

# THE CHAKRA SYSTEM



## COURSE DESCRIPTION

Observed, described, and attended to by yogis for thousands of years, the chakra system serves as an integral part of healing in several spiritual traditions. Recently, interest in this ancient practice has exploded among health care professionals and the general population, rising with the growing appeal of integrative and alternative medicine.

The outcome of this course is for the learner to describe the chakra system, the seven chakras (where they are believed to be located within the body, their purpose, and associated colors), as well as the characteristics of chakra balancing.

## COURSE OBJECTIVES

Upon completion of the course, you will be able to do the following:

1. Define the term *chakra*.
2. Discuss the seven chakras.
3. Describe the location of each chakra within the body, its purpose, and its associated color.
4. List the endocrine gland associated with each chakra.
5. Describe the element and sense associated with each chakra.
6. Examine excessive and deficient characteristics to focus on when balancing the chakras.
7. Differentiate between the functional and dysfunctional archetypes associated with each chakra.
8. Describe the psychological and physiological benefits of chakra meditation.

## INTRODUCTION

Among yogis, the *chakra* (Sanskrit for “wheel” or “turning”) has long been known as an “energy station” (Eden, 2008), envisioned as a point of swirling energy, a vortex.

Eden also notes that while the term *chakra* has its origins in India, many cultures have identified and worked with the spiraling centers. Most healers sensitive to subtle energies eventually discover these centers of awareness in the human body. Neither physical nor anatomical, chakras reside in the subtle energy system.

According to Eastern tradition, subtle energies exist beyond the five-sense field. They compose an energetic spectrum in the thought realms, also known as the spiritual realm (Micozzi, 2015). The spiritual realm can be perceived in the human body as chakras: “Everything emits an energy field, and the human energy field is enlivened by the swirling, spinning streams of energy created by its constantly moving chakras.” (Davies, 2003, pp. 42-42)

Most traditions identify seven major chakras. Their English names refer to the parts of the physical body where they are believed to reside: the root chakra, the sacral chakra, the solar plexus chakra, the heart chakra, the throat chakra, the third-eye (pituitary) chakra, and the crown (pineal) chakra.

- Each chakra influences organs, muscles, ligaments, veins, and all other systems, especially the endocrine system, within its energy field.
- Chakras are energy centers traversing the length of the spine, each accounting for a different mode of perception (Smith, 2006).

“Memory is energetically coded in your chakras just as it is chemically coded in your neurons. While an ‘energy memory’ system parallels neural memory and is foreign to Western thinking, it is taken for granted in many healing traditions.” (Eden, 2008, p. 147)

## THE CHAKRAS

Interest in this ancient healing system has exploded among health care professionals and the general population because of the profound appeal of alternative therapies and integrative health care. The chakras can be found in seven centers of the body from the coccyx to the crown of the head (Shields & Wilson, 2016).

One of the subtlest methods of healing, chakra work is based on the belief that we must be integrated physically, mentally, emotionally, and spiritually for total well-being to occur. To visualize a chakra in the body, imagine a swirling wheel of energy where matter and consciousness meet.

Valerie Hunt, a professor of physical therapy at the University of California, Los Angeles (UCLA), and Hiroshi Motoyama of Japan demonstrated objective evidence of chakra activity (Shields & Wilson, 2016). Hunt placed electrodes on the skin over

the chakra areas, which recorded wave-like electrical signals that were much higher frequency than any previously recorded in the study of human body.



Motoyama theorized that if an enlightened individual could influence the chakras, the energy output of those chakras could be measured. Using a lead-lined recording booth, Motoyama measured the energy field of various chakras that subjects claimed to have awakened, usually through years of meditation.

Montoyama recorded control subjects' electrical state and changes over chakra areas, along with those for advanced meditators and individuals who reported experiencing psychic incidences. He found that advanced meditators could consciously project energy through their chakras, revealing significant electrical field disturbances over the activated chakras (Shields & Wilson, 2016). His findings demonstrate significantly greater energy levels at those areas than over the same areas of control subjects.

