

CHAKRAS

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Chakras

Western Reiki uses the Chakra system from India in its practice.

“Chakra” is a Sanscrit word, meaning “wheel”.

In yoga, meditation, and Ayurveda, this term refers to wheels of energy throughout the body. There are seven main chakras, which align the spine, starting from the base of the spine through to the crown of the head. To visualize a chakra in the body, imagine a swirling wheel of energy where matter and consciousness meet. This invisible energy, called Prana in Sanskrit, is vital life force, which keeps us vibrant, healthy, and alive.

The Importance of the Major Chakras in the Body

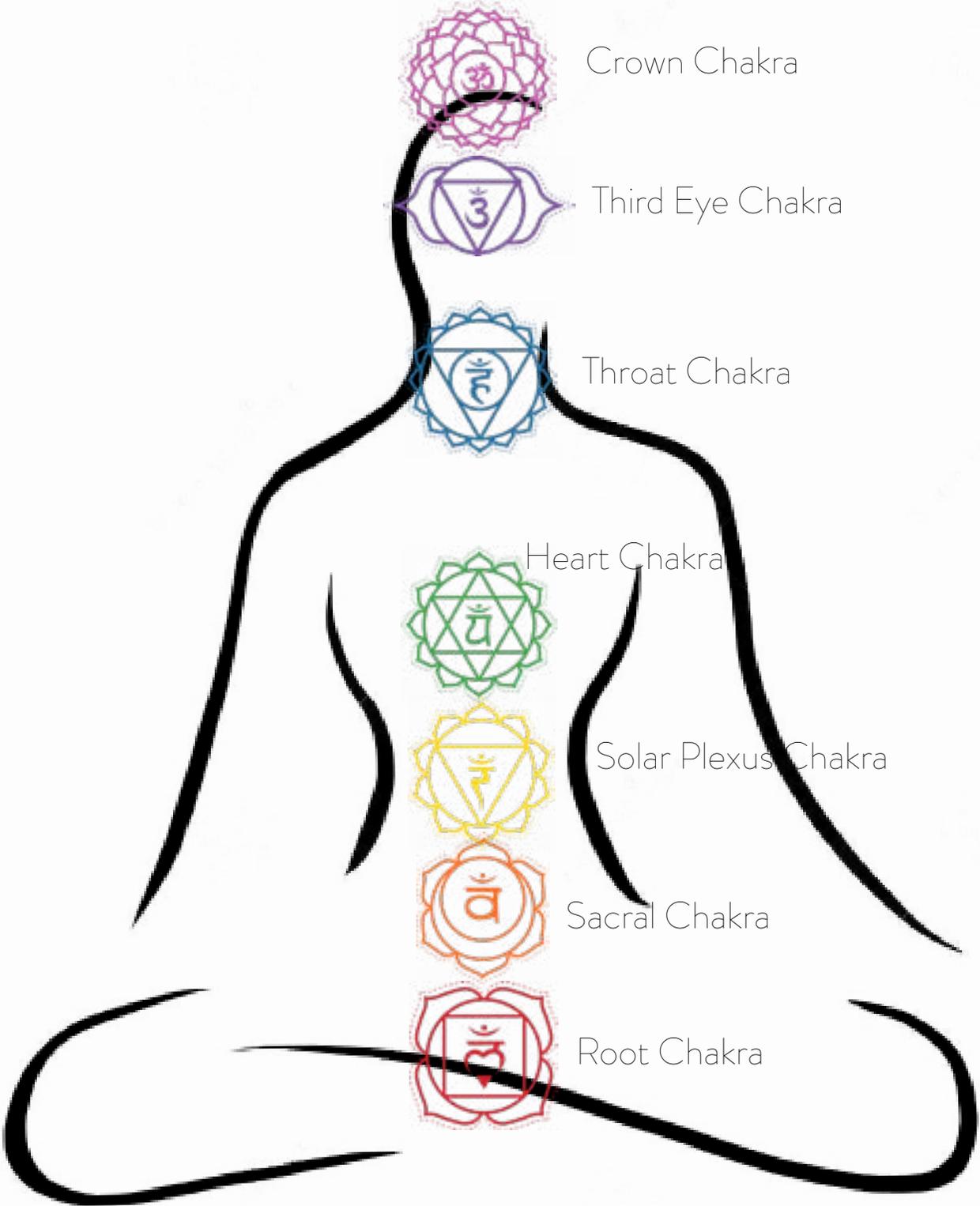
These swirling wheels of energy correspond to massive nerve centers in the body. Each of the seven main chakras contains bundles of nerves and major organs as well as our psychological, emotional, and spiritual states of being. Since everything is moving, it's essential that our seven main chakras stay open, aligned, and fluid. If there is a blockage, energy cannot flow. Think of something as simple as your bathtub drain. If you allow too much hair to go into the drain, the bathtub will back up with water, stagnate and eventually bacteria and mold will grow. So is too with our bodies and the chakras. A bathtub is simple; it's physical so the fix is easy.

Keeping a chakra open is a bit more of a challenge, but not so difficult when you have awareness. Since mind, body, soul, and spirit are intimately connected, awareness of an imbalance in one area will help bring the others back into balance. Take for example, a wife, who has recently lost her husband. She develops acute bronchitis, which remains in the chest, and then gets chest pains each time she coughs. The whole heart chakra is affected in this case. If she realizes the connection between the loss and the bronchitis, healing will occur much faster if she honors the grieving process and treats that as well as the physical ailment.

Each chakra has a number of attributes, including a color, a relation to an element, and the maintenance of specific physical and emotional functions.

Although most of us cannot see the chakras, it is possible to become familiar with how they are working by focusing our attention on their locations and concentrating on how the area feels. Apart from working with energy to influence chakras, we can also work with color, sound, foods, movement, affirmations, among many others. For example, as each chakra is associated with a specific color, you can meditate on drawing that color into the chakra, or by wearing clothes of that color to strengthen it.

