

## **Demystifying chakras, its meaning, simplified**

As eastern philosophy spreads through the West, people of all races and cultures are adopting yoga and meditation. We hear quite often about chakras, and the importance of “aligning our chakras”, “cleaning our chakras”, and the various body parts, emotions, and mental/physical/emotional states associated with each single chakra. But for many of us it is a blurry topic, and many find it hard to grasp its true meaning. We use the word chakra, but do we truly know what is meant by chakras?

Here is a simplified summary to better help you understand their significance and meaning in more western terms. Keep in mind, yoga philosophy and eastern philosophy is deep, ancient, and profound in its form, so any real grasp of its meaning may take life long practice, however I hope this little break-down will assist in making the topic a little more clear.

### **We heard of the seven chakras**

The seven chakras are often referred to as the seven energy wheels, or energy centers in the body. They are not visible to most people, as they are not matter, like an organ, visible when cut open, but they are energy centers. As Einstein talked about, everything is energy, and when we break down the body, we are atoms, with a nucleus which is several hundred thousand times smaller than the diameter of an atom, and the atom has electrons revolving about it, which again are thousand times smaller than the nucleus. So we literally are space, and energy. The body in its infinite intelligence, is deeply connected energetically. Without getting too deeply into quantum mechanics, and bio chemistry, let's just say that the physical manifestation of who we are, meaning, what we see in the mirror or through an X ray machine, is, when broken down, energy.

So there are “homes” for various energy groups in the body. And since emotions/feelings are chemical reactions in the body, (and emotions trigger thoughts, and vice versa) it makes sense then that the mind/body is governed by a complex exquisite mix of chemicals and energy. This unique concoction makes up who we are, our personality, and physical traits, partly from DNA expression, AND from our environment, and our interaction with environment.

So there are specific chemical/mental/emotional connections, that exist within certain energetic areas of the body. These “homes” are chakras.

### **Seven versus twelve chakras**

The chakras (energy wheels/centers) we hear about mostly are these seven:  
Root chakra - sits in the perineum/base of the spine - called Muladhara in Sanskrit.  
Root chakra is associated with: survival, self-esteem, social order, security, family, our “roots” our karma, our sense of belonging in the world. See chart below:

Root or Base Chakra	
<b>Colour Association</b>	Red
<b>Sanskrit Name</b>	Muladhara
<b>Location</b>	Base of spine, coccyx
<b>Lesson</b>	Survival—The right to exist. Deals with tasks related to the material and physical world. Ability to stand up for oneself and security issues.
<b>Imbalances</b>	Anemia, fatigue, lower back pain, sciatica, depression. Frequent colds or cold hands and cold feet.
<b>Root Stimulants</b>	Physical exercise and restful sleeps, gardening, pottery and clay. Red food & drink. Red gemstones, red clothing, bathing in red, etc. Using red oils such as ylang ylang or sandalwood essential oils.

Spleen Chakra	
<b>Colour Association</b>	Orange
<b>Sanskrit Name</b>	Svadisthana
<b>Location</b>	Below navel, lower abdomen
<b>Lesson</b>	Feelings—The right to feel. Connected to our sensing abilities and issues related to feelings. Ability to be social and intimacy issues.
<b>Imbalances</b>	Eating disorders. Alcohol and drug abuse. Depression. Low back pain. Asthma or allergies. Candida & yeast infections. Urinary problems. Sensuality issues as well as impotency and frigidity.
<b>Spleen Stimulants</b>	Hot aromatic baths, water aerobics, massage. Embracing sensation (such as different food tastes). Orange food & drink. Orange gemstones and orange clothing. Using orange oils such as melissa or orange essential oils.

Solar Plexus Chakra	
<b>Colour Association</b>	Yellow
<b>Sanskrit Name</b>	Manipura
<b>Location</b>	Above the navel, stomach area
<b>Lesson</b>	Personal power—The right to think. Balance of intellect, self-confidence and ego power. Ability to have self-control and humor.
<b>Imbalances</b>	Digestive problems, ulcers, diabetes, hypoglycemia, constipation. Nervousness, toxicity, parasites, colitis, poor memory.

