

A JOURNEY THROUGH THE SEVEN CHAKRAS



*A psychological and therapeutic exploration
on the subtle body and the chakra system*

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Our life moves in 7 year cycles corresponding with each of the 7 chakra centers located in our light body. We have one dominant chakra for each cycle

We know that our emotions reside physically in our bodies, interacting with cells and tissues meaning we can no longer separate the mind from the body. On a subtle level our bodies communicate with the energies around us and certain energetic impulses usually relate directly to a certain part of the body and chakra that is slowly becoming weakened or imbalanced.

Each chakra represents a spiritual life lesson or challenge. We can gain a more in depth understanding of our personal and spiritual power thus learning how to overcome obstacles, let go of emotional blockages and walk the path towards spiritual consciousness.

If our outer worlds are to be transformed then the process must begin within. If our inner world is to be transformed, it must be understood in light of the outer forces that shaped it. These realms are far from separate but our western ideology lacks the systematic means of tying them together.

The Chakra system is a set of portals between the inner and outer worlds. The ancients knew this and even created mythological stories to describe our potential to be a bridge between worlds or have the ability to cross the rainbow bridge. This guide is merely a map of the mind, body and spirit in relation to the chakras. The chakras represent how we develop in different stages of life, they are a quest through different states of consciousness, lifting the veil and allowing us to see that most dis-ease of the mind and body starts in the spirit (aura, subtle energy centres) and that we all have the capacity to heal those subtle wounds before they turn into mental complexes, physical illnesses and traumas to the human soul. If we recognise these disorders and imbalances, then perhaps we can heal ourselves of future karmas and future life journeys in the process?

The chakras describe the energetic structure through which we organize our life force. When we understand this internal arrangement, we can understand our defences and needs and we can then learn how to restore balance. This chakra system, brought to us by ancient texts such as the Vedas (1,500 500 B. C.) is every bit as valid as any psychological theory and can in fact work hand in hand with psychological concepts.

As we learn to open up and heal the chakras from within, we become the rainbow bridge-entities living between heaven and earth. Such healing modalities like Reiki, Yoga, Pranayama and meditation can help with this too.

Each Chakra represents an essential chamber in the temple of the self. Each is a house to home the sacred parts of us, it is the abode of the Devi/Deva, our total wholeness. The more we clean and tend to our inner temples, the more we acknowledge the divine within us. We build a temple to the gods by creating, clearing and restoring each of the chambers (chakras). Thus, the journey across the rainbow bridge becomes a sacred quest for the evolution of the soul and of humanity.

The Base chakra

The Root support, Tribal Power and reclaiming the temple of the body.

“There is deep wisdom within our very flesh, if we can only come to our senses and feel it”.
~Elizabeth A. Behnke

The energy of the base chakra or Muladhara (pronounced Moo-lad-hara) is tribal power; this is all about family dynamics and how you connect with group identities later on in life, It keeps us grounded, rooting us to familial beliefs that support the early formations of identity or a sense of belonging to a group. It is the first chakra to develop when you are a newborn, between 0-7 years of age.

The Muladhara is “who am I in relation to others?” and we all need that basic support network, it is ingrained in our primordial brains in order to survive. We are born into and continue to seek that group belonging throughout life.

The root chakra when balanced in harmonious environments encourages safety in numbers, providing for life's basic necessities, feeling at home, feeling supported within the physical family and knowing you can develop a sense of self within a tribal pack. Problems arise when tribal expectations and beliefs such as strong religious and cultural duties prevent an individual from exploring who they are as part of the pack and this is how a confused identity forms, leading to mental health problems later in life.

Being instinctual, it's main focus is food, sex, shelter, survival and even loyalty and honor towards the pack. The compulsion to overeat or hoard material items and money is a negative expression of our instinct for survival.

If our primal needs are not satisfied (i.e. we feel like we are not getting enough food, money, goods or sex to quench that desire) then our Muladhara is dysfunctional, meaning we are seriously disconnected to the earth.

The Muladhara is the foundation of emotional mental health; if the emotional and psychological stability within the original family was and is a harmonious one then the individual will have a balanced root chakra with strong survival instincts that can withstand numerous difficulties in adult life. Various mental illnesses are generated from early negative family experiences and can cause further disruptions to the higher chakras when this first chakra is out of sync.

Emotional issues associated with the Muladhara can translate into physical diseases such as immune related disorders because we feel unprotected and unloved by our tribe, skeletal problems struggling to support the body due to lack of support from the collective familial body, intestinal disorders because we are unable to recycle the emotional waste and reproductive issues from feeling undeserving of a loving family.

