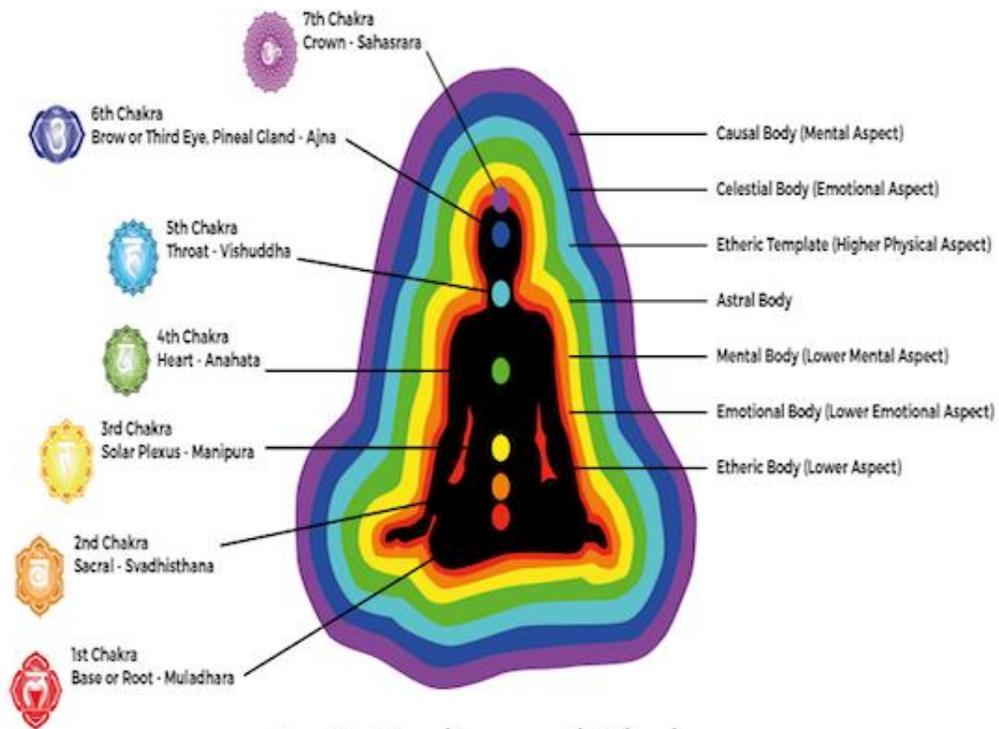


The Chakras when Using Reiki

The Chakras:



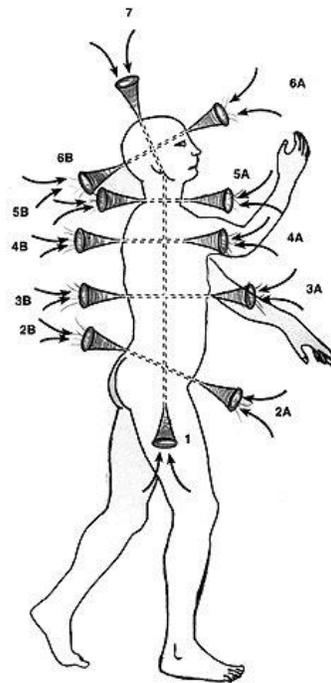
Auric Bodies and Chakras

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Chakras is Sanskrit mean wheels, portals.

The chakra system is the linking system between the aura and the physical body. The chakras are cone shaped that supply and circulate energy throughout the body. They are located along the center of the body, aligned along the spinal column radiating through the front and the back and throughout the entire body. The chakras affect the emotional, physical, mental, spiritual bodies.

The Universal Energy field all matter, the universe, stars, earth, planets, animals, people, etc., are all part of the same field. Chakras are vortexes and look like spinning wheels, or funnels from the front part and the back.



The circular motion forms a vacuum in the center pulling in energy into the chakras through them into the meridians moving throughout the body. Once the energy flows through, the body releases stagnant energy, the energy flows back out to the Auric field and expands out.

Our energetic life force is constantly flowing and keeping us alive, it is crucial to keep this continuous energy exchange clear all the time. Through eating healthy food, being active, proper breathing and a positive outlook, your body manifests health.

