



The Chakras

The word 'Chakra' is used often in energy work and this is a name to describe energy centres in the human body.

The word 'Chakra' comes from the Sanskrit word for 'wheel'. Each Chakra can be described as a rotating wheel or a revolving flower. There are many energy centres all over the body, but for the purpose of this handout we will focus on the 7 most referred to, including the 2 outside the physical body.



The Chakras



Stellar Gateway Chakra - this is the highest chakra that can be incorporated into the human system. It is located approximately 12 inches above the head. The purpose of this chakra is to receive cosmic forces and Divine energy. It filters these forces and energy into the Soul Star Chakra



Soul Star Chakra - This chakra is located 6 inches above our physical body. The purpose of this chakra is to form a bridge between the spiritual and the physical realms. Upon physical death, this is the chakra that the soul passes out of.



Crown Chakra

The highest Chakra represents our ability to be fully connected spiritually.

Location:

The very top of the head.

Emotional issues:

Inner and outer beauty, our connection to spiritually, pure bliss



Third Eye Chakra

Our ability to focus on and see the big picture.

Location:

Forehead between the eyes. (Also called the Brow Chakra)

Emotional issues:

Intuition, imagination, wisdom, ability to think and make decisions.



Throat Chakra

Our ability to communicate.

Location:

Throat

Emotional issues:

Communication, self-expression of feelings, the truth.



Heart Chakra

Our ability to love.

Location:

Centre of chest just above heart.

Emotional issues:

Love, joy, inner peace.



Solar Plexus Chakra

Our ability to be confident and in-control of our lives.

Location:

Upper abdomen in the stomach area.

Emotional issues:

Self-worth, self-confidence, self-esteem.



Sacral Chakra

Our connection and ability to accept others and new experiences.

Location:

Lower abdomen, about 2 inches below the navel and 2 inches in.

Emotional issues:

Sense of abundance well-being, pleasure, sexuality.



Root Chakra

Represents our foundation and feeling of being grounded.

Location:

Base of spine in tailbone area.

Emotional issues:

Survival issues such as financial independence, money and food.