

The Chakras

Chakras are a basic part of most eastern philosophies. Chakras, or Energy Centers as they are sometimes called, seem to exist on all levels of our subtle bodies (spiritual, mental, emotional, and physical). The energy of the chakras communicates freely with the denser matter of our physical bodies. Chakras can be compared to energy transformers which allow the higher energy frequencies of the spiritual, mental, or emotional bodies to function and communicate with the lower frequency levels of the physical body.

There are hundreds of different energy centers which can be referred to as chakras, but there are seven major chakras that eastern philosophies are in agreement about the particulars of. I prefer, most often, to add 5 additional chakras to my own work (See Appendix). Each chakra is associated with particular organs, glands, or areas of the body. These associations reflect the impact each chakra has on the physical body.

Most people are able to feel the energy of the chakras with their hands. There are those who are able to see the colors and energy patterns of the chakras. You might find it interesting to put your hand over a chakra area, waiting quietly for a moment or two, and then describe the energy you feel to yourself. You might ask yourself if the energy is warm or cool, dense or fluffy? Do you “feel” the color that the literature describes? Does the color feel vibrant? Is the energy flowing freely?

As scientific studies in the western hemisphere begin to focus on studying the electromagnetic fields of the bodies, chakras (or at least energy centers very similar to them) are being acknowledged more and more. These energy centers are known to connect into the major organs, glands, and ganglia and to form a single column of energy that connects into the spine and the spinal fluid.

It has been clearly demonstrated that certain thought processes and emotional reactions are associated with particular chakras. Imbalances in specific chakras—or in the energy flow between them—can directly, and fairly immediately, result in physical, emotional, and mental imbalances.

The true nature of energy centers is complex and difficult to explain using terminology that is familiar to the western thinking mind. Depending on the circumstances of our lives, our general health, and the flow of energy in our bodies, we can demonstrate all the qualities—both positive and negative—of each of the chakras at various times in our lives. Studied and understood just a little, the chakras and their patterns can be a mirror held up to our souls. Such insights can aid us in our journey toward balance and perfection.

#1 ROOT (OR BASE)

HARMONIOUS AND CONTENTED OR FEARFUL AND VICTIMIZED

The energies of the root chakra spin over the pelvis, sexual organs, hips, and legs. This chakra pushes its energy both upward and downward, providing life energy and a column of support. It is believed that it is in and through this chakra that inherited, generational tendencies are passed from one generation to the next.

The emotional issues of this chakra revolve around the essentials needed for survival and happiness. When we are out of balance here we see ourselves as having no control over our lives. We see ourselves as victims and see someone else as responsible for our problems. Life seems very unfair. There is often a deep lack of self-worth. The underlying feeling often seems to be that the negative stuff life is giving us is all that we deserve anyway. This type of despair makes recovery from tragedy or loss very difficult. There is a tendency to be either too cautious and fearful or to act with thoughtlessness and exhibit compulsive behaviors.

Balance in this chakra allows us to nourish and look after ourselves and others appropriately. We feel no need to be either dependent or domineering in our relationships. There is great peace in our lives.

#2 SACRAL OR NAVEL

SERENITY AND SELF-AWARENESS OR MARTYRDOM AND LOSS OF SELF

The sacral chakra encompasses the small and large intestines, the womb, and reproductive organs. It represents the assimilation of nourishment from food and the acceptance of new ideas, both of which result in growth and the creation of new life. This chakra governs appetite and abundance issues in our lives. Emotionally, this chakra's balanced and unbalanced states are the polar opposites of suffering and sacrifice or pleasure, happiness, and contentment. This is called the martyr because that is the perception that we have.

A martyr feels that endless suffering and sacrifice is the role of "good" people. We should serve to exhaustion every day. Families and friends of martyrs often unconsciously encourage this behavior so that they are free of the responsibility of having to take care of themselves or help others. This insidious pattern often gets passed down to at least one of the martyrs offspring because the martyr has a phenomenal ability to make others feel guilty. Their particular brand of misery seems to really like company. A martyr personality does takes a greater degree of responsibility for his or her own life than does a victim does, however.

