

## **CHAKRAS: Energy Centers of the Body**

Chakra is a Sanskrit word, meaning "wheel". The chakras are similar to wheels, in that they are spinning vortexes of energy. They are centers of force through which we receive, transmit and process life energies. The chakras are connected to a channel of energy which runs parallel to the spinal cord often called the Pranic Tube or the Shushumna..

The seven major chakras symbolize seven ways of approaching life and give a concrete way of finding our true selves. Each one corresponds to specific aspects of our consciousness and has its own individual characteristics and functions. Each chakra has a corresponding relationship to one of the glands of the endocrine system; to the seven colors of the rainbow; to the planets Saturn, Neptune, Mars, Venus, Uranus, Mercury, and Jupiter; and to the 7-tone scale, *do, re, mi, fa, so, la* and *ti*.

The main purpose in working with and understanding the chakras is to create integration and wholeness within ourselves, bringing the various aspects of our consciousness, from the physical to the spiritual, into a harmonious relationship. All the aspects of ourselves, the physical, mental, sexual, spiritual, etc. work together, and each is as much a part of the whole as the others. We need to acknowledge, accept, and integrate all levels of our being. Another goal of chakra work is to take what we learn out into the world to help others.

Energizing your chakras helps to balance the organs and glands associated with each chakra. There are twelve hand positions used in a Reiki treatment. In a full body treatment, the hands, with the fingers close together, are held in each position, above the endocrine glands, the major organs of the body and the major chakras, for about 30 seconds to five minutes (or as guided) to achieve the optimum benefit. Channelling energy through the chakras can greatly enhance life and growth at all levels, activating the innate healing processes within us.



### **Root (Base) Chakra - Muladhara - First Chakra**

The seat of physical vitality and the fundamental urge to survive.

It is associated with physical mastery of the body, supplying you with the energy to start the day. It connects you, like roots, to your daily life. The energy of this chakra helps you actively to master your life. Work is a joyful challenge and you can achieve material success. When there are resistances and blocks in the flow of energy, people cling to the tasks of everyday life, unable to open up to joy and happiness; the creative power of work is blocked.

The lesson of this chakra: Grounding.

Effects of activation: Calms the central -nervous system and reduces tension in the spine.

Color: Red

Associated glands: Gonads.

Element: Earth; Planet: Saturn Sound: Do Sanskrit Seed Sound: LAM

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*NOTE: Information in this handout was collected, compiled and shared by Betty Brody (Reiki Master) from "Journey through the Chakras" by Klansbernd Vollmar and "Reiki, Universal Life Energy" by Baginski and Sharamon. It has been revised and reformatted by Suchinta Abhayaratna (Reiki Master). It may be reproduced and shared with others, giving credit to those who have contributed to it.*



### **Sacral Chakra - Svadisthana- Second Chakra**

The center of sexual energy and the ego.

The feelings of other people are directly perceived with this chakra. It represents giving and receiving, an ability to work creatively with others, especially when their perspective is different from yours. This is the foundation for all creativity; combining differing lifestyles, meanings and expressions, seeing all these things reflected in yourself and so learning to become a whole and complete human being. Problems in this area are related to a disharmony of giving and receiving, and can lead to conditions such as obesity (when taking has outgrown the capacity for giving), to anorexia, and other situations where there is a deep fear of never being able to give or get enough. It can also result in sexual difficulties.

The lessons of this chakra: To appreciate the value and relationship between opposites. Opposites always compliment each other. The loveliest harmonies arise from differences.

Effects of activation: Regulates and harmonizes the fluids in the body, affecting the urogenital system and the blood. Helps to increase a satisfying sexual life.

Color: Orange

Associated gland: Pancreas.

Element: Water

Planet: Neptune

Sound: Re

Sanskrit Seed Sound: VAM



### **Solar Plexus Chakra - Manipura - Third Chakra**

Center of unrefined emotions and the power urge.

