

C H E C K Y O U R C H A K R A S

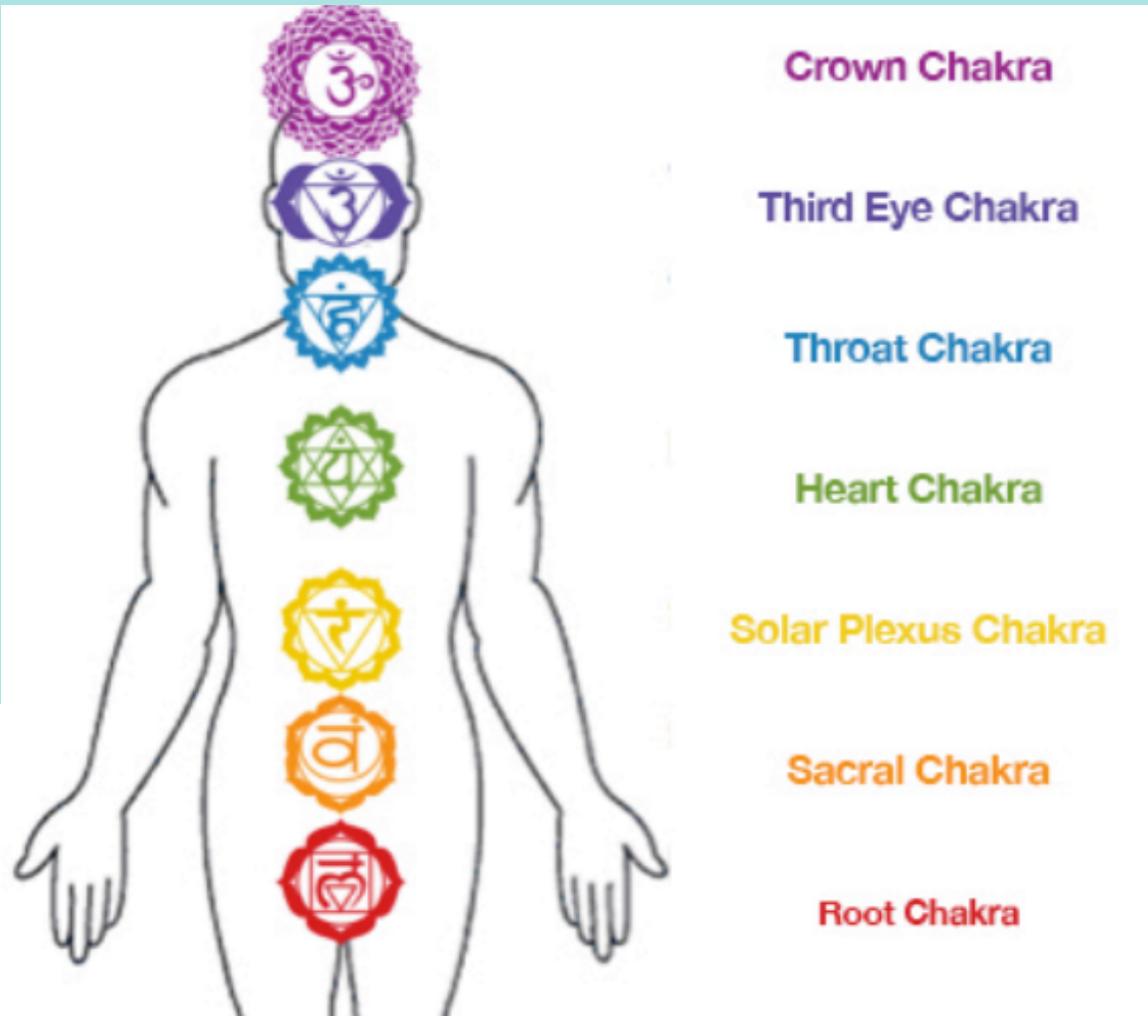


Introduction to The Chakras

BY DIRISH SHAKTIDAS

GET TO KNOW YOUR CHAKRAS

From the Root to the Shoot!



The Chakras are energy points consisting of 'plexuses', centres of nerves, veins and arteries that operate in the body to maintain balanced 'prana' (Sanskrit for energy flow), so that the vital and secondary organs as well as the body's defence systems remained in optimum condition.

These energy points started at the base of the spine and ended at the crown of the head. When chakras rotate simultaneously at the right speed, the mind, body, and spirit maintain maximum health. When these energy portals became imbalanced (rotated too quickly or too slowly), the mind, body, spirit paradigm got thrown out of wack, and caused psycho-emotional, physical illness.

In a healthy, balanced person, the seven chakras provide exactly the right amount of energy to every part of your body, mind and spirit. However, if one of your chakras is too open and spinning too quickly, or if it is too closed and moving slowly, your health will suffer.

The Root Chakra

MŪLĀDHĀRA: STABILITY

- **Seed Sound:** LAM • **Element:** Earth • **Colour:** Red
- **Primary Purpose:** Our survival instincts, sense of grounding and confidence. Our connection with the earth provides us with security and connectedness.
- **Physical Imbalances:** Dizziness, fainting, constipation, adrenal gland imbalance and skeletal ailments.
- **Emotional Imbalances:** Fear, financial problems, security worries, instability.
- **Associations:** The skeletal structure, the nose and sense of smell, kidneys, bladder, the reproductive organs, the anus.

The Root chakra is located at the spine base, and is the grounding force that allows us to connect to the earth energies, and the physical world.

