

THE SEVEN MAJOR CHAKRA CENTRES

THEIR CORRESPONDING COLOUR, GLANDS AND ORGANS



- 7th Crown: White~Pineal~All Organs
- 6th Third Eye: Indigo~Pituitary~Brain
- 5th Throat: Turquoise~Thyroid~Larynx
- 4th Heart: Green~Thymus~Spleen (organ of vitality)
- 3rd Solar Plexus: Yellow~Pancreas~Stomach
- 2nd Sacral: Orange~Adrenal~Sex
- 1st Base: Red~Gonads~Kidney

'Chakra' is a Sanskrit word, which means 'wheel'. Each exists as a swirling vortex of frequency, light and colour. There is also a vacuum formed in the centre. This magnetic draw attracts to them anything that corresponds to their particular colour and light frequency spectrum.

Teachings in the ancient art of energetic healing encompass the practice of balancing and restoring the bodies energy force; known by different cultures or practices as life-force energy, chi, yin yang, prana, vital or universal energy.

When this energy is allowed to flow freely, entering in from the top of the head, and through the eyes, it channels itself down and up (positive and negative energy flow) the spine, and outward through an alignment of seven major energy centres known as chakras.

The seven major chakras correspond to seven major organs and glands. There are an additional 21 secondary or minor chakras, each corresponding to different areas of the body. The working of the chakra system is complex. There is a corresponding force for each of the seven major centres. It is through the process of evolution of consciousness that the energy forces to and from the chakras can be transferred and transmuted. Holistic health practitioners today use the foundation of ancient energy therapies to assist with balancing the chakra system in order to keep the free flow of life-force energy moving to the corresponding organs and glands.

Again, how you think, feel and express yourself in this life, has an energetic effect on your physical vitality. Keeping your chakras healthy and in balance by learning to quickly transform your stress and negative thinking through meditation for instance, is a method of approach that can be learned.

A holistic therapy specifically called 'chakra balancing' through Bio Energy Therapy is becoming more available as a means to de-stressing and keeping the centres in balance. Yoga, breath work, meditation are all excellent mediums to relax the body and transform stress.

Each of the seven major chakras represents seven states of consciousness. Let's look at animals for a moment. Their lower chakras would be most enlivened hence the dominating instinctual nature, otherwise known as 'animal instincts'.

For humans, chakra 4, 5 and 6 are the most enlivened today for the majority of people. They are most dominant in the building and maintenance of our vital force. We live in a particular time in evolution where we are most developed emotionally, mentally, creatively and spiritually than ever before. We are heart-felt, we are communicators, and we are visionaries. We are also more in control of our animal nature than we might have been 30,000 years ago. We are climbing the chakra scale as a natural part of the evolutionary process. This is also true on the single life experience. As we move from birth to full adulthood, we have the potential to discipline our lower nature.

As we mature we develop our self-will, self-control and self-accountability. The individual, who expresses an imbalance emotionally and mentally and doesn't take care of his or her physical needs, will not be as open a receptor for downloading the life-force energy. They could eventually find themselves drained and fatigued on every level and eventually could succumb to illness. When we are knocked out physically, our emotions are usually running rampant. We are irritable and sometimes even irrational in our thinking.

An individual who is balanced in their lifestyle choices, their emotions, thinking and their outward expression, will be that much more receptive to drawing down vital life-force energy. It will be allowed to move freely throughout the body, feed our internal systems, organs and cells, assuring us a more youthful presence, health, peace, happiness and longevity!