



CHAKRAS

THE INSIDE STORY

Diane Holliday ©2012 (Rev 1 2015)

Chakras the inside story

The following is all about Chakra's so if you are interested in how, why and what...it should be here.

This information is compiled from books and the internet.

The word "chakra" is a Sanskrit word meaning "wheel". The ancient Hindus discovered that there are seven major energy wheels spinning three to four inches outside the body and along the spine, matching every major nerve or endocrine centre in the human body. These "wheels" are swirling discs of energy and spin clockwise. Each chakra has a unique vibration that we perceive as one of the seven colours of the rainbow.

The chakras are our energy centres and their function is to vitalize the physical body and to bring about the development of our self-consciousness. They are associated with our physical, emotional and mental interactions. Chakras are invisible to the human eye, but they can be intuitively perceived by trained and experienced energy workers.



<p>Crown Chakra (7th) - Colour Vibration: Violet - Element: Thought.</p> <p>Located at the top of our head, it represents the underlying consciousness that is the operating principle in all of the chakras. Characteristics of a balance seventh chakra include spiritual connection, open-mindedness and understanding. Body aspects -- brain, pituitary gland.</p>	<p>Chakra 7 – Violet, crown, self-knowledge Connection to the divine, question about life and the hereafter Ability to trust life Values, ethics & courage Humanitarianism Selflessness Ability to see larger pattern Faith & inspiration Spirituality & devotion</p>
<p>Third Eye Chakra (6th) - Colour Vibration: Indigo - Element: Light.</p> <p>Located in the middle of the forehead, it is about seeing, both internally and externally. Some characteristics of a balanced sixth chakra include strong intuition, creative imagination, sight and insight. Body aspects -- eyes, brain, pineal gland.</p>	<p>Chakra 6 – Indigo, centre of forehead ‘third eye’ self-reflection Power of the mind, Insight & intuitions, seeing beyond the visible Self-evaluation, truth Intellectual abilities Openness to ideas of others Ability to learn from experience Emotional intelligence Feeling of inadequacy</p>
<p>Throat Chakra (5th) - Colour Vibration: Blue - Element: Sound Vibration.</p> <p>Located at the hollow of the throat, it is the centre of voice, words, vibration, and communication. Characteristics of a balanced fifth chakra include clear communication with others, sense of timing and rhythm, creative expression. Body aspects -- throat, mouth, neck, oesophagus, ears, thyroid gland.</p>	<p>Chakra 5 – Blue, throat and neck: self-expression Surrender of self to the Greater Will Choice & strength of personal will, self-control Personal expression, following one’s dream Using personal power to create Faith & knowledge Capacity to make decisions Addiction, judgement & criticism</p>
<p>Heart Chakra (4th) - Colour Vibration: Green - Element: Air.</p> <p>Located in the centre of the chest in front, and between the shoulder blades in the back, it is ruled by the breath. In this chakra, an attitude of love and reverence toward one's body and all of life is cultivated. Some characteristics of a balance fourth chakra include compassion, empathy, love, relationships. Body aspects -- circulatory systems, lungs, heart, arms, hands, thymus gland.</p>	<p>Chakra 4 – Green/Pink, heart, self-acceptance Compassion, forgiveness and unconditional love Love, hope, trust, commitment Hatred, resentment, bitterness, sadness Grief, anger, self-centeredness Loneliness</p>
<p>Solar Plexus Chakra (3rd) - Colour Vibration: Yellow - Element: Fire.</p> <p>Located in the solar plexus in front, and kidney area in back, it is the centre that rules the conversion of metabolic energy into action. It is the power centre in the luminous energy system. Characteristics of a balanced third chakra include confidence, positive sense of self, joy, energy. Body aspects -- major organs of the digestive system, kidneys, pancreas, adrenal glands.</p>	<p>Chakra 3 – Yellow, solar plexus: self-definition Trust, personal power, honour of self Belief patterns about ourselves, self-esteem, ego Self-esteem, self-confidence, self-respect Fear and intimidation Care of oneself and others, Responsibility for making decisions Sensitivity to criticism</p>

