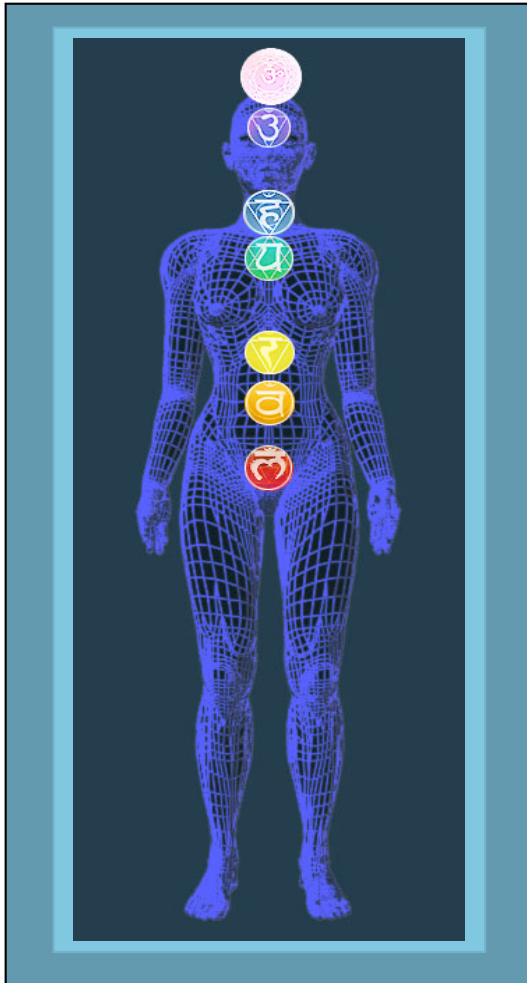


CHAKRAS

Excerpts from: www.myss.com,
Energy Medicine by Donna Eden,
Hands of Light by Barbara Ann Brennan

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Above the chakras electrical oscillations in the skin vibrate at 100 – 1,600 cycles per second, contrasted with 0 to 100 in the brain, 225 in muscles, and 250 in the heart. From a study by Valerie Hunt, summarized in the book *Vibrational Medicine* by Richard Gerber, quoted in *Energy Medicine*, Chapter 5, p.137.

There are seven energy centers in your body, often called chakras. The state of each chakra reflects the health of a particular area of your body. It also reflects your psychological, emotional and spiritual well-being. Every thought and experience you've ever had in your life gets filtered through these chakra databases. Each event is recorded into your cells. In other words, "your biography becomes your biology." When chakra energy is blocked or misdirected, emotional and physical illness can arise.

Exploring your seven power centers can help you see how they reflect what's happening in your body, and in your life to:

- * - Intuitively diagnose your energy
- * - Unplug from negative thoughts/perceptions
- * - Live as a healthier, more empowered person

These are the **7 major chakras** although other minor or mini-chakras also exist. Colors are associated with each chakra, however these are complex and may vary. Starting with the root, or 1st chakra (base of the spine), the color usually associated with this chakra is red and it resonates to the principle of survival, so the progression of color is abbreviated, as R.O.Y.G.B.I.V.:

1 st ~ Red - root	4 th ~ Green –heart
Survival	Love
2 nd ~ Orange - womb	5 th ~ Blue - throat
Creativity	Expression
3 rd ~ Yellow - solar plexus	6 th ~ Indigo - third eye
Power	Transcendence
	7 th ~ Violet/white - crown
	Unity

1st - We are One

This is the foundation of emotional and mental health. Connection to family beliefs supports the formation of identity – a sense of belonging to a group. Every choice you make and belief you accept as truth influences you. You are connected to all life; Earth energy, Nature; Ancestral line. Sexual energy. Feeling grounded.

2nd - Honor One Another

This is the center for the innocent pure self, personal power, creativity, finance, and issues of survival, control. Sexuality/ reproductive issues and one-on-one relationships. All relationships contribute to development of higher awareness. "All unions have spiritual value" (learning potential).

3rd - Honor One's Self

Here we find our personal ethics and integrity, the awareness of individual boundaries vs. tribal identity. Being responsible, knowing your true self vs. acting out of fear of others' opinions.

4th - The Chalice of Joy and Sorrow; Love is Divine

The heart is the middle chakra, mediating between body and spirit and determines their balance. Love is the core power and true "motivator" of your body, mind and spirit." We may experience love and compassion here or hatred, resentment, jealousy, or self-centeredness, fears, lack of forgiveness, or lack of compassion. Colors here may also be pink, gold, or deep maroon.

5th - Surrender Personal Will to Divine Will

The throat chakra metabolizes information from all the other chakras to build/maintain one's energy. Speaking up, ability to express one's voice, dreams, personal needs; to know one's truth – and trusting in and listening to our connection to Divine Will delivers the best outcomes.

6th - Balance Intellect and Intuition – Seek the Truth

Opening your mind. Testing your ability to measure your beliefs, thoughts, and attitudes vs. what is known at an inner level; illusion vs. truth; what is seen vs. the invisible.

7th - Live in the NOW, Come into the Fullness of your Being

Our Divine connection enters our physical life. Being present in each moment allows us to have clarity, to be free of fear; present to make wise choices; and open to the beauty of each moment. Listening to higher wisdom, guidance, prayer, and meditation. Celestial perspective on the human condition results in inspiration, humanitarianism and trusting, your life's on the right path. You are not your past; you do not need to fear your future. Only in this moment can we awaken to higher knowing and connection.