

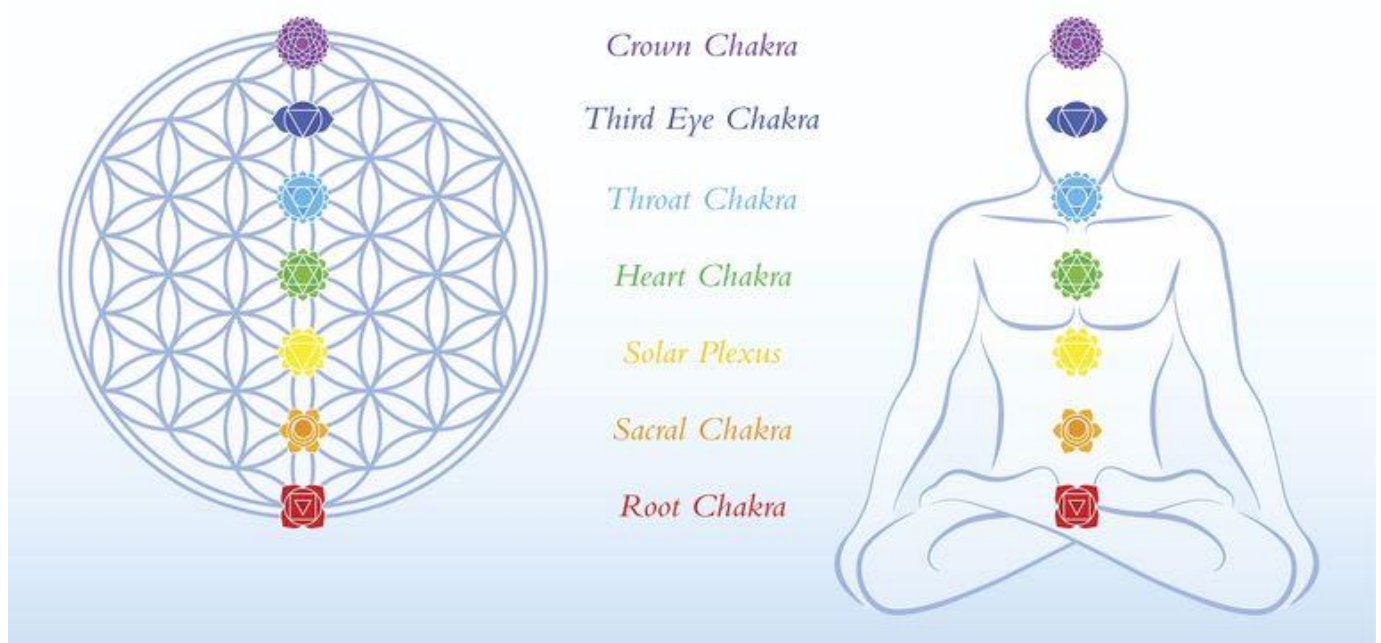
- In most cases 7 Chakras are shown – however as we have already established – working with 9 is definitely beneficial especially when working in the New Vibration.. there are many others also!  
 \*\* Earth Soul Chakra below the physical body - 12 – 18 inches below the feet ~ Brown in colour  
 \*\* Soul Star Chakra above the physical body - approx. 6 inches above the crown ~ White /Gold
- *As a side note* - since working in the New Vibration I often find during meditation people find it easier to start with yellow at the solar plexus and then progress to gold - expansion is from there.

A chakra is a centre of activity that receives, processes and expresses life force energy, or prana. The Sanskrit word chakra translates as “wheel” or “disk” and refers to a spinning sphere of bio-energy.

