

# The Chakras Explained

Chakra means *Wheel* in Sanskrit. The body has spinning energy centers that look like spinning wheels and are called, Chakras, pronounced chuk rah. It is said that our body contains hundreds of chakras that are the key to the operation of our being. These “spinning wheels” draw in coded information from our surroundings. In essence, our chakras receive the health of our environment, including the people we are in contact with (that’s why other people’s moods can have an effect on us).

We have seven main chakra centers and each main center is connected to our being on several different levels: physical, emotional, mental and spiritual. On the physical level, each chakra governs a main organ or gland, which is then connected to other body parts that resonate the same frequency. These chakras, or energy centers, function as pumps or valves, regulating the flow of energy through our energy system. The functioning of the chakras reflects decisions we make concerning how we choose to respond to conditions in our life. We open and close these valves when we decide what to think, and what to feel, and through which perceptual filter we choose to experience the world around us.

Every organ, gland and body system is connected to a chakra and each chakra is connected to a color vibrational frequency. For example, the heart chakra governs the thymus gland and it is also in charge of the functioning of the heart, lungs, bronchial system, lymph glands, secondary circulatory system, immune system as well as the arms and hands. And the heart chakra resonates to the color green as well as pink.

The seven main chakra centers are aligned along the spinal column. If there are disturbances on any level, this shows in the chakra’s vitality level. Also, each of the seven main chakras is their own intelligence center. To help balance a chakra—whether on an emotional, intellectual, physical or spiritual level—we need to bring in the (color) vibration, which resonates at the same frequency.

The benefit of learning about your own chakra system is for you to understand on a whole (whole = body, mind and spirit in harmony) that when all parts of you (all of your seven chakra centers) are communicating equally and working in alliance with each other, you will have little or no energy disorders. For example, if the mental part of you is powerful and so are the physical, emotional and spiritual parts of you equally as strong, it is then that you feel at your optimum level.

Our chakras are interdependent on each other for harmony and balance. Each chakra is considered to have either masculine or feminine energy. The base, solar plexus and throat chakra are all masculine, and the sacral, heart and third eye are feminine. The crown chakra is neither masculine, nor feminine, it is beyond the self.

## **THE STATE OF YOUR CHAKRAS**

**BALANCED** – Everything is working well in this energy center, there are no irregularities.

**BLOCKED** (closed)– The energy is not getting into the chakra, it is clogged up. It is blocked, sluggish or spinning slow.

**DEPLETED** (too open)– This energy center is low, it needs more energy to boost it, because it is spinning too fast.

**TORN** – There is a tear in the chakra and aura and the chakra is not functioning properly. Tears are caused by trauma. To repair a torn chakra, we invoke Krysta, the Healing Angel, who sends us a fine Gold netting which we receive in our channeling hand, and then channel into the chakra before we put any colors into it. This netting repairs the chakra.

## **ANATOMY OF THE CHAKRA**

The front vortex of each chakra relates to the conscious self and our immediate reality while the backside relates to our unconscious self and our ancestral and past life energy. The back chakras differ from the front in two major ways. Firstly, the front holds the present and the future as well as the current symptom of function/dysfunction. The rear holds the past as well as the cause (genetics, past experience, belief systems etc). Secondly, the front holds logic and the limitation of the human plane. The back holds limitlessness and freedom from earthly constraints.

The front of the chakra responds to energy in a tangible "must follow the laws of physics" way. Whereas the rear of the chakra processes energy in a fashion unlimited by our conscious mind. For example, if you want to get an apple, front side energy would process this by having you go to the store to buy one or climbing a tree to get one. Rear side energy would have the same end result of you having an apple but you may get it because one falls off a tree in front of you, a neighbor drops by with a basket of apples or one just shows up in any number of ways. People who live with the back side of their chakras opened are the ones that "get all the breaks", draw abundance on all levels etc. The health of the back of the chakra is key in manifesting.

So, as you can see, the front and back sides of the chakras are not identical but complementary. The symptom that manifests in the front side of the chakra is merely an extension of the belief that is held in the rear of the chakra. Both sides must be dealt with for health and balance.

Anatomy Reference: Cyndi Dale