7 Major Chakras



Root Chakra

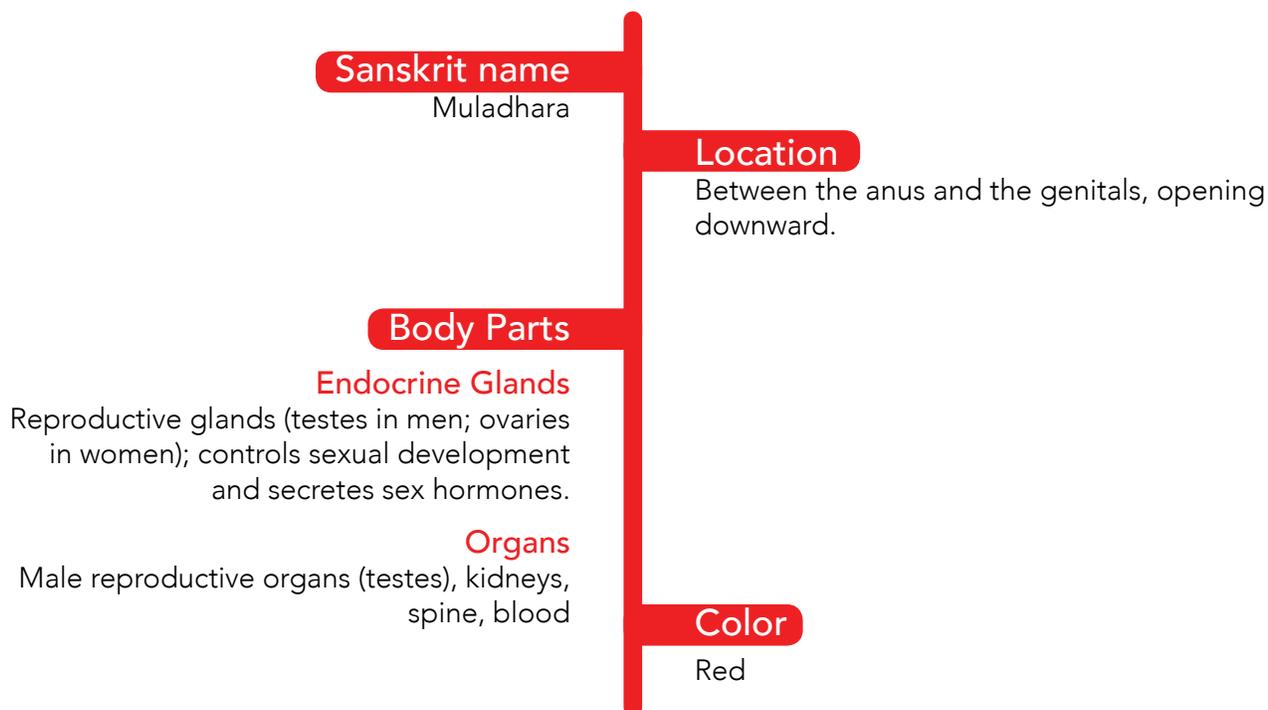


The Root Chakra, or “muladhara” in sanskrit, is the first of the seven major chakras associated with the element of Earth, symbolizing the basis of life.

This chakra channels Earth energy upward through the feet and legs to process and stabilize it. “Grounding” or “rooting” us is the main function of the base chakra.

The Root Chakra encompasses the basic foundation to life: Shelter, food, money, survival, sex.

When we are grounded, we are one with life. This chakra is connected to minor chakras on our feet, ankles, knees and groin.



Foods

Red foods, like tomatoes, raspberries, strawberries, radishes, red peppers, red apples, beans, rainbow chard, beets

Gemstones

Typically red, brown, or black stones, like: Garnet, onyx, and red jasper, bloodstone, red carnelian. Other options for stones include: Hematite, Rhodochrosite, Jet, Smokey quartz.

Movements

Stimulate your root chakra with exercises that require the lower part of your body; strengthening and stretching the feet, ankles, lower legs, knees, thighs, hamstrings, hips. Running, walking, squatting, dancing.

Yoga poses

Warrior, triangle, eagle

Affirmations

I am safe
I am secure
I am stable
I am grounded
I am protected
I am abundant
I have

Sound

- Note: C
- Toning Vowel: uh (cup)

