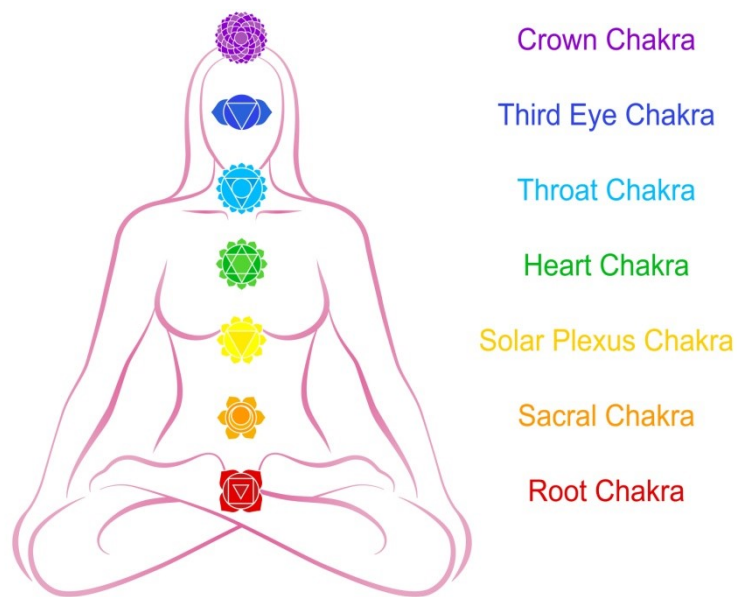


## What are Chakras?

Chakra literal translation means wheel in sankrit. The human body has hundreds of chakra points. The chakras are located along the line of the spinal column and are composed of high frequency energy strands that the spiritual eye perceives as light. In general the front aspects of the chakras correlate to our emotional function, the back to our will function, and the top three chakras to our reason function. Balance in our reason, will and emotion centers is necessary to good health and well being. the amount of energy flowing through our chakras determines how well we function. The ones we focus on are the seven main chakras as per picture below:



### When Chakras are out of Alignment

When we conceived chakras are in alignment as we develop including in the womb and growing up, they are impacted by our experiences and traumas. Feelings and emotions experienced get stored in the energy body (chakras) resulting in blockages. A chakra can be out of balance in two ways.

**Excessive** – is when the chakra is too energetic and has too much of the quality related to that chakra. For instance the sacral chakra is associated with sexuality. An excess in the chakra could result in a sexual addiction.

**Deficient** - can be thought of as a chakra that is closed. Think of someone who's been hurt in love. They could have made a decision not to open themselves to love – they are said to have a deficiency in the Heart Chakra.

**Base Chakra – Muladhara**



**Associated Aspects:-** Earth, Physicality, Etheric Body.

**Associated Colour:-** Red

**Mantra:** Lam

**Element:** Earth



**Crystals** Agate (Fire Agate), garnet, onyx, and red jasper.

**Yoga poses:** Mountain, Warrior and Chair pose

**Development Stage:** this relates to the earliest part of childhood, what happened in the womb, the actual birth, was it traumatic? The first year of a child's life. Did it feel safe and loved or was chaotic?

**Location:** Located at the base of the spine the Root or Base chakra, together with the earthstar chakra and the feet chakras form our foundations. The issues related to this chakra are concerned with physical survival, grounding and connection with the Earth and our body. When this chakra functions well, physical energy, good health, abundance and security are created.

#### **Issues related to the Base Chakra**

- Fears and insecurities related to safety and survival.
- Difficulties with 'grounding' and being in the 'now'
- Disorientation. Disorganization. Indecision.
- Lack of physical energy.
- Difficulty dealing with stress or difficulty fully manifesting creative ideas.
- Problems in the lower physical body.

## Sacral Chakra -Svadhithana



**Development Stage:** this relates to six month to two years. At this stage the child starts to experience pleasure through the senses. It experiences being alive and that sensations this brings with it.

