

# Conscious spirituality in search of truth...



## **THE CHAKRAS: A BEGINNERS GUIDE TO YOUR ENERGY SYSTEM**

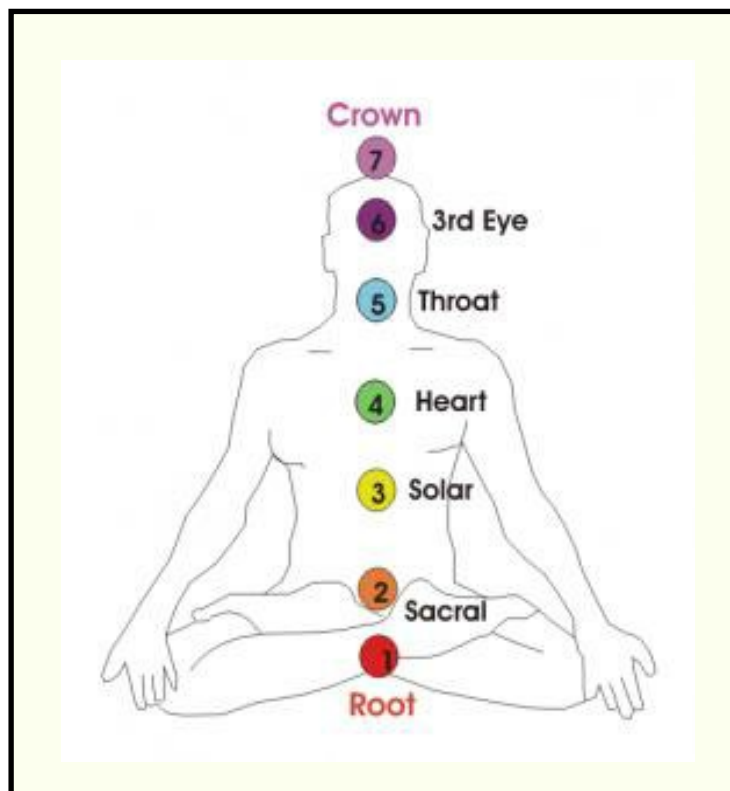
The Chakras, or as some prefer psychic centres are defined as energy points on the human physical body. Imagine our physical body's skeletal structure has an identifiable 'spirit' equivalent. The Chakras provide an interconnecting link with the higher self, great spirit, universal mind or God (however you conceive this relationship).

When consciously-spiritually activated these centres enable communication levels to begin, and are often felt through the physical body as if there was 'electricity' moving through it. The original meaning of the word Chakra is taken from Indian Sanskrit, and when translated means 'a wheel.' Beyond any positive activations of these centres, there is an opposite effect especially if they are "opened" spontaneously through illicit drug use, alcohol abuse, negative or inappropriate sexual desires and similar, as this may attract unwarranted psychic-energy vibrations. There is general agreement with organisations like ZenLama.com, The Theosophical Society, The Universal Spiritual Brotherhood&Sisterhood, USB and others who suggest there are seven key main energy points in the human body. Zenlama.com defines these seven energy points below and what occurs when these are activated follow.

—Philip Crouch, Tasmania, 2020

### **ZEN LAMA: WHAT ARE THE CHAKRAS?**

'The 7 Chakras are the energy centers in our body in which energy flows through. The word 'chakra' is derived from the Sanskrit word meaning 'wheel'. Literally translated from the Hindi it means 'Wheel of spinning Energy.' A chakra is like a whirling, vortex like, powerhouse of energy. Within our bodies you have seven of these major energy centres and many more minor ones.



**ZEN LAMA: YOU CAN THINK OF CHAKRAS AS INVISIBLE RECHARGEABLE BATTERIES.**

They are charged and recharged through contact with the stream of cosmic energy in the atmosphere in much the same way that your home is connected to a central power source within a city - the only difference is that this cosmic energy source is free. Imagine this, a vertical power current rather like a fluorescent tube that runs up and down the spine, from the top of the head to the base of the spine. Think of this as your main source of energy. The seven major chakras are in the centre of the body and are aligned with this vertical “power line. ”

**ZEN LAMA: CHAKRAS CONNECT YOUR SPIRITUAL BODIES TO YOUR PHYSICAL ONE.**

They regulate the flow of energy throughout the electrical network (meridians) that runs through the physical body. The body’s electrical system resembles the wiring in a house. It allows electrical current to be sent to every part, and is ready for use when needed. Sometimes chakras become blocked because of stress, emotional or physical problems. If the body’s ‘energy system’ can not flow freely it is likely that problems will occur. The consequence of irregular energy flow may result in physical illness and discomfort or a sense of being mentally and emotionally out of balance.