Instrument

Drum

Mantra

Lam

Element

Earth

Planet

Saturn

Geometry

Cube

Sacred Geometry

Container of Life

Sacral Chakra

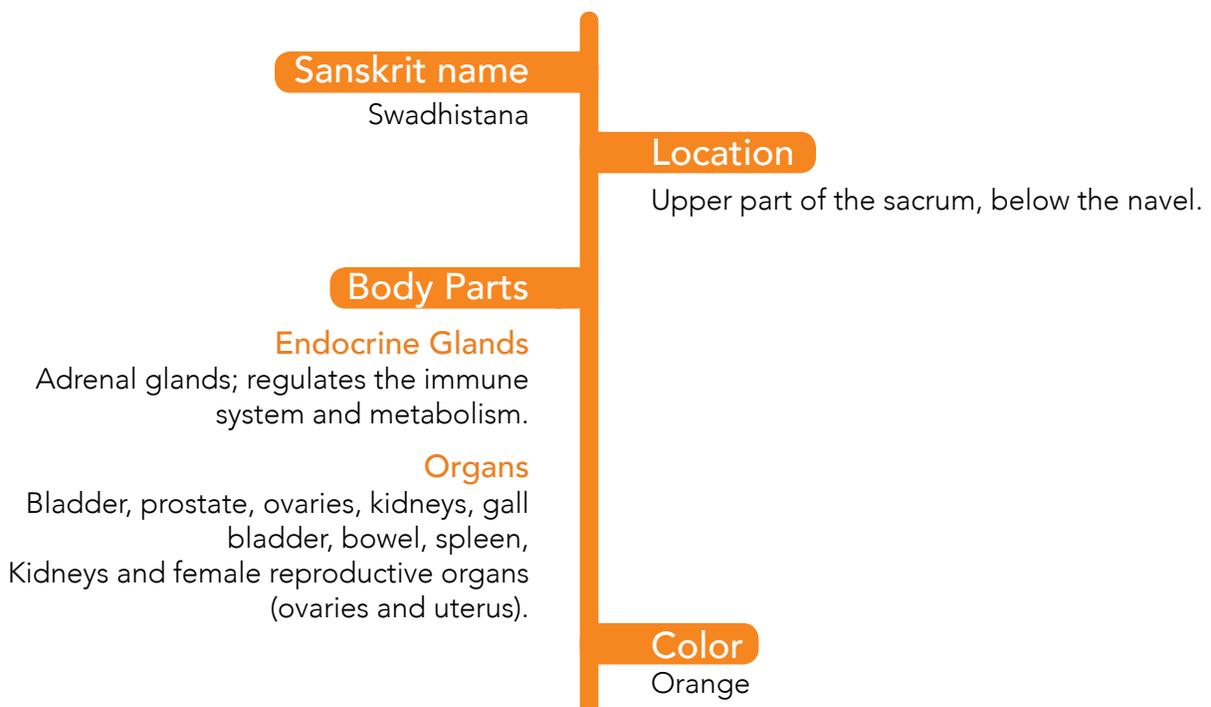


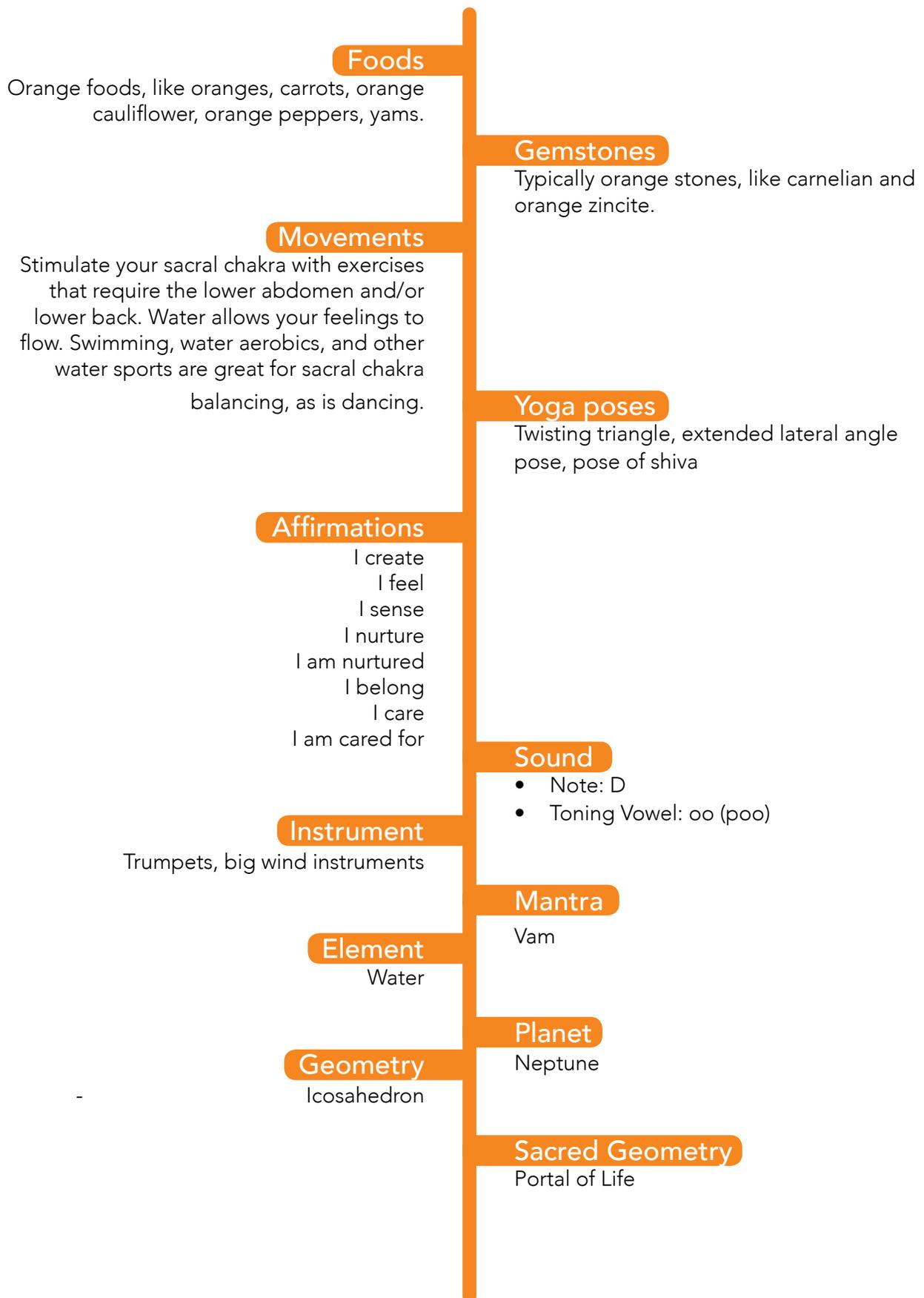
The Sacral Chakra, or “Svadisthana” in Sanskrit, is located below the navel, and is orange in color.

It corresponds to the element of water, and encompasses sensuality, creative energy, relations (romantic, familial, and friendships) and emotions.

The Sacral Chakra is closely linked to the adrenal glands, which are related to stress and digestion.

Stress in this chakra can cause us to put up defenses to avoid our true feelings, especially concerning someone of the opposite sex (or same-sex or non-binary person of personal attraction). When the energy flows more freely in this chakra, we may feel emotions more fully (both pain and pleasure) and are encouraged to move beyond our defenses, regain our true self, and experience loving intimacy.





Solar Plexus Chakra

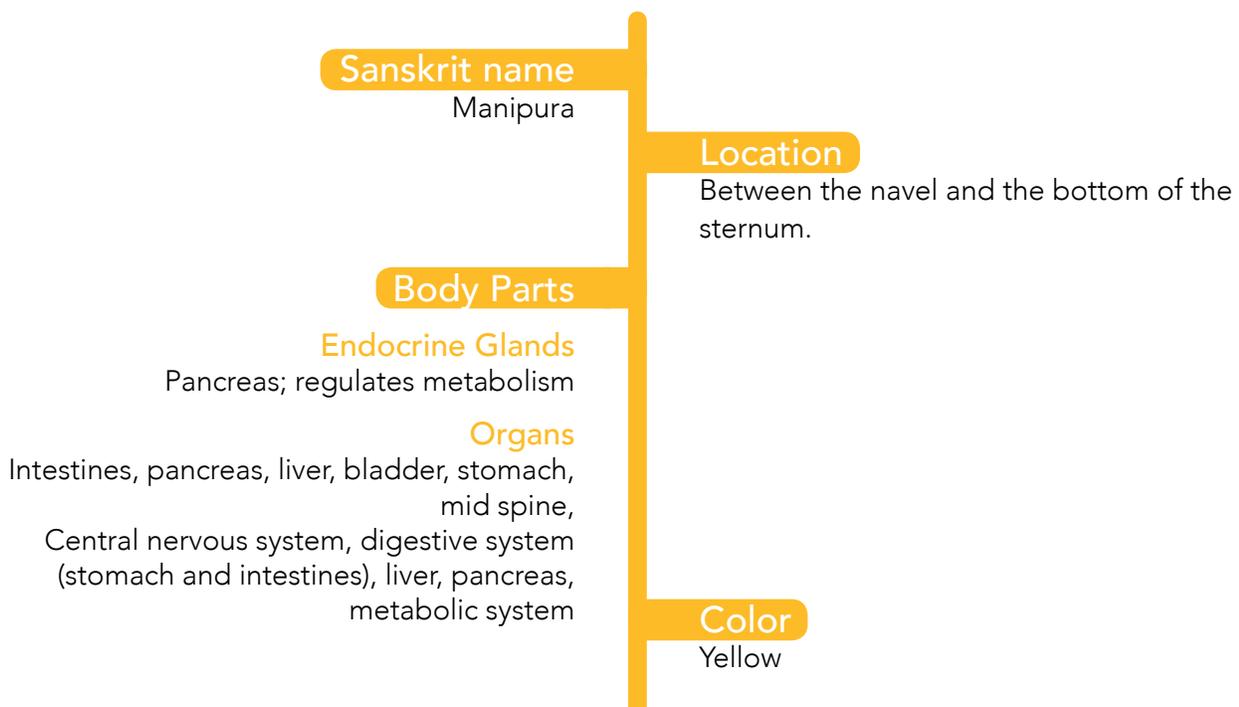


The Solar Plexus Chakra, or “Manipura” in Sanskrit, is located above the navel, and below where the ribcage meets. Its element is fire.

It can be thought of as the Sun in your body, generating inner power, self worth, will power, status, and pride.

It enables the flow of vital energies throughout the physical body to be regulated.

It's important to note the three major chakras below the heart are principally concerned with the physical, whereas the higher three chakras above the heart are of a more spiritual nature.



Foods
Yellow foods, like lemons, yellow peppers, bananas, spaghetti squash, grains.

Movements
Stimulate your solar plexus chakra with exercises that require the upper abdomen and/or mid back. Spinal twists are great to stimulate this chakra and to promote digestion, start by twisting first to the right, then to the left.

Affirmations
I am divine intention
I am powerful
I am enough
I am worthy
I am honoured
I am honourable

Instrument
Guitar

Element
Fire

Geometry
Tetrahedron

Gemstones
Typically yellow stones, like citrine and yellow sapphire.

