

Chakra's Influence on Health and Wellness

1. Today's consumer is becoming savvier when it comes to the use of complementary methods as a natural healing approach to improve their health and wellness. One of the more popular methods being used is Reiki Energy Healing. This method, performed by a Reiki Practitioner, involves the laying of hands near or on the Chakras. Chakras are considered to be the body's vital energy centers, and when blocked by issues, thoughts or events, manifests as either low energy in individuals or dysfunctional activity in the areas of the body where the Chakra is located.

Purpose of a Reiki Treatment:

The intent of the Reiki Treatment is to open or balance the Chakra energy centers with the use of Universal Life Energy Force. Reiki, as a holistic invisible, intangible subtle form of energy work, uses this Universal Life force to promote harmony within all living things and heals the body, mind and spirit.

When Chakras are balanced there is harmony in the musical frequencies as well as a free flow of energy throughout the body—the Universal Life Force which supports health and healing.

Reiki is an extremely pleasant form of holistic healing as it supports both the desire of the client to become healthier as well as supporting the body's natural ability to heal itself. Reiki promotes a sense of total relaxation as it breaks up or loosens those blockages, which often result from some type of trauma, pain or disturbing thoughts.

Chakras and their subtle Characteristics

Each Chakra, located at a specific area along either side of the spinal vertebral column, has many characteristics assigned to them. Their locations coincide with the major glands present in the body, and they govern specific body organs or parts of the body. In addition, color and musical frequencies present within the Chakra also influence the body's response to a Reiki treatment. It is said that every time one listens to a particular musical frequency, the corresponding Chakra is stimulated.

When a Reiki practitioner places his or her hands on a client, the hand position corresponds, as mentioned before, to the location of the major endocrine glands of the body. These endocrine glands act as a catalyst or chemical reactor to support the body's well being.

Chakras begin at the base of the spine and move upward to the top of the head. So, let's take a closer look and interpret the various aspects of each Chakra.

The Root or Base Chakra:

The Root Chakra is located in the coccygeal area of men and between the ovaries in women. It is associated with the gonads. Those body organs or parts influenced by this Chakra include the lower lumbar and sacral vertebrae, the tailbone, the kidneys, the sphincter muscles, the urinary bladder, and the feet and legs.

This Chakra supports our connection to Mother Earth and the physical Grounding of ourselves with one's own energies. It is considered to be the seat of physical activity and the primal urge to survive. The issues related to the Root Chakra are concerned with health, instinct, life and death, procreation, fertility, and money as it applies to survival concerns.

The musical note associated with the Root Chakra is "C". The color associated with this Chakra is RED, which is interpreted as having an active physical life, brave, extreme passion, power and abundance. This color is also related to blood circulation, bone strength, and the immune system. Since this is not a color of peace, negotiation, or relaxation, one would be hesitant to decorate a bedroom with red when the intent is to achieve a relaxed state. This Chakra is also associated with the metal lead, and the planet Saturn.

The Sacral Chakra:

The musical frequency that stimulates this Chakra is the "D" note and the metal is Iron and the planet is Mars. This Chakra, also called the Sexual Chakra, is located just below the navel or belly button. Its main orientation is that of being the center of sexual energy – both the giving and receiving of this energy. It is also considered to be the center of the ego. In addition, this Chakra is associated with balancing masculine and feminine energies. The associated glands are the gonads and the body organs/parts consist of the reproduction organs and the legs. This Chakra is also considered to be one of the centers of extrasensory perception since it is thought that the feelings of other people are perceived by this Chakra.

The color orange is associated with the Sacral Chakra and it is considered to reflect harmony, beauty, sexuality, art and creativity. The influence of this color on Spirituality impacts a positive willingness to belong to a group. It is related to increased oxygen flow to the brain and also helps with clarity, when involved with decision making related to various issues. Keeping this Chakra balanced encourages creative impulses and romantic liaisons.

The 3rd Chakra or The Solar Plexus Chakra:

This Chakra is positioned slightly above the navel, which is considered to be the center of the body where physical energy is distributed. This area is the seat of our ego and intuition and is considered to be responsible for those 'gut feelings' we often speak about. It is also the center for emotions such as anger or rage, and when frightened one can actually feel this area tighten up as the body prepares itself for the flight or fight response.

