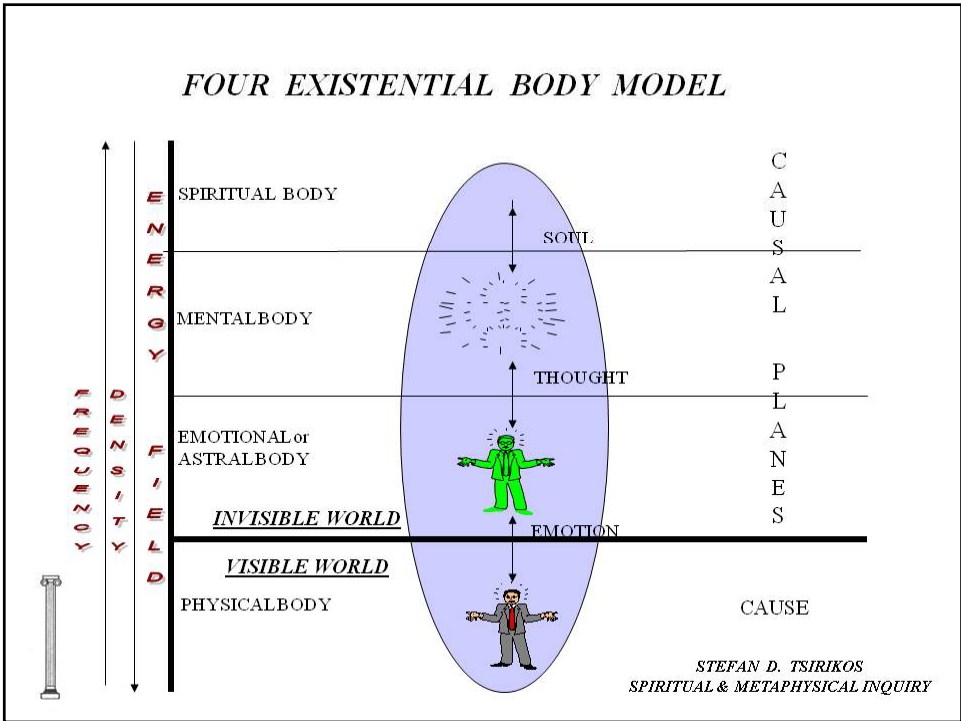


ADVANCED EDUCATION

The Chakras
By
Linda Henderson DTCM, HD, DNM,
RBT, OSJ



What are Chakras?

- ❑ Physical body is composed of interrelated organs
- ❑ Personal energy field is composed of interrelated sub-fields
- ❑ Sub-fields are regulated by organs of the subtle energy system
- ❑ These energy centers are called Chakras
- ❑ In Sanscrit it means “wheels or vortexes of light”

- ❑ When organs or chakras of subtle energy field are disrupted or damaged, energy becomes blocked, its frequency distorted and sub-field contracts
- ❑ These blockages and disturbances are transmuted to neighboring sub-fields affecting them negatively and causing them to contract as well
- ❑ These disruptions/blockages can prevent a person from experiencing their natural state of union with the rest of the universal field

- ▣ People lose their *joie de vivre* , the ability to communicate and their body harmony when the flow of their life energy is impeded
- ▣ *Mens sana in corpore sano* Latin phrase meaning sound mind[lives] in a sound body = A healthy mind in a healthy body – thanks to healthy life energy
- ▣ “Psychosomatic Energetics” – 3 aspects or dimensions of man **Psyche**=soul, **Soma**=body **Energy**= spirit-like life energy

- **“Chakra” is a word which means “wheel”. Thus, a chakra is a wheel of energy that can be thought of as a vortex. A vortex is a funnel of spinning energy opening into higher dimensions.**
- **Once the spinning vortexes of the Vital Force are established, there is no room for disease and the sick are restored to health. This is the process of energy medicine. Health is restored by the removal of the energy blocks.**





