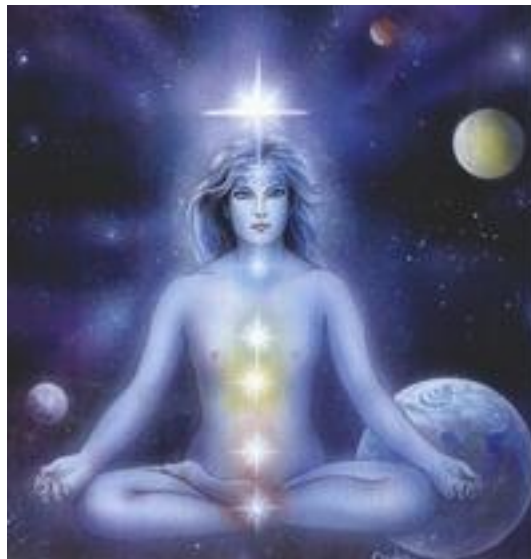


UNDERSTANDING CHAKRAS



Understand chakras

Written for the School Of Life Study Courses©
www.lifestudys.com

What are Chakras?

Chakra is a Sanskrit word that translates as wheel or disc or turning. It is pronounced sharrkra.

Chakra is a concept referring to wheel-like vortices which, according to traditional Indian medicine, are believed to exist in the surface of the etheric double of man. The Chakras are said to be "force centres" or whirls of energy permeating, from a point on the physical body, the layers of the subtle bodies in an ever-increasing fan-shaped formation (the fans make the shape of a love heart). Rotating vortices of subtle matter, they are considered the focal points for the reception and transmission of energies. Seven major chakras or energy centres (also understood as wheels of light) are generally believed to exist, located within the subtle body. Practitioners of Hinduism and New Age Spirituality believe the chakras interact with the body's ductless endocrine glands and lymphatic system by feeding in good bio-energies and disposing of unwanted bio-energies.

It is typical for chakras to be depicted in either of two ways:



In the former, a specific number of petals are shown around the perimeter of a circle. In the latter, a certain number of spokes divide the circle into segments that make the chakra resemble a wheel or chakra. Each chakra possesses a specific number of segments or petals.

Much of the original information on Chakras comes from the Upanishads, which are difficult to date because they are believed to have been passed down orally for approximately a thousand years before being written down for the first time between 1200–900 BCE.

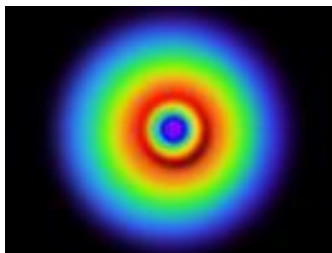
Although it is widely known we have seven main chakras we also have many more throughout our body. However the 7 main chakras are connected to our being on several different levels, Physical, Emotional, Mental and Spiritual. On the physical level the chakras govern a specific main organ or gland.

Each chakra also has its own colour which is connected to the same vibrational frequency. For example the heart chakra which is the colour green governs the thymus gland which is involved with the heart, lungs, lymph glands, bronchia system, immune system, as well as the hands and arms.

To help balance our chakras either on an emotional, spiritual or physical level we need to use the correct colour vibration, which resonates at the same frequency.

When any of our chakras get blocked or are out of balance this is then felt on both on an emotional and physical level.

Understanding the colours



Our main source of heat and energy is sunlight. Sunlight consists of energies in the form of electromagnetic waves and part of these rays include cosmic rays, gamma rays, x-rays, visible light rays, infrared rays, micro waves and short and long waves. We do of course use these energies in our day to day lives. We do not seem however to put much emphasis on the visible light rays. The reason why they are referred to as visible light rays is due to the fact that we can see them. You can break down the spectrum of light rays into seven different beams of colour by holding a prism toward the sun. Light consists of the seven colour energies which are **RED, YELLOW, GREEN, BLUE, INDIGO** and **VIOLET**.