The lesson of the Muladhara is having the willpower to break free from the emotional bondage of the tribe, essentially learning to fly the nest. Those who are unable to find personal freedom; end up carrying a lot of emotional baggage with them into their careers and future relationships and our view of the real world becomes distorted, living life thus becomes frightening and unstable because the emotional foundations were not properly rooted within us from an early age.

As the energetic recycling bin of our auric field, the root chakra can turn negative emotional energies into power and light and then return it to the earth as energetic compost. We cannot expel waste energies if our root selves are disassociated with the earth and our primal impulses are imbalanced. We need to let go of certain attitudes that could be harmful before these energetic thoughts filter up the higher chakras.

The Muladhara is beautifully primordial with earthly feminine power. It is associated with the power of touch during love-making and the loving affection we give our children like hugs and kisses; it is the foundation of life and it urges express physical and supportive love to those we cherish, this is our first understanding of love and survival and it is vital that we heal any blockages from our roots up if we are to survive our lessons in life. But how can we know peace if our foundations are not solid? How can a tree stand tall and proud if it has no roots to support its growth? The Muladhara symbolizes our potential and growth from our beginnings by mastering intrinsic emotions in order to blossom; to emerge from the mud like a lotus flower.

Life medicine: Dance to the beat of a drum, walk in nature, plant seeds, feel mud between your toes and forgive the past.

Herbs for Muladhara: Dandelion, Cloves, Sage, Paprika and Burdock.

Yoga asanas for Muladhara: Warrior one, Triangle pose, and Eagle pose.

Crystals to balance Muladhara: Carnelian and bloodstone.

Aromatherapy for Muladhara: Cedar wood, Patchouli, Myrrh.

Flower essence blend for Muladhara: Red iFulva Iris, Angelica, Shooting Star, Rose.

The Sacral Chakra

The power of relationships, creative expression and swimming in the waters of difference

*“The truest expression of a people is in its dance and in its music.
Bodies never lie.” ~Agnes de Mille*

The energy of the second chakra, sometimes known as the Sacral or Svadhisthana (pronounced Svad-hisht-hana) is the power of partnerships, how we begin to relate to others outside the family tribe, the creative exploration of life and relationships and discovering the power of choice. This chakra develops from the age of 8 to 14.

The sacral chakra resonates with our need for relationships and our need to control or create the dynamics of our physical world. This chakra shifts from obeying tribal, family authority and allows us to discover satisfying relationships and interests of our own. But if the first chakra is already out of balance with lack of root support from your first tribe, how are you to learn to form harmonious friendships, relationships and healthy physical interests later in life?

Many illnesses that can originate from this energy center are manifested through fear of losing control of oneself in the relationships we have built with others and even with our connection to physical things such as business deals or projects we have become closely attached to. Chronic lower back pain, arthritis, genital or sexual problems and hip issues are a few of the common health problems. Difficulties arise when we feel we cannot create the physical expression of our life outside the tribal authority of the first chakra. We are bringing baggage from the Muladhara into our Sacral.

Being creative in nature, the sacral chakra's main focus is allowing the individual to learn what they enjoy, to form hobbies, create loving and exciting relationships and even creativity in lovemaking and sexual eroticism. It is centered on generating a sense of personal identity or personal play in the external world and how it responds to the seductive forces of the physical world. It is here, if unbalanced, can lead to addictions of drugs, sex, gambling and money if we are unable to steer our creativity towards positive past times such as painting, dancing, reading, going for a coffee with friends or attending a yoga class.

The Sacral is the foundation of a healthy ego that allows us to interact with the world without selling ourselves short or pretending to be someone we are not in order to feel accepted in a group. A person with a strong Svadhisthana has stamina to survive financially and physically on his or her own and bond with others to form harmonious friendships. A balanced second chakra has the ability to take risks and have the resilience to recover if things go wrong.

This chakra is all about having the power to rebel and reestablish a life created by the healthy ego, it is all about realizing and utilizing your talent to express the life you want to lead and knowing you have a choice as to who you'd like in your life. A sacral chakra in distress can form abusive controlling relationships, bullying in the workplace, fear of abandonment and loss of financial and creative power.

The lesson of the Sacral chakra teaches us that every relationship we create, from the casual to the most intimate, has a purpose, no matter how painful, to help us become more conscious of our karma and ourselves. Some relationships are necessarily difficult because it makes us learn about our own limitations and ourselves. We remember that nobody is perfect, all human beings are beautifully flawed so the next time when that rude work colleague is mean to you, try to empathize with them, they might be having a rough day or perhaps had a turbulent childhood that has caused a number of complexes?