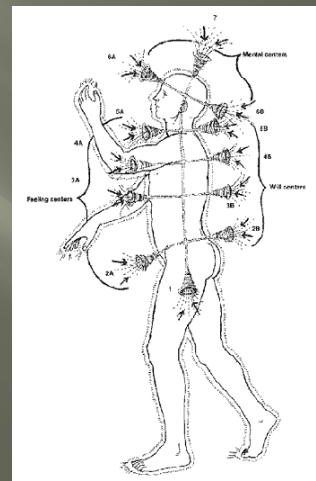
A diagram of the human body showing the seven major chakras. The chakras are represented by colored spheres aligned vertically along the spine: violet (crown), indigo (brow), light blue (third eye), green (heart), yellow (solar plexus), orange (sacral), and red (base). The diagram is set against a dark grey background.

- There are hundreds of smaller chakras all over the body, which have their own specific functions.
- Each of the seven major chakras is located at a major nerve plexus along the brain and spinal cord – the Central Nervous System.
- There is an endocrine gland associated with each chakra. The chakras function to energize or vitalize the physical body.

2 Main Systems

- ▣ Chakras interact with the physical body through two major vehicles, the endocrine system and the nervous system. Each of the seven main Chakras are associated with one of the seven endocrine glands and also with a particular group of nerves called a Plexus.
- ▣ Thus, each Chakra can be associated with particular parts of the body and particular functions within the body controlled by that Plexus or that endocrine gland associated with that Chakra

Location



One of the strongest associations to affect your health and well-being is that formed with your Endocrine system

The endocrine system is part of the body's main control mechanism. It comprises of a number of ductless glands that produce the hormones, acting as chemical messengers, that are secreted into the bloodstream from particular organs to stimulate or inhibit physical processes. By adjusting the hormone levels, the endocrine system works to maintain the body in a state of optimum health.

The Chakra's are linked with the glands responsible for creating the hormones.

Unsurprisingly, the positions of the Chakra's, correspond to the positions of the glands in the endocrine system and have an effect on their functioning.

The Auric Layers

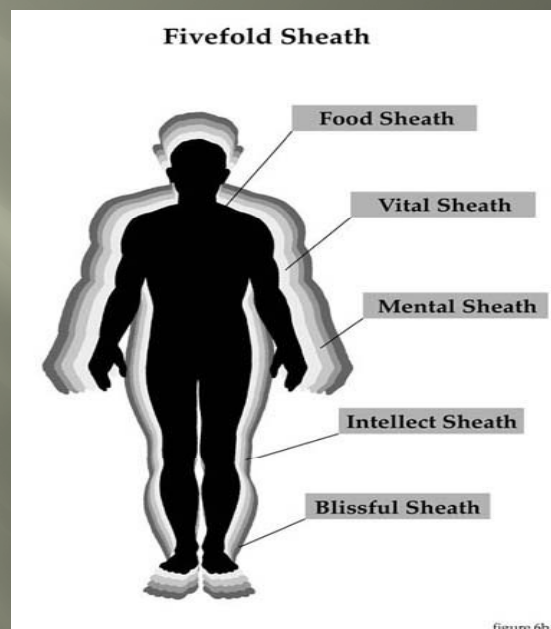
Food = Physical

Vital= Emotional

Mental = Thoughts

Intellect =
Causal/Knowingness

Blissful= Nirvana
Enlightenment



The link between the Chakra's and the glands emphasises the holistic nature of health and demonstrates that you need to maintain a balance in your emotional and mental activities as well as your physical diet and exercise, as they are all deeply interrelated.

The Chakras located on the lower part of our body are our instinctual side, the highest ones our mental side. The Chakras can have various levels of activity. When they are open they are considered operative in a normal fashion.

BASE/ROOT CHAKRA, (*Base of the spine, energy colour Red*)

- ▣ **POSSIBLE PHYSICAL AREAS AFFECTED BY AN OUT OF BALANCE CHAKRA:** *Anorexia, Obesity, Osteoarthritis, Auto-Immune Disease, Arthritis, Cancer, AIDS, Fatigue, Kidney, Spinal Column, Issues are: security and survival.*

The Root Chakra is associated with the reproductive glands. It is the centre of physical energy, grounding and self-preservation. The Root Chakra governs the back, feet, hips, spine and legs.