Each of these colours has a different wavelength and vibrational frequency, which is why a trained colour therapist will use these energies when healing with colour. Red for instance has the longest wavelength and the slowest vibrational frequency which is why we recognize instinctively this as warm and stimulating colour. Violet has the shortest wavelength and the fastest frequency and this is recognised as a cool and calming energy. Many of our body functions can be either stimulated or retarded by light and the various colours which in turn affect our chakra system.

Science has proved that certain colour will stimulate or calm mental activity. We need light energy to nourish our brains, also to help balance our emotions and our physical body. Light enters through our skin and breath. We receive colour energy through a balance of various coloured foods, herbs, vitamins, minerals, décor, aromatherapy, clothing etc.

We are now starting to become more aware about the human psyche and its intricate systems. Medical science has now proved that toxins and other impurities can influence our body. For example Negative thoughts and chemical enhancements in our food and feeling stressed can all affect us both physically and mentally.

Pollution can cause chakra imbalances to manifest and again this can lead to an affect on a physical level. This is why alternative healers are now more and more in demand. We all have the ability to heal ourselves, and learning how to balance and cleanse your chakra system on a daily or weekly basis can and will improve your state of health and mind.

Benefits of a balanced chakra system

The benefits of learning and understanding about your own chakra system will enable you to gain balance in both mind, body and spirit and bring all into harmony. When all of your 7 chakra centres are communicating equally and working in alliance with each other you will have more physical energy, not suffer stress and will feel strong and alert.

Learning the practice of colour, aromatherapy, Reiki, Crystal healing and also using controlled breathing exercises and rhythmic exercise routines, Reiki healing and directed meditation with the use of audio even crystals and gemstones are but some of the ways we learn to influence the process of interaction of our body's energy points.

Chakra System



We shall now delve deeper into each individual chakra and how it effects our physical and spiritual development. Each chakra relates to its own colour and vibration as discussed earlier. By understanding each individual chakra you will soon learn how to spot if either or any of your chakras are not in balance and what adverse affects they may cause.

1ST CHAKRA



ROOT CHAKRA - Location is base of spine – colour red

This chakra is associated with grounding and allows us to connect to the earth's energies.

When the root chakra is blocked it can make you feel fearful, anxious, insecure and frustrated. Weight problems like obesity, anorexia nervosa, and knee troubles can occur. Root body parts include the hips, legs, lower back and sexual organs. Restlessness and lack of energy can also be associated with this chakra being blocked.

Stones – ruby, coral, rose quartz, red jasper, garnet

Red offers a healing vibration for emaciation, depression or lethargy.

Activities – Exercise such as walking, martial arts, yoga and other physical activities will help open this root chakra.

Physical influences:

Base of the spine- Legs- Bones- Feet- Rectum- Immune system- Adrenal Glands- Spine- Bone marrow
- Colon- Coccyx (Tail Bone)- Kidneys

Unbalanced symptoms:

Chronic lower back pain- Sciatica- Varicose veins- Rectal tumours and cancers- Depression- Immune disorders- Violence- Anger- Constipation- Survival fears

2ND CHAKRA



Sacral Chakra- Location Abdomen – colour orange

This chakra is associated with the sexual organs and is the chakra of creativity, pure attention and pure knowledge. It connects us to the inner source of inspiration, and enables us to experience the beauty around us. The pure knowledge given by this chakra is not mental, but it is direct perception of the Reality, that can be felt in our palms and indicates our subtle blockages. Also this is the centre attention and power of concentration.

On the physical level it looks after our liver, kidneys, and the lower abdomen. When we think too much, this centre gets drained of energy and diseases like diabetes or blood cancer can occur when this chakra goes completely out of balance. You can also suffer from guilt and restlessness.

Stones - carnelian, orange quartz, tiger's eye,

Activities – anything that gets the hips moving, yoga and belly dancing, gardening and it is also said listening to classical music will help open this chakra.

