

# White Light Healing



An Introduction To The Chakras

## *About The Chakras*

*The word 'chakra' is derived from a Sanskrit word meaning 'wheel'; but perhaps even a better translation would be spinning wheel. Chakra is actually a term which defines a number of lines meeting on a common specific point. So in our bodies we have a number of nerves crossing at various parts our body forming major and minor energy meridians which carry the energy to different parts of our body.*

*If you could see chakras 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.*

*We have seven major chakras which act like the 7 gateways for pranic energies to enter our aura so that the energy may be supplied to our subtle bodies and we also have a number of minor chakras in our bodies.*

*The chakras we are talking about are physical & metaphysical both. In the physical body, these chakras are a result of the intersection of various nerves or nadi's and in the metaphysical terms these chakras are a result of the intersection of our nadi's in our subtle bodies.*

*Everything that exists in this universe is just vibration so that means each chakra in our physical body & the subtle body will also have a specific vibration. So each of our chakras have a particular frequency on which they should vibrate to be in balance & harmony with all other chakras facilitating perfect health at all levels. Therefore each chakra has a particular sound, colour, fragrance, crystal which vibrate to a frequency matching to the chakra itself. So whenever a chakra is out of balance, we can tune in the chakra to the right frequency by using these tools. Each chakra needs to be properly balanced, energized, and spinning properly.*

## *Unbalanced and Blocked Chakras is 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 are 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 are indications that you have a problem to resolve that is chakra based.*

## *Balanced Chakras is Happiness & Health*

*When Universal Love and energy 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 root chakra to the crown 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 energy flows through the kundalini, uninhibited and constantly.*

*As already discussed that we all exists on 3 different levels of consciousness, so each chakra hold a physical level of reality for us, a mental & emotional level and a spiritual level of reality.*

*On the Physical level we can see that what qualities that chakra holds in our physical body, similarly in our mental & emotional body and then the spiritual qualities.*

*Now we will discuss each chakra in detail , discussing the different qualities it hold on the different levels of consciousness along with it we will discuss about the different mantras, colours, fragrance, crystals which can act as tools empowering us to bring our chakras into balance & harmony.*

# *1st Chakra*



# *Root Chakra*

*The Base or Root Chakra is associated with the colour red and is called Muladhara in Sanskrit. The root chakra is located at the base of the spine at the tailbone in back, and the pubic bone in front. This centre holds the basic needs for survival, security and safety. The root chakra is powerfully related to our contact with the Earth Mother, providing us with the ability to be grounded into the earth plane. This is also the centre of manifestation. When you are trying to make things happen in the material world, business or material possessions, the energy to succeed will come from the first chakra. If this chakra is blocked an individual may feel fearful, anxious, insecure and frustrated. Problems like obesity, anorexia nervosa, and knee troubles can occur. Root body parts include the hips, legs, lower back and sexual organs.*

*A man's sexual organs are located primarily in his first chakra, so male sexual energy is usually experienced primarily as physical. A woman's sexual organs are located primarily in her second chakra, so female sexual energy is usually experienced primarily as emotional. Both chakras are associated with sexual energy*

*This chakra is the grounding force that allows us to connect to the earth energies and empower our beings. Focusing one's attention on the colour of a red flower or juicy red apple can help bring our energetic body "down to earth" and in alignment with our physical body when we find ourselves energetically fleeting or in other words....."spacing off."*

## *Root Chakra*

*Colour - Red*

*Sanskrit Name - Muladhara*

*Physical Location - Base of the spine*

*Purposes - Kinaesthetic feelings, Movement*

*Spiritual Lesson - Material world lessons*

*Physical Dysfunctions- Lower back pain, Sciatica, Varicose veins, Rectal tumours, Depression, Immune related disorders*

*Mental & Emotional Issues - Survival, Self esteem, Social order, Security, Family*

*Information Stored Inside Root Chakra - Familiar beliefs, Superstitions, Loyalty, Instincts, Physical pleasure or pain, Touch.*

*Area of Body Governed - Spinal column, Kidneys, Legs, Feet, Rectum, Immune system*