The effects of our habits, feelings, beliefs, thoughts, fears, and desires may be found in our chakras. The way we eat and exercise, how we deal with our emotions, and our intellect are imprinted on our energy body.

The goal of chakra balancing is a strong, clear energy system, because the more open, clear and balanced the chakras, the more energy that can flow through the body. This energy is essential for vitality, health, and continued spiritual growth.

## Chakra Chart



Eden (2008) notes that it is helpful to think of each of the chakras as corresponding to a particular color. This framework reflects an organic *tendency* rather than a specific correlation.

- Colors are vibrations of energy, and each chakra is as unique as a thumbprint.
- The vibrational relationship between the chakras and their associated colors is more complex than a direct correlation between a specific chakra and its corresponding color. For example, red is associated with the root chakra, but some energy healers will also perceive other colors, such as gold, in the root chakra.
- Keep in mind the associated colors are guidelines of the most common colors observed.

The table below provides an overview of each of the chakras as well as their associated features. A detailed discussion of each chakra is provided in the next section.

| <u>Chakra</u>                   | <u>Sanskrit Name</u> | <u>Color</u>  | <u>Location in the Body</u>               | <u>Endocrine Gland</u> | <u>Function or Purpose</u>          | <u>Element</u> | <u>Sense</u>         |
|---------------------------------|----------------------|---------------|---|------------------------|-------------------------------------|----------------|----------------------|
| Crown (7 <sup>th</sup> )        | <i>Sahasrara</i>     | Violet        | Top of head                               | Pineal                 | Spiritual                           | Thought        | Withdrawal of senses |
| Third Eye (6 <sup>th</sup> )    | <i>Ajna</i>          | Indigo        | Brow                                      | Pituitary              | Wisdom, intuition                   | Light          | Sight                |
| Throat (5 <sup>th</sup> )       | <i>Vishuddha</i>     | Blue          | Throat                                    | Thyroid                | Communication, creativity           | Sound          | Hearing              |
| Heart (4 <sup>th</sup> )        | <i>Anahata</i>       | Green or Pink | Chest                                     | Thymus                 | Love, relationships                 | Air            | Touch                |
| Solar Plexus (3 <sup>rd</sup> ) | <i>Manipura</i>      | Yellow        | Solar plexus                              | Pancreas               | Personal power, energy, will        | Fire           | Sight                |
| Sacral (2 <sup>nd</sup> )       | <i>Svadhithana</i>   | Orange        | Sacral area, lower back                   | Ovaries, testes        | Emotions, sexuality                 | Water          | Taste                |
| Root (1 <sup>st</sup> )         | <i>Muladhara</i>     | Red           | Base of spine, coccygeal plexus, perineum | Adrenals               | Grounding, physical needs, survival | Earth          | Smell                |

## THE FIRST CHAKRA (ROOT)



The root chakra is associated with our tribal nature, with our connections to each other and every living thing.

### Location

The root or base chakra swirls at the base of the spine, between the coccyx and the pelvic bone. Its energies move to the front of the body, spinning over the pelvis and

the vagina in a woman, and the penis and testes in a man (Eden, 2008; Myss, 2017; Redmond, 2010).

### **Purpose**

The root chakra carries life energies up into the body, through the other chakras, as well as down the legs. This chakra is the “grounding” connection to the earth’s subtle energies: through it we are connected with the earth and our origins. It is associated with survival, stability, and physical sensations. The root chakra governs our basic instincts of eating, sleeping, sex, self-preservation, manifestation of what we need, and conservation of the species (Eden, 2008; Govinda, 2004).

Kundalini energy, the power of creativity, resides in the root chakra. The root chakra is as spiritually relevant as the higher chakras. The slowest spinning of the chakras, the root chakra is about three inches in diameter. Our desires to satisfy sexual needs arise in this chakra.

