

The chakra energy system



You may have heard that chakras are energy points that line along the spine but....what does it exactly mean? I have to say it took me quite a while to grasp the concept and understand the importance of chakras in our health and life.

Chakra is a Sanskrit word meaning *spinning wheels* of light. Life is energy, and the chakras are about energy, the universal life force that circulates throughout our bodies, the paths through which energy flows. This means chakras are not part of our physical bodies but a part of what could be called our spiritual anatomy, and are located along the central axis, in the energy spine. The location of the seven chakras coincide with glands, nerve centres and blood vessels, and even though they are not identical to those organs, they are closely linked to them.



The chakras represent different levels of consciousness. The ones located at the bottom represent primitive instincts, the ones in the middle of the body, human behaviour and the ones at the top are linked with intellectual aspects and higher states of

consciousness.

We have an unlimited potential in the body given by the constant flow of life force energy. To feel this energy flowing, the chakras have to be clear so they can work at their fullest potential. When they do, we feel healthy, at peace and nourished from the outside out.

The seven chakras at a glance

The **first** chakra, called Root chakra, is situated at the base of the spine and its main function is to keep us grounded by helping us to establish a strong connection with the Earth. It keeps us rooted in ourselves and relates to our basic needs of survival. This chakra radiates the colour red, which symbolises strength and vitality.

A balanced root chakra provides emotional strength, security and confidence. Conversely, when it is imbalanced, it may lead to mental stress, feelings of being isolated, anxiety, digestive disorders and reproductive issues, among others.



Crystals are vibrational tools, therefore placing crystals on or around your energy centres creates an internal energy balance that leads to healing.

Crystals for root chakra: red coral, mahogany, black obsidian.

Affirmations that can help strengthen your Root chakra, include:

- ✓ I feel safe, centred and secure
- ✓ I have deep roots
- ✓ I am grounded and open to all possibilities.
- ✓ I am at home in my own body.

The Sacral chakra is the **second** energy centre, located in the lower abdomen, below the navel. Its colour is orange, which stands for creativity, growth and pleasure. This chakra assists in accepting change, flexibility and transformation in life and supports personal expansion and exploration of our desires and creativity. It is associated with the bladder, kidneys and reproductive organs. If unbalanced, it produces physical and emotional weakness, anxiety and fear of losing control in relationships. At a physical

level, it produces lower back pain, sexual problems and kidney issues, among others.



Crystals: orange carnelian, stibilten.

Affirmations that can unblock the Sacral chakra include:

- ✓ I am a creative being
- ✓ I attract people who treat me with respect
- ✓ I am in touch with my feelings and emotions
- ✓ It is passionate about my life

The **third** chakra, called Solar Plexus, is situated around the navel and provides a source of personal power and will along with a sense of purpose. Its colour is yellow, which symbolises energy, intellect and new beginnings. Imbalances in this energetic field may produce digestive disorders, issues with the pancreas, liver and colon and a range of emotional problems such as doubts, low self-esteem, worries and mistrust towards people. When this chakra is in a healthy alignment, it promotes self-security, empowerment and allows the connection with a life purpose, helping us achieve success.



Crystals: amber, tourmaline and topaz.

Affirmations that can strengthen the third chakra include the following:

- ✓ I am strong
- ✓ I honour myself
- ✓ I accomplish tasks easily
- ✓ I am worthy of love and respect

The **fourth** chakra is the centre of love for ourselves and others and is located in the region of the heart. It is connected with opening the channels to unconditional love, empathy, compassion and forgiveness. Its colour is green, which represents health, growth, serenity and calmness for ourselves and others. When properly balanced, we feel abundance of empathy, compassion and love. We can see the love around us and we feel connected with ourselves. Issues with the energy flow in this chakra may us feel isolated, unable to giving and receiving affection and to establishing healthy relationships. Physical manifestations of blockage include heart palpitations, poor blood circulation and lung conditions.



Crystals: rose quartz, green opal, rhodonite.

Affirmations to strengthen the heart chakra include:

- ✓ *I completely love and accept myself.*
- ✓ *My heart is open to love.*
- ✓ *I forgive myself.*
- ✓ *I live in a state of grace and gratefulness.*

The **fifth** chakra is located at the base of the throat. The energy of this chakra produces effective communication, inspiration and expression. It allows us to establish a deep connection with verbal and body language, to find our voice, to speak our truth and to express ourselves in a creative way. Its colour is sky blue, which represents communication, peace and tranquillity and is the colour associated with heaven. Signs of a blocked throat chakra include inability to express emotions, use of negative words and behaviours, unbalanced expression of creativity and, in extreme cases, inability to express ourselves at all. At a physical level, the blockage of this chakra manifests itself by pain or stiffness in the neck area, a sore throat and problems in the thyroid gland.



Crystals: turquoise, aqua marine, blue lace agate.

Affirmations that can heal the throat chakra include the following:

- ✓ *I communicate confidently and with ease.*
- ✓ *I am balanced in speaking and listening.*
- ✓ *I am an active listener.*
- ✓ *I speak my true thoughts with clarity.*

The **sixth** eye chakra, located between the eyebrows, is the centre of intuition, perception and consciousness. The third eye reveals insight into the future and establishes a connection with the outer world through the inner vision. When this chakra is awakened, it enhances consciousness and allows us to transcend reality, strengthening awareness and intuition and improving our physical and spiritual wellbeing. When it is blocked, it produces lack of concentration and imagination, not receiving intuitive insights, eye and ear problems, headaches and hormonal imbalances. It is represented with the colour purple, the colour of spirituality, transformation and spiritual awakening.



Crystals: lapi lazuli, sodalite, sapphire.

Affirmations that increase the power of the third chakra include:

- ✓ *I am wise, intuitive, and connected to my inner guidance.*
- ✓ *I trust my intuition, always.*
- ✓ *I seek to understand and learn from my life experiences.*
- ✓ *I am connected to my higher power.*

The **seventh** chakra, called Crown chakra, is situated at the top of the head and creates a strong connection with the Supreme Self, allowing access to a great clarity and enlightened wisdom. It represents pure, cosmic energy and the desire to experience the Divine and gives us a sense of serenity, joy and peace about life. This chakra vibrates to two colour energy frequencies: white, and radiant violet,

A blocked crown chakra produces headaches, poor coordination and exhaustion. At an emotional level, its imbalance manifests as disconnection to the spirit, close mindedness, isolation, loneliness and even depression. The imbalance may also produce neurological disorders, migraines, nerve pain and thyroid and pineal gland issues.



Crystals: amethyst, clear quartz, moonstone.

Positive affirmations for Crown Chakra balance include the following:

- ✓ *Divinity resides within me.*
- ✓ *I am open to new ideas.*
- ✓ *The world is my teacher.*
- ✓ *I am guided by a higher power and my inner wisdom.*