This chakra represents how we deal with the challenges and problems of daily life. When we feel scared, we can feel this area tightening up. We experience our dark side through conflict situations. The goal is to begin to see it clearly, accept it, and transform it into positive battle, accepting our own anger rather than projecting it onto others. It involves social responsibility so that others learn, through our example, that anger is part of being human and how it can be "owned" and communicated in a way that does not hurt others. If these challenges are not met, one may learn to be powerless or become aggressive and greedy and may learn to use power to manipulate others with selfish actions. This is the level between earth and heaven - one can take the path toward the heart or toward materialism and lose contact with the soul.

The lesson of this chakra: To learn to deal with power, will, desire, wants and ambition.

Effects of activation: Has a positive effect on problems related to internalized aggression, including cancer and other tumors, and diseases of the stomach, which are often connected with anger.

Color : Yellow.

The associated glands: Adrenals.

Element: Fire

Planet: Mars

Sound: Mi.

Sanskrit Seed Sound: RAM



### **Heart Chakra - Anahata - Fourth Chakra**

The center of real, unconditional affection, compassion, devotion and love.

At this level, we need to learn the laws of movement like the circulation and movement of the heart and blood and how to work with rather than against them. Will we be able to stand at a still point of the axis or will we always be turning with the wheel. Problems in this area are characterized by an inability to feel our real feelings and feeling distant from others. At this level, we learn peace and harmony and can use the warmth of the heart as a creative force in society. We can integrate and adapt our selves without losing our identity.

Lessons: Social awareness, love, and openness.

Effects of activation: Helps to heal the heart and stabilize blood circulation.

Color: Green.

Gland: Thymus, also known as the spiritual love center.

Element: Air      Planet: Venus      Sound: Fa.      Sanskrit Seed Sound: YAM



### **Throat Chakra - Vishuddha - Fifth Chakra**

Center of communication, self-expression and creativity.

This is where you hear your inner voice. When this chakra is unblocked the quality of your voice is fuller, clearer and deeper. Upon reaching this level of growth, we consciously connect thoughts and feelings and begin to look at everything we have learned in our lives from a spiritual point of view, aware of the consequences of our decisions, and find a way of communicating these insights with others. When this chakra is blocked, there can be problems in communication - either an inability to express self clearly or a tendency to dominate communication.

The lesson of this **chakra**: Communication and assimilation.

Effects of activation: Helps to treat thyroid and other hormonal problems.

Color: Blue.

Glands: Thyroid and the parathyroid.

Element: Ether      Planet: Uranus      Sound: So      Sanskrit Seed Sound: HAM



### **Third Eye Chakra - Ajni - Sixth Chakra**

The center of extra-sensory perception, the seat of the will, the intellect and the spirit.

This has been called the Cosmic Consciousness Center, collective consciousness, intuition and soul.

It is here that we visualize things. The opening of the third eye corresponds to spiritual awakening in many mystical

traditions. When, through inner growth, one reaches this level, one learns to overcome anxiety, realizing that all tension is rooted in fear and that through recognizing and working with our dark side, it becomes lighter. At this level, the universe is seen as a huge hologram - everything is reflected in everything else. We know what we want for the true welfare of ourselves and others and can use our powers of positive thinking and creative visualization to create it. We are able to send love, light, and healing energy to everyone we love. '

The lesson of this chakra: Imagination and concentration.

Effects of activation: Increase in insight and sharpening of perception and focus. Spiritual awakening. Overcoming anxiety.

Color: Violet.

Gland: Pineal.

Element: None      Planet: Mercury      Sound: La      Sanskrit Seed Sound: AUM



### **Crown Chakra - Sahasara - Seventh Chakra**

Represents the highest level of consciousness attainable, enlightenment.

It is the seat of intuition. It is at this level that the higher and lower selves fuse, where there is absolute trust, with no unconsciousness and no distortion, where action and understanding become one. At this level, one experiences the god within themselves; their oneness with all of creation and with the creator. Swami Yogananda calls this level of consciousness "quintessential consciousness, emerging from time and space."

Effects of activation: Development of higher self and cosmic consciousness. Increase in understanding of self and universe.

Color: Purple or white.

Gland: Pituitary.

Element: None      Planet: Jupiter      Sound: Ti.      Sanskrit Seed Sound: AUM