The Root Chakra is about being physically there and feeling at home in situations. If it is open, you feel grounded, stable and secure. You don't unnecessarily distrust people. You feel present in the here and now and connected to your physical body. You feel you have sufficient territory.

If you tend to be fearful or nervous, your Root Chakra is probably under-active. You would easily feel unwelcome. If this Chakra is over-active, you may be very materialistic and greedy. You are probably obsessed with being secure and resist change.

SACRAL CHAKRA, (3" Below the navel, energy colour orange)

▣ **POSSIBLE PHYSICAL AREAS AFFECTED BY AN OUT OF BALANCE CHAKRA:**

Bladder problems, Frigidity, Gall and Kidney Stones, Reproductive Organs, Vaginal Cancer, Prostate Cancer, Pelvic Disease, **issues are** - physical and material desires.

The Sacral Chakra governs the sexual organs, bladder, bowel and lower intestine. This Chakra is about feeling and sexuality. When it is open, your feelings flow freely and are expressed without you being over emotional.

You are open to intimacy and you can be passionate and lively. You have no problems dealing with your sexuality.

If you tend to be stiff and unemotional or have a poker face, the Sacral Chakra is under-active. You are not very open to people.

If this Chakra is over active, you tend to be emotional all the time. You will feel emotionally attached to people and can be very sexual.

STOMACH/NAVEL/SOLAR PLEXUS CHAKRA, (above the navel, colour yellow)

▣ **POSSIBLE PHYSICAL AREAS AFFECTED BY AN OUT OF BALANCE CHAKRA:**

Diabetes, Digestive / Adrenal organ illness, Hypoglycaemia, **issues are** - power and control.

The Navel Chakra governs the stomach, upper intestines, upper back and upper spine.

This Chakra is about asserting yourself in a group. When it is open, you feel in control and you have sufficient self esteem. When this Chakra is under-active you tend to be passive and indecisive.

You are probably timid and don't get what you want. If this Chakra is over active you are domineering and probably even aggressive.

HEART CHAKRA, (*Heart region, energy colour green*)

POSSIBLE PHYSICAL AREAS AFFECTED BY AN OUT OF BALANCE CHAKRA:

Cancer, High Blood Pressure, Heart Problems, Thymus, Blood, Circulatory System, Involuntary Muscles. **Issues are** - Love.

The Heart Chakra is associated with the circulatory System and thymus Gland. It is the centre of Compassion, Love, Group Consciousness and Spirituality.

The Heart Chakra governs the heart, lungs, blood and circulation. As the Heart Chakra is about Love, kindness and affection, when it is open, you are compassionate and friendly, you work at harmonious relationships.

When your Heart Chakra is under-active, you are cold and distant. If this Chakra is over-active, you are suffocating people with your Love and your Love probably has quite selfish reasons.

THROAT CHAKRA, (*Adam's apple area, Blue / Light blue energy colour*)

▣ **POSSIBLE PHYSICAL AREAS AFFECTED BY AN OUT OF BALANCE CHAKRA:**

Asthma, Neck Problems, Lungs, Hypoactive Thyroid, Throat, Jaw, Alimentary Canal, Vocal Cords. **Issues are** - communication.

The Throat Chakra is associated with the Respiratory System/Thyroid Gland. It is the centre for sound, communication, speech, writing and thought expression.

The Throat Chakra governs the throat, thyroid, mouth, teeth, tongue and jaw. This Chakra is about self expression and talking. When it is open, you have no problems expressing yourself and you might be doing so in a creative way.

When this Chakra is under-active, you tend to not speak as much and you probably are introverted and shy. Not speaking the truth may block this Chakra.

If this Chakra is over-active, you tend to speak too much, usually to domineer and keep people at a distance. You are a bad listener if this is the case.