Physical influences:

Spleen- Sexual organs- Large Intestine- Small Intestines- Lower vertebrae- Pelvis- Stomach- Sacrum (Vertebra)- Appendix- Bladder- Hip area- Sciatica- Reproduction Organs

Unbalanced symptoms:

Chronic Lower Back Pain- Sciatica Problems- Gynaecological Problems- Obstetrical Problems- Pelvic Pain- Sexual Problems (Men or Women)- Urinary Tract Problems- Jealousy- Possessiveness- Bladder Problems

3RD CHAKRA



Solar Plexus Chakra - Location – solar plexus, between navel and lower ribs– colour yellow

This chakra is associated with your gut feeling; anger; pain and resentment get held here. The chakra represents our personal power and the place of ego, passions and strength. When this chakra is out of balance you may lack confidence and feel that others are controlling your life. Physical problems include digestive, liver and nervous problems, Food allergies and nervous exhaustion are also associated with this chakra when blocked. When in balance you will feel cheerful, outgoing and have a strong sense of personal power.

Stones – citrine, topaz

Activities – wear yellow, burn yellow candles and have yellow flowers in your home. Take deep breaths and breath out slowly imagining any resentment or fear you maybe holding going out with the breath, let go of past hurts and visualise yourself surrounded by a large yellow or golden aura. This will help to clear any blockages or imbalance in this chakra.

Physical influences:

The Abdomen- Upper Intestines- Spleen- Middle Spine- Stomach- Gall Bladder- Pancreas- Liver
- Adrenal Glands- Diaphragm- Nervous System- Lumbar Spine (5 Vertebrae)- Kidneys

Unbalanced symptoms:

Arthritis- Gastric or Duodenal Ulcers- Pancreatitis- Diabetes- Indigestion (Chronic or Acute)- Anorexia or Bulimia- Liver Dysfunction- Hepatitis- Adrenal dysfunction- Mid-Spinal Problems- Breathing problems- Gall Stones- Overly Stressed- Stomach Problems- Lack of Will- Anger- Poor Digestion- Fear
- Hate- Hurt- Self Loathing- Over Emphasis on Power

4th CHAKRA



Heart Chakra – Location heart, centre of chest– colour green/pink

When this chakra is out of balance, you may experience feelings of shyness and loneliness, an inability to forgive or a lack of empathy. Physical conditions can include shallow breathing, asthma, and some lung diseases. You can also feel possessiveness, jealousy and also heart problems and high blood pressure.

Stones – rose quartz, pink kunzite

Activities – Work on loving yourself, do not judge yourself or others but by meditating on love and practicing unconditional love will help to unblock this chakra. If doing yoga using the backward bends or anything that opens up the chest area is a powerful way to energise this chakra.

Physical influences:

Heart- Blood Circulation- Lower Lungs- Chest- Thoracic Spine (12 Vertebrae)- Immune System- Circulatory System- The Lungs- Shoulders & Arms- Ribs & Breast- Diaphragm- Thymus Gland

Unbalanced symptoms:

Anger- Heart Problems- Rigidity- Lack of Love- Asthma/Allergy- Lung Cancer- Bronchial Pneumonia
- Chronic Upper Back Pain- Shoulders Pain- Breast Cancer- Thoracic Problems- Breathing Problems
- Congestion- Susceptible to Illnesses- AIDS/HIV- Blood Diseases

5TH CHAKRA



Throat Chakra – Location base of throat – colour blue

This chakra is associated with the colour sky blue. To keep this chakra in balance and healthy will depend in relation to how honestly you express yourself. Lying violates the body and spirit. We speak our choices with our voices (throats). All choices we make in our lives have consequences on an energetic level. Blockages in this chakra can include sore throats, mouth ulcers, and loss of voice or laryngitis. I am sure you have at sometime experienced that "lump in your throat" when you have been at crossroad of not knowing how to speak the right words in any given situation. A challenge of the throat chakra is to express ourselves in the most truthful manner.