**Associated Aspects:-** Water, Emotional maturity, Emotional Body.

**Associated Colour:-** Orange

**Element:** Water

**Mantra:** Vam



**Crystals:** carnelian and orange zincite

**Yoga poses:** Pigeon, Goddess and Bound angel pose

**Location:** Located in the area of the lower abdomen, the issues of this chakra relate to our emotional identity and sexuality. Balancing this chakra allows us to experience life as a fluid flow in which we connect with others through our feelings and experience healthy and fulfilling sexual relationships.

### Issues related to the Sacral Chakra

- Anger, Frustration, Impatience.
- Blocked creativity; emotionally & physically.
- Difficulty expressing sexuality; sexual guilt.
- Out of balance emotions. Emotional extremes; violence.
- Unable to express or get in touch with emotional needs.
- Difficulty accepting change.
- Relationship difficulties.
- Wounded inner child.

## Solar Plexus Chakra -Manipura



**Development Stage:** this relates to eighteen months to three years. This is when the child separates its identity from the mother. It starts to explore it's own personality and identity in the world. This is when the terrible two usually occur and when a child starts to develop a sense of independence.

**Associated Aspects:-** Fire, Self Definition, Lower Mental Body.

**Associated Colour:-** Yellow

**Mantra:** Ram

**Element:** Fire



**Crystals:** citrine and yellow sapphire

**Yoga poses:** Sun Salutation, Boat and Bow pose

**Location:** Located in the area of the stomach the issues of this chakra relate to self-definition, personal power and positive emotional expression. Balancing this chakra brings the ability to create healthy boundaries, balanced personal power, will power and positive self-value.

#### **Issues related to the Solar Plexus Chakra**

- Oversensitive; too open to others thoughts & feelings or negative psychic impressions.
- A sense of vulnerability. Feelings of unease in stomach area.
- Lack of self worth.
- Lack of personal boundaries.
- Power issues.
- Emotional neediness & conditional love.
- Aggression, anger.
- An overly active mind.

## Heart Chakra -Anahata



**Development Stage:** 4 years The child begins to socialise and see themselves associating with other people and forming bonds and relationships.

**Associated Aspects:-** Air, Unity, Higher Mental Body.

**Associated Colour:-** Green/Pink

**Mantra:** Yam

**Element:** Air



**Crystals:** rose quartz and green tourmaline are useful.

**Yoga poses:** Eagle, Fish and Cobra pose

**Location:** Located in the region of the physical heart, the issues of this chakra relate to the need to integrate opposite polarities within the structure of our personality so that we can re-establish the consciousness of unity and unconditional love. Balancing this chakra brings the ability to love without conditions, to feel compassion, peace and brotherhood.

### Issues related to the Heart Chakra

- Loneliness and isolation from others through fear of being hurt.
- Fear of closeness.
- Lack of trust in self or Universe.
- Feeling unloved. Overly critical, possessive or jealous.
- Feelings of superiority. Unable to reach out to others.
- Indecision.

## Throat Chakra -Vissudha



**Development Stage:** By age 5, this little person begins his attempt to understand the world. This is also usually the beginning of education for the child.

**Associated Aspects:-** Sound. Self Expression. Causal Body.

**Associated Colour:-** Blue

**Mantra:** Ham

**Element:** Sound



**Crystals:** turquoise or blue lace agate

**Yoga poses:** Camel, Shoulder and Bridge

**Location:** Located in the area of the throat and thyroid gland the issues of this chakra relate to communication of all kinds and the expression of our creativity. When this chakra is balanced the Soul is able to communicate higher wisdom, inspiration and guidance to the personality. Inner hearing is linked to this chakra.

### Issues related to the Throat Chakra

- Difficulty knowing or expressing your truth.
- Withdrawn personality.
- Puts on a 'brave face' rather than express turmoil inside.
- Suppressed emotions, needs or creativity.
- Physical problems in the throat or ears.

## Third Eye Chakra -Ajna



**Development Stage:** At age 6, the child will for the first time will go through life-experiences and attempt to transfer their knowledge to others.