Symbolically and literally the sacral chakra is the birth canal. We have the capacity to birth a life we want, that project we've wanted to start, that relationship with the cute guy in the coffee shop or the friendship with a fellow yogi in class. It is having that personal power of choice to make the move. You can move your earth to make an impression, expression or contribution to this universe. It is the sensation of being physically alive and creating the life you desire.

Sexually this is the pleasure chakra that essentially 'turns us on' and is deeply connected to our partnerships with others and even physical things that we find pleasure in such as painting, fishing or writing erotic poetry, whatever floats your boat right? Sexual eroticism is a form of physical and emotional freedom as well as spiritual liberation because it is about being in the moment in which we let go of our physical and mental fears and boundaries so we can enjoy the bountiful happiness of the human experience.

Blockages in the sacral chakra can manifest into low confidence in one's abilities, lack of motivation, inability to create intimate connections with others, lack of interest in self expression or artistic abilities, infertility, urinary problems, difficulty giving birth, producing orgasms and a low libido.

The sacral chakra, much like it's associated color orange it is like the birth of a sunrise bringing forth a new dawn in our lives. It is in this chakra in which we design the life we want and it encourages us to respond to the creation of our consciousness of our feelings.

Life Medicine: Dance like everyone's watching, make love during sunrise, and get creative, keep a journal to help let go of any negative emotions and know that only you can create the life and loving relationships that you want.

Herbs for Svadhisthana: Ginger, Vanilla, Hibiscus and Calendula.

Yoga asanas for Svadhisthana: Trikonasana and Dancer pose.

Crystals to balance Svadhisthana: Fire opal and Carnelian.

Aromatherapy for Svadhisthana: Sandalwood, Jasmine, Ylang Ylang.

Flower essence blend for Svadhisthana: Hibiscus, Wild Iris, Pomegranate, Indian Paintbrush.

The Solar Plexus Chakra

Personal Power, the formation of the independent Self and
Burning our way into Power.

*“I am not afraid of storms for I am learning how to sail my ship.”
~Louisa May Alcott*

The energy of the third chakra or Manipura (Pronounced Mani-pour-ah) is the formation of the independent self. Independent from our tribe and independent from external relationships. It is a personality separate from any inherited characteristics however if the first and second chakras are out of balance then the Manipura develops issues related to a fragile personal power and low self esteem. This chakra develops from age 15-21.

Since the root chakra resonates with familial tribal power and the sacral resonates to the flowing power between others and the self, the third chakra relates to our independence and personal power within the external world.

The Manipura is our epicenter and the magnetic core of our personality and our ego. Often called the Solar Plexus it relates to the energy of the sun and is our very own personal, fiery furnace, in Ayurveda it is called the “Agni”. Illnesses that originate here are manifested by low self-esteem, lack of self-importance, fear of rejection, sensitivity to criticism and inability to stand up for what we believe in. These physical illnesses that come from dis-ease of the solar plexus involve stomach issues like acid reflux, intestinal problems like IBS and pain in the middle spine.

The solar plexus mediates between the first two primary external chakras and the internal reflection of consciousness. The first chakra (root) always resonates with the group force and has an external center of gravity, the second chakra (sacral) focuses on relationships and their external effect upon us and the third chakra’s (solar plexus) gravitational pull begins to shift, with partial focus on external forces around us and internalizes this information to better understand the self.

This chakra is all about honoring oneself, taking care of yourself and forming an intuitive voice from within ‘the self’, which then becomes our natural source of guidance.

Self-acceptance and how we feel about ourselves determines our quality of life, how we are treated in relationships and in business. The Manipura relates to personal growth and activating that independent core strength and this is usually our most crucial spiritual challenge we face during our life journey; essentially to love ourselves.

Individuals who suffer with an imbalanced Manipura struggle with digestive issues due to stagnant negative energy residing in the stomach, these people even crave sugar like chocolate as a substitute for love because the Manipura directs its energy to the islets of Langerhans of the pancreas which is the organ that balances blood sugar levels.

If we do not like or love ourselves we are unable to make healthy decisions or have the will power to move forward fearlessly. This makes us vulnerable to control and manipulation of others, we end up directing all our personal power and decision making into the hands of someone else in order to impress them. People with weak Manipura have low self esteem and therefore attract relationships and occupational environments that reinforce or reflect this weakness.

