

9.2 Chakras

9.2.1 Where from

The word chakra is the Sanskrit word (from India) for disk, vortex, or wheel. The chakras are perceived as spinning vortexes of energy, the main ones running along the centre line of your body. “The concept is found in the early traditions of Hinduism, Buddhism and Jainism. These theories differ between the Indian religions, with many esoteric Buddhist texts consistently mentioning five main Chakras, while separate esoteric Hindu sources will offer six, or even seven.”¹ Many in the Maori culture work with twelve. Chakras are used in traditional Indian religion, Chinese Taoism, Tibetan Buddhism, as well as Japanese Esoteric Buddhism. They were popularised in the West through the assistance of Carl G. Jung.²

9.2.2 Analogy

The chakras are concentrated centres of swirling energy which bathe the body’s organs in their energies³. As spiritual healers we are often told to put our hands over the chakra centres when first starting to heal, when unsure where to put our hands, and this is why – the channelled energy can be sent straight to the underlying organs and glands.

9.2.3 Proof

Valerie Hunt, as professor of kinesiology at the University of California, has been measuring the human electromagnetic output under different conditions for twenty years. Using an electromyograph, she found that the physical body gave off radiation at the sites usually associated with the charkas⁴. She found that those same regions of the skin produced very rapid electrical oscillations (up to 1600 cycles per second compared to 0-100 cycles per second in the brain, 225 cycles ps in the muscles and 250 cycles ps in the heart). Spectrogram analysis and special photography also show distinct frequencies and colours associated with each chakra.⁵

¹ “Chakra” Last modified 8/7/18, <https://en.wikipedia.org/wiki/Chakra>

² See “Chakra” above.

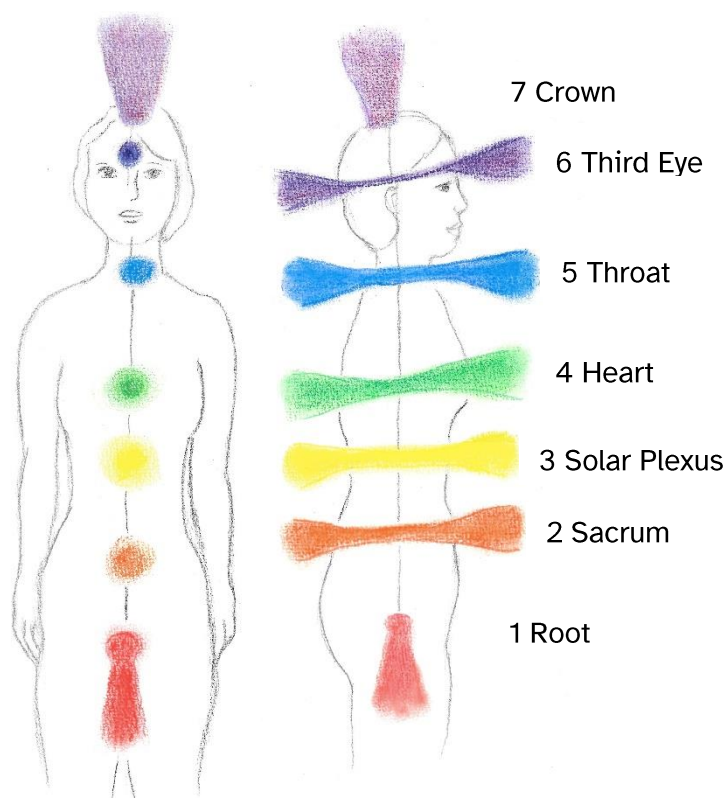
³ Donna Eden and David Feinstein, “The Nine Primary Energy Systems” Retrieved from <http://www.innersource.net/em/66-handout-bank1/hbasicprinciples/291-the-nine-primary-energy-systems.html>

⁴ Cyndi Dale, *The Subtle Body Practice Manual: A Comprehensive Guide to Energy Medicine*, (Boulder, Sounds True Inc, 2013) p.51

⁵ Donna Eden with David Feinstein, *Energy Medicine: Balancing Your Body’s Energy for Optimal Health, Joy and Vitality*, (London, Piatkus, 2008) p.153

9.2.4 Description

Each major chakra in the human body is a centre of swirling energy positioned at one of seven points, from the base of your spine to the top of your head. The five middle chakras have front rear aspects with their base about 3 inches behind the spine (see diagram above⁶). The chakras swirl simultaneously inwards (counter clockwise) and outwards, (clockwise) transporting fresh energy in, absorbing it and transporting stagnant energy out of the body.⁷ Chakras are personal power centres. Each chakra is layered (nested) explaining how it can rotate both clockwise and counter-clockwise, and is paired with a particular layer in the auric field. Each chakra runs on a different energetic frequency (vibration) so is perceived as a different colour. Each takes in, interprets and sends out energy and information compatible with its own vibratory level.⁸



According to ancient texts a chakra is where 216 nadis / meridians (energy channels) cross over each other, forming energy spirals⁹. Dr David Tansley, a radionics specialist, explains that the seven major chakras are formed where lines of light (energy strands) cross each other 21 times, and the 21 minor chakras are located where they cross 14 times.¹⁰ There are many other smaller chakras.

