

THE CHAKRAS

(Collated by Michelle Wilkinson www.movingnaturally.co.uk)

The chakras, a seven-layered philosophical model of the universe, has entered Western society through the tradition and practice of yoga.

The chakra system originated in India more than 4,000 years ago. It is buried in the roots of Hindu culture and found in the 4 Holy Books of Vedas, 2,500BC.

The word chakra comes from the Sanskrit word meaning 'wheel' or disk'; a spinning sphere of bioenergetic activity.

This bioenergetic activity is a subtle form of electromagnetic energy which vibrates at a rate normally undetected by the human eye.

Although there are numerous chakras the traditional Hindu system names 7 major chakras which span from the base of the spine to the top of the head.

The spine provides an energetic human axis or midline creating a channel for the Universal Life Force otherwise referred to as *ki, chi, prana* or *qi*.

Chakras are traditionally depicted as lotus flowers which each resonate at a different frequency that correspond with the colours of the rainbow.

The rainbow is an archetypal symbol of hope, harmony and peace. It creates a bridge between the sky (Heaven) and the earth.

Although self-exploration may uncover personal chakra colour associations, traditionally they are assigned, corresponding to their vibrations, the following colours.

Red – Root

Orange – Sacral

Yellow – Solar Plexus

Green – Heart

Blue – Throat

Third Eye – Indigo

Crown – Violet

As can be seen from above, many of the chakras are clearly named by their location such as the solar plexus, heart, throat and crown. To give clarification to the others, the root is placed at the base of the coccyx, the sacral denotes the reproductive organs while the third eye is between the two eyebrows.

Each lotus flower metaphysically is embedded into the spinal cord or *sushumna*. The stem of the flower buries back into the spinal cord while the petals grow out in front.

Each of the chakras is connected to the endocrine system where localised ductless glands are responsible for producing different natural chemicals called hormones.

Examples of hormones which act as chemical messengers are adrenalin, insulin, oestrogen and progesterone. These are secreted into the bloodstream from specific organs to stimulate or inhibit certain physical processes. For instance, adrenalin from the adrenal glands on top of the kidneys are responsible for the fight or flight response.

Activities of the chakras not only influence glandular processes but the body's posture, shape, behaviour and thoughts.

The chakras could be regarded in computer terms as floppy discs which contain the vital programmes from which a human operates. It is easy to operate from older childhood programmes such as attitude toward gender roles which may not be appropriate to the current times.

The lower chakras, closer to the earth, are related more to the physical concerns of life and social law. The root is concerned with survival, the sacral sexuality and the solar plexus power.

The upper chakras are represented by the metal realms and work on a symbolic level through words images and concepts. The heart is concerned with love, throat communication, third eye intuition and the crown consciousness itself.

Anodea Judith describes the chakras as 'sacred centres of self' in her book *Eastern Body Western Mind* (1: 2006).

There are 2 primary electrical systems in the body. The first and more familiar is the alternating electrical current of the brain and nervous system which governs the human hormones, muscles and physical sensations. It is interesting to note that the chakra system lies within the central nervous system.

The second electrical system is a continuous electrical magnetic radiation between an individual human and the environment. The environment holds the universal life force and is drawn into the body through the chakras.

In addition to the chakras, there is an envelope of vibrating energy which surrounds the human body known as the aura or peri-personal space.