<p>Sacral Chakra (2nd) - Colour Vibration: Orange - Element: Water.</p> <p>Located in the lower abdomen in front, and sacral spine in the back, it helps maintain a healthy yin-yang balance. Characteristics of a balanced second chakra include nurturance of self and others, ability to enjoy pleasure, creativity. Body aspects -- reproductive system, bladder, kidneys, sexual organs.</p>	<p>Chakra 2 – Orange, just below navel: self-gratification Relationships, ethics and humour, creativity Blame and guilt Power and control Money and sex</p>
<p>Root Chakra (1st) - Colour Vibration: Red - Element: Earth.</p> <p>Located at the base of the spine, it is the foundation of the entire chakra system. Some characteristics of a balanced first chakra include groundedness, physical health, prosperity. Body aspects -- spinal column, legs, buttocks, adrenal glands.</p>	<p>Chakra 1 - Red Hip area, groin: self-preservation Belief patterns related to family & early environment. Group association, clubs, etc. How we manage our physical world Physical family, group safety & security Ability to provide for life's necessities Ability to stand up for oneself Feeling at home, belonging Being social</p>

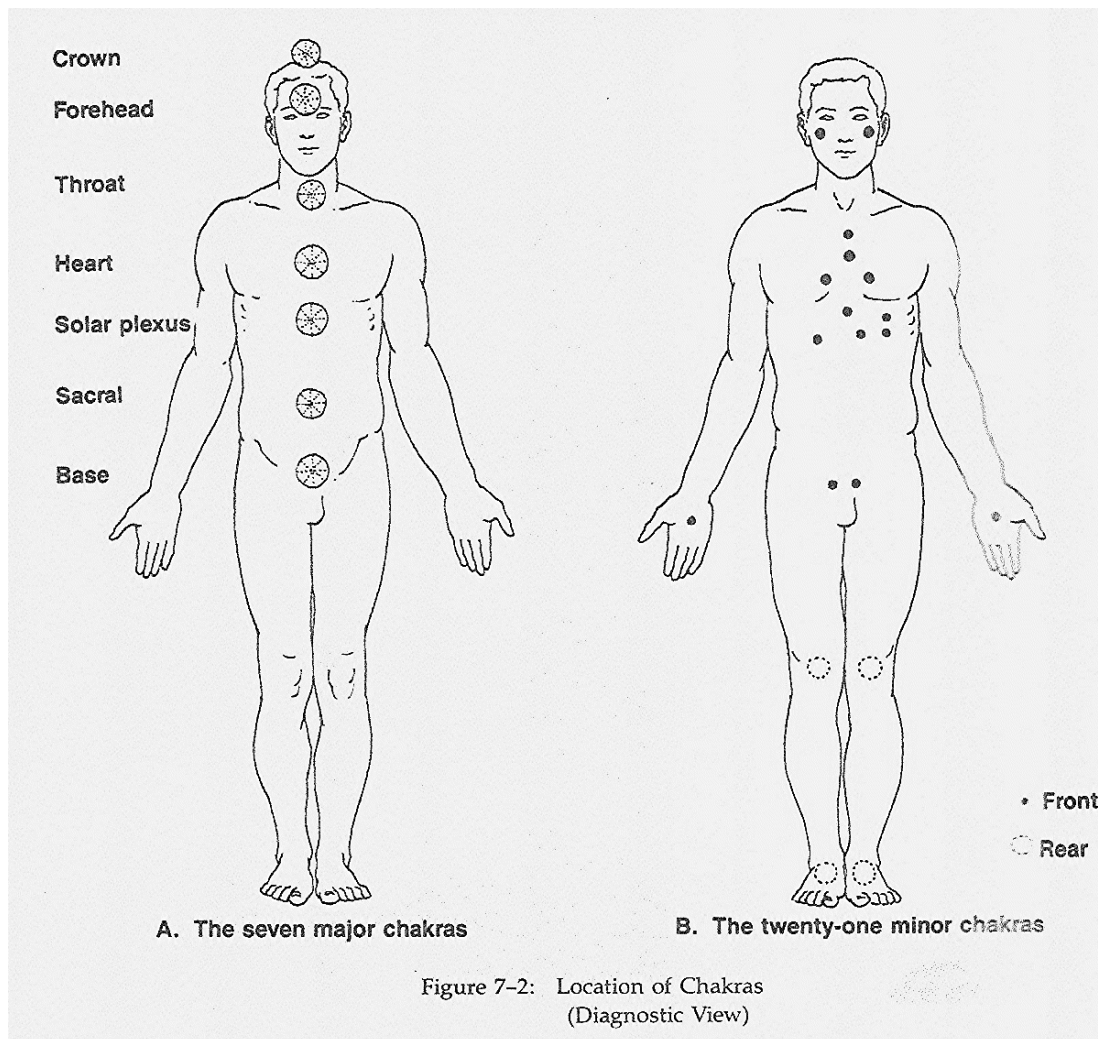
WORKING WITH YOUR CHAKRAS

To get started working with your Chakras you can visualise them, starting with the Base Chakra; see this in your imagination as a ball of energy which ideally should be spinning.

Relax and close your eyes. Imagine the colour and 'see' it as a spinning ball or wheel. When the base is spinning, move up the body and one by one, get them moving. Gently open your eyes, if you can look at a plain wall, sometimes you may see a colour.

Don't try too hard; it's either there or not.

As you can see from the diagram below, there are more than the usual seven Chakras but for the purpose of using the energy for yourself this is sufficient. As you get more involved in your energy fields you may be able to 'feel' or sense the others.



Chakra Toning

A powerful technique to resonate and balance your chakras using vowel sounds. This is a good exercise to do every day, and is a great introduction to exploring the harmonics naturally present in the vowels.