<b>Solar Plexus Stimulants</b>	Taking classes, reading informative books, doing mind puzzles. Sunshine. Detoxification programs. Yellow food & drink. Yellow gemstones and yellow clothing. Using yellow oils such as lemon or rosemary essential oils.
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<b>Heart Chakra</b>	
<b>Colour Association</b>	Green
<b>Sanskrit Name</b>	Anahata
<b>Location</b>	Center of chest
<b>Lesson</b>	Relationships—The right to love. Love, forgiveness, compassion. Ability to have self-control. Acceptance of oneself.
<b>Imbalances</b>	Heart and breathing disorders. Heart and breast cancer. Chest pain. High blood pressure. Passivity. Immune system problems. Muscular tension.
<b>Heart Stimulants</b>	Nature walks, time spent with family or friends. Green food & drink. Green gemstones and green clothing. Using green oils such as eucalyptus or pine essential oils.

<b>Throat Chakra</b>	
<b>Colour Association</b>	Blue
<b>Sanskrit Name</b>	Visuddha
<b>Location</b>	Throat region
<b>Lesson</b>	Relationships—The right to speak. Learning to express oneself and one's beliefs (truthful expression). Ability to trust. Loyalty. Organization and planning.
<b>Imbalances</b>	Thyroid imbalances, swollen glands. Fevers and flu. Infections. Mouth, jaw, tongue, neck and shoulders problems. Hyperactivity. Hormonal disorders such as PMS, mood swings, bloating and menopause.
<b>Throat Stimulants</b>	Singing (in the shower), poetry, stamp or art collecting. Meaningful conversations. Blue food & drink. Blue gemstones and blue clothing. Using blue oils such as chamomile or geranium essential oils.

<b>Brow or Third Eye Chakra</b>	
<b>Colour Association</b>	Indigo
<b>Sanskrit Name</b>	Anja

<b>Location</b>	Forehead, in between the eyes.
<b>Lesson</b>	Intuition—The right to “see.” Trusting one’s intuition and insights. Developing one’s psychic abilities. Self-realization. Releasing hidden and repressed negative thoughts.
<b>Imbalances</b>	Learning disabilities, co-ordination problems, sleep disorders.
<b>Depression</b>	Thyroid imbalances, swollen glands. Fevers and flu. Infections. Mouth, jaw, tongue, neck and shoulders problems. Hyperactivity. Hormonal disorders such as PMS, mood swings, bloating and menopause.
<b>Brow Stimulants</b>	Star gazing. Meditation Indigo food & drink. Indigo gemstones and indigo clothing. Using indigo oils such as patchouli or frankincense essential oils.

<b>Crown Chakra</b>	
<b>Colour Association</b>	Violet
<b>Sanskrit Name</b>	Sahasrara
<b>Location</b>	Top of head
<b>Lesson</b>	Knowingness—The right to aspire. Dedication to the divine consciousness and trusting the universe. Learning about one’s spirituality. Our connection to the concept of “God” or a higher intelligence. Integrating one’s consciousness and subconsciousness into the superconsciousness.
<b>Imbalances</b>	Headaches. Photosensitivity. Mental illness. Neuralgia. Senility. Right/left brain disorders and coordination problems. Epilepsy. Varicose veins and blood vessel problems. Skin Rashes.
<b>Crown Stimulants</b>	Focusing on dreams. Writing down one’s visions and inventions. Violet food & drink. Violet gemstones and violet clothing. Using violet oils such as lavender or jasmine essential oils.

