

ESSENCE OF THE DIVINE

THE CHAKRAS



Chakras or whirling energy centers are very important part of the energy body. Just as the visible physical body has vital and minor organs, the energy body has major, minor and mini chakras. Major Chakras are energy centers which in general are about three to four inches in diameter. They control and energize the major and vital organs of the visible physical body. They are just like power stations that supply life energy or prana to different organs. When the power stations malfunction, the corresponding vital organs become sick or diseased because they do not have enough life energy to operate properly!

The chakras have several important functions:

They absorb, digest and distribute prana to the different parts of the body.

The Chakras control and energize, and are responsible for the proper functioning of the whole physical body and its different parts and organs. The endocrine glands are controlled and energized by some of the major chakras. The endocrine glands can be stimulated or inhibited by controlling or manipulating the major chakras. A lot of ailments are caused partially by the malfunctioning of the chakras.

Some chakras are sites or centers of psychic faculties.

Activation of certain chakras may result in the development of certain psychic faculties. For example, among the easiest and safest chakras to activate are the hand minor chakras. These are located at the center of

the palms. By activating these chakras, one develops the ability to feel subtle energies and the ability to feel and sense different parts of the aura.

Many ancient esoteric books reveal only seven chakras or less. Although a few of them hint on the existence of more than seven.



Crown-Violet



Third Eye-Indigo



Throat - Blue



Heart-Green



Solar Plexus-Yellow



Sacral (Spleen)-Orange



Root-Red

Root or Base Chakra

Colour Association Red

Sanskrit Name Muladhara

Location Base of spine, coccyx

Lesson	Survival—The right to exist. Deals with tasks related to the material and physical world. Ability to stand up for oneself and security issues.
Imbalances	Anemia, fatigue, lower back pain, sciatica, depression. Frequent colds or cold hands and cold feet.
Root Stimulants	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

Colour Association	Orange
Sanskrit Name	Svadisthana
Location	Below navel, lower abdomen
Lesson	Feelings—The right to feel. Connected to our sensing abilities and issues related to feelings. Ability to be social and intimacy issues.
Imbalances	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.
Spleen Stimulants	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

Colour Association	Yellow
Sanskrit Name	Manipura
Location	Above the navel, stomach area
Lesson	Personal power—The right to think. Balance of intellect, self-confidence and ego power. Ability to have self-control and humor.
Imbalances	Digestive problems, ulcers, diabetes, hypoglycemia, constipation. Nervousness, toxicity, parasites, colitis, poor memory.
Solar Plexus Stimulants	Taking classes, reading informative books, doing mind puzzles. Sunshine. Detoxication programs. Yellow food & drink. Yellow gemstones and yellow clothing. Using yellow oils such as lemon or rosemary essential oils.

Heart Chakra

Colour Association	Green
Sanskrit Name	Anahata
Location	Center of chest
Lesson	Relationships–The right to love. Love, forgiveness, compassion. Ability to have self-control. Acceptance of oneself.
Imbalances	Heart and breathing disorders. Heart and breast cancer. Chest pain. High blood pressure. Passivity. Immune system problems. Muscular tension.
Heart Stimulants	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.

Throat Chakra

Colour Association	Blue
Sanskrit Name	Visuddha
Location	Throat region
Lesson	Relationships–The right to speak. Learning to express oneself and one's beliefs (truthful expression). Ability to trust. Loyalty. Organization and planning.
Imbalances	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.
Throat Stimulants	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.

Brow or Third Eye Chakra

Colour Association	Indigo
Sanskrit Name	Anja

Location	Forehead, in between the eyes.
Lesson	Intuition—The right to “see.” Trusting one’s intuition and insights. Developing one’s psychic abilities. Self-realization. Releasing hidden and repressed negative thoughts.
Imbalances	Learning disabilities, co-ordination problems, sleep disorders.
Depression	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.
Brow Stimulants	Star gazing. Meditation Indigo food & drink. Indigo gemstones and indigo clothing. Using indigo oils such as patchouli or frankincense essential oils.