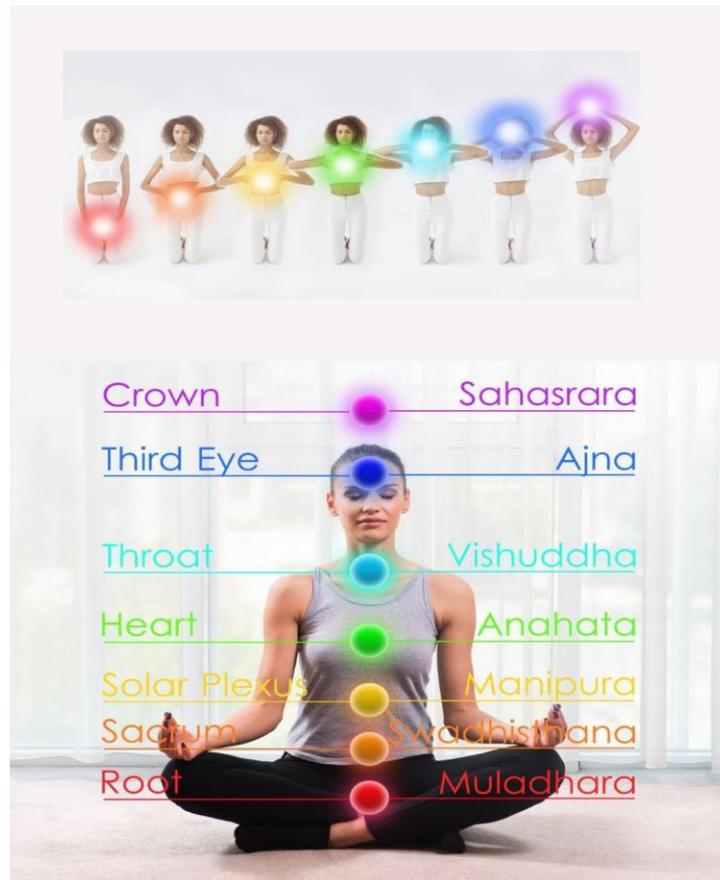
There are seven major chakras see the chart for the colors. There are over 200 chakras throughout the entire body.

As you become more sensitive you can begin to see the colors, understand their meaning and their health state.

The three lower chakras represent the basic primary needs, feeling grounded, secure on earth, socializing with the tribe, finding a joyful career, building community, relationships, need for survival, and procreation.

The four higher chakras are related to the psychological aspects such as love, communication, knowledge, self-esteem, nurturance, guidance, and a spiritual connection. Also considered the ascension to your Higher Self.

This is a guidance for working along the center of the body with the energetic chakra system.



The chakras are listed in Sanskrit:

Each chakra has a different color:

- 1st Root Chakra: Muladhara
- 2nd Sacral Chakra: Swadhisthana
- 3rd Solar Plexus Chakra: Manipura
- 4th Heart Chakra: Anahata
- 5th Throat Chakra: Vishudda
- 6th Third Eye Chakra: Ajna
- 7th Crown Chakra: Sahasrara

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Sanskrit is the primary sacred language of Hinduism and has been used as a language in the religions of Hinduism, Buddhism, and Jainism. The benefits of chanting Sanskrit mantras and spiritual hymns are explained in yoga philosophy and practice. Scriptures from many traditions, explain sound vibrations serve as a link between the individual chanting and the universal forces, some traditions even claim that Sanskrit is a connection or 'language of the gods' that holds a frequency.

Illustrated in the following quote, from Guy L. Beck's book *Sonic Theology, Hinduism, and Sacred Sound*, "On a macrocosmic level the Sarada-tilaka-Tantra (7.9-14) describes the world as a cosmic tree (body) consisting of a complex network, or 'intricate mesh', of Sanskrit letters, which are said to be the 'root vibrations' of the material creation, maintenance, and destruction of the universe."



Working with the chakras helps to breakdown the blocks that hold us back and to release the stagnant energetic life force, that can become stuck within our bodies. This includes mental and physical barriers that can keep us stuck from evolving.

Energy is constantly moving, it must move in our bodies, and not become stuck. It is vital to be active, mindful, increases positive outlooks, healthy food choices for wellness, refrain from eating low density foods such as sugar, foods with pesticides, chemicals, and processed. This weakens the gut and the harmonious energetic frequencies within the body.

A brief explanation of how the chakras work will guide you through understanding what is happening on a subtle energetic level within the client's body. As you are receiving Reiki life force into your body and sending via your hands to the client, or on yourself, the chakras are clearing. As you energetically move throughout the client's body, or your own body, the chakras are releasing energetic blocks emotionally, physically, and spiritually. Please remember you do not need to know what is happening, or try to resolve the clients' emotional inquiries, the client is there to relax and receive, to help calm and integrate their mind, body, and soul. This is the goal for Level 1.