The challenge of the solar plexus is to have the willpower to make a choice to enhance your spirit, it wills you to have courage and conviction in your sense of internal power within the external world, therefore limiting the authority of external forces that could cloud or control your personal idea of how you envision your life.

We are often riddled with internal conflicts, fears and secrets that we are not quite ready to face, these emotions churn in the stomach as the Solar Plexus spins which can frequently cause nausea or a heavy feeling in the pit of the stomach and so we need to meet these challenges head on and digest the information which in turn (much like the food we eat) we can expel this negative waste down through to the Root chakra to recycle.

It is necessary to become empty to create space in order to be made full again, allowing old patterns to expire in order to be reborn and create a stronger sense of self. Imbalances of the Solar Plexus will leave a person feeling drained and depleted of their vitality, which can lead to depression, fearfulness and insecurity but it is never too late to churn this energy into positive, confidence and joyful power.

The beauty of the Manipura is that it draws in the power of the sun and stokes our inner emotional flame and our digestive fuel. People of today find it hard to rise above this chakra due to being unable to realize their potential, to follow their dreams and so it is vitally important to follow their gut intuition in order to experience their inner radiance as truth in their life path.

In tantric tradition the Solar Plexus is the 'place of gems' or 'shines like a pearl' and so it is crucial we remember this on our hero's journey. We are all brilliant and beautiful in our own unique way and realizing this we become like sunflowers reaching for the sun; we rediscover and grasp our joy.

Life Medicine: Practice yoga sun salutations and trust your gut intuition. Eat foods that balance your digestive fire. Know that doing things for your **Self** does not make you selfish,

what makes **YOU** happy? What stokes your fire (your agni)? What makes you shine and feel like a Devi/Deva? What makes you feel independent and unique from your family and from the crowd?

Herbs for Manipura: Lemon Balm, Milk Thistle, Slippery Elm and Goldenrod.

Yoga asanas for Manipura: Cow pose, sitting spiral twist and camel pose.

Crystals to balance Manipura: Topaz, Tiger-eye and Yellow Tourmaline.

Aromatherapy for Manipura: Clary Sage, Juniper and Geranium.

Flower essence blend for Manipura: Sunflower, Buttercup, Wall Flower, Saguaro Cactus.

The Heart Chakra

Unconditional Love, Emotional Power and Finding the Balance in Love.

“Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it.”

— Rumi

The Heart chakra is the central powerhouse of the subtle body. This is the focal point or bridge that connects the first three chakras relating to the external world to the three higher chakras associated with intuition and spirituality. The heart is the mediator between body and spirit and it determines their strength and health.

At its core it is emotional and propels us to enhance our emotional development and it embodies a gentle wisdom that teaches us the ways of love and compassion. It is in this chakra we begin to recognize that the most powerful energy on earth is Love. This chakra develops from age 21 to 28.

The Heart chakra or Anahata (Pronounced anAh-hat-ah) resonates with our emotional perceptions of the world. It is the center where child-like innocence and joy sits because when we were children, we used to react to circumstances with a variety of emotions such as confidence, compassion, love, hope, despair and fear but as adults, generating emotions and being allowed to express them is extremely challenging. The Anahata evokes our capacity to ‘Love and let go’, to accept our emotional challenges and surrender to a divine plan.

Interestingly, the challenge of the Heart chakra is very similar to the challenges of the Solar Plexus only it communicates with us on a slightly more sophisticated level and is tuned in at a frequency that encourages us to expand our love beyond our ‘Self’. We notice in the Solar Plexus there is a shift in consciousness, a dual force of exploring the self independently in the external world and reflecting internally to better understand the Ego’s place within the physical realm.

However the heart chakra fully immerses itself in our emotional responses and the internal world. It responds to inner thoughts, ideas, attitudes, inspiration and emotional needs. If all your chakras are aligned at this point, you will exude a compassionate energy, you will openly give unconditional love and form healthy relationships.

However, if this chakra is out of balance an individual can suffer from jealousy, inability to forgive others and even become the abuser or abused in relationships because love is power and some people use this power to control others. Abusers need that control due to their lower chakras being unable to generate love from their tribe (Muladhara/first chakra), friends (Sacral/second chakra) and their 'Self' (Solar Plexus/third chakra).

Physical dis-ease from a weak anahata can manifest into circularity issues and blood disorders due to being unable to circulate love through oneself and others, breast cancer and heart disease from holding onto heartbreak or pain associated with love and illness in the lungs, diaphragm, and suicide because the individual may not believe they deserve to 'breathe in' loving, universal life force like Reiki or Chi (Qi).