Yoga poses
Cow pose, sitting spinal twist, camel pose.

Sound
• Note: E
• Toning Vowel: oh (go)

Mantra
Ram

Planet
Mars

Sacred Geometry
Seed of Life

Heart Chakra

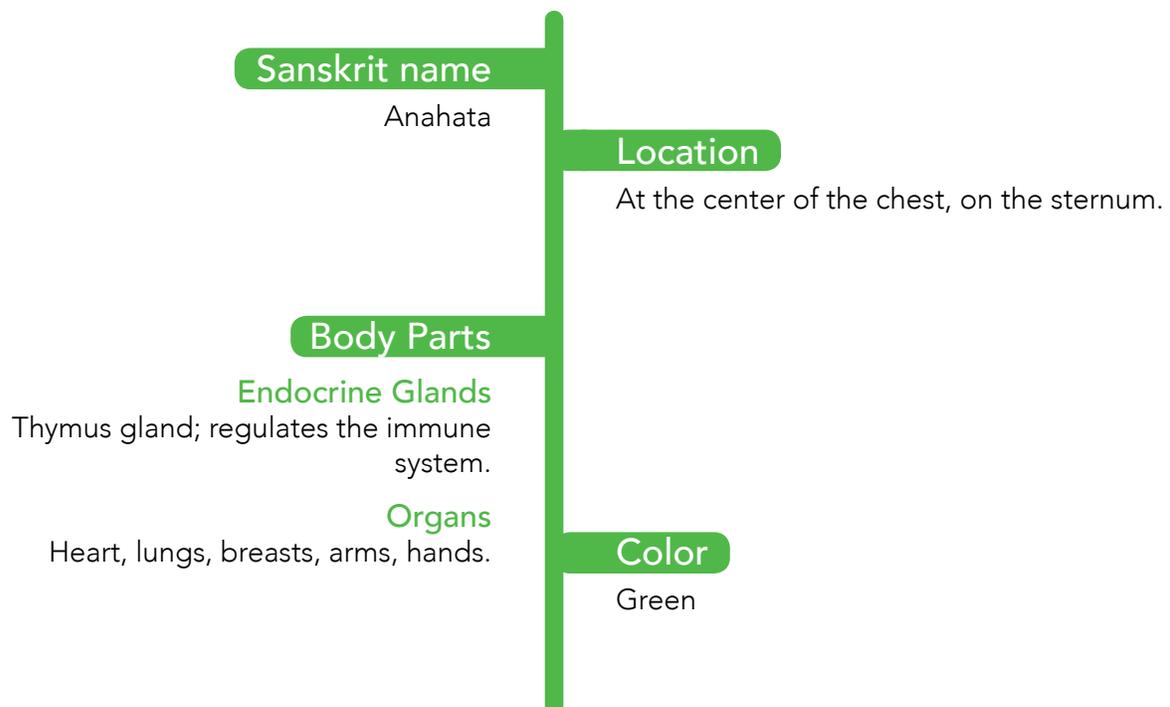


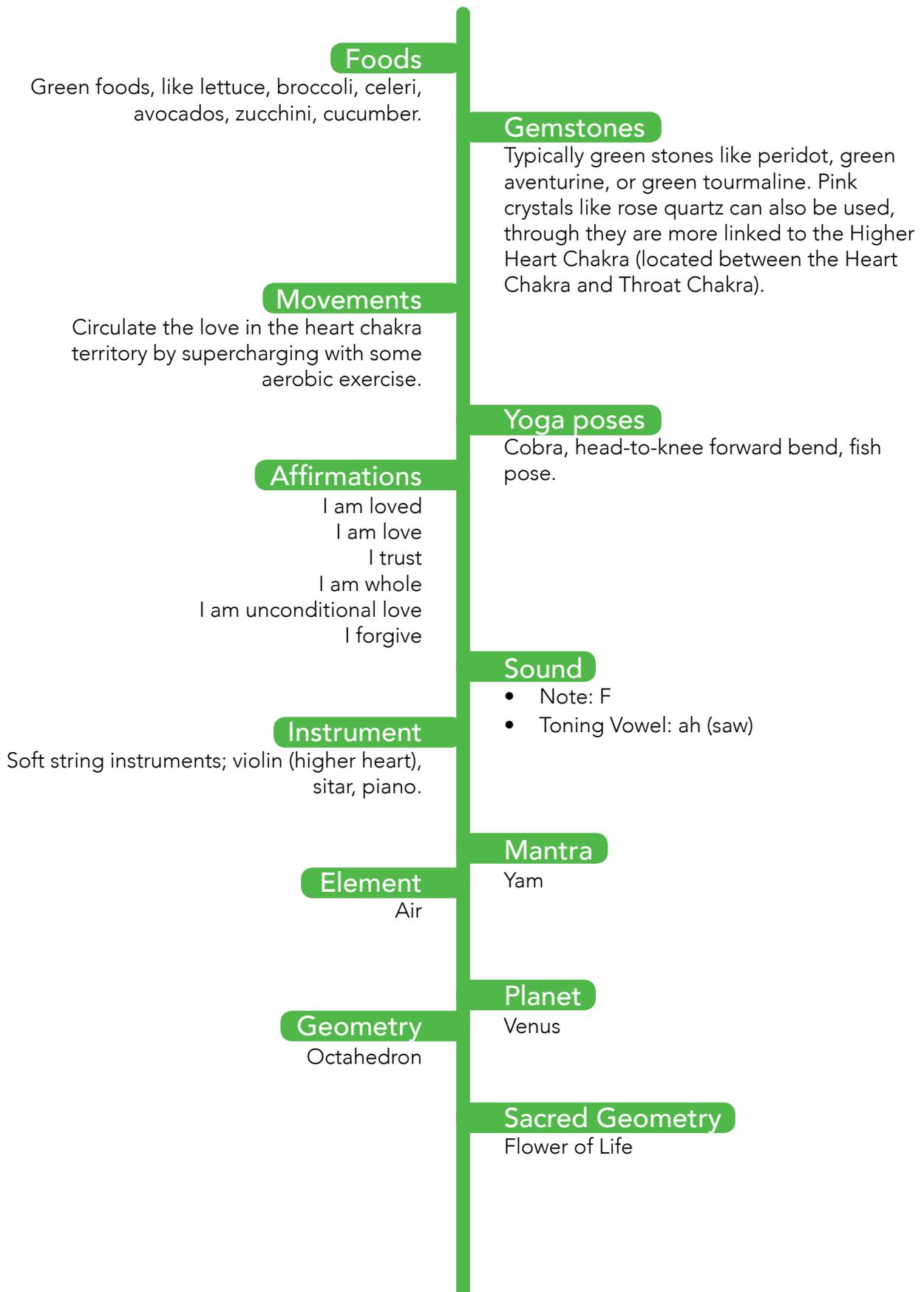
The Heart Chakra, or “Anahata” in Sanskrit, is located at the chest.

It is not primarily concerned with romantic love - rather a love that is more spiritual, unconditional and compassionate in nature.

Its related element is air. It is a midpoint in the seven major chakras, and a midpoint in the body, and is considered a gateway to higher consciousness.