#3 SOLAR PLEXUS

SELF WORTH AND CONFIDENCE OR LOW SELF ESTEEM AND EASILY MANIPULATED

This chakra governs more organs than any other and is deeply linked to our ability to make wise decisions with ease and comfort. The solar plexus chakra focuses primarily on relationship issues and it controls the intake and outflow of the energy produced in our interchanges with other people.

Imbalance in this chakra produces a person who lives for recognition from others and makes them responsible for her happiness. There is often difficulty setting boundaries and they are easily manipulated because they are searching for love and recognition from the people who are often least capable of giving it.

#4 HEART

LOVE AND COMPASSION OR RESENTMENT AND A JUDGEMENTAL ATTITUDE

Eastern philosophy, most indigenous cultures, and Christian scriptures all teach that thought originates in the heart, not in the brain. Recent research by western scientists bears this philosophy out!

The heart chakra is the core of our physical and spiritual being just as the heart is the dominant organ of our physical bodies. Balance in the heart chakra will do a lot to improve and harmonize the energies of all of the other chakras, just as the entire body is influenced, for better or worse, by a weak heart.

The heart chakra is all about love; love is the center and most necessary ingredient of our lives. Loving and serving our fellow man and allowing them the freedom to walk their own paths without judgement, resentment, and manipulation from us will bring peace and joy to our own lives. The heart, both the chakra and the physical organ, have no built-in systems of protection. They are designed to be completely open and vulnerable, able to love and be loved, and this is how they are when we are balanced, happy, and feeling safe.

#5 THE THROAT

SINCERITY AND CLEAR COMMUNICATION OR INABILITY TO EXPRESS FEELINGS

This chakra is located at the cross-roads of the body, both from the left to the right and from upper to lower, and acts as a bridge between the feelings centered in our hearts and the thoughts of our minds. Although difficulties in communication are its primary focus, the throat chakra covers so much more than just the ability to communicate one's feeling and needs appropriately. The throat chakra processes information from all of the other chakras. Additionally, the thyroid gland, which governs metabolism, sits within this chakra. This chakra governs creativity and will-power, as well as issues of self-expression.

More than any other chakra—except, possibly, the heart—imbalances here often manifest in the physical body. The throat becomes inflamed if there is too much energy in this chakra or closed, with difficulty swallowing, as the "silent child" within swallows words and feelings rather than expressing themselves.

#6 BROW

INTUITIVE—PERFECT BALANCE BETWEEN ANALYTICAL AND CREATIVE OR OVERLY INTELLECTUAL

From the brow chakra conscious control is exerted over our physical, emotional, and mental well-being. This chakra is the center of thought, analysis, discernment, and—eventually—wisdom. The brow chakra is the seat of our artistic and psychic gifts, our imagination and intuition. Strength in this center is critically important. We will see clearly, maintaining a sense of proportion and having accurate perceptions.

People out of balance in this chakra often limit their goals and dreams because they trust too implicitly in conventional ideas or cling too firmly to old, familiar patterns. They may have a tendency to over-analyze until they are stuck, unable to move in any direction at all. On the other hand, imbalance here may manifest as too little concern for the future and an inability to learn from the events of the past.

#7 CROWN (*BALANCE IN AND BETWEEN ALL THE CHAKRAS*)

LIGHT, COMPASSION AND SPIRITUALITY/PROUD, ARROGANT, SELF-IMPORTANT

The purpose of the crown chakra, in my mind, is to open us to the light that can come to us from Heaven. Radiant health in this chakra enables us to be guided and inspired in all that we do. We walk the path that is ours with peace and enthusiasm. Balance here comes from the weeding out of imperfections in ourselves through the acknowledgment of our dependence on the Savior and his Atonement. (*If this does not fit with your personal beliefs, you will find plenty of information about this chakra in books that make reference to the higher self and spiritual awareness. I must speak from where I stand, however.*) Negativity, judgement, manipulation, unkindness, and insincerity are conspicuously absent from those who are balanced here.

*Each chakra borrows strength, or is thrown out of balance, by the others.
The goal of chakra work and understanding is, of course, to constantly evaluate ourselves
and strive for improvement and balance in all areas of our lives. The surest way to
chakra balance is unconditional love for ourselves and others.*