

# CHAKRAS – UNDERSTANDING THE ENERGY WITHIN

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The word Chakra (pronounced Shah Kraw) comes from Sanskrit and means “wheel of spinning energy”. In fact our entire bodies are composed of energy, we are energetic beings, vibrating and emitting energy both consciously and unconsciously. In our bodies we have seven main energy centers called chakra’s. These chakras have particular importance for our physical, mental and emotional wellbeing. Every thought and feeling is processed in our bodies through our chakra’s. Each Chakra is aligned with a specific sound, or tone as well as with a color. When we are experiencing an illness or an imbalance in our body we have the ability to focus on realigning with our inner energy – or chakra that is causing the imbalance and thus creating healing for

ourselves. For example if we are holding a lot of negative thoughts in our bodies our chakras may become “dirty” and “muddy” unable to spin and we become out of balance and may feel disconnected, tired or sick. Awareness of the chakra’s and our ability to clean and balance them is the first step to creating vibrant health and wellness. Each chakra is connected to the others through energy, therefore if one chakra is blocked it affects the energy flow throughout the entire body. Chakra’s spin in a clockwise direction and the lower chakra’s with the deeper colors spin at a slower vibration. The following is a brief synopsis of the chakras to provide you with a very basic understanding.

The First Chakra is called the Root chakra , which is located at the base of the spine. Its color is a rich vibrant red. The root chakra is closest to the earth and is often called the survival chakra as it governs our physical survival and security. Finances, safety, housing, career, issues relating to having your physical needs met are located in this chakra.

The Second Chakra is called the Sacral chakra, which is located midway between the base of your spine and your navel. It’s color is a beautiful shade of orange. This chakra is related to our creativity and sexuality.

The Third Chakra is called the Solar Plexus Chakra, it is located right behind the navel, its color is a bright yellow. It deals with our sense of power and control. Our personal feelings are located here. It is in this center we often hold anger and hostility.

The Fourth Chakra is the Heart Chakra located right in the center of the chest. This chakra is a shimmering emerald green. Relationships, love and forgiveness issues are located here.

The Fifth Chakra is the Throat Chakra, located right in the Adams Apple area. It’s color is sky blue and it is concerned with communication, self expression and speaking your truth.

The Sixth Chakra is called the Brow or Third Eye Chakra, it is located right between the eyes and its color is indigo blue with tinges of purple or white. This is a very powerful chakra relating to our inner vision, idealism and imagination. Here we hold questions about our spiritual nature and how it relates to our life style.

The Seventh Chakra is also called the Crown Chakra because it is located in the crown of the head. Its color is violet. This Chakra relates to our understanding of God, our divine purpose or destiny. This Chakra is our higher consciousness.

Basically our goal is for all of our chakra’s to spin in a clockwise direction, and to be each proportionate to each other ( in other words we do not want chakra’s really large and others quite small) We want our Chakras to be clean and clear so that energy “chi” or “prana” can flow easily throughout the entire body unobstructed. Our chakras’s are constantly inundated with our thoughts and perceptions of what events happen during our day. Therefore it is important to cleanse and balance our chakra’s everyday, there are both long and short methods for doing this. Longer methods include more guided meditation or relaxation techniques and could be compared with DEEP CLEANING. Shorter methods are handy and help keep things relatively clean until we have more time. Here is one shorter method you can use everyday in the shower. As you are standing in the shower imagine

each of your chakras in turn, beginning with the root chakra. Visualize the spinning red circle of energy at the base of your spine ( rotating clockwise) imagine the water cleansing and balancing your root chakra removing all traces of cloudiness or discoloration until you see the root chakra as a sparkling clean vibrant red circle of energy. Continue this process until you reach the 7th or crown chakra. Make sure all of your chakra’s are the same size by the end of your shower. That’s its! Simple yet effective. Again I do encourage you to use the deep cleansing methods of guided imagery and meditation at least once per week, as you will experience the additional benefits of breath work and powerful restorative relaxation.

*If you would like more information or to register for a Chakra Workshop please call MetaMind @ 780-445-9299 or E-mail [Metamind@shaw.ca](mailto:Metamind@shaw.ca)*