Activities – Singing, chanting, humming mantras, acting, and toning are all activities that vibrate from the Throat Chakra. Holding tension in the Throat Chakra is often due to lack of support in the early years regarding self-expression and freedom of speech. With a healed and healthy Throat Chakra, one's words are kind, thoughtful, clear, and truthful. The voice is strong and alive with many tones of expression. Usually there is ease with writing, speaking, and sharing thoughts with others.

Physical influences:

Thyroid- Lungs- Respiratory System- Vocal Chords- Throat- Trachea- Cervical Spine (7 Neck Vertebrae)- Mouth- Teeth & Gums- Oesophagus- Parathyroid- Hypothalamus- Tonsils

Unbalanced symptoms:

Difficulty Communicating- Ego Out of Control- Emotional Roller Coaster- Raspy throat- Chronic sore throat- Mouth ulcers- Gum difficulties- - Laryngitis- Swollen glands- Thyroid problems- Throat Cancer - Tonsil Problems- Whiplash

6TH CHAKRA



Third Eye Chakra – Location - middle of the head behind the eyebrows – colour - indigo

This chakra is associated with "knowing", an intuitive type of knowing. When this chakra is dominant, one may have clairvoyant abilities...being able to see things that others can't.

When the energy in the 6th chakra is excessive, it can cause headaches, hallucinations, nightmares and difficulty in concentrating.

But when the energy is deficient, there may be eye problems, poor memory and inability to visualize. When this chakra is unbalanced it can cause you to be indecisive, jump to conclusions and indecision.

Stones - sapphire, amethyst, lapis lazuli,

Activity – Participate in drumming or listening to tribal shamanic music. Exercise with dance and movement which helps to distribute top-heavy energy to the rest of your body. Decorate your home with brilliant oranges and sunny yellows to introduce some fire energy.

Yoga poses for the 6th chakra are supported forward bends and also eye exercises. Doing positive visualizations can also strengthen this chakra.

Physical influences:

Left Brain Hemisphere- Left Side of Face & Head- Forehead- Ears- Left Eye- Nose- Pineal Gland- Pituitary Gland- Bones of the Skull- Nervous System

Unbalanced symptoms:

Headaches- Poor Eyesight- Lack of Concentration- Extensive Forgetfulness- Brain Haemorrhages or Tumours- Strokes- Neurological Disorders- Blindness or Deafness- Full Spinal Problems- Learning Disabilities- Seizures

7th CHAKRA



Crown Chakra – Location – Top of head in the centre – colour- violet/white

This chakra is associated with the colour violet, but it is usually referred to as the colour white, as it has a combination of all colours. This is in line with the chakra also being a culmination of all the other chakras.

If this chakra is unbalanced you could be very sceptical and have difficulty and be very materialistic. You may over analyse things and be overly intellectual.

When someone's crown chakra is blocked, a very unpleasant muddy, dark curry colour taints their crown chakra and their entire aura. When communicating with them, we may experience a tingling and prickling sensation in our crown, and we may feel a warning that psychic protection is needed. When two people communicate whose crown chakras are unclear, many misconceptions and misunderstandings are common. Their exchange may become adversarial with no evident means of understanding or effective communication.

Activity - Meditation is the yogic practice best for the 7th chakra. Meditation clears and quiets the mind, in preparation for experiencing the Divine

Physical influences:

Cranium- Right Brain Hemisphere-Cerebral Cortex, Right Eye- Right Side of Face- Bones of the Skull- Muscular System- Skeletal System-The Skin

Unbalanced symptoms:

Depression- Feeling of Being Scattered- Lack of Inspiration- Disconnected to Spiritual Source- Paralysis- Genetic Disorders- Bone Cancer- Multiple Sclerosis

About the School of Life Studies

We are a professional Distant Learning Training School. The mini course you have just read has been put together for you just for fun, however the following courses are for training purposes and all offer a recognised qualification on completion to enable you to practice your therapy if you so wish.