BROW OR THIRD EYE CHAKRA, (Between both eyes, Dark blue/Indigo colour)

□ POSSIBLE PHYSICAL AREAS AFFECTED BY AN OUT OF BALANCE

CHAKRA:

Glaucoma, Headaches, Neurological problems, Cerebellum, Nose, Pituitary, Central Nervous System, Left Eye. **Issues are** - clairvoyance.

The Third Eye Chakra is associated with the Autonomic Nervous System/Pituitary Gland. It is the centre of psychic power, spirit energies, higher intuition and light.

The Third Eye Chakra governs the pituitary gland, pineal gland, skull, eyes, brain, nervous system and the senses.

This Chakra is about insight and visualisation. When it is open, you have a good intuition. You may tend to fantasise.

If it is under-active you are not very good at thinking for yourself and you may tend to rely on authoritative people. You may be rigid in your thinking, relying on beliefs too much. You might even get confused easily.

If this Chakra is over-active, you may live in a world of fantasy too much. In excessive cases hallucinations are possible.

CROWN CHAKRA, (Top of head, Purple / violet energy colour)

□ POSSIBLE PHYSICAL AREAS AFFECTED BY AN OUT OF BALANCE

CHAKRA:

Exhaustion, Epilepsy, Cerebrum, Pineal Gland, Right Eye. **Issues are** - Spiritual Wisdom.

The Crown Chakra is associated with the central nervous system/Pineal gland. It is the centre of enlightenment, dynamic thought, truth and oneness.

The Crown Chakra governs the top of the spinal cord, brain stem, pain centre and nerves.

This Chakra is about wisdom and being one with the world. When this Chakra is open, you are unprejudiced and quite aware of the world and yourself.

If it is under-active, you are not very aware spiritually.

You are probably quite rigid in your thinking. If this Chakra is over-active, you are probably intellectualising things too much. You may be addicted to spirituality and probably ignoring your bodily needs.

YOUR ENDOCRINE GLANDS



Gland

- Adrenal's
- Ovaries/Testicles
- Thyroid
- Pancreas
- Thymus
- Pituitary
- Pineal



Secretions

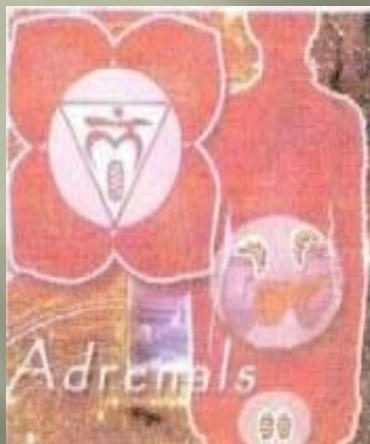
- Epinephrine
- Oestrogen/Testosterone
- Thyroxine
- Insulin
- Lymphocytes
- Somatotrophin
- Melatonin



Governing

- Actions
- Development
- Metabolism
- Digestion
- Immunity
- Growth
- Body rhythm

Root Chakra



- ▣ **BASE/ROOT CHAKRA**
At the top of the kidneys are the adrenal's that produce several hormones including adrenalin, which stimulates the "fight or flight" response and ties directly to the Base Chakra's survival drive.

This Chakra is related to the gonads in males.

Pelvic Energy Centre

- ❑ The energy center of the pelvic chakra has grounding and rooting of the human being as a major key concept. It is also the region of primal trust in our childhood.
- ❑ The emotions held within this chakra are:
- ❑ Emotion 1: You feel inferior to others, you think you are not good enough
- ❑ I have all the talents and abilities I need to manage my life's tasks

- ❑ Emotion 2: You do not feel centered within yourself, you feel unorganized, without firm roots
- ❑ I will direct all my impulses towards my life goals and I will persevere
- ❑ Emotion 3: You feel too weak to face your duties in life, you feel helpless and lost
- ❑ I am firmly rooted in life and I grow with each task
- ❑ Emotion 4: You behave very strictly towards yourself, you face difficulties in realizing your own feelings and needs.
- ❑ I will be loving and caring with myself, my body and my emotions

Sacral Chakra



- ▣ **SACRAL CHAKRA**
The ovaries control sexual development and egg creation as well as controlling the levels of oestrogen and progesterone.