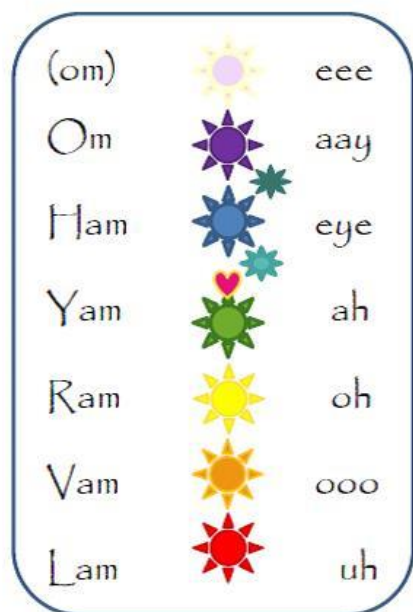
There are in this particular model, seven chakras positioned in a column of energy from the base of the spine to the top of the head.

The seven major chakras that correlate with basic states of consciousness. Like energy transformers, they step down the universal energy of consciousness to the physical plane. In this way we are at once connected to the source of energy, and it is also available to us in different forms. Similar to plugging appliances into an electrical outlet, different forms of energy are appropriate for different uses.

The colours associated with the chakras are also a form of energy. Colour is energy expressed as a light wavelength we can see (there are wavelengths of light energy beyond our ability to see with the eye as well). There is also a corresponding sound, or note associated with each chakra. Again, sound is simply another form of energy vibrating at various wavelengths.



**Chakra sounds** – can be a meditation in it's own right.



### Chakras in Sanskrit



### **Chakra one:** *Muladhara – "I have the right to EXIST"*

Earth, physical identity, oriented to self –preservation. Red in colour. Located in the base of the pelvis. This Chakra forms our foundation. It s related to our survival instincts and to our sense of grounding and connection to our bodies and the physical plane. Ideally this chakra brings us health, prosperity, security and dynamic presence.

### **Chakra two:** *Svadhishthana – "I have the right to FEEL"*

Water, emotional identity, oriented to self gratification. Orange in colour. Located in sacral area. This chakra is related to the element water, and to emotions and sexuality. It connects us to others through feeling, desire, sensation and movement. Ideally this chakra brings us fluidity and grace, depth of feeling, sexual fulfilment, and the ability to accept change.

### **Chakra three:** *Manipura – "I have the right to THINK"*

Fire, ego identity, orientated to self-definition. Yellow in colour. Located in solar plexus. It rules our personal power, will, autonomy and our metabolism. When healthy, this chakra brings us energy, effectiveness, spontaneity, and non-dominating power.

### **Chakra four:** Anahata – *"I have the right to Love and be Loved"*

Air, social identity, orientated to self-acceptance. Green in colour. Located in the heart. It is related to true compassion and is the integrator of opposites: left and right, up and down, male and female, expansion and contraction. A healthy fourth chakra allows us to love deeply, feel deeply, feel empathy, and have a deep sense of peace and centeredness.

### Chakra five: Vishuddha – “I have the right to SPEAK”

*Sound, creative identity, oriented to self-expression. Blue in colour. This is the chakra located in the throat and thus related to communication and creativity. Here we experience the world symbolically through vibration, such as the vibration of sound representing language.*

### Chakra six: Ajna – "I have the right to SEE"

*Light, archetypal identity, oriented to self – reflection. Location-brow (third eye). Indigo in colour. It is related to the act of seeing, both physically and intuitively. As such it opens our psychic faculties. When healthy it allows us to see clearly, in effect. Letting us "see the bigger picture."*

### Chakra seven: Sahasrara – "I have the right to ASPIRE"

*Thought, universal identity, oriented to self knowledge. Violet in colour. Located in the crown of the head. This chakra relates to the consciousness as pure awareness. It is our connection to pure consciousness at universal level. When developed, this chakra bring us knowledge, wisdom, understanding, spiritual connection and bliss.*

### Overview:

*Appropriate asana and meditation practice can bring a balance to these subtle body energies. Chakras become balanced by bringing the energy of Siva (consciousness) and Shakti (Creation) together. When balanced, each chakra works optimally, giving us spontaneous access to all forms of the body's energy. Chakra meditation is an excellent way to refine your understanding of these centres, as well as proper diet and lifestyle choices.*

### Notes:

[illegible]