All our courses are self-study so it does not matter where you live you can complete your course in the comfort of your own home or print off to work away from your computer.

Accreditation

All our professional study courses offer a diploma/certificate on completion and are accredited by the International Practitioners of Holistic Medicine. We are also an affiliated member of the International Wheel of Colour.

Way Forward

We have many students who are now working as professional holistic therapists, please read our testimonial page for honest feedback on our courses.

Tuition Support

If you feel that you would like the support of a personal tutor throughout your studies then please visit our sister site at Luna Holistic Study Courses. You will be offered a personal tutor throughout your studies and your courses offer further accreditation by the AADP (American Association of Drugless Practitioners) Graduates of Luna Home studies will be eligible to apply to be board certified holistic health practitioners through the AADP. More details can be found at www.onlinehomestudies.com

Diploma/Certificate Courses



Professional Tarot Reading Course (diploma level)- 3 Parts

This comprehensive course provides you with all the knowledge that you need to become a professional Tarot Reader of the highest standard. This course is designed to introduce you to the world of Tarot from complete novice and on completion will enable you read the cards for yourself and others on a professional level. It takes time and practice to develop your skills, however this course is specially designed for tarot beginners and even if you have been reading the tarot for some time, you will find this course invaluable and an excellent tool to improve your readings.



Professional Palmistry Reading Course (diploma level) – 3 parts

This course provides you with a good all round knowledge of palmistry, which is the art of characterisation and foretelling the future through the study of the palm. Hand analysis or Palm Reading (as it is also known) is practiced all over the world. Although there are many cultural variations the principles are the same.



Reiki Level 1 & 2 (certificate/diploma level)

Reiki is one of the most well known healing therapies that works by actively balancing the chakra system. People learning or having reiki often report very positive life changing events taking place for them after. Reiki clears away blockages so that your natural flow of energy can be released. This blockage is what causes illness and stress. This holistic form of healing treats the physical body and the mind together, strengthening the bodies own healing ability and rebalancing its energy.



Crystal Therapy - (diploma level) – 3 parts

Crystals and stones have their own energy vibration and colour and are one of the most useful tools to use during the balancing of the chakra system. Crystals have a perfect hexagonal molecular structure that causes them to vibrate at a constant rate. This is what makes them such good components in many modern technological items. It is thought that, when placed close to specific organs or energy points within the body, crystals will activate a vibrational response that initiates the process of balance and harmony. Crystal healing can be used to treat a variety of physical ailments including for example, migraines, digestive problems and low energy. In addition crystal healing is often used to help mental and emotional issues such as tension, stress, depression and anxiety. You will learn how to treat clients with a full crystal therapy treatment and will be a confident & professional therapist. People often report how much more calm and relaxed they are after a crystal treatment.



Colour Therapy (diploma level) 3 parts

The human body absorbs light that is made up of the colour spectrum and each colour in the spectrum has a frequency, wavelength and energy associated with it. The symptoms of disease are a sign that there is a shortage or improper utilization of colour and light in the organs and cells of the human body. This is due to many factors, such as our lifestyle, stress or too little of a particular colour frequency in our energy system. Studies show that the colour of fruit and vegetables indicate their individual health-promoting benefits.



Aromatherapy (certificate level) – 3 parts

In this introduction to aromatherapy course you will learn how to use and blend oils, massage, and all the basics you need to become a qualified and confident aromatherapist. Aromatherapy is a totally relaxing experience. By learning how to combine certain oils you can stimulate certain blocked chakras.