Our heart is the center of our magnetic field, and is a muscle that pumps oxygen-rich blood to all parts of the body. High blood pressure can be an initial sign of underlying mental strain, often caused by bottled-up stress, anger or frustration. Letting emotional pain and trauma go can greatly balance the heart chakra.





Throat Chakra



The Throat Chakra, or “Vishuddha” in Sanskrit, is located at the neck. Vishuddha means “to purify”.

When balanced, we are able to clearly speak our truth, and speak from our heart. We are also able to listen with intent and compassion.

It is connected with our sinuses, and the production of thyroid-balancing hormones.

Breathing exercises, singing, and chanting can help with balancing the throat chakra. Listening to whale sounds and dolphins (which are a type of whale) can encourage the balancing of the throat chakra as well.

Sanskrit name

Vishudda

Location

Between the collar bone and larynx in the neck.

Body Parts

Endocrine Glands

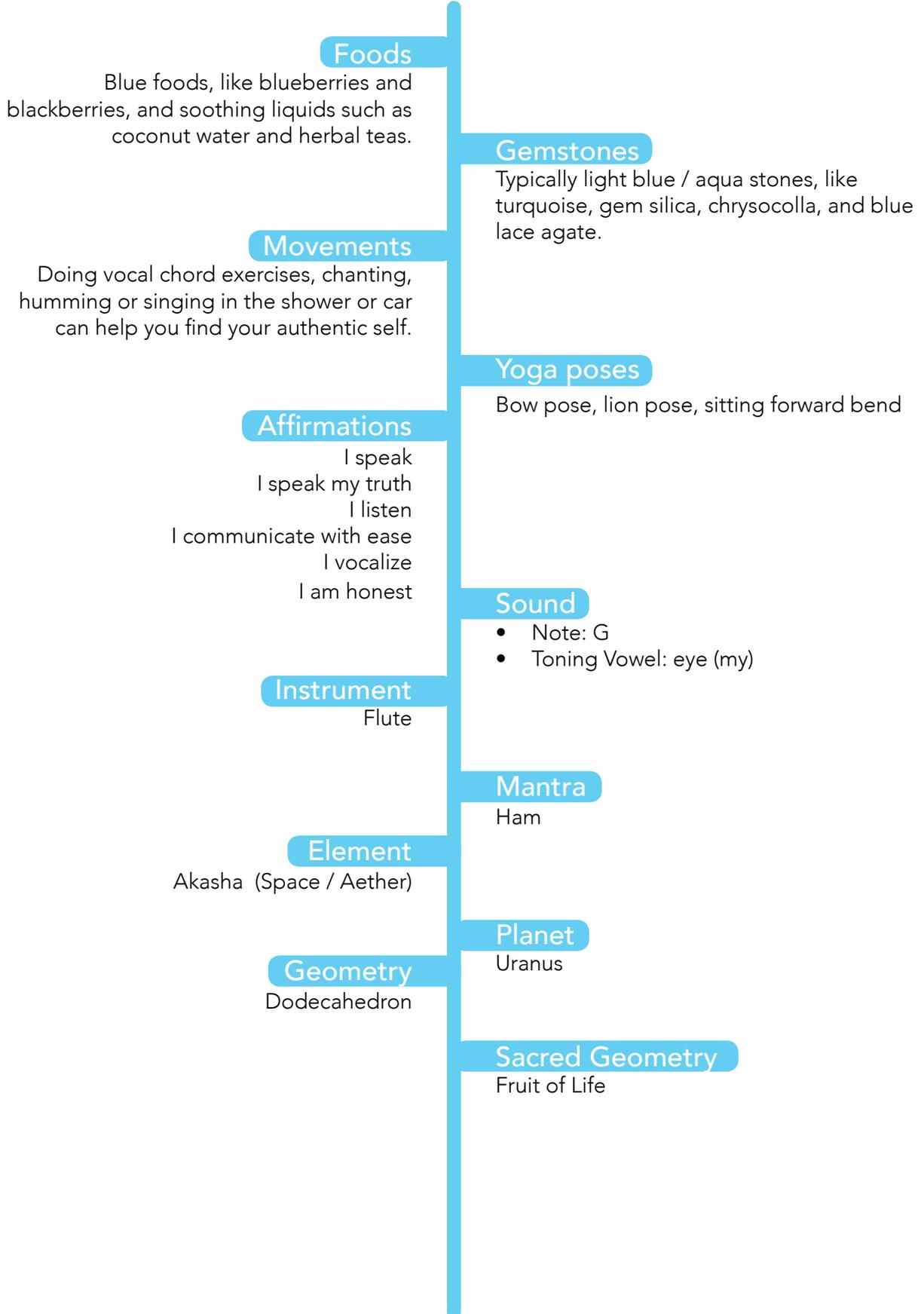
Thyroid gland; regulates body temperature and metabolism.

Organs

Bronchial tubes, vocal cords, respiratory system, all areas of the mouth, including tongue and esophagus.

Color

Light blue / aqua / turquoise



Third Eye Chakra



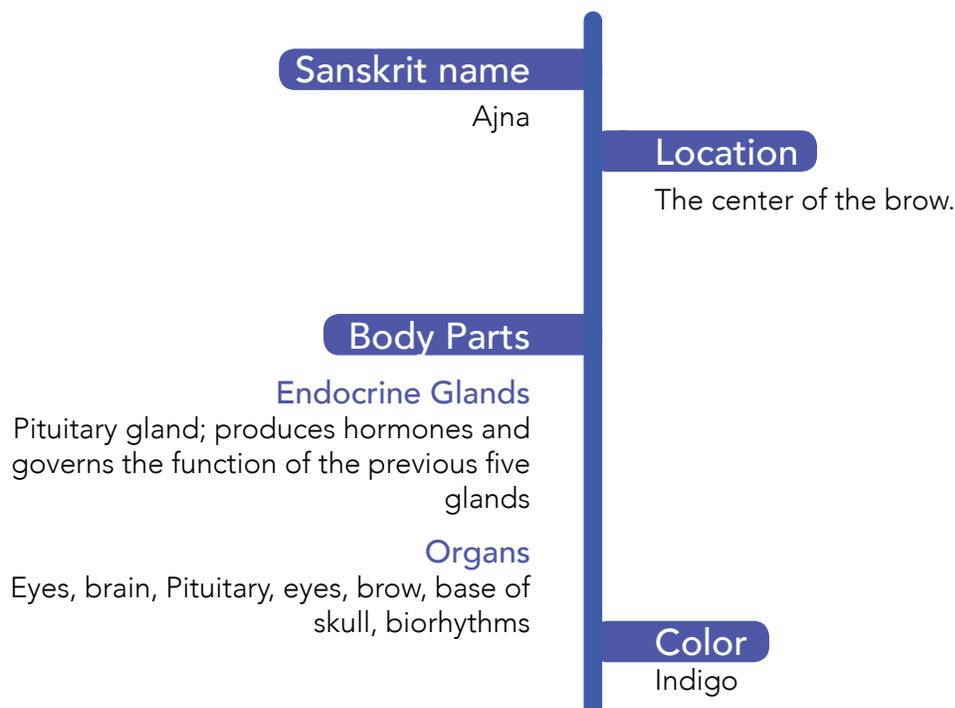
The Third Eye Chakra, or "Ajna" is located between (and slightly above) the eyes, at the eyebrow level.