*Gemstones - Red Jasper, Hematite, Black tourmaline, Black onyx, Black obsidian.*

*Aroma Therapy - Rosemary, Cedarwood.*

*Mantra - "Lam" Pronounced as "Lamm"*

*Affirmation - "I trust the power of earth & feel my own body"*

## *2nd Chakra*



## *Sacral Chakra*

*The next chakra or second chakra is often referred to as the sacral or hara or Swadhisthan chakra in sanskrit. It is located two inches below the navel and is rooted into the spine. This centre holds the basic needs for sexuality, creativity, intuition, and self-worth. This chakra is also about friendliness, creativity, and emotions. It governs people's sense of self-worth, their confidence in their own creativity, and their ability to relate to others in an open and friendly way. It's influenced by how emotions were expressed or repressed in the family during childhood. Proper balance in this chakra means the ability to flow with emotions freely and to feel and reach out to others sexually or not.*

*If this chakra is blocked a person may feel emotionally explosive, manipulative, obsessed with thoughts of sex or may lack energy. Physical problems may include, kidney weakness, stiff lower back, constipation, and muscle spasms. Belly body parts include sexual organs (women), kidneys, bladder, and large intestine.*

*The main colour used with this chakra is orange. This chakra often offers us the opportunity to lessen our control issues" and find a balance in our lives, teaching us to recognize that acceptance and rejection are not the only options in our relationships. The process of making changes in our life stream through our personal choices is a product of second chakra energy. A well-functioning second chakra helps one to maintain a healthy yin-yang existence.*

## *Sacral Chakra*

*Colour - orange*

*Sanskrit Name - Swadhisthana*

*Physical Location - Lower abdomen to the navel*

*Purposes - Emotional connection*

*Spiritual Lesson - Creativity, manifestation. Honouring relationships, learning to "let go"*

*Physical Dysfunctions— Low back pain, Sciatica, Ovarian problems, Pelvic pain, Libido, Urine problems*

*Mental and Emotional Issues - Blame, Guilt, Money, Sex, Power, Control, Creativity, Morality*

*Information Stored Inside Sacral Chakra - Duality, Magnetism, Controlling patterns, Emotional feelings (joy, anger, fear)*

*Area of Body Governed - Sexual organs, Stomach, Upper intestines, Liver, Gallbladder, Kidney, Pancreas, Adrenal glands, Spleen, Middle spine.*

*Gemstones – Carnelian, Orange tourmaline, Orange calcite.*

*Aroma Therapy – Orange, Tangerine, Neroli, Hibiscus.*

*Mantra - "Vam" Pronounced as "Vammmm"*

*Affirmation - "I am letting go what I need to let go"*

## *3rd Chakra*



## *Sola Plexus Chakra*

*The third chakra is referred to as the Solar Plexus or Manipura chakra in sanskrit. The third chakra is the centre of personal power, the place of ego , of passions, impulses, anger and strength. It is also the centre for astral travel and astral influences, receptivity of spirit guides and for psychic development. When the Third Chakra is out of balance you may lack confidence, be confused, worry about what others think, feel that others are controlling your life, and may be depressed. Physical problems may include digestive difficulties, liver problems, diabetes, nervous exhaustion, and food allergies. When balanced you may feel cheerful, outgoing, have self-respect, expressive, enjoy taking on new challenges, and have a strong sense of personal power.*

*The body parts for this chakra include the stomach, liver, gall bladder, pancreas, and small intestine.*

*This is the area which defines our "self-esteem". The personality that develops during puberty is housed in this chakra.....otherwise known as the "EGO". Anyone experiencing dysfunction of the third chakra is having difficulty obtaining or maintaining his/her own "personal power". This intuitive chakra is where we get our "gut instincts" that signal us to do or not to do something. Strong self esteem is a required for developing intuitive skills.*