1st Base Root Chakra: Sanskrit Muladhara



MULADHARA
Sanskrit: मूलाधार
ROOT CHAKRA

Location: Base of the spine, coccygeal region

Color: Red

Gland: Adrenals

Physiological System: Excretory

Anatomical Association: Legs, feet, hips, lower back, reproductive organs, rectum, sexual organs, colon, the muscular and skeletal system.

Function: Basic Human survival needs and instinctual wants, security for grounding securely on Earth with life's purpose. Establishing a foundation, a home, a career for stability, feeling of belonging to family and community, relationships, forming a family.

Chakra blockage:

Sexual dysfunctions, health issues or problems with sexual organs, bowels, feet, legs, the energy becomes stagnant, not allowing a person to move forward with life goals, fear of survival, sluggishness, shame, guilt, inconsistency.

The imbalance in the Root chakra begins as early as infancy. Where our initial traumas are engraved within our mind, and body. Traumas can be physical, such as from injuries, mental due to a divorce, illness, abuse, all sorts of traumas. A major form of blockage is the emotional restlessness of worry, and fear that can cause anxiety. This physically affects the entire skeletal and muscular system, including joints, ligaments, tendons, and the adrenals.

2nd Sacral/Navel Chakra: Swadhisthana



SVADHISHTHANA

Sanskrit: स्वाधिष्ठान

SACRAL CHAKRA

Location: Below the navel

Color: Orange

Glands: Ovaries/Gonads

Physiological System: Reproductive

Anatomical Association: reproductive organs, large & smaller colon, bladder, kidneys, lumbar region of the back, hips, uterus, pelvis, and hypogastric plexus

Function: Creation unravels, where we exist, co-create, sexuality, satisfaction with career, relationships, desire, emotional gratification, pleasures, enjoyment.

Chakra blockage: This chakra shares many traits with the root chakra, this chakra helps us cultivate our passions, desire to interact with life, when blocked by trauma, obligations, stress at work, relationships, and home. Life becomes a “duty”, a dullness to live, avoiding commitments, dissatisfaction with work, and stress in relationships. Any sort of addiction could occur such as sexual, to fulfill a void from unfulfilled passions, and dreams. A lack of creativity can prevent a person from wanting to participate in society. Infertility, difficulty to conceive, urinary, sexual organs, and kidney problems can affect this area.

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3rd Solar Plexus Chakra: Manipura



MANIPURA
Sanskrit: मणिपुर
SOLAR PLEXUS CHAKRA

Location: Stomach region, base of the ribs, diaphragm.

Color: Yellow

Glands: Spleen, Pancreas

Physiological System: Digestive

Anatomical Association: stomach, small intestine, liver, spleen, gallbladder, pancreas.

Function: Finding one's self-identity to fit into society, self-esteem, vitality, self-empowerment, willpower, action, ambition, self-dignity, confidence, courage, independence.

Chakra Blockage: Rejection is a strong trait in this chakra, not feeling good enough, nor having the self-esteem to succeed in life. To thrive in life, we must confront our Ego, our destructive patterns. Self-discipline is required to achieve our goals. To express with confidence, we must digest our food mindfully. To flow with life, our digestive process is very important because it becomes influenced by our stress state of being. Are you experiencing an acidic stomach, or other upset conditions in this area? Feeling unable to cope or succeed, a lack of a positive outlook towards life can deplete a person. Lack of health boundaries is prevalent, lack of will power, a victim mentality. To experience well-being physically and mentally letting go of fear, self-doubt, and control, must be confronted.

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4th Heart Chakra: Anahata



ANAHATA
Sanskrit: अनाहृत
HEART CHAKRA

Location: Heart
Color: Green
Gland: Thymus
Physiological System: Circulatory

Anatomical Association: the heart, lungs, arms, upper back, hands, chest area

Function: This center resonates self-love, nourishment, love to others, compassion, harmony, devotion, union, dedication, empathy, emotions, kindness, unconditional love.

Chakra Blockage: The heart represents feeling, sensations of love, emotions that are shared with others, through support, cooperation, giving and receiving. When these actions are given, or not reciprocated, a person can feel abandoned. We all want to feel loved, caressed with love, embraced. Intimacy in a relationship enables a person to enjoy relationships, for there to be devotion, understanding and forgiveness. Unconditional love opens us to a higher level of appreciation and love that can be given to self and to others. The effects of stagnation in the heart area can create non-caring attitudes, or denial. Unhealthy relationships do not express their truthful emotions this creates mind games that eventually with time weighs down on the body and morality. Abusive relationships downplay each other's strengths and scars a person's capability to love and feel safe. A fully opened heart opens a person to pure feelings of love. A mature heart can give without expectations in return. An unbalanced heart can lead to rejection, losing oneself in another, abandonment, rejection, dissatisfaction, emotional dependency, looking to complete oneself with looking to find the other half.

