymus gland. We fall in love through our heart Chakra, then that feeling of unconditional love moves to the emotional centre commonly known as the solar plexus. After that it moves into the sexual centre or Base Chakra where strong feelings of attraction can be released. When these energies move into the Base Chakra we may have the desire to marry and settle down. Blockage can show itself as immune system , lung and heart problems, or manifest as inhumanity, lack of compassion or unprincipled behaviour.

Chakra 3 – The Solar Plexus

Yellow in colour and located a few inches above the navel in the solar plexus area. This chakra is concerned with your digestive system, muscles, pancreas and adrenals. It is the seat of your emotional life. Feelings of personal power, laughter, joy and anger are associated with this centre. Your sensitivity, ambition and ability to achieve are stored here. Blockage may manifest as anger, frustration, lack of direction or a sense of victimisation.

Chakra 2 – The Sacral (or Navel Chakra)

Orange and it is located between the base of your spine and your navel. It is associated with your lower abdomen, kidneys, bladder, circulatory system and your reproductive organs and glands. It is concerned with emotion. This chakra represents desire, pleasure, sexuality, procreation and creativity. Blockage may manifests as emotional problems, compulsive or obsessive behaviour and sexual guilt.

1. the Base (or Root Chakra)

Red in colour and located at the perineum, base of your spine. It is the Chakra closest to the earth. It's function is concerned with earthly grounding and physical survival. This Chakra is associated with your legs, feet, bones, large intestine and adrenal glands. It controls your fight or flight response. Blockage may manifest as paranoia, fear, procrastination and defensiveness.