### **Associated Color**

The root chakra, linked to the physical body, is most often associated with the color red, but this is not always the case, as other colors can be seen in the chakra in response to different influences, such as illness (Eden, 2008; Leadbeater, Anodea, & Leland, 2013; White, 2003).

## **THE SECOND CHAKRA (SACRAL)**



The energies of the second chakra can reflect a person’s natural healing abilities. When people meditate, they often report making contact with the energy contained in the second chakra.

### **Location**

Known as the sacral or abdominal chakra because of its location over the lower abdominal area, this chakra is the container of imagination and creative impulses

(Eden, 2008). The sacral chakra is the center of sensuality, procreation, and giving and receiving sexual pleasure (Govinda, 2004; Myss, 2017; Redmond, 2010).

### **Purpose**

The second chakra reveals the affection and compassion of the soul, the essence within. Most caring and dedicated healers have a strong and active second chakra. People with a strong second chakra often make others feel cared for and comfortable. The energies of the second chakra reflect a person's natural healing abilities (Eden, 2008).

### **Associated Color**

Linked to the etheric body (the state between energy and matter), the sacral chakra is associated with the color orange (White, 2003).

### **THE THIRD CHAKRA (SOLAR PLEXUS)**



The third or solar plexus chakra contains the energies that represent individual identity, the sense of who one is and who one is not.

### **Location**

The solar plexus chakra, located over the pit of the stomach, is linked with the pancreas and adrenal glands. It contributes to digestive functioning and the body's acute response to stress. On the left side of this chakra are the spleen, pancreas, and stomach. On the right side of this chakra are the liver and gallbladder, and to the rear of this chakra are the kidneys and adrenal glands (Govinda, 2004; Myss, 2017).

### **Purpose**

Eden (2008) describes the relationship between the third chakra and the body's organs as follows:

Each organ's function in your body parallels its role in your emotional life. Consider the organs within the third chakra. As the filtering system that detects toxins in your bloodstream, the kidneys are your prototype for fear and caution, for detecting and eliminating that which is dangerous. As a factory that breaks down whatever is harmful to your system, your liver is your prototype for self-protective anger. As the alarm system that triggers great rushes of energy for emergencies, the adrenals are the prototype for the panic response that mobilizes you in a crisis. As the body's producer of metabolic juices, the pancreas is the prototype for assimilating what you can embrace. As the organ that sends stale air out of your body, the diaphragm is the prototype for grieving and finding closure with whatever is passing out of your life. (p. 168)

Linked to the astral body (a supersensible substance pervading all space and forming the substance of a second body belonging to each individual; it accompanies the individual through life, is able to leave the human body at will, and survives the individual after death) and astral plane (a spiritual dimension or parallel universe comprised of spiritual energy; the Earth's "body double" which vibrates faster than the physical planet and penetrates to its core) (White, 2003).

### **Associated Color**

The third chakra is associated with the color yellow (White, 2003).

### **THE FOURTH CHAKRA (HEART)**



Love, rather than logic, is the product of the heart chakra, and a person whose fourth chakra is dominant is guided more by the "heart" than the "head" and by feelings more than thoughts

### **Location**



This chakra lies at the center of the chakra system in the center of the body and close to the anatomical heart. In most cultures, the heart is linked to the power of love. The heart chakra has within its area of influence the heart, lungs, thymus, and pericardium (a protective sac that surrounds the heart). This is the powerhouse of the human energy system (Govinda, 2004; Myss, 2017).

### **Purpose**

The heart chakra is the center through which all energies must pass in transit from one group of chakra layers to another and from one reality to another. This chakra and its associated chakra layer filter all energies, thoughts, and experiences, which ultimately affect us emotionally, physically, and spiritually. Linked to the “feeling body” the heart chakra is the central focus between the lower and upper chakras (White, 2003).

Many heart chakras are underdeveloped because people are guided more by their head than by their heart. Conversely, disturbances in the heart chakra can cause one to feel easily overwhelmed by others (Govinda, 2004). Someone with an imbalance in the heart chakra may tend to take on everyone’s pain and problems to their own detriment.

