

# Root Chakra

**Muladhara: The Base Chakra**

**Color: Red**

Key issues involve sexuality, lust and obsession. Physically, Muladhara governs sexuality, mentally it governs stability, emotionally it governs sensuality, and spiritually it governs a sense of security.<sup>[37]</sup>

**Location:** The perineum, the point between the anus and the sex organs, when open we have a good sense of being grounded, stable and secure. We sense being connected to the earth, rooted, present in the here and now. We understand our place on the earth.

**Element:** Earth

## ● Orange Chakra

**Svadhithana: The Sacral Chakra**

**Color: Orange**

The key issues involving Svadhithana are relationships, violence, addictions, basic emotional needs, and pleasure. Physically, Svadhithana governs reproduction, mentally it governs creativity, emotionally it governs joy, and spiritually it governs enthusiasm.<sup>[36]</sup>

**Location:** The center of the abdomen, when open we connect with our passion, sexuality and creativity. We are open to intimacy and have no problem dealing with our sexuality.

**Element:** Water

# Solar Plexus Chakra

**Manipura: The Solar Plexus Chakra**

**Color: Yellow**

Key issues governed by Manipura are issues of personal power, fear, anxiety, opinion-formation, introversion, and transition from simple or base emotions to complex. Physically, Manipura governs digestion, mentally it governs personal power, emotionally it governs expansiveness, and spiritually, all matters of growth.<sup>[35]</sup>

**Location:** Solar plexus, when open we have a connection between our thinking cognitive self and our emotions. It is our center, connecting the earth to the universe. It about asserting yourself and feeling adequate self esteem.

**Element:** Fire, the sun.

# Heart Chakra

**Anahata: The Heart Chakra**

**Color: Green**

Key issues involving Anahata involve complex emotions, compassion, tenderness, unconditional love, equilibrium, rejection and well-being. Physically Anahata governs circulation, emotionally it governs unconditional love for the self and others, mentally it governs passion, and spiritually it governs devotion.<sup>[33]</sup>

**Location:** Center of the chest, open one up to their ability to be compassionate for themselves and others. When this is open and connected to Sacral it blends creativity and passion with compassion so we are not pulled into greed or lust.

**Element:** Air

# Throat Chakra

**Vishuddha: The Throat Chakra**

**Color: Blue**

May be understood as relating to communication and growth through expression. It governs such issues as self-expression and communication, as discussed above. Physically, Vishuddha governs communication, emotionally it governs independence, mentally it governs fluent thought, and spiritually, it governs a sense of security.<sup>[32]</sup>

**Location:** Base of the throat, when open access to the inner voice one can speak and listen to their truth as it evolves within. It is about self expression and active listening.

**Element:** Ether, as the crossover between the physical world and the world of Spirit. On the physical level, it corresponds to deep space as the most subtle physical element. From the point of view of the Spiritual, it represents the matrix on which physical reality manifests.

# Brow Chakra

**Ajna: The Brow Chakra**

**Color: Violet**

**Ajna (along with Bindu, is also known as the third eye chakra) is linked to the pineal gland which may inform a model of its envisioning.**

Ajna's key issues involve balancing the higher & lower selves and trusting inner guidance. Ajna's inner aspect relates to the access of intuition. Mentally, Ajna deals with visual consciousness. Emotionally, Ajna deals with clarity on an intuitive level.<sup>[31]</sup>

**Location:** Center of the forehead, opening this chakra allows you to connect with insight and visualization. Opens up greater ability for intuition and fantasy, referred to as the Third Eye, connects one to their higher level of consciousness.

**Element:** Inner Sound, the sound one hears inside that does not depend upon events outside. Often considered a pathological condition by traditional medicine, it is also seen by eastern traditions as a necessary prerequisite to further spiritual growth.

# Crown Chakra

**Sahasrara: The Crown Chakra**

**Color: White**

[Sahasrara](#) is generally considered to be the chakra of pure consciousness.

Sahasrara is represented by the colour White and it involves such issues as inner wisdom and the death of the body. Sahasrara's inner aspect deals with the release of karma, physical action with meditation, mental action with universal consciousness and unity, and emotional action with "beingness".

**Location:** Top of the head, opening this chakra allows one to connect with their inner wisdom, your higher level of consciousness connected to our spirituality. It about having a sense of being in the world.

**Element:** Inner Light, which is what one experiences when they are in the deepest part of their being, as a point of consciousness glowing with intelligence.

# EARTH POINT

Color: Magenta

The connection to the ground is through our feet. They are crucial to this process, for it is through our feet that we can connect with the vibrational energies of the Earth. For many years now I have worked the feet as the 8th chakra, which I feel should be appropriately named the **Earth point chakra**. The energy of this chakra not only connects us to the planet, but also to our roots or origins. Its energy helps us access past lives and karmic patterns as well as the genetic blueprint that we receive from our parents and above all to root us firmly into the vibrational essence of the Earth.

By locating the 8<sup>th</sup> chakra 6 to 12 inches below the feet we create a balance with the Crown chakra and a point of contact with the Earth in a way not considered before. To fulfil our collective karmic task we have to go through this process of Earth linking, of Earth harmonisation. The earth point chakra allows this to happen.

# UNIVERSAL POINT

Color: Translucent White light.

The Spirit Chakra (Vyomanga) – located in the heart of the Universe outside of time and space and is always crystalline and pure. This is where we can experience the magnificent expanse of creation. This is where we reside within God. To reach this area, we ascend the silver cord of light that rises up from the eighth chakra. It is Spirit. There is only one ninth chakra, for there is only one of us in Spirit. It is the all and the infinite, the one that we are. Color vibration - translucent white light.

Reference:

Energy Healing A Pathway To Inner Growth: By Jim Gilkeson.

Energy Diagnosis and Treatment Methods: By Fred P. Gallo.