



CHAKRAS



What are Chakras?

The word 'chakra' is derived from a Sanskrit word meaning 'wheel'; but perhaps even a better translation would be spinning wheel. If you could see chakras (as many of us whom work with them do) you would be able to see each primary chakra as a spinning vortex or wheel of energy; spinning inward from the front of your body towards the centre point of that chakra on the kundalini and then spinning outward from that same point from your back.

Chakra Locations

The chakras start at the base of the spine and go up through the head on the kundalini which is located almost on your spinal column. The kundalini is shaped like a staff and many have mentioned that the Twenty-third Psalm of The Bible is speaking of the kundalini. Almost all religions believe in the spiritual and energy power points within the human body and these power points are called chakras.

There are seven primary or main chakra points with about a hundred smaller secondary chakras. The smaller points are often called meridians and are used during acupuncture to attune the Chi flow. The secondary chakra points are influenced with action and physicality while the seven primary chakras deal with emotions and spirituality. The primary chakras influence your health greatly, the health concerns related to them are caused by an unbalance in the chakra itself, from an emotional or spiritual cause, which then manifests into a physical ailment. Each chakra relates strongly to a specific part of the body, specific emotions, mental, and spiritual concerns.

Vibrations of Chakras

Each chakra has a different frequency of vibration, symbol, colour, and sound that it is attuned to. When the chakra is balanced, clear, and energized it would be in tune and play the most wonderful sound of it's own, emitting the proper vibration for that chakra. Many things can effect the vibrations including sounds of voice, drums, music, chants, mantras, the vibrational energy of colours, and of course gemstones. All colours and sounds are vibrations and using the sounds and colours of the chakras assist them in becoming aligned and balanced. The colours of the chakras are that of the rainbow; starting at the root chakra black/red, orange, yellow, green/pink, light blue, indigo, and violet/white for the seventh chakra; as shown in the picture above.

Each chakra needs to be able to function at the correct frequency independently. Each needs to be balanced, clear, energized, and properly spinning. Each time all the chakras reach a level of unison the entire physical vibration of the human body is raised.

Think of a scale of one to ten, with ten being the highest and best. Next, think of each chakra needing to be at the same number on that scale. Once each individual chakra is at the same number your entire physical, emotional, mental, and spiritual body raises into its own new vibrational level to match that of the chakras.

The more chakra energy work you do the higher your whole body will be raised on this scale with ten being enlightenment while still in this physical human form.

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Unbalanced and Blocked Chakras = Illness

When your chakras are not vibrating or spinning properly you are unable to move your physical, emotional and mental body onto a higher spiritual level. When we are born we can have a perfect balance or have an imbalance from the past lives we bring with our spirit. Although the human body is just a vessel and a machine it is seldom broke from manufacturer reasons and natural biological causes. Each chakra effects different parts of the body and almost all illness is caused by poor chakra health. Illness is usually for us, or those around us, to learn higher lessons. You are given intuition and hints all the time about what you should be doing and how you should be living but we often ignore the words from Spirit and our higher selves. We are too often stuck in the reality and physicality of life to listen to our inner selves. Eventually, the chakras become out of balance and since you are stuck in the reality - the chakra manifests the energy imbalance into the physical; the health of your physical body.

When you have chakra blocks you slow down the Chi, the life force, and the spiritual connection. You may feel depressed, out of touch, like you lost something, tired, unable to clearly think, or listless. You may get angry for no reason, be afraid, be unsure of yourself, lack self-confidence, be unhappy without a direct understood reason, and have a general negative outlook on life. All of these indicate that you have a problem to resolve that is chakra based.

Balanced Chakras = Happiness & Health

Universal love flows through the chakras. It is important that you try to maintain the correct energy flow through each chakra since you could also negatively be effected by a chakra being too open. Remember that balance in each, and balance in all in comparison to one another is what you seek. When the chakras are aligned on the kundalini and balanced the energy flows freely from the primal base to the spiritual chakra allowing us a grounded connection to a higher spiritual communication. Think of each chakra as a water valve and your goal is to have each on the same amount so the ULEK flows through the kundalini, uninhibited and constant.

Cure Yourself through Chakras

Most major illnesses and ailments are chakra based. Think about how when you feel uncomfortable and almost scared how your stomach gets in an uproar. This is your emotions, your chakra emotions, manifesting into your physical form. When you are no longer scared your stomach eases and returns to normal. Your whole body can be effected depending on the emotions and concerns you carry with you. Childhood and past life issues that you may not be consciously aware of could be the cause of your illness now. I am not saying that every single thing wrong physically is a chakra issue because we are human physical beings that is effected by nature and flukes happen. But on a spiritual level we choose the body we are in this time, or Spirit choose this body for us, for a reason and for lessons to be learned. Chakra work is not easy or painless. We often think we have resolved an issue mentally when there may still be emotional garbage attached to the chakra. We also have a tendency to bury things and those emotions are transferred to a cellular level in our bodies, so clearing those issues may take a lot of work to resurface and resolve.

Any of us who have done major chakra work will tell you that "Gee, I got it all fixed." We then raise to a new physical vibrational level and cope with those feelings of being in two places at once before we settle into our new physical vibrational level. Then just as we think we have it all together we will find more chakra issues to deal with. Often we can not see all the issues because something will be in the way. Once you remove that thing you can see what is behind it, more issues! You will know when an issue is totally cleared when you experience the release on all for levels; physical (you will feel it physically), emotionally (usually crying or screaming), mentally (understanding it like never before), and spiritually (feeling it transmuted into pure unconditional love). But fair warning... even after you think it is gone it can come back or you may not have resolved all the associated emotions, reasons, or spiritual concerns connected with the issue. So perhaps you can never really know if it is totally cleared but you will understand when that part of it is embraced and released.

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