Vowels carry the “information energy” of speech, whereas consonants act to break up the energy flow. In ancient Sanskrit, Hebrew, Chinese, etc., the vowel sounds are considered to be sacred. In other words, the vowel sounds carry the intention and focus.

Start by sitting comfortably in a chair or on a cushion on the floor. Try to keep your spine as straight as possible, which allows the energy to flow in your body more freely – it may help to imagine your head is suspended from above by a fine cord, letting your body hang below it naturally.

Make these sounds in a gentle voice – don’t strain. Focus your energy and intent for balancing and energising each chakra before toning. To find the correct pitch for a particular chakra, scan up and down feeling in your body for a resonance (apart from the throat where it will always resonate). The pitch will change according to the person, mood, diet, activities, emotional states, etc on a daily basis. There is no set frequency.

Breathe in deeply, expanding your lower stomach as you inhale. I imagine the energy of each breath coming into my body through whichever chakra I am working on, this can help to focus your awareness. You may also wish to add a colour visualisation on each chakra.

The first chakra (Root) – located at the base of the spine. Tone seven times with the deepest “UUh”, as in “cup”, a very low guttural sound just gently riding on the breath. Stay comfortable with the sound – don’t force it. (Red).

Second chakra (Sacral) – located about 2-3 inches below the navel. Tone seven times using a higher pitched but still deep “OOO”, as in “you”. (Orange).

Third chakra (Solar Plexus) - located above the navel. Tone seven times using a higher pitched “OH”, as in “go”. (Yellow).

Fourth chakra (Heart) – located in the centre of the chest. Tone seven times using a higher pitched “AH”, as in “ma”. This is the sound that embodies compassion. (Green).





Fifth chakra (Throat) – Tone seven times using a higher pitched “EYE”, as in “my”. (Blue).