**7 CROWN CHAKRA**

**It’s colour is violet and is located at the top of your head. It is associate with the cerebral cortex, central nervous system and the pituitary gland. It is concerned with information, understanding, acceptance and bliss. It is said to be your own place of connection to God, the Chakra of Divine purpose and personal destiny. Blockage can manifest as psychological problems.**

**6 BROW CHAKRA**

**It’s colour is Indigo (a combination of red and blue). It is located at the centre of your forehead at eye level or slightly above. This Chakra is used to question the spiritual nature of our life. It is the Chakra of question, perception and knowing. It is concerned with inner vision, intuition and wisdom. Your dreams for this life and recollections of other lifetimes are held in this Chakra. Blockage may manifest as problems like lack of foresight, mental rigidity, ‘selective’ memory and depression.**



## 5 THROAT CHAKRA

**It's colour is blue or turquoise and is located within the throat.**

It is the Chakra of communication, creativity, self-expression and judgement. It is associated with your Neck, shoulders, arms, hands, thyroid and parathyroid glands. It is concerned with the senses of inner and outer hearing, the synthesising of ideas, healing, transformation and purification. Blockage can show up as creative blocks, dishonesty or general problems in communicating ones needs to others.

## 4 THROAT CHAKRA

**It's colour is green and it is located within your heart.** It is the centre of love, compassion, harmony and peace. The Asians say that this is the house of the soul. This Chakra is Associate with your lungs, heart, arms hands and thymus gland. We fall in love through our heart Chakra, then that feeling of unconditional love moves to the emotional centre commonly known as the solar plexus. After that it moves into the sexual centre or Base Chakra where strong feelings of attraction can be released. When these energies move into the Base Chakra we may have the desire to marry and settle down. Blockage can show itself as immune system , lung and heart problems, or manifest as inhumanity, lack of compassion or unprincipled behaviour.

## 3 SOLAR PLEXUS CHAKRA

**It's colour is yellow and is located a few inches above the navel in the solar plexus area.** This chakra is concerned with your digestive system, muscles, pancreas and adrenals. It is the seat of your emotional life. Feelings of personal power, laughter, joy and anger are associated with this centre. Your sensitivity, ambition and ability to achieve are stored here. Blockage may manifest as anger, frustration, lack of direction or a sense of victimisation.

## 2 SACRAL NAVAL CHAKRA

It's colour is orange and it is located between the base of your spine and your navel. It is associated with your lower abdomen, kidneys, bladder, circulatory system and your reproductive organs and glands. It is concerned with emotion. This chakra represents desire, pleasure, sexuality, procreation and creativity. Blockage may manifests as emotional problems, compulsive or obsessive behaviour and sexual guilt.



## 1 BASE ROOT CHAKRA

**It's colour is red and it is located at the perineum, base of your spine.**

It is the Chakra closest to the earth. It's function is concerned with earthly grounding and physical survival. This Chakra is associated with your legs, feet, bones, large intestine and adrenal glands. It controls your fight or flight response. Blockage may manifest as paranoia, fear, procrastination and defensiveness.



**Suggested resources:**

The Chakras - a Beginners Guide to Your Energy System Zenlama.com  
<http://www.zenlama.com/the-7-chakras-a-beginners-guide-to-your-energy-system/>

Theosophical Society—Chakras, *Leadbetter*:  
<https://www.anandgholap.net/Chakras-CWL.htm>

The Universal Spiritual Brother&Sisterhood, USB, Spiritual Light Book,  
(11.6 Psychic Experiences, 1138 A Little about the Psychic Centers.)  
[www.theusb.org](http://www.theusb.org)