Primary fears that form in the imbalanced heart chakra include being afraid to follow your heart, loneliness, and commitment issues. When born, we are not fluent in love, although a pure being of light we have to grow and develop our sense of love throughout life and at the same time learn to forgive, show mercy and have hope in our hearts no matter what. And this is the strength of the anahata; to have the courage to be loving and show compassion towards ourselves and others.

It is said that subtle energies flow through our very veins, if an individual allows for hurt and bitterness to become part of their cell tissue and circulate through the body over a lifetime then this can damage the entire body and spirit making them rot from the inside out. But if a person can forgive and let go, whilst allowing for all things loving to be recorded in every breath and every cell then that person lives with a happy heart. We all live in the biological consequences of our biological choices, we essentially chose to grow a bitter heart or a loving heart.

We are in a culture that has not yet healed the 'wounded child' within, so painful memories and negative attitudes still haunt us, this creates a dysfunctional self-image and keeps us living in the past. All this emotional debris needs to be filtered from the heart and eliminated through the Root chakra, we literally need to let go of that shit.

In Taoism and Tantrism the Heart chakra is the house of divine fire and even in paintings of Jesus we see a flaming open heart ready to spread like wildfire to every being in this world. This is a reminder that no matter what, we need to forgive mistakes and to exude love because it is the greatest energy source that has the power to transcend all pain and heartache.

Everything within our lives is fueled by heart intentions. It is part of the soul's journey to experience what will make our hearts break-not in half but wide open! The lesson here is: What will you do with your pain? Will you use it as an excuse or will you transcend and forgive? The Heart is the path of divine love and spiritual consciousness, are you ready to courageously walk this road?

Life Medicine: Meditate on love and forgiveness because they go hand in hand: To love is to forgive, to forgive is to love. Pranayama uses Ujjayi breath to draw in the loving life force. Say kind things, be giving, be thankful and let go of emotional pain held in the heart.

Herbs for Anahata: Rose, Jasmine, Cacao, Damiana Leaf Rosehip and Motherwort.

Yoga asanas for Anahata: Cobra, Fish pose and Head to Knee forward bend.

Crystals to balance Anahata: Peridot, Rose Quartz and Rhodochrosite.

Aromatherapy for Anahata: Rose, Melissa & Neroli.

Flower essence blends for Anahata: Nootka Rose, Bleeding Heart, Phlox, Borage.

The Throat Chakra

Expanding our Voice, the Power of Will and Vibrating into Expression.

*“Can we speak in flowers? It will be easier for me to understand.” -
Nayyirah Waheed*

The Throat chakra resonates with emotional and mental struggles centered on the nature of choice and having the will power to vocalize what you desire in your life. Because choice or the lack of it is involved in every detail of our life, it can also be traced back to nearly all illnesses. We forget we do have a choice to say we want change, or that we are unhappy and so we suffer in silence perhaps to make others happy? Perhaps because we feel obligated to appear good and dutiful? Or perhaps because we feel we have no choice at all? But actually, we do! This chakra develops from age 29- 35.

An imbalanced individual may be lead to believe there are numerous factors at play that have authority over their life which then puts pressure on the individual to remain silent and not communicate who they really are and what they want? The Vishudda (pronounced Vish-oodah) is all about progress through the maturation of will and reminding yourself that only you have authority over yourself.

The throat chakra is also connected to surrendering yourself to the divine plan and trusting that the way you express your life with utmost authenticity is part of this plan. It is about communing with “God” or that mystical power and having faith that everything is connected via spiritual karma.

The sacred truth of the Vishudda is that every choice we make, every thought, every word and every action is an act of power that has consequences on a biological, environmental, social, personal and global scale. For example: If you choose to stay at home all day watching

television and moan about it, you are vocalizing that you are unhappy with your choice but don't have the willpower to make changes, this can result in bitterness, jealousy of others and fear of the unknown.

The primary fear of the throat chakra is feeling as though we have no authority or power of choice within our lives. Many of us are made to believe we are not leaders of our own destiny and that we must succumb to societal pressure vocalizing what we "should and shouldn't do."

Those who suffer with an imbalanced Vishuddha struggle with dis-ease of the throat or respiratory system such as laryngitis, tonsillitis or the common cold because they are not voicing their authentic self. A deficiency of this energy can make a person become timid, afraid to speak up and communicate their wants and needs. An overactive Vishuddha can bring about a dogmatic persona, arrogance, gossiping nature, excessive talking and or complaining, self righteousness and even an inability to listen to others, which is also an act of communication.

