

Chakra Concept of Energy Centers, Their Functions and Healing and Balancing Methods

Definition: “Chakra” originated in the Hindu texts and is derived from the Sanskrit word for “wheel” or “turning.” The chakras are said to be “force centers” or whorls of energy that act as a focus for the reception and transmission of energies in association with organ systems in the body and their interactions with the world at large. This “subtle body energy” is also given a color based on the vibration of the electromagnetic light spectrum in correlation with the chakra’s specific qualities. This “luminous” body can be a source of both ongoing illness and a place for great healing without the use of drugs.

Everything that exists has a vibration. Humans exist at the 49th octave of vibration as the molecules that make us alive are always in motion. Below this are things barely visible such as radiant heat. But lower in vibration are infrared, television, radio waves and even lower are sound and brain waves. Above these vibrations is the rarely visible ultraviolet, then the invisible frequencies of chemicals and perfumes. Above this are some of the invisible rays such as x-rays, gamma and radium rays, then cosmic rays.

Aligning and balancing the chakra’s can be likened to tuning a piano. Each piano string has a certain vibration to create a note. The tuner uses an instrument that tightens or loosens the string to create a specific note or frequency. Each stone has a specific vibration and quality for its use in chakra balancing as it “tunes” the cells vibrations and brings harmony to the energy fields and the organ systems therein.

Through the use of color or light energy one can gain a new perception of the physical body by exploring the energetic boundaries through color as each specific light frequency affects or influences the associated chakra. Many have learned the light spectrum through the abbreviation ROY G BIV (red, orange, yellow, green, blue, indigo and violet). This is the ascending order of colors with the accompanying chakra.



Muladhara

Red: Root/ Base Chakra

Center is at the base of the spine and includes the perineal region. This chakra is associated with the survival instinct, stability, motivation and energy. It emotionally governs the sense of security and may hold fear.



Swadhisthana

Orange: Sacral Chakra

Center is in the sacral bone, which is the spinal component of the pelvis. It is aligned with reproduction, and the genitourinary system. It emotionally governs joy.



Manipura

Yellow: Solar Plexus Chakra

Center is mid abdomen and includes the organs related to metabolism and digestion. This includes the liver, pancreas (insulin and digestive enzymes), adrenal glands and intestines.



Anahata

Green: Heart Chakra

Center is the chest which includes the heart and thymus gland(immune function). It governs circulation, the ability to fight off disease and emotionally is unconditional love and devotion.



Vishuddha

Blue: Throat Chakra

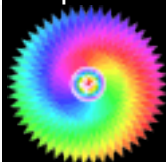
Center is the throat area and includes the thyroid gland which plays a role in metabolism and skin health. It governs communication and the ability to relate to the world.



Ajna

Indigo: Brow Chakra

Center is the forehead and is associated with the light sensitive pineal gland, which regulates sleep. It resonates with the ears, nose, left eye and nervous system.



Sahasrara

Violet: Crown Chakra

Center is just above the head and is thought to govern the pituitary gland which hormonally communicates with the entire body and connects to the central nervous system via the hypothalamus. It is said to be the seat of the soul, which continues on after the bodies' death and connects all to the infinite.

Stones and their healing properties

Crystals are pervasive in the world as all solid matter is made up of atomic particles arranged in an organized structure or lattice. The crystal lattice of certain minerals like quartz and diamond provide such stability of structure that they are used commonly to direct electromagnetic energy. That is why silicon chips are used to provide memory in computers. Quartz crystals are used in watches and clocks to provide accurate time measurements. Other crystals like Pyrite are used in the construction of radio receivers. These crystals act as resonators and transducers of electromagnetic energy converting the energy of vibration, like radio signals, back into sound waves for us to hear. The ruby is used to focus lasers and even DNA, found in every cell of living organisms, is a hexagonal crystal structure. Cells emit electromagnetic energy to communicate with each other and living molecules emit photons of light at regular intervals. Therefore, stones can easily be understood to work with the bodies' energy fields to align or enliven areas with improper resonance, which is caused by "dis" "ease" or illness.



Bloodstone: Grounds one fully to the body thus enhancing strength, courage and determination through the challenges of life on earth.. It energizes the root chakra, the source of our physical abilities, and aids in endurance. It naturally aids in problems with the bloodstream like anemia, clotting disorders and reduction in tumor size. Bloodstone also stimulates the immune system for acute infections, detoxifies organs, aids circulation and constipation.



Carnelian Agate: Activates the first three chakras and is in the quartz family which can harmonize all seven chakras. It aids in the vitality and energy of the physical body and increases focus for training issues. It can detoxify the body from harmful substances and break negative behaviors.

It aids in appetite, depression, and decreases the anxiety aging can bring.



Amber: Made of fossilized plant resin and is an excellent source of light energy since first derived from the synthesis of light by plants. As a tree absorbs the carbon dioxide we exhale and creates oxygen, this stone absorbs "waste" energy and converts it into usable energy. Amber pervades the body to aid in healing on many levels by detoxifying, purifying and dispelling negative energies. It can be used to treat stomach, spleen, kidney, bladder, gallbladder, liver and digestive problems.

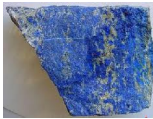


Malachite: One of the most protective stones against negative energies and is an integral stone for "harmonizing" heart health both physical and emotional. Because it is a copper based stone it has powerful electrical conductivity, which

aids in decreasing seizures, reduces inflammation causing arthritis and other painful conditions and facilitates postoperative healing. It protects against background radiation from appliances, power lines and may curb OCD behaviors.



Blue Lace Agate: Beneficial to the throat chakra and emanates a peaceful, soothing vibration which helps to heal burns, neutralize infection, diminish inflammation and lower fevers. It aids in healing shoulder, neck and thyroid disease while assisting in problems with the larynx. Anxiety can be released and fear diminished where abuse has been involved.



Lapis Lazuli: Works well in the area of the “third eye” or brow and aids in both memory and knowledge. It harmonizes the physical and emotional state, aids sleep, vestibular (vertigo) problems and benefits the respiratory and nervous systems. By strengthening meridian flow it works well with acupuncture especially when posttraumatic pain is present and/or habitual behaviors sabotage healing.



Amethyst: A member of the quartz family with traces of iron and aluminum, it works well in the crown chakra. In both the physical and emotional realms, amethyst works by “clearing” the energy fields of all negative attachments and replacing them with an energetic “shield” of light. It can decrease separation anxiety, ease sorrow with the loss of a loved one and promotes restful sleep. It is known to create a protective “aura” around those in its company.