### **Associated Color**

The color associated with the heart chakra is also in the middle of the color spectrum, green, but other colors are also associated with it. When the heart chakra emits a golden hue, it usually indicates that the person has a universal love that attracts others. A soft pink hue is evident in those who are loving, kind, and gentle.

### **THE FIFTH CHAKRA (THROAT)**



Expression is the product of the throat chakra, and it contains information from all of the other chakras.

### **Location**

Through the throat chakra, whose areas of influence include the thyroid and parathyroid glands, all energies and information are transmitted throughout the chakras as they pass to and from the higher seventh and sixth chakras to the lower heart chakra, third, second, and base chakras. This is the filtering point for all data, which is sorted, organized, and then dispersed as personal expression. The throat chakra is the center of sound and is responsible for speech, speaking the truth with courage, listening with nonjudgment, and communicating as well as hearing (Govinda, 2004; Myss, 2017).

### **Purpose**

Just as the thyroid and parathyroid glands contribute to the body's metabolism and energy, the throat chakra breaks down the energies that pass through it to maintain the energy body. Energies from the root, sacral, solar plexus, and heart chakras move up through the throat on their way to the crown chakra. Energies from the third eye and crown chakras move down through the throat chakra on their way to the trunk of the body. This chakra facilitates unique self-expression (Eden, 2008).

### **Associated Color**

Linked to the lower mental body or plane, the throat chakra is associated with the color blue and shades of blue (Eden, 2008).

### **THE SIXTH CHAKRA (THIRD EYE)**



The sixth chakra is an energy station where a sense of a separate self and identity can be transcended. This transcendence allows one to “leave” the body and move

into the “mind.” For example, the capacity of the human brain to perform abstract mental operations makes it possible to literally transcend the body (Eden, 2008). The sixth chakra is the energy center of intuition (Myss, 2017).

### **Location**

The forehead (third eye) chakra is the spiritual center of awareness, intelligence, concentration, and intuition. It is located between the eyebrows just above the bridge of the nose. The areas of influence for the third-eye chakra are the eyes, ears, lower area of the brain cortex, pituitary gland, and the “director of bodily operations,” the hypothalamus (Myss, 2017; Redmond, 2010).

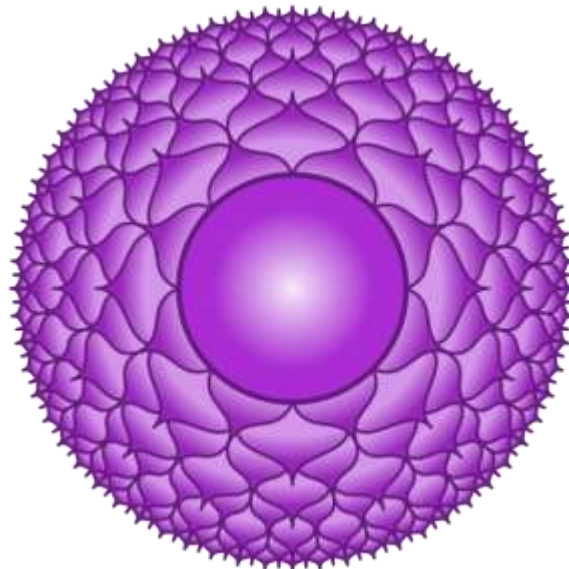
### **Purpose**

Modern thinking, intellect, and busy minds tend to dominate the more subtle but powerful connections to the psychic realm, which are the channels for receiving guidance and subtle energies beyond ordinary perception. This chakra, the third eye, is the portal to the spiritual world. It is associated in many cultures with psychic development and is the center of thought and abstraction (Eden, 2008; Govinda, 2004).

### **Associated Color**

The color associated with this chakra is indigo.

## **THE SEVENTH CHAKRA (CROWN)**



If an individual’s crown chakra is developed, open, and in harmony with the other chakras, a feeling of oneness with the cosmos can be experienced.