## **Twelve chakras- Where science and spirituality meet**

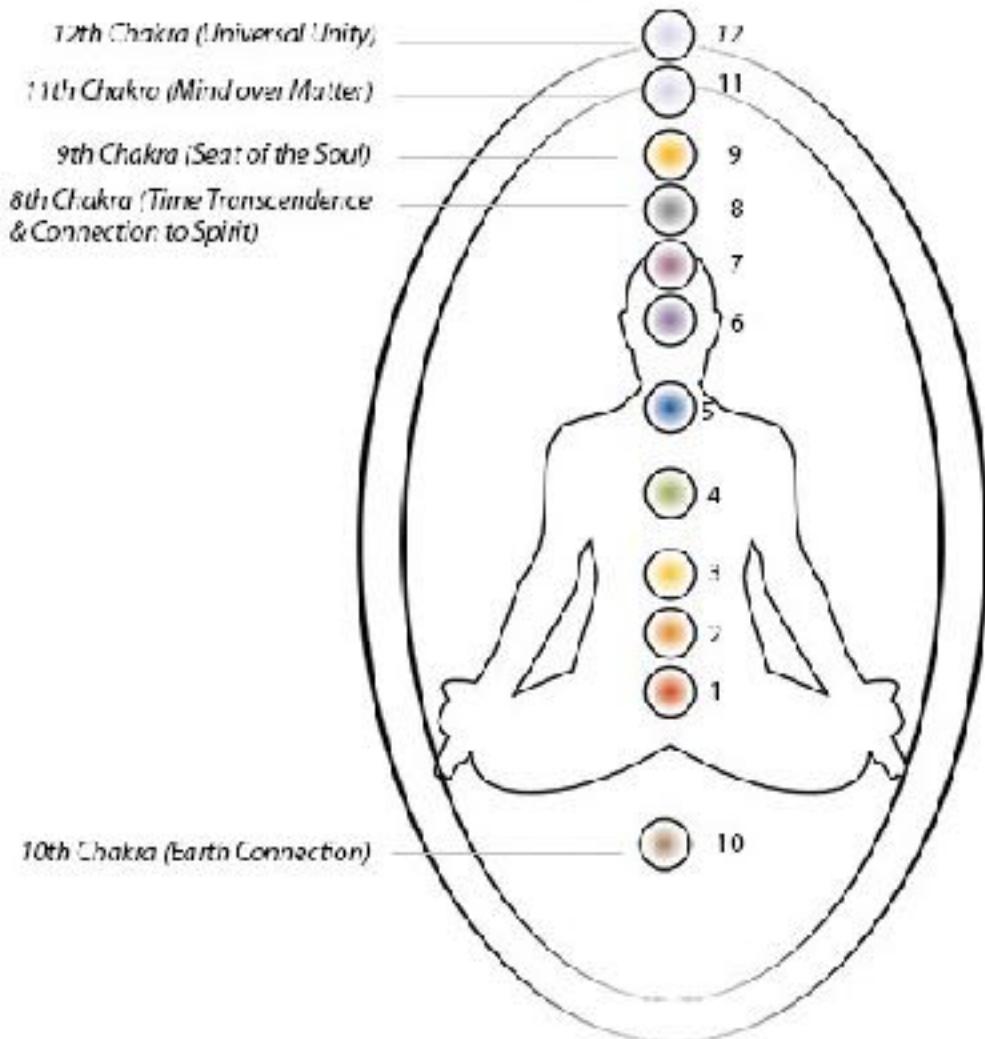
We usually just hear about the seven chakras, but there is an established 12 chakra system as well, although less spoken of in public forums.

The 12-chakra system brings forth our connection to the entire universe, and the premise is based upon that all living beings are part of a whole.

## **All time is now**

Transcending time/space; Einstein talked about this. The idea that we can move out of our familiar realm in time and space is a foreign concept for many of us, but so was the concept that the world was round, not that long ago.

# 12 Chakra Chart



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Below is a chart showing the 12 chakra system. The order in which these five extra chakras are placed may vary. It is important to remember that we are dealing with an esoteric philosophy rather than a linear and academic one.

The position of chakra #8 et #9 above the crown chakra is a fairly common representation of the higher chakras. The following chakra chart contains 12 energy centers and locates the “underground” earth chakra in 10th position.

- **8th chakra** – Located slightly above the crown chakra, about 1 inch above it. With the 8th chakra, we enter realms transcending space and time. **This energy center is said to open access to parallel universes and lives; it gives access to the realm of the Akashic records and the sphere of potentialities in the making.**

- **9th chakra** – Located further above the crown chakra, the 9th chakra is said to be the “seat of the soul.” **It allows access to your soul’s code or higher purpose. It can be seen as the door to archetypal energies or patterns that play an important role in shaping our destiny.**
- **10th chakra** – Located approximately a foot and a half below the surface of the ground. It ensures our connection with the earth. Because it works primarily with the energies of the earth, it is very physical in nature. It pertains to our physical well-being and connects us to the grounding energies of the earth and our environment. **Just like the first (or root) chakra, it is useful to heal any bone and bone marrow-related issues. It can also play a role in any DNA-related or hereditary issues.**
- **11th chakra** – Located outside of the human body, it is said to be accessible through the hands and feet. **It makes up an energy field that connects our human sphere of influence to the supernatural. The 11th chakra emphasizes the mind as a powerful tool to shape matter.**
- **12th chakra** – Located on the outskirts of the 12-chakra system, it allows us to stretch beyond our common sphere of understanding into universal unity with all that is. **It is said that it’s the chakra of mastery of the soul’s purpose through our human existence.**

As you can see, summarizing the elaborate chakra system is not an easy task, but an important lesson to perhaps take away from all this is this, learning more about the energy centers in the body, and learning about the ailments associated with each center, may help us in our dealings with clients and students who suffer from imbalances.

There are many helpful tools and articles online, which specifically deal with exercises and yoga poses designed to aid each energy center.

I encourage everyone to deepen their knowledge of the chakra systems, and use them as a tool for better health and well being.