

The Chakras System,

Our Seven Life-Force Energy Centers

“*Chakra*” is a Sanskrit word literally meaning "wheel." These centers were named as such because of the circular shape to the spinning energy centers which exist in our subtle etheric body, the non-material energetic counterpart to our physical body. There are seven main chakras and they are located along the spine extending out the front and back of the body. Each *chakra* has a number of specific qualities that correspond to the refinement of energy from the base-level material-self identity, located at the first chakras, up to the higher vibration spirit-level awareness of being at our crown. These energetic centers represent our highest level of integration split, prism like, into a spectrum of colors. Our opportunity in studying them is to learn how to master each *chakra*'s essence and unite them all into a unified field of brilliance. As such, we re-unite our disparate parts into a radiant light of full self-awareness.

The *chakras* are formed at the junction of three connected energy shafts that ascend the spine, one on each side of the central channel, the *Shushumna*. The two lesser channels of energy -- the *Pingala* on the right and *Ida* on the left -- run parallel to the spinal cord. *Chakras* both take up and collect *prana* (life force energy) and transform and pass on energy. Our material bodies could not exist without them for they serve as gateways for the flow of energy and life into our physical bodies.

Each *chakra* is associated with a certain part of the body and a certain organ which it provides with the energy it needs to function. Additionally, just as every organ in the human body has its equivalent on the mental and spiritual level, so too every *chakra* corresponds to a specific aspect of human behavior and development. Our circular spirals of energy differ in size and activity from person to person. They vibrate at different levels relative to the awareness of the individual and their ability to integrate the characteristics of each into their life. The lower *chakras* are associated with fundamental emotions and needs, for the energy here vibrates at a lower frequency and is therefore denser in nature. The finer energies of the upper chakras

corresponds to our higher mental and spiritual aspirations and faculties.

The openness and flow of energy through our *chakras* determines our state of health and balance. Knowledge of our more subtle energy system empowers us to maintain balance and harmony on the physical, mental and spiritual level. All meditation and yoga systems seek to balance out the energy of the *chakras* by purifying the lower energies and guiding them upwards. Through the use of grounding, creating “internal space,” and living consciously with an awareness of how we acquire and spend our energy we become capable of balancing our life force with our mental, physical and spiritual selves.

In order for us to become fully self-realized and in harmony with our physical and spiritual nature our denser lower energies need to be harmonized with the lighter energies of the upper centers. This is to say our survival and base tendencies have to be raised to incorporate a heart-felt spiritual focus expressed in all areas of our being. In the center of our being is full integration into the heart.

Each center has an integral function in creating our energetic balance. It is through the study of our energetic and physical being that we can create health, emotional stability and spiritual bliss. The following chart maps out the primary qualities of each *chakra*, its corresponding location in the body, color, physical and emotional realms of influence, and its greater significance.



Crown Chakra

Sahasrara

Top of the head

Violet

Symbol is the thousand-petaled lotus

Spirit

Shiva/ Consciousness

Unification of colors

Intelligence / Bliss of Divine Wisdom

Pineal gland Upper brain and right eye

Gem = Pearl Planet = Pluto

Excessive: cult leader, ego maniac

Deficient: no spiritual inspiration/aspiration

This chakra represents the highest level of consciousness and enlightenment. It is the connective center to spirit. This center integrates all the chakras with their respective qualities. Mastering the lower vibrational aspects of our being we reside in the full awareness that we are spiritual beings living a human existence