The potential for life in the ovaries is mirrored in the drives of the Sacral Chakra.

The energies of the ovaries link with the Sacral Chakra.

Lower Abdomen Energy Centre

- ▣ This chakra has its key concept in dealing with stress and frightful encounters. It is the region where we learn to develop strength and courage. The emotions held here are:
 - ▣ Emotion 5: You feel nervous and excited, unable to calm down
 - ▣ I can remain calm and collected, secure in the knowledge that everything comes in its own time

- Emotion 6: You think that you have lost your strength, you want to behave powerfully, but you fear that your body can not stand the strain
- I know that my body has its own inner wisdom and that I am in good hands
- Emotion 7: You pretend to be more powerful that you really are. You are not peaceful within. You do not respect your boundaries and over work yourself
- I know my strengths and weaknesses and have learned to accept them

Stomach Chakra



□ STOMACH/NAVEL/SOLAR PLEXUS CHAKRA

The pancreas secretes substances for the digestion of food, such as insulin.

When this Chakra is over stimulated it can cause problems with excess blood sugar, the major cause of diabetes.

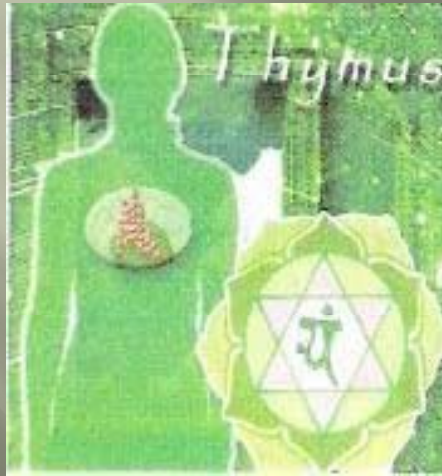
An under stimulated stomach Chakra can lead to ulcers

Upper Abdomen Energy Centre

- ▣ This chakra has a key concept with digestion, excretion and integration. This applies for the somatic digestion as well as the digesting of the events that hit your life. Emotions held in this centre are:
- ▣ Emotion 8: You feel alone and without contact to other people. You don't dare take steps to change the situation
- ▣ I know that I am a part of the whole , I feel and enjoy life with all my senses

- ▣ Emotion 9: You feel angry and furious, but you try hard to keep your temper
- ▣ Everyday I get better at saying only what I mean. I do not get angry but instead make constructive use of my displeasure
- ▣ Emotion 10: You are discontent with what you have. You believe that your deserve to get more from life and you have the right to live a better life.
- ▣ I am thankful for what I have and am
- ▣ Emotion 11: You feel frustrated and deceived, you long for a better situation than the one your live in. You want to be respected and pampered.
- ▣ I do good for myself and pay attention to my needs

Heart Chakra



- HEART CHAKRA**
 The thymus is located above the heart and produces lymphocytes, which form a vital part of the body's immune response.

This quality relates the thymus to the healing properties of the Heart Chakra.

The healing promoted by this Chakra links it to the thymus.

Heart Energy Centre

- This chakra has an energetic key concept with the development of trust and faith, like trust in yourself, trust in life, trust in others. Here is the center of the body and the center of our existence. The emotions held in this chakra are:
- Emotion 12: You feel suppressed by your many duties, everything is very tiring
- I am confident that I get stronger with each new task

- ▣ Emotion 13: You think that you will never again be able to overcome disappointments and withdraw yourself from life
- ▣ I make my way through life openly and confidently
- ▣ Emotion 14: You feel locked-in and don't see the way out. You lost all hope
- ▣ I view obstacles and difficulties as growth incentives and keep my eyes and ears open for new avenues
- ▣ Emotion 15: You suffer from great grief that broke your heart. Anxiety and fear of being hurt again blocks your life
- ▣ I make my way through fears and worries. I know that they are a part of life, but I will not be stopped by them
- ▣ Emotion 16: You feel as if you could never overcome your fears. You panic and feel you might die
- ▣ I listen to my heart and to the voice of love, light and clarity

Throat Chakra



- ▣ **THROAT CHAKRA**
On either side of the larynx is the thyroid, producing thyroxine, which controls the rate at which the body converts food into useful energy.

