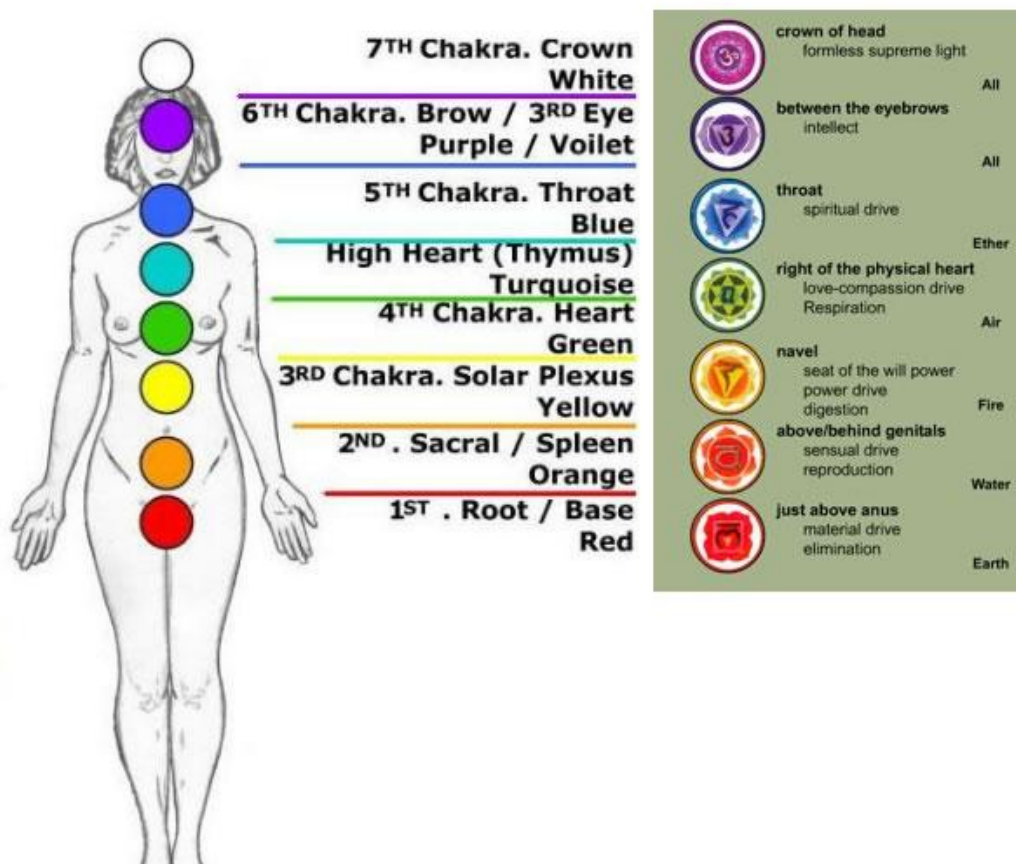


Introduction to Chakra Healing and Balancing



Working with Chakras for Holistic Health and Spiritual Growth

Healing and Balancing the Chakras of the human energy system will lead to a greater sense of balance, health, vibrancy, spiritual growth and feelings of bliss.

Healing and balancing the chakras of the body is an important part of maintaining a healthy body, mind and spirit. Chakras are "pools or vortices of pranic energy," according to Anna Voigt in *The Chakra Workbook*.

The most common model of the human chakra system is a seven chakra model, with all points located in a line along the spine. Each chakra has a corresponding color vibrational frequency, element, associated physical body parts and aspect of the human evolutionary process that it governs.

Chakras are the energetic pathways that allow universal energy, or prana, to flow through the human system. Over a lifetime the energy system can become blocked with low vibrational or negative thought patterns, memories or emotions that have not fully been integrated.

The chakras can be cleansed and balanced, allowing more life force to flow through the body, increasing vitality, health and well being. Understanding the inner workings of each chakra empowers an individual to take their spiritual growth into their own hands and self heal with the authority of knowledge. Below is a brief introduction to each of the chakras based on information from *The Chakra Workbook* by Anna Voigt.

What is the Root Chakra?

The root chakra is located at the base of the spine. It resonates with the color red and the element of earth. The associated physical body parts are the ovaries, testes, the spinal column, the immune system and the legs and feet.

The root chakra is known as the seat of consciousness; it's believed to be the spot where dormant Kundalini energy lies in the physical body. It represents the first stage of human development and evolution. Much of the energy of this chakra relates to family experiences, connecting with a "tribe," and is related to survival instincts and patterns.

Sacral Chakra Location and Associations

The sacral chakra is located in the genital area. It resonates with the color orange and the element water. The associated physical body aspects are the sacral plexus, adrenal glands, genitals, prostate, uterus, large intestine, bowels, bladder, pelvis, hip area and lower vertebrae.

The sacral chakra is associated with sexuality, creativity and pleasure.

What is the Solar Plexus Chakra?

The solar plexus chakra is known as the power center. It is located in the abdomen, between the navel and the ribs. The solar plexus chakra resonates with the color yellow and the element of fire. The physical body parts associated with the chakra are the stomach, upper intestines, pancreas, liver, gall bladder and the middle spine.

The solar plexus chakra is associated with the process of forming an identity, or the ego, a personality differentiated from the inherited tendencies, cultural group and family. It relates to the relationship with the outside world the sense of personal power.

Heart Chakra Associations and Location

The heart chakra is known as the seat of the soul. It is located in the middle of the chest. The heart chakra resonates with the color green and the element of air. The physical body parts associated with this chakra are the thymus gland, the heart, circulatory systems, lungs, ribs, diaphragm, shoulders, arms, hands and breasts.

It's believed that the heart chakra serves as the gateway between the physical realm of the body and the spiritual realm of the higher chakras. This chakra is associated with love, both self love and unconditional love for others. To develop the energies of the heart chakra one must heal past wounds of the heart and come to a place of acceptance of the self and the way things are.

Throat Chakra Meaning and Associations

This chakra is located in the throat. It resonates with the color indigo and the element of ether. The throat chakra is associated with the physical body parts of the neck vertebrae, throat, jaw, organs of hearing, hypothalamus, trachea, bronchial tubes, esophagus, teeth and thyroid gland.

This chakra is associated with learning trust ones intuition and inner guidance, releasing judgment of self and others, and communication, such as speaking ones personal truth.

What is the Third Eye Chakra?

The third eye chakra is known as the seat of spiritual knowledge and the place of meditation. It is located midway between the eyebrows in the middle of the head. It resonates with the color violet and is a place where all elements are present in their pure essence.

The physical body parts that are associated with this chakra are the pituitary gland, the brain and neurological system, the pineal gland, eyes, ears and nose. It's said that intuition, psychic abilities, insight and wisdom are realized and developed in this chakra.

What is the Crown Chakra?

The crown chakra is located at the crown of the head. It resonates with white, or the presence of all colors. It is associated with the body parts of the cerebral plexus and central nervous system. The crown chakra is known as the seat of ultimate truth and pure consciousness. In this center, there is no separation between an individual and the universal consciousness. It is a place of transcendence, beyond thought and ego.

Through meditation, yoga or other spiritual disciplines the chakras can be cleared and balanced, allowing for a more aligned and healthy life. Working with Kundalini energy is a very direct and helpful way to access and balance the energies of the chakras.

Sources:

The Chakra Workbook by Anna Voigt