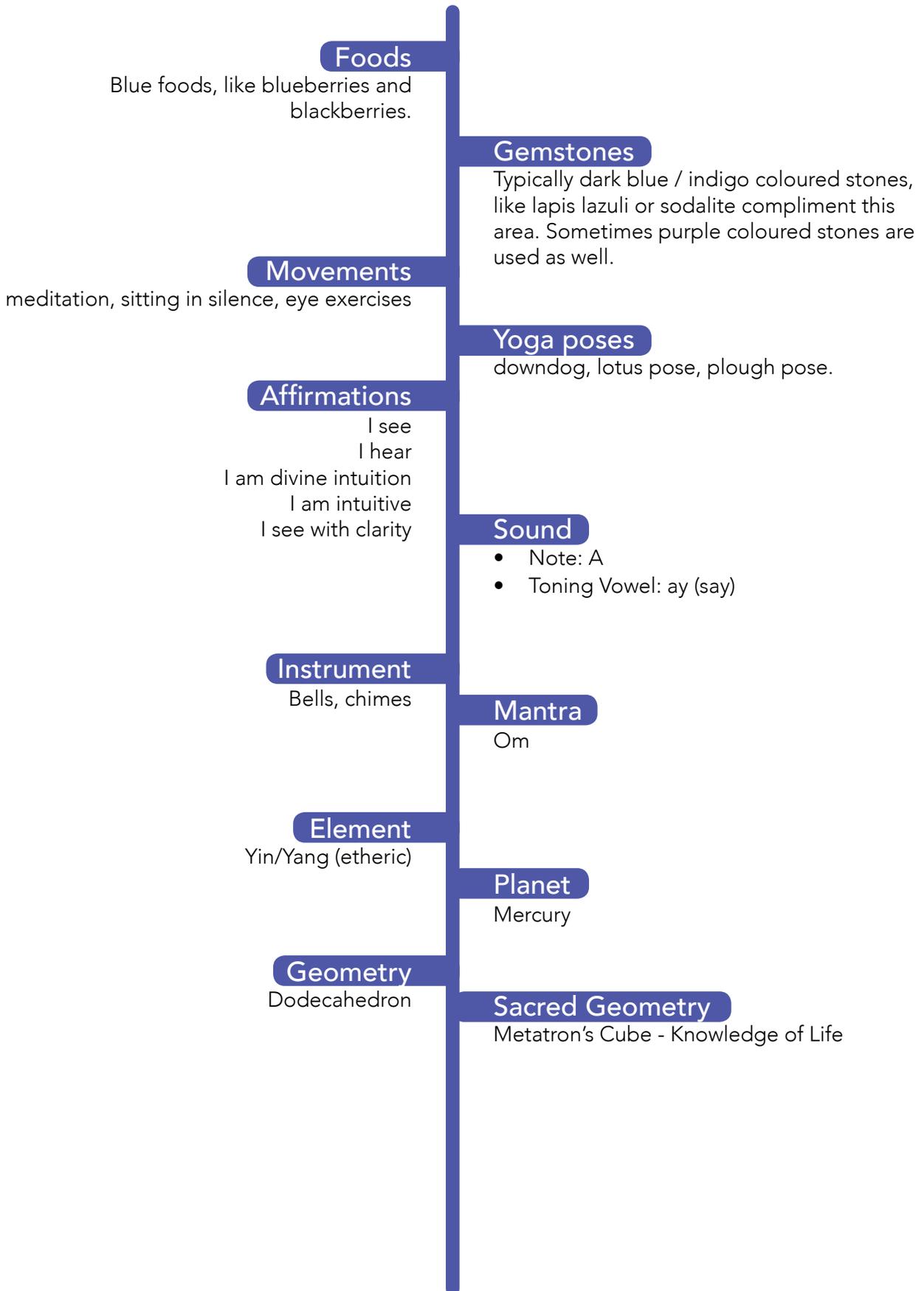
Its element is ether, and it's associated with intuitive and spiritual understanding.

When fully balanced, we are able to step beyond the mind, and enter the realm of wisdom.

The third eye is linked with the pituitary gland, and energetically with the pineal gland. A number of reptiles (especially small lizards) have a pineal gland that receives information from a rudimentary Third Eye with a lens, and similar photo-receptors to retinas. This may enable them to see ranges of light including infrared and ultraviolet (UV).

The pineal gland also secretes melanin and serotonin. aiding with relaxation in meditation and visualization.





Crown Chakra



The Crown Chakra, or “Sahasrara” in Sanskrit, is located at the top (crown) of the head.

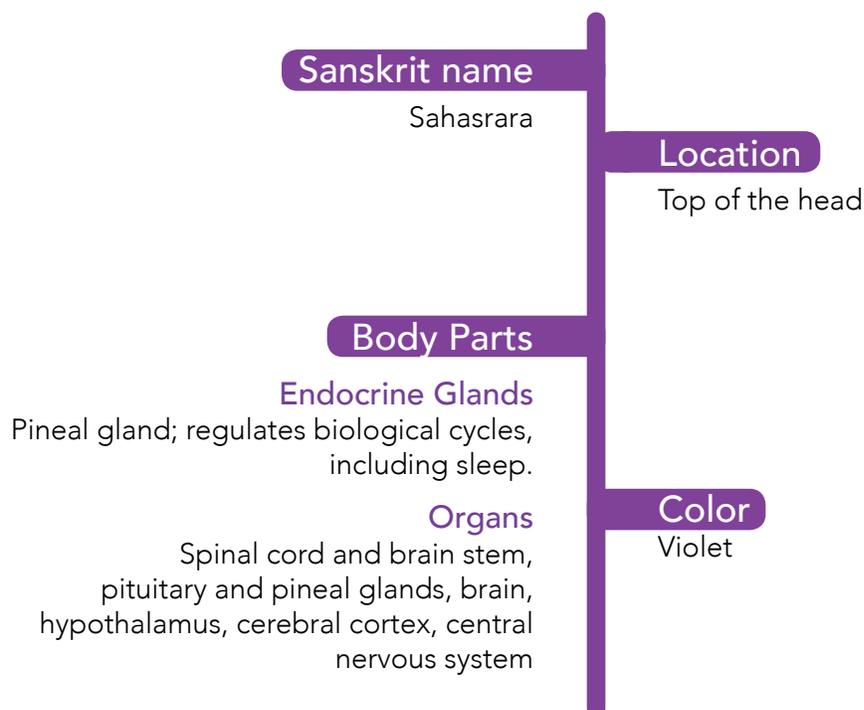
It is the place of pure consciousness. When balanced, we are in a state of oneness and peace.

