

Chakras

Root Chakra

This is the first chakra that is activated and developed, which occurs at birth, and is located at the base of the spine. It affects how we feel about ourselves and our place on this earth - safety and security. Focus on this chakra occurs until approximately ages 3-5 and occurs again in our early 30's, early 60's and early 90's as we again look for a sense of security in our lives. The root chakra is associated with the adrenal gland and its purpose is to keep us here to accomplish whatever we came here to do in this life. This chakra is responsible for our basic survival instincts and gives us a foundation to build our life on.

If this chakra isn't functioning properly we can experience depression, addictions, eating disorders, negativity and poor judgment. By working with this chakra you can improved your sense of well-being and create a greater sense of security. It will also help you feel more grounded.

Sacral Chakra

This chakra is located between our naval and the base of our spine. It is the center of our emotions and controls our sexuality and creativity. It begins to develop after the root chakra and continues until about age 8. The ovaries in women and the testicles in men as well as the lymphatic system are the glands associated with the sacral chakra. It is responsible for our flexibility and our ability to develop relationships with others. It governs our sexuality and assists us with tenderness, intimacy, commitment, and male/female balancing. It also stimulates our creativity.

You may be inflexible and unbalanced if this chakra is blocked, weak, or underdeveloped. Additionally, you may have a lack of desire and sexual satisfaction. By working on this chakra, you can become more flexible, gain a greater sense of inner balance, and enjoy your relationships more.

Solar Plexus Chakra

The solar plexus chakra is located between the chest and the naval. It begin to develop at about age 8 and stays in focus until about age 12. This is where we get that "gut feeling" or intuition. This chakra gives us power, potential, passion, and ambition. It governs our intellectual self.

You may misuse your power if this chakra is blocked, weak, or underdeveloped. You may also feel helpless at times. Another characteristic is trying to control others and what they do. You may also lack ambition or drive or behave irresponsibly. Negative emotions may also be displayed.

Heart Chakra

The heart chakra is located at the center of the chest. It begins to develop at about age 12 until about age 16. It is the chakra that connects our human side to our spiritual side. The heart chakra is associated with the thymus gland, which is involved with the immune system. This chakra is responsible for a love for others, compassion, empathy, acceptance, peace, respect, bonding, grieving, optimism, forgiveness, and the capacity to fall in love.

If this chakra is blocked, weak, or underdeveloped you may experience difficulties with relationships, codependence, negativity, pessimism, destructive criticism, a lack of forgiveness, holding grudges, being passive aggressive, being defensive. By working with this chakra you can improve your ability to have love and compassion for yourself and the universe, the capacity to love unconditionally, the ability to forgive, and an improvement in your relationships.

Throat Chakra

The throat chakra is located at the front of the throat. It begins development at about 16 until about age 21. It affects your verbal expression, your humor, and truth. The throat chakra is associated with the thyroid gland.

If this chakra is blocked, weak, or underdeveloped you may suffer from poor communication, telling lies and a poor sense of humor. By working with this chakra you can improved your communication and verbal expression. You can also discover your unique truth and integrity.

Third Eye Chakra

The third eye chakra is located between the eyebrows. Its activation and development begin at about ages 22-25 years of age. It affects our intuition, imagination, visualization, and concentration. The third eye chakra is associated with the pituitary glands. This chakra is responsible for helping us to see the divine in all things and is the balancer between intuition and logic.

If this chakra is blocked, weak, or underdeveloped you may experience headaches, poor eyesight, and a lack of concentration. By working with this chakra you can improved your intuition.

Crown Chakra

The crown chakra is located at the top of the head. It's activation and development begin at approximately ages 26-30. The crown chakra is associated with the pineal gland. It is responsible for our inspiration, wisdom, spirituality and oneness with all.

If this chakra is blocked, weak, or underdeveloped it can cause depression, a lack of grounding, and/or a lack of inspiration. By working with this chakra you can improved your connection with the universe/your spiritual source/God.

Working with Your Chakras

Working with your chakras can leave you feeling more centered, grounded, and more energetic. It is easy to do on your own but is nice to have someone work on you as well. A partner can help as the exchange of energies increases the impact of the technique.

Chakra Testing with a Pendulum

1. Have a partner hold a pendulum over each chakra.
2. For most people, it should begin to swing in a clockwise circular motion.
3. If it doesn't, begin again with an intention of having the pendulum show you the correct way for that person's chakra to spin. This will assure you are looking at the individual's responses.

All chakras should rotate at about the same speed and in a clockwise motion (unless a difference is noted in step 3). Those that don't need to be cleared, balanced, and strengthened.

Clearing, Balancing, and Strengthening the Chakras

There are many techniques to clear, balance and strengthen your chakras. These can be done alone or with a partner. Here is one simple method to use.

1. Always set an intention for the highest good of the recipient and always let go of the outcome.
2. Surround yourself and your partner, if applicable, with protection by imagining a bubble of pure white light surrounding you.
3. Establish a connection with yourself or the person you are working with by saying their name.
4. Begin at the root chakra. Clear the chakras by rotating either or both hands, palms down, in a counterclockwise motion above the chakra to remove all the negative debris. Flick your fingers to the ground to release the energy after 3-5 minutes per chakra, as long as you feel necessary.
5. Balance the chakra by rotating either or both hands, palms down, in a clockwise motion above the chakra. Flick your fingers to the ground to release the energy after 1-5 minutes per chakra, as long as you feel necessary.
6. Re-test.
7. Close by thanking the forces that have helped you during this process and repeating your intention.

Some feel a bigger difference if they use their left hand for counterclockwise motions and their right for clockwise motions. Do whatever you feel guided to do.

Some experience a headache as a result of toxins being released. If you are prone to headaches, it can be helpful to begin with the crown chakra and work your way down. Some light massaging of the head on completion may help as well.