The energy of the Throat chakra is having an awareness of personal power and knowing that no one, other than yourself, has power over you and the choices you make. However it is limited to the human experience and often we are left wondering if another force greater than us has power over us and we ask "why is this happening?" and "what is my purpose?" and this is where the Vishuddha begins to connect with the Third eye chakra which we discuss next

The Vishuddha begins to understand the power of faith, having faith in ourselves and a higher existence and knowing although we do have the power to make our own choices, we are also guided by an existential force that opens doors and gateways to potential paths and it is up to us which door we choose to walk through? And this is the power of creation itself; we become vessels which energy changes into matter within this life, we can commune with that higher power.

In connection with the energy of the Heart chakra, the Vishuddha expresses love in things that you do and don't say. Sometimes withholding judgment and negative opinions of another and of yourself is one of the greatest acts of love. Symbolically the throat chakra resonates with confession and forgiveness, the act of confessing a mistake and saying out loud "I forgive you" is often extremely liberating and a very healing process as it enables any guilt or hurt to be eliminated via the Root chakra and thus enables the individual to openly express, give and receive love.

This is the place from where we speak, sing, recite poetry or say loving gestures; conversely, we can use our voice to project hurt, criticism or slander. Therefore when the Throat chakra is in harmony we affirm life in the way we speak and express ourselves, we communicate love and we vocalize an appreciation for global matters beyond the fixation of selfish desires.

From a psychological perspective of the Vishuddha we begin to face our truth and see beyond Maya (Illusion), we vocalize our authentic self and are no longer lying to ourselves. We are stripped bare when we say "I am not happy" or "This is me!" We drop the façade of social conditioning and we awaken to our true human potential. Are you ready to speak out what you truly believe?

Life Medicine: Pray, talk to nature, sing like nobody's listening, meditate and commune with the divine. Say “No” if something does not resonate with you. Do not be afraid to vocalize what you want or who you are, be unafraid to talk to the divine, to the universe in whatever way is best for you- prayer, mantra, singing, ceremony.

Herbs for Vishuddha: Marshmallow, Thyme, Blueberry and Lavender.

Yoga asanas for Vishuddha: Bow pose, Sitting forward bend and Lion pose.

Crystals to balance Vishuddha: Blue Topaz, Turquoise and Chrysocola.

Aromatherapy for Vishuddha : Lavender, Chamomile and Rosemary.

Flower essence blends for Vishuddha: SnapDragon, Morning Glory, Sagebrush, and Dandelion.

The Third Eye Chakra

Power of the mind, intuitive wisdom and seeing our way through.

Trust your own instinct. Your mistakes might as well be your own, instead of someone else's.
~Billy Wilder

The Sixth chakra, also known as the Brow chakra, the third eye, the inner eye and “Ajna”, (pronounced Aag-nya) in Sanskrit correlates to our mental abilities, psychological skills and how we evaluate beliefs and attitudes. Sitting between our eyes and being physically connected to the brain, pituitary and pineal glands, this is the mind chakra and it resonates with energies of our psyches and our conscious and unconscious psychological potencies.

This is also the chakra of intuition, wisdom and our sixth sense and in Eastern philosophies it is known as our third eye and the spiritual center, which interacts with the rational mind in order to deepen our intuitive insight to see beyond the veil of illusion that is called “Maya”. This chakra develops from age 36- 42.

Opening the mind and discriminating between thoughts motivated by strength, fear and illusion are all challenges of the sixth chakra. It is learning to develop an impersonal mind and detaching oneself from physical and mental illusions. Essentially understanding that what happens to us does not become us. We can transcend our thoughts, worries, fears and that of others to know our souls truly from within.

The third eye holds a unique combination of facts, fears, personal experiences and memories that are continually active within the energy of the mental body. Deciphering what we believe to be true and what is genuinely true is at the core of this chakra. Sometimes a negative memory can manifest as truth to an individual later in life, if a person for example is made to believe all their life that they are fat or ugly then this can manifest as fact within their thought pattern and thus develop body dysmorphia and low self esteem.

The symbolism of the third eye is acquiring wisdom beyond the perceptions we know. It is breaking down stereotypes, seeing beyond the illusion of the media and grasping a perceptual ability of detachment from societal realities. The main fears of this chakra is an unwillingness to look within and unearth our fears, sometimes we fear acknowledging the truth and our reasoning become clouded, we fear criticism and other people's thoughts about us and we fear our shadow side and it's attributes.

A balanced Ajna is having a spiritual awareness of movement and change, knowing that there is an appropriate time for endings as well as beginnings. It is having the ability to release old thought patterns and embrace the new. Those who cannot; fear the unknown and therefore fear living life.

