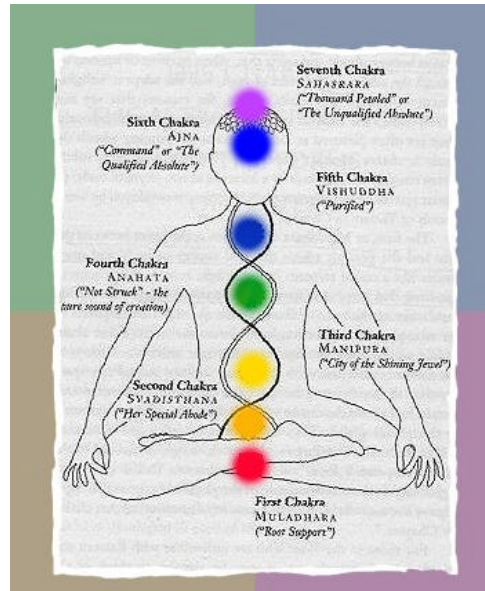


# THE CHAKRAS

## The Body's Subtle Energy Centers



The word "*chakra*" is Sanskrit for wheel or disk. Chakras are extremely subtle, high frequency centers of energy within the subtle (astral) body. They are responsible for storing *pranic* energy (life force energy) and circulating it throughout the subtle body. They are the openings for life energy to flow into and out of our subtle body. Their function is to vitalize the physical body and to bring about the expansion of awareness and consciousness. They are associated with our physical, mental and emotional interactions.

There are seven main chakras which are described as being aligned in an ascending column from the base of the spine to the top of the head. Each chakra is associated with a certain color, multiple specific functions, an aspect of consciousness, a classical element, a "*bija*" mantra which serves to energize it, and other distinguishing characteristics.

By bringing conscious awareness to the chakras, their frequency can be increased and heightened states of consciousness, awareness, and health can be achieved.

### General Overview of the Chakra System

	<p><b>First Chakra (Root)</b>  <i>The Muladhara Chakra</i>          Element: Earth ~ VP-K+          Color: Red          Bija Mantra: "Lum"          Physical identity, oriented to self-preservation</p>	<p>Located at the base of the spine, this Chakra forms our foundation. It represents the element earth, and is therefore related to our survival instincts, and to our sense of grounding and connection to our bodies and the physical plane. Ideally this Chakra brings us health, prosperity, security, and dynamic presence.</p>
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	<p><b>Second Chakra</b>  <i>The Svadhisthana Chakra</i>  Element: Water ~ V-PK+  Color: Orange  Bija Mantra: “Vum”  Emotional identity, oriented to self-gratification</p>	<p>The second Chakra, located in the abdomen, lower back, and sexual organs, is related to the element water, and to emotions and sexuality. It connects us to others through feeling, desire, sensation, and movement. Ideally this Chakra brings us fluidity and grace, depth of feeling, sexual fulfillment, and the ability to accept change.</p>
	<p><b>Third Chakra</b>  <i>The Manipura Chakra</i>  Element: Fire ~ VK-P+  Color: Yellow  Bija Mantra: “Rum”  Ego identity, oriented to self-definition</p>	<p>This Chakra is known as the power Chakra, located in the solar plexus. It rules our personal power, will, and autonomy, as well as our digestion and metabolism. When healthy, this Chakra brings us energy, effectiveness, spontaneity, and non-dominating power.</p>
	<p><b>Fourth Chakra</b>  <i>The Anahata Chakra</i>  Element: Air ~ PK-V+  Color: Green  Bija Mantra: “Yum”  Social identity, oriented to self-acceptance</p>	<p>This Chakra is called the heart Chakra and is the middle Chakra in a system of seven. It is related to love and is the integrator of opposites in the psyche: mind and body, male and female, persona and shadow, ego and unity. A healthy fourth Chakra allows us to love deeply, feel compassion, have a deep sense of peace and centeredness.</p>
	<p><b>Fifth Chakra</b>  <i>The Vishuddha Chakra</i>  Element: Ether ~ PK-V+  Color: Blue  Bija Mantra: “Hum”  Creative identity, oriented to self-expression</p>	<p>This is the Chakra located in the throat and is thus related to communication and creativity. Here we experience the world symbolically through vibration, such as the vibration of sound representing language.</p>
	<p><b>Sixth Chakra</b>  <i>The Ajna Chakra</i>  Element: Subtle Ether  Color: Indigo  Bija Mantra: “Kshum”  Archetypal identity, oriented to self-reflection</p>	<p>This Chakra is known as the brow Chakra or third eye center. It is related to the act of seeing, both physically and intuitively. As such it opens our psychic faculties and our understanding of archetypal levels. When healthy it allows us to see clearly, in effect, letting us "see the big picture."</p>
	<p><b>Seventh Chakra (Crown)</b>  <i>The Sahasra Padma Chakra</i>  Element: Causal Ether  Color: Violet  Bija Mantra: “Om”  Universal identity, oriented to self-knowledge</p>	<p>This is the crown Chakra that relates to consciousness as pure awareness. Some refer to it as a "God source." It is our connection to the greater world beyond, to a timeless, spaceless place of all-knowing. When developed, this Chakra brings us knowledge, wisdom, understanding, spiritual connection, and bliss.</p>