

Chakras



Chakra means disk or wheel, they refer to the seven energy centres in your body. These discs are swirling energy centres that give off and pick up on the energy in and around us.

Each one of the chakras is associated, tuned in if you will, to certain areas of the body, feelings, and body functions. In order to help you become less stressed, more peaceful, and in the flow, clearing and balancing these energy centres is essential.

1st Chakra *Root Chakra*

Location: Base of the spine

Colour: **Red**

2nd Chakra *Sacral Chakra*

Location: About 2 inches below your bellybutton just in the centre of your tummy

Colour: **Orange**

3rd Chakra *Solar Plexus Chakra*

Location: Just beneath the ribs on your solar plexus

Colour: **Yellow**

4th Chakra *Heart Chakra*

Location: Heart

Colour: **Green**

5th Chakra *Throat Chakra*

Location: middle of your throat

Colour: **Blue**

6th Chakra *Third Eye Chakra*

Location: Centre of the forehead

Colour: **Indigo**

7th Chakra *Crown Chakra*

Location: Top of the head

Colour: **Violet**

Chakra Blockage Meanings

RED

Base: Kundalini: Root Chakra:

Located at the base of the spine.

Contains the primary 8 cells that have all of the knowledge of creation and remain the only cells in your body that do not change in your lifetime. It grounds us in the physical world.

ORANGE

Spleen: Located just beneath the navel, and related to our sexual and reproductive capacity.

Blockage manifests as emotional problems or sexual guilt.

YELLOW

Solar Plexus: Seat of Emotions. Gives us a sense of personal power in the world. Blockage manifests as anger or a sense of victimization.

GREEN

Heart Chakra: Blockage can manifest as immune system or heart problems, or a lack of compassion.

Heart Centre - Seat of the Soul in the hourglass of time

BLUE

Throat: Tied to creativity and communication. Feels pressure when you are not communicating your emotions properly.

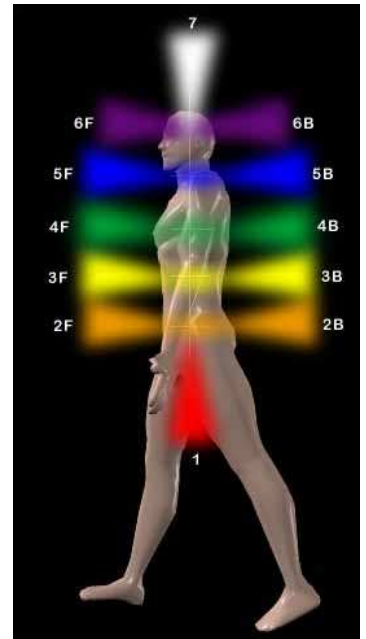
INDIGO

Third Eye: Pineal Gland: Is a physical eye with the capabilities of looking upward.

PURPLE

Crown: Connects you with message from higher realms.

Can be experienced as a pressure on the top of the head.



Chakra Cleansing

Chakra means disk or wheel, they refer to the seven energy centres in your body. These discs are swirling energy centres that give off and pick up on the energy in and around us. Each one of the chakras is associated, tuned in if you will, to certain areas of the body. They govern physical and emotional aspects.

As these energy centres get blocked different symptoms manifest. That's why cleansing on a regular basis is essential.

For each Chakra I've assigned a word to focus on during cleansing, if you resonate with a different word for any of the chakras, then by all means use that word.

This tool is intended to help you balance and clear energy blocks in the chakras. In order to help you become more peaceful and in the flow. By clearing up these energy centres, and being really clear about what you want things flow in a much easier manner kind of like if you are in the canoe and going down the river and you try to cling to the banks of the river, or try to go upstream, it's difficult you're exerting a lot of effort but if you take your canoe and go to the middle of the river flow downstream with the river, it's almost effortless.

ST 1ST Chakra Root Chakra

Location: Base of the spine

Colour: Red

Focused On: Your survival needs, loyalty, safety, security, your family unit. Those things that make you feel safe and secure in this world.