The third eye realizes that not one person or social group can determine your life's path. When change is apparent it is because of a larger karmic dynamic or chain of events that has led you up to this point and is moving you along towards your next stage of your life.

For example, it may look like an individual has manipulated you into believing you should stay in a job you dislike, but their thoughts are just an illusion about how you should live and will hold you captive for an entire lifetime and can even be carried into further reincarnations as a karmic lesson you need to learn and grow from.

The power of the third eye is witnessing your freedom beyond the realms of 'realistic illusion'. Ultimately nothing is holding you back, it is only your mind that has power over you and if you can control the mind, and you can then ascend any limitations bestowed upon you.

Our thoughts and attitudes play an enormous role in creating or destroying the health of our bodies. Depression for example directly diminishes our immune system and affects our very cells from healing because the body communicates with the mind. Negative thoughts such as anger, bitterness, jealousy and resentment stunt our healing process. Healing requires the unity of the mind, heart and body and to know that the physical world, including our bodies are there to serve as teachers.

The sixth chakra also teaches us that dying is nothing to fear, it is important to embrace your time on this earth and then all you do is leave your body. Death is but a gateway into the next lesson of existence.

Just as we are born perfect we can leave this earthly realm complete, we are not meant to die in pain or dis-ease, these are karmic manifestations we have created ourselves. The conscious

mind is able to evolve and detach from affliction and release the spirit from the body without having to endure pain and this choice is available to everyone. When we fully connect with the power from within the Ajna we retain mental clarity and are able to see beyond the mind and all its desires, longings, worries, fears and judgment. We then enter into the realms of knowledge, wisdom and intuition.

If this chakra becomes blocked it can lead to sleep disorders, headaches, nightmares, severe depression and spiritual arrogance. The third eye is considered the ocean of nectar in eastern scriptures, are you ready to swim your vast subconscious ocean to reach a state of enlightenment?

Life Medicine: Meditate and commune with the truth within your spirit, recognize any self limiting beliefs and be in touch with your inner guidance.

Herbs for Ajna: Eyebright, Bilberry, Star Anise, Mugwort and Juniper.

Yoga asanas for Ajna: Plough pose, downward dog and padmasana.

Crystals to balance Ajna: Lapis Lazuli, Labradorite and Opal.

Aromatherapy for Ajna: Frankincense, Basil and Almond Blossom.

Flower essence blends for Ajna: Cat's Ear, Purple Water Lily, Queen of the Night Cactus, Cosmos.

The Crown Chakra

The spiritual connector, relationship with the divine and opening to the mystery of Heaven.

"In my soul there is a temple, a shrine, a mosque, a church where I kneel." -Rabia of Basra

This seventh chakra is our connector to the divine and our spiritual nature. It also allows for spirituality to integrate into our physical lives. The Crown chakra, also known as Sahasrara (pronounced Sa-has-rara) is directly aligned to seek an intimate relationship with the cosmos, it is the chakra of prayer.

We know that the Base chakra acts like a basement or recycling center that rids the body of energies it no longer needs, so the Crown chakra is our warehouse for energies we amass through kind thoughts and actions and through acts of faith, meditation and prayer. It is here we can transcend dimensions of life and commune with "God". This chakra develops at age 43 to 49, which makes sense as coming up to middle age and the years of retirement, you are

getting closer to “God”- the “God” within (your internal wisdom from years of learning and soul searching, and closer to peaceful years towards death.

In connection to the physical body, the crown chakra is the entry point for the human life-force which pours abundantly into the body’s energy system from the greater universe (God or the Tao). It is this force that nourishes the body, mind and spirit and it distributes this energy throughout the physical body and down the lower chakras.

This is why activating the Kundalini (the dormant serpent sleeping at the base of the root chakra) and the Sushumna (the pole connecting the base to the crown chakras), Ida (Feminine/Yin/Moon) & Pingala (Masculine/Yang/Sun) channels is vitally important because it not only encourages energy from the base to rise up but it also enables the crown chakra energy to freely flow around the body and into the lower chakras.

An example of this is during an orgasm. During the act of making love, where both individuals are connected at the base and sacral chakra (primal instincts), the Kundalini awakens and moves up through the channels until it reaches the crown as you climax, this is why they say in Tantra you see the divine or feel blissed out and heavenly, at the crown chakra you know “God”. Making love is a sacred, divine act, bringing primal urges with unconditional, cosmic love together as one. All the millions of animals and plants and all the stars that collide are simply the universe making love to itself in order to love itself, to know love and be love.