This is the area over which the Throat Chakra has dominance.

The thyroid governs the rate of metabolism in the body.

Throat Energy Centre

- ▣ This chakra has an energetic key concept with communication, exchange with others, expressing yourself and speaking the truth
- ▣ Emotion 17: You feel shocked, you are unable to express your feelings, your feelings are frozen
- ▣ I feel lively even in hard times
- ▣ Emotion 18: You feel misunderstood, you face difficulties in making yourself heard. You behave hasty, like being at the wrong place at the wrong time.
- ▣ I give my inner voice room to express itself

Brow/ Third Eye Chakra



- ▣ **BROW/THIRD EYE CHAKRA**
Near the base of the skull is the pituitary gland, which releases hormones influencing body chemistry.

The spiritual energies of the Brow Chakra are reflected in the pituitary's influence on the whole body.

This Chakra works with the pituitary gland in the body.

Forehead Energy Centre

- ▣ This chakra has an energetic key concept with intuition and dreams, with creativity and harmony in living with other people. The emotions held in this chakra are:
- ▣ Emotion 19: You face difficulties to decided what to do, and you don't dare to go your own way
- ▣ I am developing a feel for what is good for me and I put it into practice
- ▣ Emotion 20: You are afraid to open up towards others, you find it hard to judge yourself and others correctly. You stick with yourself instead of opening up.
- ▣ I gladly reach out to others to complement and enrich my personal development

- ▣ Emotion 21: You are unable to calm down and to give your body rest. Your nerves are always under tension, and you feel exhausted.
- ▣ I know my own strength and budget it wisely so that my body and mind remain in harmony
- ▣ Emotion 22: You keep thinking about problems, you keep worrying all the time. Your brain is always active
- ▣ I remain calm, centered and balanced because I know that by doing so I can best develop my strengths
- ▣ Emotion 23: You keep in tension, both physically and mentally you are unable to relax
- ▣ I can let go and relax and get renewed strength that way
- ▣ Emotion 24: You consider your body to be a load with lots of pain, you feel depressed and without joy
- ▣ I pay attention to my body and I rejoice in its signals, which show my mind the right path

Crown Chakra



- **CROWN CHAKRA**
The pineal gland lies deep within the brain and produces melatonin.

This hormone affects the other glands in the endocrine system and mirrors the Crown Chakra's relationship with the other Chakra's.

This gland and Chakra hold sway over the entire system.

Brain Energy Centre

- This chakra has an energetic key concept with developing a sense in life. This means that you submit yourself willingly to certain rules and laws, organize yourself properly and know what you are aiming at in your life. The emotions held in this chakra are:
 - Emotion 25: You don't believe in the good things in life and you are skeptical
 - I know my goals and am confident that I am being led in the right direction

- ▣ Emotion 26: You feel forced to fight for survival, life always seems to be a struggle for your, nothing ever comes easy
- ▣ I am grateful for the material goods in my life and I use them intelligently as resources on my journey through life
- ▣ Emotion 27: You do not want to see reality, you try to escape to a better world in your dreams
- ▣ I see reality with open eyes. I remain alert and keep my "eyes on the prize"
- ▣ Emotion 28: You hang on to your opinions and belief systems, even if they obviously harm you or are outdated. You are stuck in judgments
- ▣ I orient my thoughts and actions to a higher wisdom and place my ego at its service



- ▣ *By understanding the association between the Chakra's and the glands you can see how Healing can benefit a multitude of illnesses affecting your mental, emotional, physical and spiritual well-being.*

The image on the left is showing how the chakras are like the petals of flowers that open and close.