Angel Healing (diploma level) – 2 Parts

This is one of the most spiritual therapies and combines all the above. Some say we each have our own angel with us all the time that watches over us from birth. Angels also come in and out of our lives all the time but most of us are unaware of their presence. Angels guide us on an emotional level and spiritual level and by connecting with their energy you can learn to heal yourself and others. Often angels appear either unobserved or observed in times of great crisis. They have often been seen by many people at their time of departure from their earthly body, both by themselves and medical staff. You may hear someone calling your name and when you look there is no one there, you can be sure they are just trying to let you know they are nearby. Angels come in many forms, both human, supernatural, animals, visions of light etc... This course will teach you how to use crystals and oils to connect with your guides.



Professional Feng Shui (diploma course) 3 Parts

This course will tell you everything you always wanted to know about the Chinese art of object arrangement including a description of the must-have objects to perform basic curative Feng Shui. This course also includes information about different types of Feng Shui as well as suggestions for how to use every day objects so that your house doesn't end up looking like the lobby of a Chinese Restaurant! In this comprehensive course you will be trained to become a feng shui expert.



Hopi Ear Candling (certificate course) 2 Parts

This comprehensive course gives a simple introduction, insight and instruction into all the areas required to become a Hopi Ear Candling Practitioner. The course is open to both practicing holistic therapists and practitioners and anyone else who has a desire to learn this skill. No previous knowledge is required. Hopi Ear Candling is an ancient treatment that has been used for thousands of years and today continues to be widely used by practitioners to treat a range of issues. On the surface of it, Hopi ear candles loosen and remove excess wax from the ear canal, yet by doing so, they are able to effectively treat a number of conditions such as headaches / migraines, sinusitis, tinnitus and allergic rhinitis.



Indian Head Massage (diploma course) 3 Parts

In this 3 Part course you will learn that Indian head massage is a trademarked term for an alternative medicine massage therapy. The head, neck and face are massaged with the purpose of manipulating energy channels. The goal is to clear blocks in these energy channels that cause a build-up of negative energy that are purported to cause ailments. The belief is when the energy does not flow properly; negative energy builds up, causing common ailments, including stress, pain and aches, and baldness or hair loss. Indian head massage is practiced all over Europe and was brought to the west by Narendra Mehta in the 1970's. This has become one of the fastest growing holistic courses and is now practised in most hair salons. This course will teach you from complete beginner how to become a fully qualified Indian Head Masseur.



Psychic & Spiritual Development Certificate

Course – 3 parts

Complete Guide & Practice - Psychic & Spiritual Development Certificate Course This complete guide & practice of Psychic and Spiritual Development course is aimed at those of you who already have an interest and knowledge in holistic healing or tarot/palm reading. You will find that this course will bring more depth and benefit to your therapies and will help both you and your clients to open up to a deeper awareness of how spirit works with you.

You will learn how to connect to your authentic guides and how to receive and understand their messages. You will learn some simple tried and tested meditation techniques that will make it easier for you to open up to your natural psychic abilities. You can learn how to communicate with spirits and understand how angels can help you on your journey. Learn how to pick up messages using Psychometry and with plenty of exercises included to help you develop your skills you will soon be in a position to use and connect with universal energy for the benefit of yourself and others.

Some of the things you will learn: -

- Spiritual Development
- Mediumship
- Science & Spiritualism
- How to dowse using a pendulum
- Meditation for development
- Psychic Exercises
- How to connect with your guide
- How to receive & understand messages
- Psychometry
- Tips when reading for clients & how to connect to their guides
- Working with your guides to assist others
- Learn how to Channel
- Trance Mediumship

Who employs Holistic Therapists?

More and more people are using holistic therapists in Hospitals, Nursing Homes, Business, the Beauty industry etc.....

There are now more than ever lots of private practices opening and people's attitude toward this type of healing and treatment is more open than ever before.

With the stress of every day life people are turning towards holistic healers to help them where conventional medicine has failed.

The School of Life Studies are accredited by the International Practitioners of Holistic Medicine so you can be assured that you are trained to the highest of standards.

Start a new career today

Visit www.lifestudys.com