Crown Chakra

Colour Association	Violet
Sanskrit Name	Sahasrara
Location	Top of head
Lesson	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.
Imbalances	Headaches. Photosensitivity. Mental illness. Neuralgia. Senility. Right/left brain disorders and coordination problems. Epilepsy. Varicose veins and blood vessel problems. Skin Rashes.
Crown Stimulants	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.

A Chakra Meditation

"Centering" and "grounding" techniques should be used before beginning these meditations. A grounding technique can be as simple as feeling your connection to the earth and visualizing a root growing from your body into the earth and being focused and present. Centering usually requires your being relaxed. Three deep abdominal breaths through the nose, focusing on relaxing your entire body, feet to crown, and simply feeling centered within your body will often serve as a centering technique

This meditation can be done very quickly or you can spend some time focusing on each color. You will

want to have pencil and paper handy to use following your meditation to write down any impressions you received. This meditation can strengthen each chakra center by visualizing its vibratory color. You may notice that some centers are easier to visualize and fill with color than others. Some centers may need an endless amount of color and you may not be able to visualize some. Any impressions should be noted after the meditation.

After you have grounded and centered yourself and are in a relaxed comfortable position, close your eyes and picture a large brilliant white light suspended above your head. All of the colors you draw down should come from this brilliant white light sphere above your head.

First picture a strong red light in the sphere. Draw it down into your body, down the spine and into the root chakra. Let the color completely fill the chakra and allow any overflow to pass into the earth.

Next pull the color orange out of the sphere and bring it down the spine into the lower abdomen. Fill the area of the sacral chakra with the color orange and allow any overflow to pass into the earth.

Move back up to the white light and let the color yellow enter the body, move down the spine and fill the solar plexus area. Again fill the area with this bright yellow light, leaving no area in shadow and allow any excess to flow down into the earth.

Now move the vibrant rich green light from the sphere above your head and fill the heart chakra. The heart chakra is your center and you will experience a balancing, calming effect when this chakra is filled. Allow any excess to flow into the earth.

Next move the sky blue color from the sphere and fill the throat center with this cool blue light. Move the excess into the earth.

Take the deep midnight blue color and move it into the third eye. Feel the quite calm as this indigo color fills the brow chakra. Let any extra indigo light flow into the universe.

Finally draw down a soft violet light and pour it over your crown chakra. Allow this violet color to pour over your entire aura in a continuous steady stream; it will protect and balance all aspects of the self.

Slowly count to 10 and open your eyes. Jot down any impressions.

Like

66 people like this. Be the first of your friends.

Rev. Lynn offers Psychic readings and Numerology Reports both locally and long distance.

Reiki healing and chakra balancing available in the Tampa Bay area.

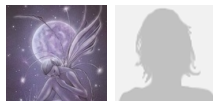


Welcome

[Login with Facebook](#)

[Sign In](#) or [Register](#)

Newest Members



Upcoming Events

No upcoming events

Recent Blog Entries

 **December 21, 2012**

0 comments

 **End of the World?**

0 comments

 **Hope**

0 comments

 **Follow your Bliss**

0 comments

Featured Products

No featured products

Recent Prayer Requests

- **Hope**

I sincerely pray to Goddess Kuan Yin and ask her to clear any energy blocks in my body. With her kind blessings, I easily manifest divine relationships, good health, and a fulf...

- **Prayer request**

Please Pray, use all your faith and believe GOD will unite me (Phil Chavez) and my soul mate together as soon as it is possible with GOD by any means necessary .Never been on a da...

[Read more prayer requests...](#)

Testimonials

- *"Thank you very much Rev. Lynn for the guidance provided. I was impressed with the kindness and practical points she gave me. I will definitely recommend her to anyone who wants ..."*
Serge
- *"Really excellent reading. You hit on so many areas of concern for me, and I feel relieved that the way I was thinking was confirmed. Thank you. It is nice to know I have somewhe..."*
Lillian Foglia - Denver, Colorado

[Read more testimonials...](#)

©2007