Sixth chakra (Third Eye) – located in the middle of the forehead slightly above the eyes. Tone seven times, using a still higher “AYE”, as in “say”. (Indigo).

Seventh (Crown) – Tone seven times using the highest pitched “EEE” sound, as in “me”, you can comfortably make. (Violet or white).

Now sit in a space of silence and receptivity for 10 – 20 minutes to experience the energy. After this if you feel too light-headed tone an “aaaah” to bring the energy back to the heart, then an “ooooh” to bring the energy down to the sacral to be more grounded.

This set of details are more on the spiritual aspects.

	<p>Seventh Chakra - CROWN Located at the top of the head.</p> <p>Affirmation : "I Am" , "I Understand"</p>	<p>Spiritual Centre, Development of Psychic Abilities, Enlightenment, Unity.</p> <p>Balancing this chakra helps Central nervous system, muscular system, skin</p>
	<p>Sixth Chakra - THIRD EYE Located in the centre of the forehead</p> <p>Affirmation : "I Know" , "I Think"</p>	<p>Perception Centre; Psychic Consciousness; Wisdom; Intuitive Ability; Visualization; Power Of Mind.</p> <p>Balancing this chakra helps brain and neurological system, eyes, ears, nose.</p>
	<p>Fifth Chakra - THROAT Located in the centre of the throat</p> <p>Affirmation : "I Speak" , "I Express"</p>	<p>Expression Centre; Communication; Inner Voice; Speaking from Truth; Expression of Creativity (Arts, Music) ; Will Power.</p> <p>Balancing this chakra helps throat and thyroid, esophagus, trachea, mouth, jaw, teeth, neck, vertebrae</p>
	<p>Fourth Chakra - HEART Located in the centre of the chest</p> <p>Affirmation : "I Love"</p>	<p>Love Centre; Compassion; Unconditional Love; Hope; Forgiveness.</p> <p>Balancing this chakra helps heart, circulatory system, ribs, breast, thymus gland, lungs, shoulders, arms, hands, diaphragm.</p>
	<p>Third Chakra - SOLAR PLEXUS Located in the area above the naval</p> <p>Affirmation : "I Can" , "I Do"</p>	<p>Power Centre; Self-confidence and Esteem; Manifestation.</p> <p>Balancing this chakra helps stomach, pancreas, adrenals, upper intestines, liver, gall bladder, middle spine</p>
	<p>Second Chakra - SACRAL Located in the lower abdomen, genitals, wombs</p> <p>Affirmation : "I Feel" , "I Want"</p>	<p>Creativity and Sexuality; Relationship with Money, Career and Power; Procreation; Ability to Feel Joy and Pleasure.</p> <p>Balancing this chakra helps sexual organs, large intestine, lower vertebrae, pelvis, hip area, urinary bladder</p>
	<p>First Chakra - ROOT Located at the base of the spine</p> <p>Affirmation : "I Do" , "I Am"</p>	<p>Survival and Security Centre; Family Connections; Animal Instinct; Controls Fear; Helps in Grounding.</p> <p>Balancing this chakra helps Spinal column, rectum, legs, bones, feet. Energizes body, Increases overall health.</p>

Below are crystals associated with the Chakras;