**Associated Aspects:-** Light. Intuition. Soul Body.

**Associated Colour:-** Indigo

**Mantra:** AUM

**Element:** Light



**Crystals:** lapis lazuli and sodalite.

**Yoga poses:** Seated forward bend, nostril breathing and Downward dog.

**Location:** Located in the centre of the forehead and the pituitary gland, the Brow Chakra or Third Eye is related to the ability to see both physically and psychically. It is the seat of our intuition and inner wisdom and when balanced allows us access to ‘the bigger picture’ of our lives. Inner vision is therefore connected to this chakra.

#### **Issues related to Third Eye Chakra**

- Lack of faith in self and the universe.
- Feeling that ‘I don’t know’.
- Overly mental approach to life.
- Difficulty with intuition or inner knowing. No inner pictures.
- Unable to focus thoughts.
- Stuck in the small details of life

## Crown Chakra -Sahasrara



**Development Stage:** 7 year old child experiences their first craving for the mysterious and the unknown nature of the world.

**Associated Aspects:-** Pure Awareness. Spiritual Connection. Integrated Spiritual Body

**Associated Colour:-** Violet.

**Mantra:** AUM/AH

**Element:** Thought



**Crystals:** amethyst or clear quartz

**Yoga poses:** Half Lotus, Corpse and Headstand.

Located on the top of the head and connected with the pineal gland, this chakra when balanced, carries the consciousness of pure awareness connecting us with Source. It opens us to the greater world beyond material existence and connects us with the timeless space of all knowing. The symbol of the lotus flower has always been related to this chakra and to the state of enlightenment that we can achieve through reaching this level of consciousness.

### Issues related to the Crown Chakra

- An inability to see beyond this third dimensional existence.
- No spiritual awareness.
- A need for greater spiritual connection



## **What are the Seven Subtle Bodies?**

There are seven subtle layers, or bodies that comprise the auric system. The seven subtle bodies hold various forms of information and correspond to the chakra system.

There are three physical plane bodies, three spiritual plane bodies and the astral body, which is the bridge between the lower and higher bodies (some teachings say that the astral is the fourth in the spiritual bodies). The lower three bodies process energies dealing with the physical plane, whereas the upper three process energies from the spiritual planes. It is said that the energies from the higher planes must pass through the "fire of the heart" the heart chakra-- to reach and be of full use by the lower bodies.

- 1) **The Etheric Body** - Of the seven subtle bodies, the *Etheric* body energy is only one-quarter to two inches beyond your physical self and resonates at nearly 20 cycles per minute. Kirlian photography allows the entire body to be seen. Because the etheric body vibrates with and holds information pertaining to one's physical health, energies can duplicate in the body.
- 2) **The Emotional Body**- Extending about 1-3 inches from the body, the *Emotional* layer is where your feelings and emotions are stored. The field can appear muddled and dulled when negative emotions and feelings are present.
- 3) **The Mental Body**: From 3-8 inches from the body exists the *Mental*, or third layer of the aura. Containing your ideas, mental processes, and thoughts.
- 4) **The Astral Level**: Spreading about a foot from the body, the astral body represents the bridge to the spiritual realm and is the doorway/bridge to the astral plane.  
Associated with the heart Chakra
- 5) **The Etheric/Causal Body**: A template that exists far before the physical body form, this is the template for what you know as the physical body and is thought to co-exist in a different dimension. Extending about a foot and a half from the body, the *Etheric* template is only visible to advanced healers and clairvoyants.
- 6) **The Celestial/Soul Body**: Communication with the spiritual realm occurs here as do feelings of ecstasy and unconditional love. Often appearing as bright, shimmering opalescent colors, one becomes more aware of the *Celestial* body as they raise their vibrations, level of awareness, and consciousness. As you work from the heart chakra to the sixth level, feelings of divine love and a connection with our fellow man become reality.

- 7) **The Causal Body/Spiritual** : The seventh layer is the mental level of one's spiritual plane and contains all the other bodies within it, extending three to five feet from the body. This field resembles an egg and it pulsates and vibrates at high speeds that are considered the Zero Point / God Energy. A reflection of everything your soul has undergone, this is the link to the Divine and accepting your oneness with the universe.