

Chakras

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What are Chakras?

Vital energy centers where spiritual energy flows into the body. They are located in line with the spine. Each energy center contains information relating to different aspects of being.

What is the function of Chakras?

Each Chakra is associated with a particular part of the body and gland. When the chakras are balanced and energy is flowing freely, a sense of physical well-being is achieved. When the physical body is in a state of well being, the mind is at ease. When chakras are balanced and energy is flowing freely, a state of mental clarity is attained.

What is the cause of blocked Chakras?

Chakras can become blocked through an emotional upset, such as conflict, loss, fear, anxiety and stress. When blocks accumulate, a disruption in the flow of energy results. It is these blocks that disrupt the harmony in the field and eventually are the cause of disease, as well as, emotional and mental disorders in the physical body.

The Seven Chakras:

1. BASE (or Root Chakra)

Color: Red

This center is located at the base of the spine. Fear is felt in this Chakra and it controls your sense of survival, or your fight or flight response. Physically, it influences the suprarenal glands as well as the legs, feet, kidneys, bladder, and spine. When this chakra is weak, you may feel very tired, overly cautious, afraid of change, needing someone to light a fire under you, and feeling cold from poor circulation. When it is over energized, you may feel aggressive, oversexed, reckless, too impulsive or belligerent.

2. SACRAL (or Spleen Chakra)

Color: orange

This chakra is located on the spine in the lower abdomen, between the naval and the base of the spine. It is associated with sexuality, creativity, emotions, desire, and the ability to sense things on a psychic level. Physically, it is linked to the reproductive system and the gonads (endocrine gland). If this chakra is weak, you may feel unresponsive sexually and emotionally, anti-social, unoriginal, repressed. Overactive can make one feel lustful, selfish, and arrogant.

3. SOLAR PLEXUS

Color: yellow

Located at the spine just above the naval, this chakra is associated with the intellect and thinking process, our personal power, anger, strength and ability to take action. This is an where we experience “gut feelings” about someone or something. It is where emotional baggage gets stored. Physically it is linked to the digestive system. A weak solar plexus chakra can mean a mental slump, lethargy, and feeling overcautious. Overactive, it can cause nervousness, digestion problems, mental overload, and a general disharmony.

4. HEART

Color: green

Located on the spine, in the area of the heart. This chakra is associated with our ability to give and receive love. It is the center of the chakras, and can balance the activities of the seven energy centers. Physically it is linked to the heart, lower lung area, circulatory system, Thymus gland, and immune system. An important chakra for healing. When too weak, you may feel closed to others, low self-esteem, and insecurity Overactive, you may be overconfident or jealous

5. THROAT

Color: blue

This chakra is located on the spine in the throat area, and is associated with our communication/expression abilities, right side of brain, speech, hearing. Physically it is linked to the throat, vocal cords, esophagus, mouth, teeth, thyroid and parathyroid glands, and upper lungs. When weak, this may cause communication problems, an inability to express your feelings and ideas, withheld words, surrender to others. An overactive throat chakra may result in negative speaking, criticizing, domineering words, hyperactive attitude, over-reacting, and stubborn beliefs.

6. THIRD EYE (or Brow Chakra)

Color: indigo or purple-blue

This chakra is located mid forehead, just above the eyes, and on the center of your forehead. Our inner vision is contained here, inner dreams gifts of clairvoyance, wisdom and perception. Physically, this chakra is linked to the nervous system, lower brain, left eye, ears, nose, and the pituitary gland. When weak, this center may cause self-doubt, forgetfulness, an inability to trust your instincts, headaches. If overactive, you may be oversensitive, spaced out, and experiencing psychic overload.

7. CROWN

This chakra is located at the top of the head, slightly to the back. It is associated with our feeling of "oneness" with the Universe, our spiritual wisdom, a final understanding, an alignment with our true inner spirit within. Physically, this chakra is linked to the pineal gland, the upper brain, and right eye. A weak crown chakra can cause a feeling of disconnection with the vital flow of life, uninspired, feeling misunderstood and practicing self-denial. Overactive, this may cause a disconnection with the earthly plane, being impractical, not connected with reality, over imaginative.

Chakra Guide

Location/Chakra	Color/ Affirmation	Body Parts*/ <i>Glands</i>	Emotional well-being*
1 - Root/ Muladhara	Red - "I exist"	Spine, perineum, legs, anus/ <i>suprarenal</i>	-Safety, security
2 - Sacral/ Svadhithana	Orange - "I want"	Pelvis, reproductive organs, kidneys, bladder, <i>/ovaries, prostate</i>	-sexuality, desire, sensuality, creativity
3 - Solar Plexus/Manipura	Yellow - "I will"	Lower back, digestion, liver, spleen, stomach, gall bladder, autonomic nervous system/ <i>pancreas(liver)</i>	-willpower, healthy ego, personality, self- esteem, inner- strength
4 - Heart/ Anahata	Green - "I care"	Heart, rib cage, chest, lungs, circulatory system/ <i>thymus</i>	-love, forgiveness, compassion, kindness.
5 - Throat/ Vishuddha	Blue - "I express"	Lungs, bronchials, vocal chords, throat, neck, jaw/ <i>thyroid</i>	- speaking and hearing truth, self- expression,
6-Third Eye - Ajna	Purple - "I see"	Cerebellum, ears, nose, nervous system, face/ <i>pituitary</i>	-Intuition, insight, wisdom, intelligence
7 - Crown/ Sahasrara	White/Clear - "I am"	Cerebrum, cranium/ <i>pineal</i>	- Unity, higher consciousness, ultimate reality, enlightenment

Yoga Postures and the 7 Chakras!

Chakra	Posture	Chakra	Posture
1 - Root/ Muladhara	Mountain, staff, lotus (cross- legged)	1-Root/ Muladhara	
2 - Sacral/ Svadhithana	Bridge, bound angle	2 -Sacral/ Svadhithana	
3 - Solar Plexus /Manipura	Warrior, twists	3 - Solar Plexus / Manipura	
4 - Heart/ Anahata	Fish, cobra	4 - Heart/ Anahata	
5 - Throat/ Vishuddha	shoulder stand, bridge	5 - Throat/ Vishuddha	
6-Third Eye - Ajna	Yoga mudra, head to knee	6-Third Eye - Ajna	
7-Crown/ Sahasrara	Handstand, meditation	7-Crown/ Sahasrara	