Third Eye Chakra

Ajna

Forehead

Indigo

Symbol is a descending triangle within a circle Light

Knowingness / Intuition / Perception

Self Mastery, wisdom, imagination

Pituitary gland, spine, lower brain, left eye, nose and the ears

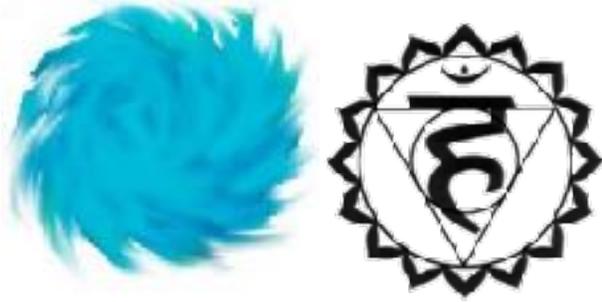
Gem = Diamond Planet = Sun

Sense = Sixth sense, higher mind

Excessive: overly intellectual; overly analytical

Deficient: unclear thought; deluded

The seat of intuition and direct spiritual vision; it is here that we visualize things through our “third eye” of intuitive knowledge. The opening of the third-eye corresponds with spiritual awakening. It is the chakra of forgiveness and compassion.



Throat Chakra

Vishuddha

Throat

Light Blue

Seed mantra = *Hum*

Symbol is a circle within a descending triangle

Ether Communication / Creativity

Sound / Intuition / Synthesis

Self expression / Desire to speak and hear the truth

Thyroid gland, throat, upper lungs, arms, digestive track

Gem = Sapphire Planet = Saturn

Sense = Hearing

Excessive: willful, controlling, judgmental, hurtful speech

Deficient: lacking faith, unable to creatively express, silent child

The center for communication, self-expression and creativity. This is where the inner voice of one's truth is expressed. It is the chakra of diplomacy, of pure relationships with others, and of playful detachment.

Speaking with a knowledge of our interconnectivity through Spirit reflects mastery of this energy.



Heart Chakra

Anahata or “Un-struck”

Center of chest

Symbol is intertwined descending and ascending triangles

Compassion / Love / open-hearted desire for self-acceptance

balance emotions, harmony, place of integration

Thymus, heart, liver, lungs, blood circulation

Gem = Ruby Planet = Venus

Sense = touch

Excessive: inappropriate emotional expression; poor emotional, boundaries

Deficient: ruthless, no heart, can't feel emotions

The center of real, unconditional affection, spiritual growth, compassion, devotion and love. It is the bridge connecting the lower and higher energies of our being and is the place where resides our Spirit, our true Self, free and independent.



Solar Plexus Chakra

Manipura or “Illustrious gem”

Slightly above the naval

Fire

Will / Power / Joy / Motivation

self-esteem transformation, identification / mastery

will over your own light, power in relationship with others

vitality, energy, standing steady in your own self

desire to express individuality

Pancreas, stomach, liver, gall-bladder

Gem = Emerald Planet = Jupiter

Sense = sight

Excessive: egotistical, self-absorbed; ambitious self-driven warrior, desire to take control

Deficient: poor self-worth; sensitive servant; feels disliked; martyr; needing to “do” all the time

Located at the center of the body it is the place where physical energy is distributed. It is the center for unrefined emotions and personal power.

It is the center that give us the sense of complete satisfaction and contentment. Our creativity is fueled by our power of will.



Sacral Chakra

Swadhishtana

Slightly below naval

Water

Relationships / Sexuality / Empathy Pleasure / Well-being
connection, delight, emotions, feeling, polarity, change

Gonads and reproductive organs, legs

Gem = Amethyst

Planet = Mercury

Sense = taste

Excessive: manipulative, controlling, lustful, addictive

Deficient: co-dependent, martyr, submissive, doesn't feel anything,
shut down

This energy is the center for creating relationships of all kinds. It is where we develop an inward sense of self and an outward awareness of others, ego, sexuality, and family and defined as we work with this energy. The feelings of other people are directly perceived through mastery of this chakra's energy.



Root Chakra

Muladhara

Base of Spine Earth

Shakti / Manifestation Survival / Grounding / Stability

gravitation drawing into a point, trust, survival, self preservation

root support, desire to be in the physical world

Sense = smell

Suprarenal glands, prostate

Kidneys, bladder, spine

Gem = Coral

Planet = Mars

Excessive: overly possessive; fearful parent

Deficient: homeless; ungrounded; victim

The seat of physical vitality and the fundamental urge to survive. It regulates those mechanism which keep the physical body alive. It is the chakra whose main aspect is innocence.