## *Sola Plexus Chakra*

*Colour - Yellow*

*Sanskrit Name - Physical Location - Solar plexus*

*Purposes - Mental understanding of emotional life*

*Spiritual Lesson - Acceptance of your place in the life stream.*

*Physical Dysfunctions— Stomach ulcers, Intestinal tumours, Diabetes, Pancreatitis, Indigestion, Anorexia/bulimia, Hepatitis, Cirrhosis, Adrenal imbalances, Arthritis, Colon diseases*

*Mental and Emotional Issues - Self esteem, Fear of rejection, Oversensitivity to criticism, Self-image fears, fears of our secrets being found out, indecisiveness*

*Information Stored Inside Sacral Chakra - Personal power, Personality, Consciousness of self within the universe, Knowing*

*Area of Body Governed - Upper abdomen, Umbilicus to rib cage, Liver, Gallbladder, Middle spine, Spleen, Kidney, Adrenals, Small intestines, Stomach.*

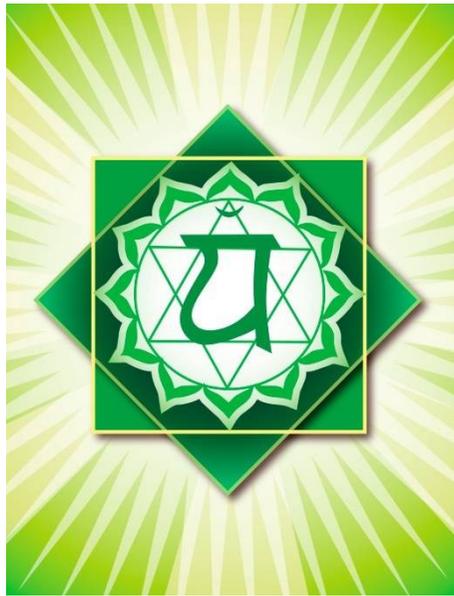
*Gemstones – Yellow Jasper , Golden Topaz, Citrine, Yellow calcite,*

*Aroma - Chamomile, Lemon, Lemongrass.*

*Mantra - “Ram” Pronounced as “ Rumm”*

*Affirmation - “I express myself freely & easily with full confidence”*

*4th Chakra*



*Heart Chakra*

*The fourth chakra is referred to as the heart chakra also called Anahata chakra in sanskrit. It is located behind the breast bone in front and on the spine between the shoulder blades in back. This is the centre for love, compassion and spirituality.*

*This centre directs one's ability to love themselves and others, to give and to receive love. This is also the chakra connecting body and mind with spirit. Almost everyone today has a hard, hurt, or broken heart, and it is no accident that heart disease is the number one killer in America today. Deep heart hurts can result in aura obstructions called heart scars. When these scars are released, they raise a lot of old pain, but free the heart for healing and new growth.*

*When this chakra is out of balance you may feel sorry for yourself, paranoid, Indecisive, afraid of letting go, afraid of getting hurt, or unworthy of love. Physical illnesses include heart attack, high blood pressure, insomnia, and difficult in breathing. When this chakra is balanced you may feel compassionate, friendly, empathetic, desire to nurture others and see the good in everyone. Body parts for the fourth chakra include heart, lungs, circulatory system, shoulders, and upper back.*

*The main colours used are pink and green. This love centre of our human energy system is often the focus in bringing about a healing. Thus, the words "Love Heals All" have great truth. Hurtful situations that can affect our emotional being are divorce or separation, grief through death, emotional abuse, abandonment, and adultery.*

*All of these are wounding to the heart chakra. Physical illnesses brought about by heartbreak require that an emotional healing occur along with the physical healing. Learning to love yourself is a powerful first step in securing a healthy fourth chakra.*

*The "wounded child" resides in the heart chakra.*

## *Heart Chakra*

*Colour - Green & Pink*

*Sanskrit Name - Anahata*

*Physical Location - Center of chest*

*Purposes - Emotional empowerment*

*Spiritual Lesson - Forgiveness, Unconditional love, Letting go, Trust, Compassion*

*Physical Dysfunctions' - Heart conditions, Asthma, Lung & Breast cancers, Thoracic spine, Pneumonia, Upper back, Shoulder problems*