The Ida and Pingala nadis (channels) are often seen as referring to the two hemispheres of the brain. Pingala is the extroverted, solar nadi, and corresponds to the left hemisphere. Ida is the introverted, lunar nadi, and refers to the right hemisphere of the brain. Ida nadi controls all the mental processes while Pingala nadi controls all the vital processes.

The seventh chakra influences the major body systems such as the central nervous, muscular and skin, therefore skin issues such as rashes, acne or eczema could mean your crown chakra is in dis-harmony.

On an emotional level, the crown chakra generates devotion, inspirational and prophetic thought, mystical connections and transcendental ideas. Having incredible dreams lately? It could be your Crown chakra communing with you.

Symbolically it contains the purest form of Prana and revolves around the realm of mysticism and so those with a blocked Sahasrara are narrow minded and unable to see the bigger picture, lack motivation and blame others for their crisis or stagnation and have a blinkered view about life, death and spirituality. This chakra reminds us that at many points in our lives we face a crossroads where we need to let an old pattern “die” in order to be reborn again. Also, its primary fears are loss of identity and a loss of connection to life and the people around us. This is the chakra of humanity, in which we realize we are all in this together and all our souls are here to learn what it feels like to be in the human body, those who can not connect

with others or have an open mind towards this cosmic kindred usually suffer with issues related to empathy on a worldly scale, are closed minded, solitary and most often than not, very judgmental towards belief and spirituality.

The Sahasrara's energy motivates us to seek a deeper connection to the divine in all that we do, this is why you hear of artists, yogis and inventors explaining they had a transcendental experience that moved them during their practice. Or perhaps of individuals who experienced a blissful epiphany that gave them insight into a great idea or of the mother who magically found the strength to lift a car to save their child trapped underneath.

People must not mistake the personal spiritual connection of the seventh chakra to the religious, group force of the lower chakras. Religion is rooted to group followings, suggesting in numbers we are safe. Spirituality is an individual experience directed towards releasing fears of the physical world and relating to the divine and knowing the divine is in all of us.

The Sacred truth of this chakra is "Live in the present moment" and that "God" is love and those who are in love are in "God" and "God" is in us. We are Devi/Deva- the divine masculine and feminine loving itself.

If more people connect with the power of this chakra the more it will shift our consciousness on a massive scale towards a more holistic understanding of health, disease, the environment, biodiversity and of humanity.

Our goal on this earthly plane is to transcend all illusion and discover the innate power of spirit. We realize we are responsible for what we create and in turn need to learn to act, think, and speak with love and wisdom throughout life.

We are reminded that all physical and emotional obstacles are just illusions to learn from, always seeking the meaning of a situation, follow it and then let go once no longer relevant.

We are our own church, temple, synagogue or mosque and all we need to do is close our eyes, breathe in and feel the energy of the divine around us and run through our chakras, it is the origin of our power and it is the energy that fuels our biology. Once we realize the stuff of which we are made, we have no option but to lead a spiritual life.

Life Medicine: Close your eyes and know that you are the universe and the universe is you. All the infinite wisdom of the divine flows through you and in you.

Herbs for Sahasrara: Gotu Kola, Tulsi, Lotus and Periwinkle.

Yoga asanas for Sahasrara: Headstand, Crane pose, Shoulder stand.

Crystals to balance Sahasrara: Celestite, blue Sapphire and Clear Quartz

Aromatherapy for Sahasrara: Ylang Ylang, Rosewood and Lotus of the water lily.

Flower essence blends for Sahasrara: Lotus, Silversword, Passion Flower, Orchid.

This PDF gives you a slightly deeper introduction to the chakras, humans are complex beings and this is no way of curing issues and spotting which chakra might be out of balance. It is always advisable to have physical ailments monitored by your doctor. This is simply a map to help you on your journey to discover more about yourself.

The beauty of the chakra system lies in its multidimensionality. These imbalances can be approached verbally through discussion, body work, energy healing, shamanic counselling, meditation, yoga and other holistic practices to explore feelings, thought patterns, habits, chronic physical issues and so on, helping us to actualize outer-world tasks that strengthen our inner world and certain areas of our lives.

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Katie Kalyani is an intuitive Ayurvedic yoga teacher, women's circle facilitator and reiki master teacher. Her teachings are holistic, down to earth, rooted in mysticism and the rhythms of nature. She specializes in Chakra balancing, working with goddess archetypes and sacred ceremony with cacao, herbal fusions, honey and flowers.

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