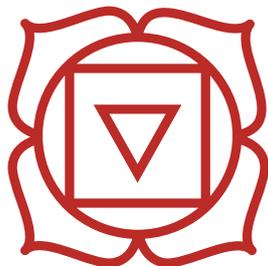


CHAKRAS & THE AURA

Chakras were not a part of Usui-Sensei's original teachings, but they are still relevant to Reiki practice and can be useful and valuable things to understand as a healer.



The base, or root, chakra is known as the first chakra and is to be found at the base of the spine. The element linked to this chakra is Earth, appropriate given that the base chakra is about our roots in all senses of the word from our own origins to that of the next generation. The colours associated with this centre are red, brown and black. I tend to use red, but this is a matter of personal preference. It is also connected to the etheric body within our aura, the etheric body being the pattern which makes us the shape we are.

Keywords for this chakra are:

Security, foundations, beginning, roots, hereditary, grounded, connected, survival, primal feelings, passion, the body, food, matter, monetary existence, material needs, down to Earth, reality, stability, limitation, discipline, home, health, job, shelter, self-care, will to live, energy, power, courage and solidity.

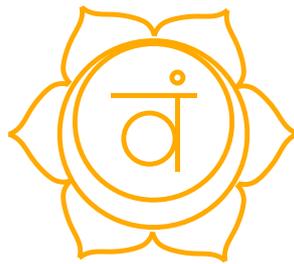
Physical connections for this chakra are:

The adrenal glands, these control our fight or flight and adrenalin responses. The spinal column and bones, kidneys, perineum, legs, feet, teeth and large intestines are all affected by or cause effect to the base chakra.

Classical imbalances can be shown with the following:

Sadism, greed, domination, bossiness, aggression, violence, materialism, insecurity, weak-will, being unable to achieve, fearfulness, distrust and being ungrounded.

CHAKRAS & THE AURA



The sacral chakra is the second chakra and is located about two inches below the bellybutton. The element linked to this chakra is water, which in turn is linked to our emotions. The colour of this chakra is orange.

Keywords for this chakra are:

Relationships, feelings, creativity, desire, feeling, change, polarities, movement, pleasure, emotions, sexuality, nurturance, quality of love, giving and receiving, caring, pleasure, attraction of opposites, duality, flow, embrace of opposites, change and friendliness.

Physical connections for this chakra are:

The ovaries and testes are the gland linked to this chakra, as is anything to do with the womb, testicles, kidneys and lower back.

Classical imbalances can be shown with the following:

Being over-emotional, cold and cut-off, introverted, anti-social, over-indulgent, obsessed with or afraid of sex, shyness, timidity, over-sensitivity, repression of emotional needs and feelings, power seeking, manipulative and self-serving.



The third chakra is known as the solar plexus and is located about two inches above the belly button. The element connected with it is air and it is associated with our mental natures. The colour of this chakra is yellow.

Keywords for this chakra are:

Personal power, concrete mind, autonomy, will, energy, metabolism, self-esteem, being oneself, self-respect, self-worth, self-control, self-belief, self-confidence, personal connection, attention to own health, intelligence, spontaneity, being outgoing/relaxed/assertive, willpower, laughter, joy, ability, the inner sun and digestion.

CHAKRA & THE AURA

Physical connections for this chakra are:

The gland linked to this chakra is the pancreas and the physical aspect related to this chakra is the digestive system.

Classical imbalances can be shown with the following:

Judgemental, egotistical, perfectionist, demanding, dogmatic, workaholic, fear of failure, unable to relax, over intellectual, depressed, unconfident, worrying about others, self-sacrificing, poor digestion, afraid of being alone, uncertainty, apathy, deprived of recognition, blames others, depression and self-defeating.



The fourth chakra is the heart. It is located in the chest, just where the real heart is. It is connected to the element fire and human beings can certainly be fiery when it comes to matters of the heart! The colours linked to the heart chakra are green and pink.

Keywords for this chakra are:

Unconditional love, love relationships, soul, abstract mind, universal love, wisdom, compassion, humanitarianism, community, union, synthesis, balanced spiritual and practical life, wise discrimination, affinity, giving and receiving, empathy, generosity, harmony, healing, freedom, sacredness, protection, peacefulness, gentleness, balance and openness.