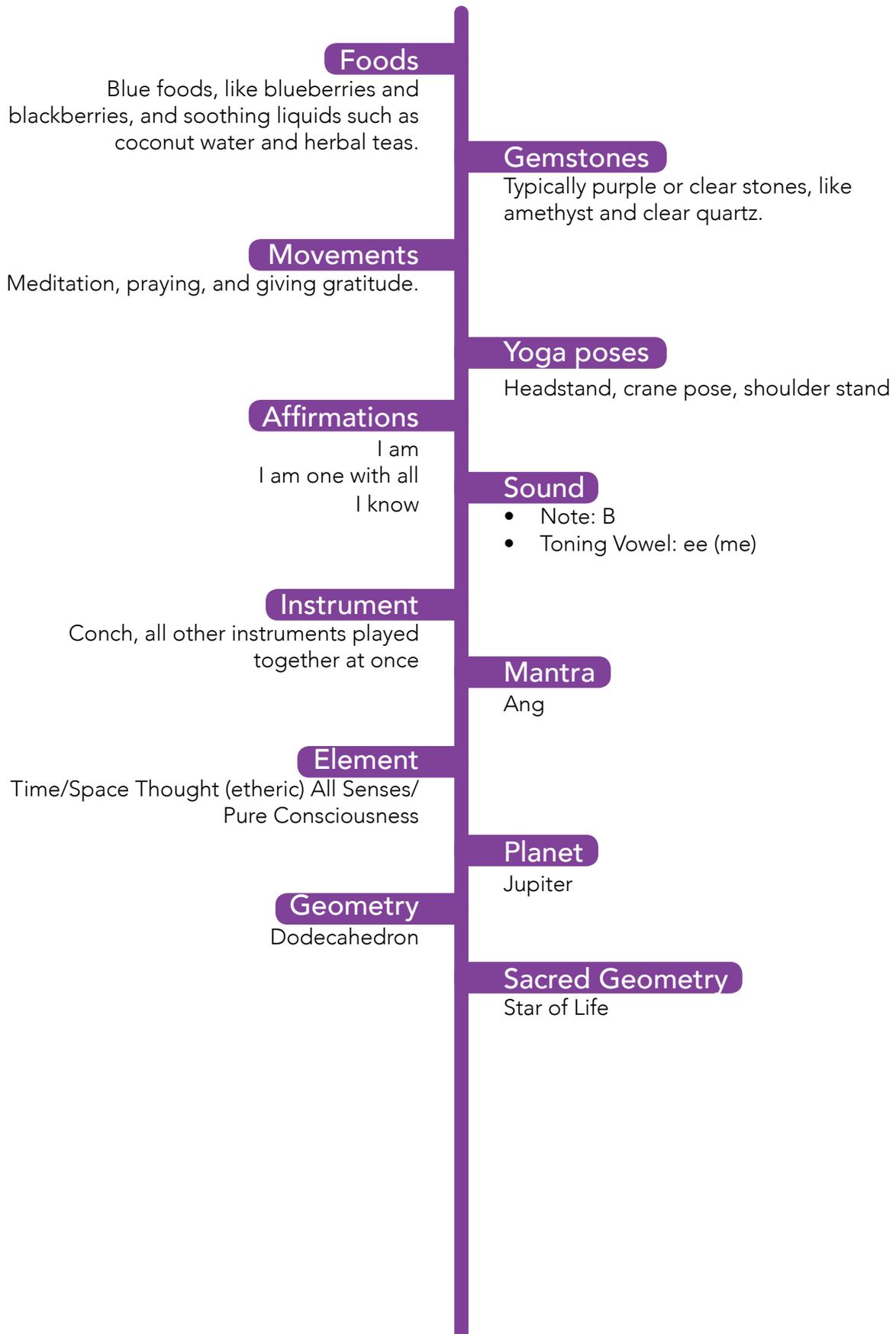
The connection point for Sahasrara is regarded as the fontanelle “soft spot” on a newborn baby’s head.

The pineal and pituitary glands are also associated with the Crown Chakra.

Energetic information comes through the auric field and crown of the head.

Meditation practices can open the crown chakra, as well as receiving an Attunement in Reiki.





Higher Heart Chakra

Located above the Heart Chakra and below the Throat Chakra is the Higher Heart, or Thymus Chakra. It is either pink and/or aquamarine in color and can even be seen in certain light spectrums.

When balanced, we easily speak from the heart, following our divine life purpose. The Higher Heart Chakra is about selfless, spiritual 'Divine love', relating to Christ consciousness.

This chakra is associated with the thymus gland, one of the earliest glands that develop in the fetus while in the womb.

The spoken word resonates here, and the use of sound resonates from here within the etheric body, creating balance and healing.



Here is an image of light spectrum refracting from my friend's clear crystal. Note the pink between the green and blue.

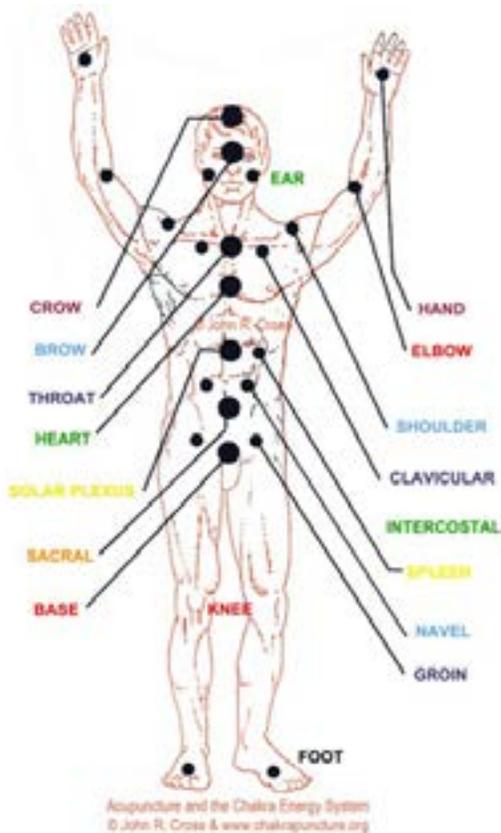
Other Chakras

There are minor chakras all over our body that we hear of less often, including on our hands, shoulders, spleen, the base of our feet, among other areas.

Our energy extends far beyond our body. There are chakras far above and below our body. The specifics of these chakras aren't exactly agreed upon in the spiritual community, though one thing to remember regardless of the name or description for each advanced chakra, is that:

If we're performing Reiki and we notice someone is operating in their higher chakras, maybe even the ones that extend far above their body, it is important to ground their energy down, with the help of the chakras in the Earth and the base of their feet. This will help them function optimally in their lives here on Earth.

It's great to activate our higher chakras, yet very important to simultaneously be grounding our energy down (if we extend upward we must extend downward as well, to remain balanced).



Kundalini Awakening

Kundalini is the Hindu word for the 'sacred transformative energy that awakens the consciousness', the 'coiled snake', or the 'Serpent Power'.

In India, there are thousands of books in Sanskrit and other regional languages of the country dealing with this sacred subject. Kundalini has also been known for thousands of years among occultists, heremiticists and esoteric mystery cults throughout Europe. Many cultures around the world revere the snake as holy with demonstrative healing powers, thus named 'The Serpent Power'.

The Kundalini is the *Primal life force for all creation* that is stored and latent in the base of the spine. We are born naturally with this energy in which it awaits activation in later years. The aspirations for many who do chakra meditation along with yoga traditions, is to clear the energy centers, to allow for the flow of the Universal Life Force Energy of the Kundalini to flow naturally, unhindered.