CHAKRA CENTER	COLOUR	ENERGY FOCUS	STONES
1st Chakra Base, Root Located at the base of the spine	Red, black	Stability, grounding, physical energy, will, security.	Hematite Black Obsidian Black Tourmaline Red Zincite Garnet Smoky Quartz
2nd Chakra Sacral Located below the navel	Orange, blue-green	Creativity, healing, sexuality and reproduction, desire, emotion, intuition.	Orange Calcite Vanadinite Carnelian Blue-green Turquoise Blue-green Fluorite
3rd Chakra Solar Plexus Located at solar plexus, below breastbone	Yellow	Intellect, ambition, personal power, protective.	Citrine Yellow Jasper Golden Calcite
4th Chakra Heart Located in the centre of the chest	Pink, green	Love, compassion, universal consciousness, emotional balance.	Rose Quartz Pink/Rubellite Tourmaline Watermelon Tourmaline Green Aventurine Malachite Jade
5th Chakra Throat Located at the neck above collar bone	Blue	Communication center, expression, divine guidance.	Sodalite Blue Calcite Blue Kyanite Angelite Blue Turquoise
6th Chakra Third eye Location centred above eyebrows, at medulla	Indigo	Spiritual awareness, psychic power, intuition, light.	Lapis Lazuli Azurite Sugilite
7th Chakra Crown Located at the top of the head	Violet, golden-white	Enlightenment, cosmic consciousness, energy, perfection.	Amethyst White Calcite White Topaz

As you become familiar with stones, meditation, healing work and the energies within and around you, you will begin to incorporate your awareness into different aspects of your life and consciousness. Studying and working with the chakra system will help you become aware of the powerful life force energy that exists within our bodies, minds, our environment, and ultimately the physical and divine universe. Your body is indeed your temple! Below is a brief listing of stones and their use with the chakra system to get you started.

Amethyst	Opens and activates crown chakra
Celestite	Aids in clearing and perfecting chakras
Citrine	Balances energy and aligns chakras with ethereal plane Activates and opens navel and solar plexus chakras Energizes the root chakra. Stimulates crown chakra
Amber	Opens and cleanses 3rd chakra
Copal	Activates crown chakra
Green Aventurine	Activates, clears, protects heart chakra
Bloodstone	Awakens and balances 1st through 4th chakras Centring and grounding for the heart chakra
Clear, white Calcite	Stimulates energy of all chakras, excellent at the crown chakra
Carnelian Agate	Use with the 1st through 4th chakras Physical energy, creativity, compassion
Chrysoprase	Aligns chakras. Activates heart chakra
Herkimer Diamond	Activates crown chakra
Green Fluorite	Good for cleansing, renewing chakras
Garnet	Stimulates base chakra Removes negative energy from chakras, promotes physical healing
Hematite	Good for treating and closing the root chakra
Pink Kunzite	Activates heart chakra. Aligns and balances the chakras
Kyanite	Aligns all chakras automatically. Can be used to open chakras
Lapis Lazuli	Activates and clears throat and third eye chakras
Malachite	Stimulates heart and throat chakras
Moldavite	Use at the throat, third eye, and crown chakras
Moonstone	Cleanses negativity from chakras
Black Obsidian	Grounding, good for the Root chakra
Tiger's Eye	Promotes intuition at the solar plexus chakra Enhances psychic ability at the third eye chakra
Turquoise	Elevates and attunes all chakras Facilitates communication skills at the throat chakra
Black Tourmaline	Stabilizes root chakra, dispels negativity, good for the lower back
Green Tourmaline	Heart Chakra
Deep Pink Tourmaline	Stimulates base chakra and connection to heart chakra
Watermelon Tourmaline	Superior activation of the heart chakra
Rose Quartz	Loving energy to the heart chakra. Balances energies of all chakras
Quartz Crystal	Opens all chakras Activates crown chakra, clarity of consciousness Balances and heals emotional wounds at the heart chakra

Chakra Location Chemical Energy Sanskrit Name Consciousness

	Location	Chemical Energy	Sanskrit Name	Consciousness
7.	Top of Head	Carbon Group	Sahasara	Spirit
6.	Inner Eye	Aluminum and Nitrogen Groups	Ajna	Soul
5.	Neck	All Groups	Vishuddha	Body
4.	Heart	Calcium and Oxygen Groups	Anahata	Willing
3.	Navel	Iron and Rare Earths	Manipura	Feeling
2.	Tip of Spine	Alkali Metals and Halogens	Swaddhishthana	Thinking
1.	Base	Noble Gases	Muladhara	Sensing

Smoky Quartz

Root chakra

