



The Crown Chakra

Here we are, we have come to the top of the main chakras, we have arrived home at the Crown chakra.

Our awareness now reaches out to the far and beyond, to the consciousness of all, into a timeless space less place of all-knowing.

It is at this chakra we have thought form, we can find our wisdom, our knowledge and our spiritual connection to oneness.

Found at the top of the head this chakra vibrates to the colours of violet or white.

It is here that the soul enters into the realm of the physical body at conception. We maintain a link to the spiritual soul world all through our lives on earth. Try to imagine and see that clear link as a beautiful web of light reaching as far up into the universe as you can and then beyond. We are always connected to source at the Crown chakra and it can bring us many moments of bliss. And yes, this is where the clear knowing or Clair cognizance comes in and develops as we open ourselves up to receive messages or ideas from the Divine.

In an out of balanced state we may find that we experience concerns with our Brain, Cerebellum or Skull.

**The Sushumna*

The super energy highway that connects all the chakras together, running up and down in front of the spinal column.



The Base Chakra

The first stepping stone on our exploration of the chakra system.

It is here where all we have and all we wish for will manifest from. It holds our great connection to the ever life nurturing Mother Earth. The Base is known as being attached to the Earth element. In this chakra the energy patterns rotate around our physical reality and identity.

Relating to our instinct of survival, our sense of security, our external wants and possessions.

Found at the base of the spine this chakra vibrates to the colour red.

Imagine walking across a red desert, surrounded in nothing but earth, with each footstep solidly being planted and taking root deep into the Mother Ground beneath you. Here we support the sense of smell, our health and prosperity.

In an out of balanced state we may find that we experience physical concerns in our Bones, Legs, Arms, Nails, Teeth, Intestines, Anus, Prostrate, Adrenals, Kidneys or Spinal Column.



The Sacral Chakra

As we begin to take the first steps up the Sushumna* highway we will journey to the second chakra known as the Sacral. Here we will begin to explore the Water element and our emotional identity. The feminine energy of the Sacral is alive and we begin to relate to our emotions through desire and feelings, our centre of sexual energy and fulfillment. As the rivers flow and the oceans lap at the shore this chakra brings us the ability to accept change, gracefulness and a sense of fluidity and smooth sailing in life.

Found midway between the navel centre and the base of the spine this chakra vibrates to the colour orange. Here we begin to seek physical pleasures, and our awareness of our body is strong. Our sense of taste is also located at the Sacral.

In an out of balanced state we may find that we experience concerns in the Reproductive Organs, Kidney, Bladder, Pelvic area, the fluids/liquids of the body.



The Solar Plexus Chakra

Now we move into the third chakra, away from the feminine flow of life into the masculine power energy of the Solar Plexus. The Fire element is represented here in the form of our power and control. As things begin to warm up and the energy lifts in the earthly plain chakras we will begin to find the experience of warmth, our energy levels set scale here with its connection to our metabolism.

Found above our navel centre near the diaphragm this chakra vibrates to the colour yellow. The Solar Plexus holds our sense of sight.

Our ego identity has found its location in the Solar Plexus ruling our personal will and autonomy. As the burning embers are refueled with fresh dry wood the fire again begins to rage and is once again in control and finds stability in its path.

In an out of balanced state we may find that we experience concerns with our Abdomen, Lower Back, Stomach, Spleen,



The Heart Chakra

Ah, we have now reached the bridge between the earthly chakras and the spiritual chakras. And we are at the Heart Chakra. Stop and breathe a moment as we take in the Air element of the heart. Here the air fuels the flow of love in and around us, our self acceptance and relationships. What a magical dance is experienced here as the feminine and masculine energies finally meet and become intertwined with the yin and yang of the bodies-energy flow. Here we can open ourselves up to explore love, compassion, peace and a true sense of union or balance.

Found in the centre of the chest, this chakra vibrates to the colour green. It is at the Heart chakra that we begin to develop our intuition with clair-sentience or clear feeling. Our sense of touch is based in the Heart chakra. Imagine if you will expansiveness so big that you are lifted up into the most blissfulness you have ever experienced. As you breathe in the air around you let it expand the love within you until it explodes out and around you, lifting you up as light as a feather.

In an out of balanced state we may find that we experience concerns Heart, Upper Back, Rib Cage, Chest, Skin, Lower Lungs, Circulatory System, Blood, Abdominal Cavity, Thymus Gland



The Throat Chakra

The super highway of the chakra system has now taken us to the ethereal world of the Throat chakra. As we step into the world of vibration we begin to explore sound and our creative abilities come alive. It is at the throat chakra we find our communication vibes and our self expression is explored.

The element of Ether takes hold and we enter the realms of chorus.

Found at the base of the throat this chakra vibrates to a sky blue colour and holds our sense of hearing.

Imagine being a part of the most elegant celestial choir and hear and feel the beautiful harmonics of your voice sending out sweetness all around the world. A world where all can speak their truth and able to communicate their needs with deep honesty.

In an out of balanced state we may find that we experience concerns Lungs, Vocal Cords, Bronchials, Throat, Thyroid, Voice, Jaw, Neck, Alimentary Canal.



The Third Eye Chakra

It is as though the blinds have been lifted and we now enter the world of the Third Eye where we can see so clearly. The sixth chakra has now found us looking at the bigger picture of life and also seeing intuitively glimpses of what has been and what might be. Also known as the brow chakra we have risen into an area where our psychic abilities play and our true self is found.

Found in the forehead between our eyes this chakra vibrates to the colour of indigo, the colour of the night sky.

Close your eyes and open up your imagination and see if you can see your third eye looking back at you. Say hi, and open yourself to all that if can and will reveal for you. There is no freedom like the freedom of your imagination. So naturally we are now seeing clearly and from here we can develop the ability to see spirit, to explore clairvoyance.

In an out of balanced state we may find that we experience concerns with Face, Eye, Nose, Sinus, Pituitary Gland, Cerebellum, Mouth, Nervous System.