Governs: Lower pelvis, legs

Word: Trust

nd 2nd Chakra Sacral Chakra

Location: About 2 inches below your bellybutton just in the centre of your tummy

Colour: Orange **Focused On:** Creativity, your relationships, choice

Governs: Intestines, ovaries, bladder

Word: Play

rd 3rd Chakra Solar Plexus Chakra

Location: Just beneath the ribs on your solar plexus

Colour: Yellow

Focused On: Your self-esteem, personal power, your ego

Governs: Stomach, kidneys, pancreas, and liver

Word: Self

th 4th Chakra Heart Chakra

Location: Heart

Colour: Green

Focused On: Love, intimacy and joy

Governs: Heart, lungs, respiratory system. Immune system

Word: Love

Haunted Places Paranormal Investigations

www.hauntedplacesparanormal.co.uk

5th Chakra Throat Chakra

Location: middle of your throat

Colour: Blue

Focused On: Your ability to express yourself, your ability to speak your truth, to communicate, to hear others truth

Governs: Throat, mouth, vocal cords, thyroid

Word: Courage

6th Chakra Third Eye Chakra

Location: Centre of the forehead

Colour: Indigo

Focused On: Your intuition, inner wisdom, any psychic ability

Governs: The sensing organs eyes, ears, nose, and your brain

Word: Wisdom

7th Chakra Crown Chakra

Location: Top of the head

Colour: Violet

Focused On: Your connection to a higher power, faith, spirituality, Interconnectedness

Governs: This Chakra really is not associated with a body part, although it is connected with the central nervous system.

Word: One

Cleansing Meditation for Chakras

Begin by relaxing and taking 3 deep cleansing breaths.

- For each Chakra place your hand 2-3 inches above the Chakra,
- Breathe in the word for that Chakra, and
- Move your hand in a counter clockwise direction three times,
- Breathe in the word for that Chakra,
- Move your hand clockwise over the Chakra three times,
- Breathe in the word for that Chakra.

Complete the cycle for each Chakra

- Breathe in up through each Chakra(like sipping up through a straw),
- hold for 3 seconds,
- Release the breath and imagine a waterfall of energy all around you.

Repeat for at least three breaths

This can be done anywhere: in bed before getting up or going to sleep, in the shower, when ever you have a few minutes.

AURA THERAPY

There are a few practitioners of Aura Therapy. They do not have to formal qualifications-many are spiritual healers. The healers themselves must be able to see the auric field of their patients. The auric fields are altered dramatically by the usage of crystals-particularly on the Chakra areas. Some healers will use crystals to alter the patient's auric field, but mainly they will channel the Universal Energy as does a Spiritual Healer or Reiki practitioner. It must be stated here that any healer who uses crystals must understand fully what they work with. As stated in other sections, **crystals should never be used on patients who have cancer.**

A dull aura, for example, could show poor health and an exhausted patient. Dark patches over certain organs may indicate the presence of disease. Unfortunately the colours within the aura are likely to be interpreted according to the practitioner's own belief. For instance, some would interpret the colour red as portraying anger, whilst in a healer it is an indication of the **energy force being given out. Red** is actually the colour of life and physical vigour, representing energy and passions.

Orange is also associated with energy and health as well as a strong personality. It can indicate consideration of others, but too much orange can indicate an overemphasis on selfish goals and ambitions. It is the colour of the adrenal glands, sexual function and the spleen. It can also indicate disillusionment.

Yellow can indicate that the person is worried or frustrated. However, golden yellow is a sign of spiritual development and insight. Yellow is associated with the pancreas, digestive system, reproduction.

Green is the colour of regeneration and healing, it is associated with the thymus gland, the heart and circulatory system.

Blue shows integrity and inspiration. **Pale blue** indicates learning and scholarship. Physically, blue is the colour of the thyroid gland and is associated with the ears, nose and throat.

Indigo indicated a tendency to act upon intuition and spiritual truth as well as moral values and transcendence of the physical world. It is associated with the pituitary gland and lymphatic system.

Violet is the colour of spiritual enlightenment insight and love. It represents the pineal gland, the nervous system and integration of the whole body.

White is the colour of perfection. Ideals and truth are represented by this colour. It is the highest colour in the spectrum.

Black or grey colours show the aura contains negative thoughts or emotions