The endocrine gland is the pancreas and the associated body organs/parts consist of the stomach, the liver, the diaphragm, the solar plexus, the pancreas, the gall bladder, the upper Lumbar, and lower Thoracic vertebrae. Issues related to this Chakra include personal power, desire, strength, fear and dominance, laughter, joy, unrefined emotions, such as raw emotional energy, as well as lack of trust or confidence in oneself. The metal often mentioned with this Chakra is Tin, and it is governed by Jupiter.

The Heart Chakra:

The Fourth Chakra is located in the upper margin of the Heart, or the sternal area, and is associated with Gold, the Sun, the color Green and the musical note “F”. If one were to locate this Chakra on the back it, would be between the shoulder blades.

This energy center houses feelings of love, spiritual development and growth, self-acceptance, heartbreak, fear, service to others, and grief. It is also concerned with love for oneself and for others, peace, forgiveness, self-esteem, healing, trust, compassion, and unconditional affection.

Many bodywork and Meditation methods specifically address this Chakra in an attempt to open or balance this area, as it is often considered to be the bridge between the upper and lower Chakras. The organs associated with Chakra include the Heart, Lungs, Liver, blood circulation, and the Thymus gland. Body parts influenced by this Chakra include the breasts, shoulders, arms, hands, shoulder blades, and thoracic vertebrae.

The green color represents a calming, cool, soothing, and balancing effect on an individual; and it also emanates a feeling of freedom, signifying good humor and generosity toward others. In addition, this color signifies new beginnings with money and prosperity.

The Fifth Chakra:

The 5th Chakra, located at the throat area, affects the communication process, creativity, sense of responsibility, and self expression; and it is influenced by the color of Blue, the musical note, “G”, the metal copper, and the planet Venus. The Thyroid is the endocrine gland associated with this Chakra, and the body organs/ body parts are the digestive tract, the arms, the throat, jaws, neck, and the upper lungs. The color blue symbolizes self-expression, reflection, and self examination, often interpreted as hearing one’s inner voice.

Often, when this Chakra is blocked from receiving the flow of energy, it is usually the result of a person’s inability to say something that may be troublesome issue; such as something they need to get off their chest, but are fearful or unable to do so.

The Third Eye or 6th Chakra:

This energy center is positioned between the eyes just above the eyebrows. You may have heard someone say, ‘In my mind’s eye’ meaning they have visualized something through an extrasensory perceptive response to a situation. In addition to the extrasensory perception, this Chakra is also the center for the spirit, intellect, clairvoyance, and telepathy of an individual. When an individual’s Third eye has been opened, the usual meaning is that the individual has had a spiritual awakening.

The gland associated with this Chakra is the Pituitary, often called the Master Gland of the body. The body organs/body parts include the left eye, the nose and ears, the upper cervical vertebrae, and the lower part of the brain. The color of violet or Indigo Blue associated with this Chakra stimulates and enhances meditation, intuition, dreams, spirituality and wisdom, integrity, abstract perceptions and concepts, and deep spiritual understanding. The metal most often mentioned

with the 3rd Eye is Silver, and the planet is the Moon. The musical note “A”, when sounded, will stimulate this Chakra and thus enhance its particular traits.

The Crown Chakra:

The final or 7th Chakra, located at the top of the head, represents the highest level of consciousness that one can attain. It is also known for enlightenment and consciousness of unity and of the ‘I am’. It is considered to be the passageway for Spiritual energies to enter or leave the body. At its height of perfect balance, this Chakra allows one to achieve spiritual openness. This Chakra is often represented as open Lotus flower, representing spiritual awakening. The halos or rays of light, seen around the heads of Jesus, saints, and other figures often reflect those who have been spiritually awakened. This particular Chakra is considered to be the seat of direct spiritual visions, as well as the seat of intuition that exceeds the gift or ability of clairvoyance.

The Pineal Gland is related to Mercury, both as the planet and the metal, and is associated with the 7th Chakra. Body organs /parts include the upper part of the brain, the right eye, and the sutures of the skull.

After our discussion, the next time you find yourself in a conversation where the topic of Chakras comes up, you will be able to join in the discussion, and feel quite comfortable in your knowledge of the subject.