### **Location**

Situated at the top of the head, the crown chakra is linked with the activity of the pineal gland. The crown chakra is associated with spirituality, the soul, ultimate

knowledge, bliss, and the integration of personality with life, which gives a sense of purpose to existence (Myss, 2017; Redmond, 2010).

### **Purpose**

The crown chakra relates to the whole being: physical, mental, spiritual, and emotional. It supports a holistic state of balance. The central themes of this chakra are spirituality, self-realization, and enlightenment. Let go of the past and live in the present (Govinda, 2004; Myss, 2017).

Meditation, prayer, energy work, and rituals are safe but potent ways of opening the crown chakra and deepening spiritual awareness and connection (Eden, 2008).

### **Associated Color**

Linked to soul and the causal body (mental level), the crown chakra is associated with the color violet (White, 2003).

## **CHAKRA BALANCING**



A wide array of illnesses and disturbances (blockages in the flow of energy within a chakra) can produce imbalances in the chakras. These imbalances may be temporary, but if they remain for a prolonged period of time, they can contribute to chronic illness, disease, and psychological conditions, such as suppression of feelings, denial, and behavioral issues.

Balanced chakras allow energy to flow freely in the body, thus creating health and harmony. All chakras are linked, so an imbalance in one may affect others. Excessive and deficient characteristics may exist in any of the chakras (Judith, 2004).

Feeling weak or ungrounded, or struggling with home, work, or finance issues, can point to an **unbalanced first chakra**. However, preoccupation with the body or work, or excessive spending, may indicate an overactive first chakra. When an individual experiences either an excess or deficient first chakra, it must be brought into balance to achieve health and healing.

The characteristics of a **balanced first chakra** may include (Judith, 2004):

- Being grounded
- “Right” livelihood (type of work)
- Prosperity
- Being present in the here and now
- A sense of safety and security
- Physical health

Characteristics that may reflect an **unbalanced, excessive second chakra** may include sexual addictions, obsessive attachments, instability, and excessive mood swings.

Characteristics that may reflect an **unbalanced, deficient second chakra** may include fear of sexuality, emotional insensitivity, fear of change, boredom, and rigidity in one’s beliefs or behavior.

The characteristics of a **balanced second chakra** may include (Judith, 2004):

- Sexual satisfaction
- Emotional intelligence
- Ability to embrace change
- Passion
- Nurturance of self and others

Characteristics that may reflect an **unbalanced, excessive third chakra** may include being dominating, controlling, competitive, arrogant, hyperactive, and stubborn.

Characteristics that may reflect an **unbalanced, deficient third chakra** may include passivity, a tendency toward submission, a blaming nature, low self-esteem, and a lack of energy.

The characteristics of a **balanced third chakra** may include (Judith, 2004):

- A positive sense of self
- Confidence
- Feeling energetic
- Being responsible
- Having good self-discipline
- Being playful and humorous

Characteristics that may reflect an **unbalanced, excessive fourth chakra** may include codependency, the inability to maintain appropriate boundaries, jealousy, being a martyr, and trying to please others to the detriment of oneself.

Characteristics that may reflect an **unbalanced, deficient fourth chakra** may include being antisocial, critical, fear of intimacy, and having a lack of empathy.

The characteristics of a **balanced fourth chakra** may include being (Judith, 2004):

- Caring
- Compassionate
- Empathetic
- Peaceful
- Centered
- Content

Characteristics that may reflect an **unbalanced, excessive fifth chakra** may include gossiping, excessive loudness, speaking inappropriately, and the inability to keep confidences. Characteristics that may reflect an unbalanced, deficient fifth chakra may include a fear of speaking, secretiveness, excessive shyness, difficulty putting thoughts into words, and speaking with a “weak voice.”