The energy moves upwards from the root chakra along the spinal column to the crown. It then showers up and out within the auric layers in an ovular field and cycles back to the body, continuing like a huge circuit. It is the foundation and basis in the Cosmic Consciousness that produces various degrees of enlightenment.

For the most part, the Kundalini is the result of mental/spiritual progression working on the chakras and the body through meditation, prayers, bodywork, breath work, or various yoga or sexual practices. The power points are worked with, cleansed and healed. Sometimes emotional traumas (death of someone near, near death experience) and physical traumas (child birth, menopause, accidents) may shock the body to allow the Kundalini to be opened. In some people, the Kundalini force can awaken suddenly for no reason other than it was their time to do so. The awareness of spiritual Kundalini is a step in transforming human consciousness and an emergence of our natural state of being one with the cosmos. The mystical mind itself is forever changed by this awakening.

When the chakras are cleansed and the emotions are healed one may feel open, clean, wonderful joy and balanced healing. Kara-leah Grant explains, "When Kundalini awakens, a person may experience deeper empathy with others, and this empathy can almost become telepathic. There is greater sensitivity, higher energy levels, sometimes psychic abilities or deep knowing, ageing can appear to slow down, creativity and charisma can increase, as can internal peace and knowing. There is a sense of being part of All that Is. The greater mysteries of life are no longer mysteries."

A person that realizes spiritual enlightenment through a Kundalini awakening may choose to work in the healing arts. They tend work in harmony with their true life's calling, perhaps signaling a change of careers. They may lose interest in material things while becoming more generous. They may speak less and choose words with deeper clarity and meaning.

If a practitioner is unprepared or the kundalini awakens spontaneously, there can be an experience of total inner chaos due to changes in motivation, appearance, diet, weight gain

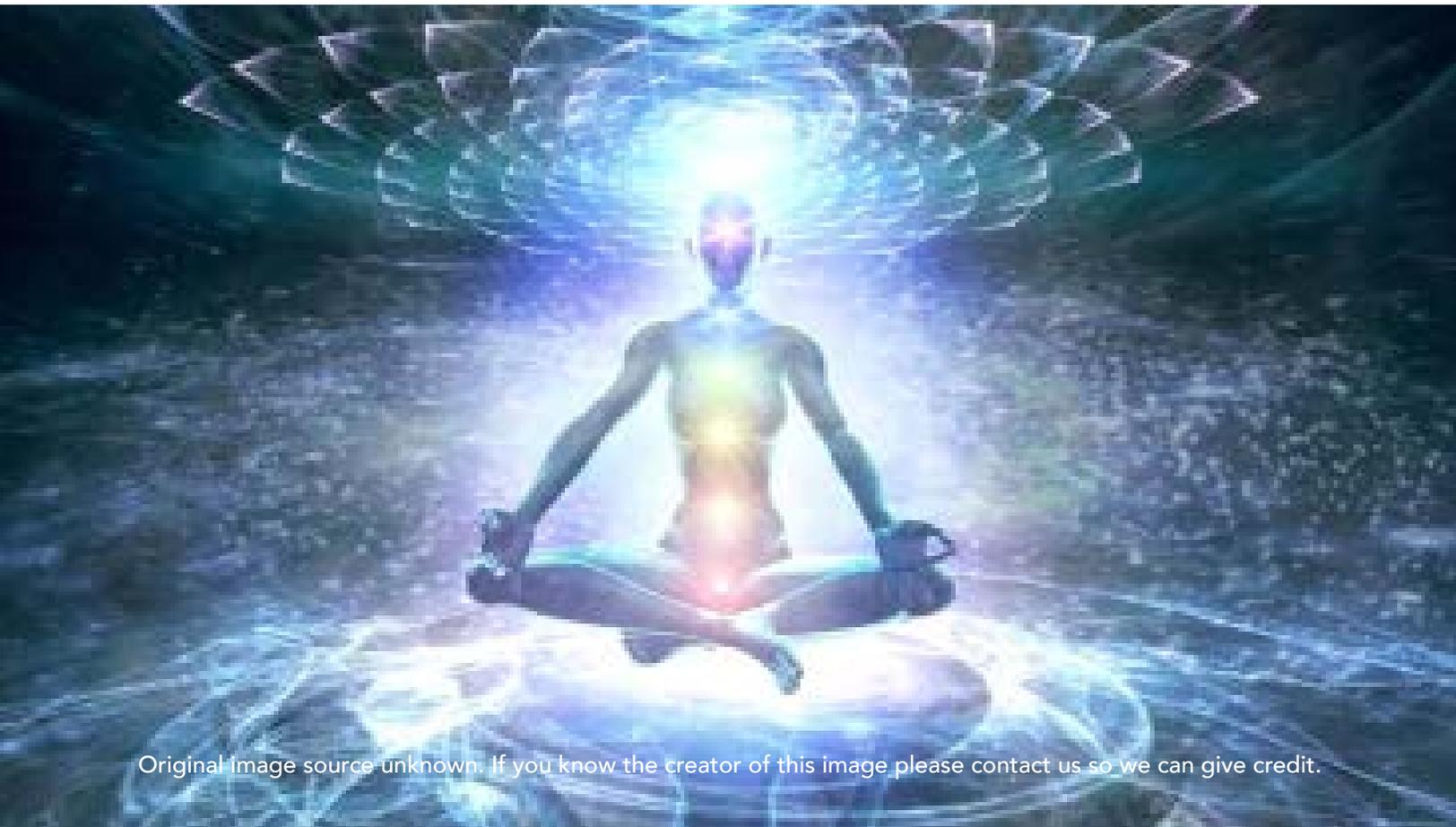
or loss, sensations in the crown of the head, and shifts in personality that an unguided and/or underprepared person might not be able to handle. A spontaneous arousal of kundalini energy can happen as a result of "intense energy work, drug use, sexual experiences, abuse or trauma, yoga practice or life events," explains Grant.

The awakening may cause spiritual distress and a total breakdown resulting in a massive life crisis.

Some people lose jobs and relationships; others experience difficult emotions from a traumatic past as if the trauma is being relived in the moment. The test is whether they can overcome and learn from the past or be beaten by the same daemons from an earlier time. If you are well trained and guided, with strong and steady spiritual practices, you are more likely to manage these astonishing changes and sensations. It is sensible to follow a particular path, to be trained to know the signs and symptoms of a Kundalini Awakening, and to be aware of the changes that may occur so that you have spiritual practices and support of masters to guide you through.

Kundalini awakenings are not something to fear or expect when receiving Reiki. What is most common is the receiver's energy centers waking up and gaining life force energy. This is more commonly what people have experienced in the yoga and meditation communities and is regularly confused with a deeper experience of a true kundalini awakening. Be aware that there is a difference.

If you are called to experience a kundalini awakening, to be shifted and changed from the depths of your being, do so carefully and with guidance. Take your time learning the practices from your chosen spiritual path. Know the signs and symptoms of a kundalini awakening. Be prepared to undergo a major shift in consciousness. Prepare to be awakened.



thank you

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