*Mental and Emotional Issues - Love, Compassion, Confidence, Inspiration, Hope, Despair, Hate, Envy, Fear, Jealousy, Anger, Generosity*

*Information Stored Inside Heart Chakra - Connections or "heartstrings" to those whom we love*

*Area of Body Governed - Heart, Circulatory system, Blood, Lungs, Rib cage, Diaphragm, Thymus, Breasts, Esophagus, Shoulders, Arms, Hands.*

*Gemstones - Malachite, Emerald, Rose Quartz, Rhodochrosite.*

*Aroma Therapy – Rose, Sandalwood.*

*Mantra - "Yam" Pronounced as "Yummm"*

*Affirmation - "I am a being of divine love radiating unconditional love I love & accept myself exactly the way I am"*

## *5th Chakra*



## *Throat Chakra*

*The fifth chakra is referred to as the Throat or the Vishuddha chakra in sanskrit. It is located in the V of the collarbone at the lower neck and is the centre of communication, sound, and expression of creativity via thought, speech, and writing. The possibility for change, transformation and healing are located here.*

*The throat is where anger is stored and finally let go of. When this chakra is out of balance you may want to hold back, feel timid, be quiet, feel weak, or can't express your thoughts. Physical illnesses or ailments include, hyperthyroid, skin irritations, ear infections, sore throat, Inflammations, and back pain. When this chakra is balanced you may feel balanced, centred, musically or artistically inspired, and may be a good speaker. Body parts for the fifth chakra are throat, neck, teeth, ears, and thyroid gland.*

*This chakra is our will centre. The healthfulness of the fifth chakra is in relation to how honestly one expresses himself/herself. Lying violates the body and spirit. We speak our choices with our voices (throats). All choices we make in our lives have consequences on an energetic level. Even choosing not to make a choice such as in repressing our anger (not speaking out) may manifest into laryngitis.*

*We have all experienced that "lump in our throats" when we are at a crossroad of not knowing how to speak the right words in any given situation, perhaps even stuffing our own emotions. A challenge of the throat chakra is to express ourselves in the most truthful manner. Also to receive and assimilate information. Seek only the truth.*

## Throat Chakra

*Colour - Light Blue*

*Sanskrit Name - Vishuddha*

*Physical Location - Throat, Neck region*

*Purposes - Learning to take responsibility for one's own needs*

*Spiritual Lesson - Confession, Surrender personal will over to divine will, Faith, Truthfulness over deceit*

*Physical Dysfunctions - Sore throat, Mouth ulcers, Scoliosis, Swollen glands, Thyroid dysfunctions, Laryngitis, Voice problems, Gum or tooth problems, TMJ*

*Mental & Emotional Issues - Personal expression, Creativity, Addiction, Criticism, Faith, Decision making (choices), Will, Lack of authority*

*Information Stored Inside Throat Chakra - Self-knowledge, Truth, Attitudes, Hearing, Taste, Smell*

*Area of Body Governed - Throat, Thyroid, Trachea, Neck vertebrae, Mouth, Teeth, Gums, Esophagus, Parathyroid, Hypothalamus*

*Gemstones – Aquamarine, Blue lace agate, Lapis Lazuli, Sodalite, Kyanite.*

*Aroma Therapy – Peppermint, Patchuli.*

*Mantra – “Ham” Pronounced as “ Hummmmmmm”*

*Affirmation - “It is now safe for me to express my feelings”*

## *6th Chakra*



## *Brow Chakra*

*The sixth chakra is referred to as the Third Eye or the Ajna or Agya chakra in sanskrit. It is located above the physical eyes on the centre of the forehead.*

*This is the centre for psychic ability, higher intuition, the energies of spirit and light. It also assists in the purification of negative tendencies and in the elimination of selfish attitudes. Through the power of the sixth chakra, you can receive guidance, channel, and tune into your Higher Self.*

*When this chakra is not balanced you may feel non-assertive, afraid of success, or go the opposite way and be egotistical. Physical symptoms may include headaches, blurred vision, blindness, and eyes train.*