The characteristics of a **balanced fifth chakra** may include the following (Judith, 2004):

- Clear communication with others
- Good communication with self
- Resonant, full voice
- Being a good listener
- Living life creatively

Characteristics that may reflect an **unbalanced, excessive sixth chakra** may include experiencing hallucinations, delusions, obsessions, nightmares, intrusive memories, difficulty concentrating, and excessive fantasizing.

Characteristics that may reflect an **unbalanced, deficient sixth chakra** may include denial, lack of imagination, insensitivity, and excessive skepticism.

The characteristics of a **balanced sixth chakra** may include the following (Judith, 2004):

- A strong intuition
- A creative imagination
- A good memory
- The ability to visualize
- A guiding vision for life
- Penetrating insight

Characteristics that may reflect an **unbalanced, excessive seventh chakra** may include a tendency toward spiritual addiction, confusion, living “in your head,” over-intellectualization, excessive attachments, and a disconnection from spirit.

Characteristics that may reflect an **unbalanced, deficient seventh chakra** may include spiritual cynicism, a closed mind, learning difficulties, rigid belief systems, and apathy.

The characteristics of a **balanced seventh chakra** may include the following (Judith, 2004):

- Spiritual connection
- Wisdom
- Intelligence
- Open-mindedness
- Ability to assimilate and analyze information

There are various ways to balance your chakras. We will discuss two of them—the use of archetypes and meditation. In the process of healing, exploring various methods of chakra balancing is recommended until one or more of the methods provide the desired result.

## **ARCHETYPES**

An archetype is an original model or type after which other similar things are patterned, such as prototypes or universal themes of the human experience illustrated through myths, fairy tales, and even modern films. Both functional and dysfunctional archetypes are associated with each chakra. The archetypes represent a fixed pattern of human behavior. Whether we are male or female, we all follow archetypal roles. Creating healthy archetypes is paramount to achieving both physical and spiritual health. When the seven chakras are open and balanced, each one is represented by a particular archetype of our subconscious. When the chakras are unbalanced, they can be either blocked or too open. If unbalanced, the chakras are represented by negative archetypes (Wauters, 1997).

**The archetypes associated with the root chakra are the Earth Mother and the Victim.**

- The functional archetype of the root chakra is the Earth Mother.
- The Earth Mother incorporates the feminine aspects of personality.
- Eating well, getting enough rest, and becoming less dependent on others are ways to develop the Earth Mother archetype.
- The more one is able to utilize the positive aspects of the Earth Mother, the healthier and more stable one becomes.
- Victims become vulnerable, needy, and ungrounded.

- Transform the negative Victim archetype into the Earth Mother by practicing ways to balance the root chakra, such as taking personal responsibility, making positive choices, and realizing worthiness.



**The archetypes associated with the sacral chakra are the Sovereign and the Martyr.**

- The Sovereign allows the good things in life to be part of his or her experience.
- The Martyr lives a life steeped in lack, misery, and self-pity.
- Transform the negative Martyr archetype into the Sovereign by practicing ways to balance the sacral chakra, such as embracing change, nurturing others and oneself, and practicing gratitude.

**The archetypes associated with the solar plexus are the Spiritual Warrior and the Drudge.**

- The Spiritual Warrior has inner strength and is forced to look inside and use divine guidance to overcome external challenges.
- The Drudge depends on others for recognition and approval.
- Transform the negative Drudge archetype into the Spiritual Warrior by practicing ways to balance the solar plexus chakra, such as having a positive sense of self, being playful and humorous, and having strong self-discipline.



**The archetypes associated with the heart chakra are the Lover and the Performer.**

- The Lovers love themselves unconditionally, are generous, free-spirited, and radiate positive energy.
- Performers look outside themselves for the love they desire.
- The Performer believes finding another person to draw strength from can heal personal wounds.
- Transform the negative Performer archetype into the Lover by practicing ways to balance the heart chakra, such as being peaceful, centered, and compassionate.