The Sacral Chakra

SVĀDHIṢṬHĀNA: PASSION

- **Seed Sound:** VAM • **Element:** Water • **Colour:** Orange
- **Primary Purpose:** Passion, creativity and sexuality. A link to the world and centre of universal energy.
- **Physical Imbalances:** Lower back, lower abdomen naval (houses the sacrum, centre of creativity) pain, bladder challenges and urinary-tract issues.
- **Emotional Imbalances:** Lack of motivation, isolation, frustration, lowered sex drive and blocked creativity.
- **Associations:** lower back, hips, sexual organs, bladder, kidneys, Bodily fluids. The Navel chakra is concerned with feelings, sexuality, creativity, and the development of emotional intelligence/emotional identity.

The development of emotional intelligence/emotional identity that allows us to bond with another soul, and encourages self expression and joy in the form of socialising (singing, dancing, laughter and artistic expression).

The Solar Plexus Chakra

MANIPŪRA: SELF-POWER

• **Seed Sound:** RAM • **Element:** Fire • **Colour:** Yellow

• **Primary Purpose:** Personal power and ability to take action. The centre of the ego – self-respect, self-discipline and determination.

• **Physical Imbalances:** Digestive issues, colon and intestinal diseases and kidney problems.

• **Emotional Imbalances:** Lack of self-confidence, depression and confusion

• **Associations:** Eyes (sense is sight), face, skin, spleen, mid spine, upper abdomen, adrenals, small intestine

The third energy wheel is the seat of the personal will, and understanding the emotions in a structured, intellectual way. “Manipura”, or “city of jewels” Its colour is yellow.



CHAKRA WISDOM

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

The Heart Chakra

ANĀHATA: LOVE

• Seed Sound: YAM • Element: Air • Colour: Green

- **Primary Purpose:** This is the control centre for your emotions and memories. The core for compassion, connection and love, giving the ability to establish and maintain successful relationships. Openness to receive and give unconditional love.
- **Physical Imbalances** Chest pain, upper back tension, blood pressure imbalance; and immune system deficiency.
- **Emotional Imbalances:** Severed relationships, heartbreak, over-reacting, fear of rejection, inability to be alone.
- **Associations:** Heart, Circulatory system, blood lungs, thymus, breasts, shoulders, arms, oesophagus and hands

Anahata, Sanskrit for the 'unstruck' because the heart beats on an unbroken rhythm, continuously, represents a bridge between the higher and lower chakras. It is the depth of all feelings, and on an emotional level is the place where we are guided to learn about emotional growth.

The Throat Chakra

VIŚHUDDHA: COMMUNICATION

• Seed Sound: HAM • Element: Space • Colour: Blue

- **Primary Purpose:** Self-expression, ability to communicate our visions, dreams, purpose and truth.
- **Physical Imbalances:** Throat infections, colds, congestion and thyroid disorders. Neck and jaw problems.
- **Emotional Imbalances:** Poor listener or settling with other's opinions rather than your own. Shyness or arrogance.
- **Associations:** Ether/Space. Light Blue. HAM. Brain, ears (sense is hearing), neurological system, nose, sinuses, larynx (voice box), vocal folds (vocal cords), pituitary gland, pineal gland Parathyroid.

*“A thought, becomes a word, becomes a deed”;
meaning that an idea, is verbalised before it
becomes a physical reality.*

The Third-Eye Chakra

ĀJÑĀ: COMMUNICATION

• **Seed Sound:** HAM • **Element:** Space • **Colour:** Violet

- **Primary Purpose:** Self-expression, ability to communicate our visions, dreams, purpose and truth.
- **Physical Imbalances:** Throat infections, colds, congestion and thyroid disorders. Neck and jaw problems.
- **Emotional Imbalances:** Poor listener or settling with other's opinions rather than your own. Shyness or arrogance.
- **Associations:** Ether/Space. Light Blue. HAM. Brain, ears (sense is hearing), neurological system, nose, sinuses, larynx (voice box), vocal folds (vocal cords), pituitary gland, pineal gland parathyroid.

"The mind centre, is a gateway to envisioning other realities and dimensions through the mind's eye. It corresponds to the forehead, and houses our ability to see the clearer or the 'bigger picture' in any situation, using our intuition, intellect mental faculties.."



The Crown Chakra

SAHASRĀRA: ONENESS

- **Seed Sound:** OM • **Element:** Space • **Colour:** Violet & White
- **Primary Purpose:** Connection to the divine. Establishing a link between the physical and spiritual planes..
- **Physical Imbalances:** Frequent migraines and headaches.
- **Emotional Imbalances:** Depression, anger, loneliness and lack of focus and knowing your life's direction.
- **Associations:** Universal Consciousness. spiritual vision, purity. higher spiritual knowledge, or a union with the cosmos.

'Sahasrara, Sanskrit for Lotus of a thousand petals. It represents the 'open centre'. This is the culmination of all the other energies that flow from the base of the spine upwards.'



C O N C L U D E

It's important to remember that the location of the seven chakras varies slightly depending on the traditions or school of thoughts. Even though the Seven Chakras are associated with specific parts of the body, they are not 'physical' entities, but belong to the realm of 'subtle energy'. They can be described at the crossroad of the material and the immaterial, the biological and the spiritual, and pertain to the body, mind, and spirit all together.

Awareness of which of your chakras may be blocked is key to aligning them.

Our mind-body system is in constant flux between balance and imbalance only when we become aware of our imbalances can we take the necessary steps to move toward a state of wholeness.

Namaste



**"He who knows others is
learned;
He who knows himself is
wise." - Lao Tzu**

DIRISH SHAKTIDAS



Dirish has been practicing yoga and meditation for 10 years. He comes from a creative arts background and injects his creativity into his classes. Dirish's work has been described as rejuvenating, dynamic and mindful.

With his unique blend of Shakti Dance, Yin Yoga and Eastern Philosophy he creates an inspiring and elevating setting.

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