*When this chakra is balanced and open you are your own master with no fear of death, are not attached to material things, may experience telepathy, astral travel, and past lives. Sixth chakra body parts include the eyes, face, brain, lymphatic and endocrine system. It is our avenue to wisdom - learning from our experiences and putting them in perspective. Our ability to separate reality from fantasy or delusions is in connection with the healthfulness of this chakra. Achieving the art of detachment beyond "small mindedness" is accomplished through developing impersonal intuitive reasoning.*

*It is through an open brow chakra that visual images are received.*

## *Brow Chakra*

*Colour - Indigo*

*Sanskrit Name – Ajna or Agaya*

*Physical Location - Centre of the forehead*

*Purposes - Action of ideas, Insight, Mind development*

*Spiritual Lesson - Understanding, Reality check point,*

*Detachment, Open the mind*

*Physical Dysfunctions – Brain tumors, Strokes, Blindness, Deafness, Seizures, Learning disabilities, Spinal dysfunctions, Panic, Depression*

*Mental & Emotional Issues - Fear of truth, Discipline, Judgement, Evaluation, Emotional intelligence, Concept of reality, Confusion*

*Information Stored Inside Sacral Chakra - Seeing the clear picture (symbolic or literal), Wisdom, Intuition, Mental facilities, Intellect*

*Area of Body Governed - Brain, Neurological system, Eyes, Ears, Nose, Pituitary, Pineal glands.*

*Gemstones – Amethyst, Lapis Lazuli, Purple fluorite.*

*Aroma Therapy – Lavender, Sandalwood, Frankincense.*

*Mantra - “Aum”*

*Affirmation - “My third eye intuitively inner knowledge”*

## *7th Chakra*



## *Crown Chakra*

*The seventh chakra is referred to as the Crown. It is located just behind the top of the skull. It is the centre of spirituality, enlightenment, dynamic thought and energy. It allows for the inward flow of wisdom, and brings the gift of cosmic consciousness. This is also the centre of connectedness with the Goddess (God), the place where life animates the physical body.*

*The silver cord that connects the aura bodies extends from the crown. The soul comes into the body through the crown at birth and leaves from the crown at death.*

*When this chakra is unbalanced there may be a constant sense of frustration, no spark of joy, and destructive feelings. Illnesses may include migraine headaches and depression. Balanced energy in this chakra may include the ability to open up to the Divine and total access to the unconscious and subconscious.*

*We use the seventh chakra as a tool to communicate with our spiritual nature. It is through this vortex that the life force is dispersed from the universe into the lower 6 chakras. It has been referred to as our "GOD SOURCE" - but this terminology might be confusing to anyone who equates God with religious dogma, because of this I choose to call it a spiritual connection or communicator.*

*This chakra is often pictured as a lotus flower opening to allow spiritual awakening in an individual. The crown chakra could also be considered the well intuitive knowing is drawn from.*

## *Crown Chakra*

*Colour - Violet, White*

*Sanskrit Name - Sahasrara*

*Physical Location - Top of head*

*Purposes - Intuitive knowing, Connection to one's spirituality,*

*Integration of the whole*

*Spiritual Lesson - Spirituality, Living in the NOW*

*Physical Dysfunctions – Mystical depression, Diseases of the muscular system, Skeletal system & the skin, Chronic exhaustion not associated with physical ailments, Sensitivity to light, Sound, Environment,*

*Mental & Emotional Issues - Discovery of the divine, lack of purpose, loss of meaning or identity, Trust, Selflessness, Humanitarianism, Ability to see the bigger picture in the life stream, Devotion, Inspiration, Values, Ethics*

*Information Stored Inside Crown Chakra - Duality, Magnetism, Controlling patterns, Emotional feelings ( joy, anger, fear )*

*Area of Body Governed - Top centre of the head, Midline above the ears*

*Gemstones – Clear Quartz, Amethyst, Diamond, Moldavite, Labradorite.*

*Aroma – Lavender, Sandalwood, Violet, Lotus, Frankincense.*

*Mantra – “Mmmm” ( Humming sound ) or Silence*