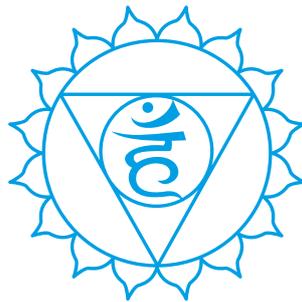
Physical connections for this chakra are:

The heart chakra is linked to the thymus gland and to all things relating to the lungs, heart and pericardium (this is the protective sac the heart sits within).

Classical imbalances can be shown with the following:

Being demanding, critical, possessive, conditional, melodramatic, moody, depressive, closed, miserly, devoid of morality or compassion, suspicious, jealous, prejudiced, defensive, self-destructive, isolated, untrusting, indecisive, tense, alienated, cruel, harsh, self-pitying, paranoid, afraid of being hurt or letting go and feeling unloved.

CHAKRAS & THE AURA



The fifth chakra is the throat chakra, which is located at the base of the throat just where the throat dips in as it meets the chest. It is connected to the element of spirit and its colour is blue.

Keywords for this chakra are:

Self-expression, expression of needs and truth, active intelligence, sound, vibration, communication, creativity and inspiration.

Physical connections for this chakra are:

The gland this chakra is linked to is the thyroid. It is also linked to the neck, shoulders, arms, hands, bronchials, vocal cords and lungs.

Classical imbalances can be shown with the following:

Arrogance, self-righteousness, over-talkativeness, gossipy, fanatical, speaks harshly and negatively, introvertedness, repression and inability to self-express.



The brow chakra is the sixth chakra and it is located in the middle of the forehead. The colour associated with this chakra is indigo.

Keywords for this chakra are:

Clear thinking, love, intuition, pure reason, visualisation, creative imagination, mental comprehension, insight, inspiration, clear sight, inner vision, formulating ideas, putting ideas into practice, interpretation, discriminating, dispassion, symbolic language and perception.

Physical connections for this chakra are:

The throat chakra is linked to the pituitary gland, lower brain, left eye, ears, nose and nervous system.

CHAKRAS & THE AURA

Classical imbalances can be shown with the following:

Egotism, mania, pride, dogmatism, restriction, authoritarianism, manipulative behaviour, non-assertiveness, undisciplined/extreme/over-sensitive behaviour, spaced out, fear of success, mental confusion, superstitious, narrow-minded, lacking imagination and unfocused.



The crown is the seventh major chakra, located at the crown on the top of the head. The colour associated with this chakra is violet.

Keywords for this chakra are:

Acceptance, divine will, realisation, acceptance, divine intelligence, liberation, bliss, radiance, cosmic/universal/divine connection and consciousness, knowing, understanding, meditation, wholeness, purpose and completion.

Physical connections for this chakra are:

The crown is linked to the pineal gland and also to the upper brain and right eye.

Classical imbalances can be shown with the following:

Spiritual emptiness/disconnection, lack of meaning, logic bound, materialistic, destructive, loss of 'spark' or fun, stagnant, feeling ashamed, misunderstood and spiritual effusiveness without practical application.

CHAKRAS & THE AURA

A person's aura, or energy field, is made up of seven individual parts which we call the subtle bodies. If you have some knowledge of the bodies and their relevance to the chakras and to certain issues, it may help you understand any problems someone may have a little better.

Physical/Etheric Body

The etheric body is the only one inseparable from the physical body, sitting just above and just under the skin. It is the blueprint for the body, shaping and protecting all that is physically there. The etheric body controls energy and temperature levels so think of using your hands to clear the etheric body if someone has a problem maintaining temperature or suffers from abnormally high or low energy levels. It is linked to the base chakra and all that is connected to it.

Lower Emotional Body (Astral)

This body is not connected to the physical as the etheric is and can tend to move from its natural, healthy position within the energy field. It is connected to the sacral chakra and all that is linked to it.

Lower Mental Body

The third body in the energy field, it is connected to the solar plexus and all that is linked to it.

Causal Body

This is the body connected to the heart chakra, bridging the way between the lower three bodies (concerned with all things conscious, physical and emotional) and the higher three bodies connected with the soul consciousness, unconditional love and spirituality.

Higher Mental Body

The first of the higher bodies, the higher mental part of the energy field is linked to the throat chakra.

Buddhic

This body is linked to the brow chakra, all that is connected to it and to the highest level of compassion and knowing.

Atmic

The atmic body is connected to the crown chakra, all that is linked with the crown and pure spiritual will and purpose.

The distance of all of the above bodies from the physical body will vary person to person and depending on what their problems are.