**The archetypes associated with the throat chakra are the Communicator and the Masked Self.**

- Communicators usually have good speaking voices and express themselves with clarity and purpose.
- The Masked Self has trouble with self-expression and will sometimes take on the persona of a clown (making jokes, always laughing, etc.).
- Transform the Masked Self archetype into the Communicator by practicing ways to balance the throat chakra, such as engaging in clear communication with others, being a good listener, and living life creatively.

**The archetypes associated with the third eye chakra are the Psychic and the Rationalist.**

- Psychics use their instincts rather than a set of rules and typically become artists, healers, and therapists.
- The Rationalist strictly adheres to a set of rules, which is very limiting.
- Transform the negative Rationalist archetype into the Psychic by practicing ways to balance the third eye chakra, such as using imagination, practicing visualization, and paying attention to intuition.

**The archetypes associated with the crown chakra are the Guru and the Egocentric.**

- The Guru realizes that all things are possible, embraces an expansive view of the world, and lives successfully on this earth.
- The Egocentric views the world as mechanistic and values materialism, only to discover they lack inner resources and have no relationship with the divine to receive more from life.

- Transform the negative Egocentric archetype into the Guru by practicing ways to balance the crown chakra such as having a strong spiritual connection, being wise, and by being open-minded.

## **CHAKRA MEDITATION**



Chakra balancing and clearing is something anyone can learn to do. The most widely used method to balance and clear the chakras is meditation (Virtue, 2004). There are myriad ways to do it. Color meditation is one of the most common techniques. Simply focus on each chakra and its assigned color in turn. An example of a chakra meditation for the crown chakra is total silence as an act of listening deeply to spirit (Judith, 2003). The use of chakra meditations, visualizations or energy work is a valued part of spiritual health. As spiritual beings, we are part of the energy field of the universe.

While someone may consciously be aware of only the physical plane, everyone interacts on many non-physical planes and conditions, as well. The true nature of a human being is spiritual. Ideally, energies should be in complete balance and harmony. However, due to choices, reactions, and experiences, most people have blocks and distortions in their energy bodies.

### **Health Benefits of Meditation**

The regular, consistent practice of meditation may improve a variety of medical conditions ranging from hypertension to chronic pain (Riley, Ehling, & Sancier, 2013). Many studies have found that various practices of meditation appear to produce physical and psychological changes (Micozzi, 2015).

The following physiological and psychological changes occur with regular meditation practice (Carlson, Speca, Patel, & Goodey, 2004; Eliopoulos, 2013; Freeman, 2009; Lane, Seskevich, & Pieper, 2007; Seaward 2013).

### **Physiological benefits:**

- Decreased oxygen consumption
- Decreased blood lactate levels
- Decreased cortisol (a major stress hormone)
- Increased skin resistance
- Decreased heart and respiration rate
- Decreased blood pressure
- Decreased muscle tension
- Increased alpha waves
- Decreased pain
- Improved respiratory conditions

### **Psychological benefits:**

- Improved mental health
- Reduced perception of stress
- Reduced anxiety and depression
- Increased degree of self-actualization
- Increased locus of control
- Improved sleep
- Increased sense of well-being
- Increased sense of peace
- Increased awareness and spiritual calm

Chakra meditation is a simple way to bring one's life and chakras into balance. Chakra meditation, practiced regularly, will enhance physical health and mental and emotional well-being.

“By meditating on a full-colour representation of the chakra with its elaborate allegorical images, lotus-flower symbolism and Sanskrit mantra, you can begin to sense the way in which the chakra's energy moves, and learn to feel it within your body.” (Sarandananda, 2011, p. 9)

Supportive items, such as flower remedies, crystals, essential oils, and incense may enhance your meditation experience.

### **SUMMARY**

The seven energy centers, called chakras, make up the energetic body. The chakra system relates to physical, emotional, and spiritual health. The seven chakras influence organs, muscles, ligaments, veins, and all body parts within their energy field. Balanced chakras allow energy to flow freely, thus creating health and harmony. All chakras are linked, so an imbalance in one may affect others.

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