

Chakra Basics

“The pranic body is powered by energy centres called chakras”

Chakras are energy centres located at various focal points within the subtle body. Early Sanskrit texts speak of them as meditative visualisations combining flowers and mantras as well as physical entities in the body.

There are seven main chakra centres that control the Universal life force. They are arranged vertically along the spinal axis from the base of the spine to the top of the head, nestled right through our center.

Chakras are often described as spinning wheels or disks. They are not static, but continuously rotating as energy moves through in both upward and downward currents, with the chakras being the connection points.

Each chakra is responsible for supplying energy to specific parts of the body. It is said that when chakras are healthy, flowing with vitality they are 'open' but when energy in one or more chakra becomes blocked or stagnant, the flow of energy is diluted and weakened. This can lead to various symptoms.

Each chakra has a different frequency and velocity of vibration. Those located closer to the base of the spine operate at lower frequencies, and in turn govern deeper states of consciousness. Chakras located near the top of the spine, operate at higher frequencies and govern superior intelligence and subtler states of consciousness.



The 7 Chakras

- Crown chakra (Sahasrara)
- Third-eye chakra (Ajna)
- Throat chakra (Vishuddhia)
- Heart chakra (Anahata)
- Solar plexus chakra (Manipura)
- Sacral chakra (Svadhithana)
- Root chakra (Muladhara)





CHAKRA GUIDE



	RED	ORANGE	YELLOW	GREEN	BLUE	INDIGO	VIOLET
CHAKRA	Root	Sacral	Solar Plexus	Heart	Throat	Third Eye	Crown
LOCATION	Base of Spine	Lower Abdomen	Solar Plexus/ Stomach	Heart	Throat	Forehead Brows	Top of Head
EMOTION	Safety, Security	Desire	Purpose	Balance, Love	Expansion, Healing	Imagination, Intuition	Bliss, Spirituality
BALANCED BEHAVIORS	Assertive, courageous, stable, innovative	Sociable, creative, independent, satisfied	Confident, joyful, optimistic, easy-going, ambitious	Generous, compassionate, loving, harmonious, empathetic	Loyal, trustworthy, calm, honest, supportive	Intuitive, faithful, integrity, clarity of mind	Respect for all, reverent, idealist, connected, present
IMBALANCED BEHAVIORS	Insecure, self-pity, self-doubt, aggressive, fearful	Destructive, aloof, frustrated, dependent, withdrawn	Over-analytical, pessimistic, skeptical, feels inferior	Jealous, bitter, indifferent, anxious	Disloyal, distant, self-righteous, quiet, moody	Doubt of intuition, scattered, inconsiderate, depressed	Disconnect from reality, Feeling isolated, feeling superior



-  Sahasrara
Crown Chakra
-  Ajna
Third-eye Chakra
-  Vishuddha
Throat Chakra
-  Anahata
Heart Chakra
-  Manipura
Solar Plexus Chakra
-  Svadhisthana
Sacral Chakra
-  Muladhara
Root Chakra



Breathe Deeply

Breathing with intention is one of the easiest and most effective ways to nourish and restore chakras.

To help bring chakras into their natural harmonious state of balance, journey through the chakras using the power of the breath. Starting at the base and working your way up through the each chakra .

Guide the breath with each inhale - directing the breath energy to each chakra with intent. Exhale and allow the awareness to settle into the chakra.

A full Reiki treatment will open the chakras and rebalance the flow of the universal life force energy around the body .