Heart, chest and lungs, the exchange of vital breath and air to function. We must be able to receive. The thymus is part of the immune system. Chest issues such as contraction, pressure in the chest and heart diseases. Lungs are affected due to lack of oxygen, not breathing life in.

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5th Throat Chakra: Vishuddha



VISHUDDHA
Sanskrit: वशिद्ध
THROAT CHAKRA

Location: Throat

Color: Light Blue

Gland: Thyroid/Parathyroid

Physiological System: Respiratory

Anatomical Association: Metabolism, throat, larynx, jaw, mouth, teeth, neck, cervical plexus.

Function: The center of self-expression, communicating our truth, through inspiration. The throat chakra is the first of the three chakras that opens the passage to the higher divine experiences.

Chakra Blockage: When we are not speaking from our truth, due to fear, deception, anger, we create a block in the throat. This stagnant energy makes us feel stuck, repressed to say what we truly feel. The inability to express oneself and to live from our authentic truth can be caused by lack of integration, due to other chakras that can influence alignment. How we think can also form an effect in the throat, along the neck, into the jaw, mouth and even the teeth. Through our mouth we let our words flow, and we transmit verbal communication that is either negative or positive. A sore throat, inflammation, vocal cord problems, and thyroid dysfunction can be symptoms.

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AJNA
Sanskrit: अजुञ्ज
THIRD-EYE CHAKRA

6th Third Eye or Brow Chakra: Ajna

Location: Above the brows, in the center of the forehead

Color: Indigo

Gland: Pituitary

Physiological System: Autonomic Nervous System

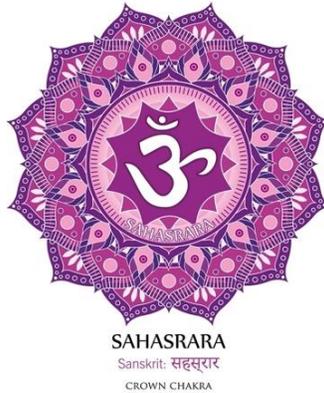
Anatomical Association: The eyes, brain stem, ears, nose, forehead, brain

Function: This center increases intuitive senses, connection with perception, clear vision, focus, to awaken to see beyond the illusion. Inner knowledge begins to increase.

Chakra Blockage: Disorientation, confusion of not knowing what is true, discrimination through what is seen. At times we are blinded by the illusion of superficial or materialistic realities that we have been conditioned to live with. We can't see beyond this reality. Too many thoughts, can't see the truth, impulses to think contradictory, the mind is clouded, judgements. To see what is false we must become aligned with our inner vision. The pituitary in the brain is cognitive awareness, the ears for listening, the eyes for recognition of sight, all these abilities to recognize that we are much more than a physical being, we are an energetic being with creative and divine strengths.

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7th Crown Chakra: Sahasrara



Location: Top of the Head

Color: Violet/Purple/White

Gland: Pineal

Physiological System: Central Nervous System

Anatomical Association: Upper sections of the head and brain, the hair, scalp, and the spine.

Function: Intuition increases the gateway to higher realms, transcendence, divine knowledge, wisdom, a blissful state, a sense of peace embraces the body. A connection with the Infinite source, enlightenment. Energy is channeled into the opening of the crown chakra (the top of the head). Unworldly satisfaction no longer interests the individual. Meditation is more satisfying, to venture into a peaceful state of being with oneself. Seeking knowledge for inner depth. Liberation from conditioning and desire to better oneself. Aware of the Ego and understanding how to detach from diminished thoughts and perception.

Chakra Blockage: Learning difficulties, overly intellectual, confusion, can become spiritually addicted when lower chakras are not aligned. Resistance of the spiritual realm. Chakras haven't awakened to higher awareness.

When a person awakens suddenly it can be a shock to the system, not understanding that a healing process has begun, it is gradual and must be handled with patience. There can be difficulty with the nervous system, becoming overwhelmed with stress, a high energetic state, and a blissful intense state of being. A person needs to learn the different state of consciousness to understand transcendence. A person can also become overindulged with high states of ecstasy. Overwhelming feelings can detach a person from understanding what is happening within the body. Indulging in spiritual awakening techniques can influence a person to try to escape physical realities and want to be in higher states of bliss forgetting that is important to ground oneself.