

7 MAIN LIFE ENERGY CENTERS

BREATH AND BEING

Our existence; life, everything and nothing can be sensed as eternal cycles of energy. Chakras are centers of vital energy life forces that unite the body, mind, and awareness of being. A continuum of energy flows throughout – through in; and is an integral part of the composition of constituent parts of our very being. These energies correspond to vital points in the physical body where balance and/or imbalances are apparent. To become aware and know of these points is an individual experience of acceptance in connection to reality starting at the root center. Knowing that you are aboriginal to the earth; you are self-aware as part of the whole, and in harmony with the cosmos.

1) **BASE** chakra; situated at the base of the spine. It begins their upward movement in higher consciousness as it relates to self-awareness. It is the area of survival and stability and your place on this earth, and responsible for the fight-or-flight response when survival is under threat. It relates to instinct, security, survival, and also to basic human potentiality. Physically governs sexuality. Mentally governs stability. Emotionally governs sensuality. Spiritually governs a sense of security.



2) **SACRAL** Chakra; triangular pelvic bone called the sacrum situated in the lower abdomen that correspond to the testes or the ovaries that produce the various sex hormones involved in the reproductive cycle. Key matters involve relationships, violence, addictions, basic emotional needs, and pleasure. Physically it governs reproduction. Mentally governs creativity. Emotionally governs happiness. Spiritually governs enthusiasm.



3) **SOLAR PLEXUS** Chakra, situated below the ribs. Related to the metabolic and digestive systems. Key matters involve personal power, fear, anxiety, opinion-formation, introversion, and transition from simple or base emotions to complex. It is a creative and relates to self-worth; the ego, and the intellect. Yellow energy is related to the ability to perceive and understand; it connects us to our mental self. Physically it governs digestion. Mentally it governs personal power. Emotionally it governs expansiveness. Spiritually governs all matters of growth.



4) **HEART** chakra. The thymus gland located in the chest; an element of the immune/endocrine system affected by stress; the union of female and male. Key matters involve complex emotions, compassion, tenderness, unconditional love, equilibrium, rejection and well-being. Physically it governs circulation. Emotionally governs unconditional love for the self and others. Mentally it governs passion. Spiritually it governs devotion. This chakra is very important in that it carries our consciousness to our next lives and for realizing Light.



5) **THROAT** Chakra, This chakra is paralleled to the thyroid, a gland that is also in the throat and which produces thyroid hormone, responsible for growth and maturation. It plays an important role in the art of lucid dreaming. Blue is the colour of spirit relating to communication and growth through self-expression. Key matters involve, Loyal, tactful, affectionate, inspiring, inventive, caring, and caution. Physically it governs communication. Emotionally governs independence. Mentally it governs fluent thought. Spiritually governs a sense of security.



6) **BROW** chakra or third eye; center of the forehead; pineal gland that produces melanin; relates to intuition, mysticism, understanding, **self-responsibility** one's own life in following soul's path, needs, and trusting one's **intuition**. **The** ability to see things from a higher viewpoint rather than ego satisfaction or one's material. Indigo energy connects to unconscious self, and gives experience of being part of the whole universe (s); it strengthens intuition, imagination, psychic powers, and increases dream activity; colours of violet, indigo or deep blue. End of duality - channel rises up from the sexual organ to the crown of the head, and then curves over the head and down to the third eye.



7) **CROWN** chakra; pituitary gland; connects to the central nervous system via the hypothalamus; universal consciousness, unity and emotional action with being-ness. Inspirational leader, kindly and just, humanitarians, self-sacrificing, visionary, creative, and strong mentally. Relates to self-knowledge, spiritual-awareness, union with higher self/spirituality, and higher consciousness. Dis-ease can result with an in-balance of too much or too little energy. Violet energy connects spiritual self-bringing guidance, wisdom, inner strength, and purifies thoughts and feelings - giving inspiration in all undertakings. Enhances artistic talent and creativity.