9.2.5 What they affect

Each chakra affects the organs muscles, ligaments, veins and all other body parts within its energy field. They influence your endocrine system (glands) and your hormones, and therefore

⁶ Wellspring Rejuvenation Center, "Protecting your Energy", Last updated 31/10/13, <http://wellspringreiki.com/protecting-your-energy/>

⁷ Helen Critchley, "The nine primary energy systems in Eden Energy Medicine", Last updated 29/10/16, www.helencritchley.net/nine-primary-energy-systems-in-eem/

⁸ Cyndi Dale, *The Subtle Body Practice Manual: A Comprehensive Guide to Energy Medicine*, (Boulder, Sounds True Inc, 2013) p.50

⁹ From: www.sortlifeout.co.uk/chakras.htm

¹⁰ Barbara Ann Brennan, *Hands of Light: A Guide to Healing through the Human Energy Field*, (New York, Bantam Books, 1987) p.44

affect your moods, personality and overall health.¹¹

Chakra	Location	Endocrine gland	Physical organs & functions ¹²
Root / base	At base of spine, between the anus & genitals.	Adrenals	Genital organs & adrenals; bones & skeletal structure; tailbone vertebrae; some kidney, bladder & excretory functions; skin
Sacral	Lower abdomen, between navel & genitals.	Ovaries, testes	Part of the kidney system; intestines; some of the reproductive system including the womb; bladder; prostate; sacral vertebrae & nerve plexus (branching network of intersecting nerves); neurotransmitters determining emotional responses to stimuli
Solar plexus	Between the navel & base of sternum.	Pancreas	Pancreatic system, digestive organs (liver, spleen, gallbladder, stomach, & parts of the kidney system); lumbar vertebrae & solar plexus-based nerve plexus; some authorities say muscles & the immune & nervous systems
Heart	The centre of the chest, heart.	Heart	Heart & lungs; circulatory system; breasts; lumbar & thoracic vertebrae, cardiac nerve plexus; some authorities say the thymus gland
Throat	Throat	Thyroid	Thyroid & parathyroid glands, larynx & laryngeal nerve plexus; mouth & auditory systems (vocal cords, mouth, throat & ears); lymph & the lymphatic system; thoracic vertebrae
Third eye / brow	Above & between eyebrows	Pituitary	Pituitary gland, medulla plexus & parts of the hypothalamus; olfactory (tasting) & visual systems, especially the left eye; memory storage; some aspects of the ears & sinuses
Crown	Top of head	Pineal	Pineal gland; upper skull & cerebral cortex, parts of the hypothalamus, higher learning & cognitive brain systems; parts of the immune system, the right eye

¹¹ Donna Eden with David Feinstein, Energy Medicine: Balancing Your Body's Energy for Optimal Health, Joy and Vitality, (London, Piatkus, 2008) p.153

¹² Table summarised from Cyndi Dale, The Subtle Body Practice Manual: A Comprehensive Guide to Energy Medicine, (Boulder, Sounds True Inc, 2013) pp.53-55

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The chakras are processing plants that register, sort and store energies that contain information about your body, your emotions and your life history. In addition, each main chakra has its own associated life theme.¹³

Chakra	Associated with¹⁴	Life theme / Mission¹⁵	Emotional focus¹⁶	Spiritual concern¹⁷
Root / base	Physical functioning & sensation	Security & survival	Primal feelings	Deserving to exit; physical sympathy, ability to sense physical energy
Sacral	Emotional aspects	Feelings & creativity	All feelings	Ability to express feelings; psychic capability of feeling sympathy & through which you can sense others' feelings
Solar plexus	Mental aspects, linear thinking	Identity, mentality, power, success	Fears, doubt & other feelings affecting self esteem	Empowerment; psychic ability to perform sensing of mental information (clairsentience)
Heart	Love	Love, relationships & healing	Emotions in relationship; all feelings related to love (gratitude, appreciation)	Connection to the Divine
Throat	Higher will, power of the word	Expression, communication & guidance	Expression of all emotions, especially relating to self-responsibility	Sharing Divine guidance; psychic ability of hearing (clairaudience)

¹³ Helen Critchley, "The nine primary energy systems in Eden Energy Medicine", Last updated 29/10/16, www.helencritchley.net/nine-primary-energy-systems-in-eem/

¹⁴ Barbara Ann Brennan, *Hands of Light: A Guide to Healing through the Human Energy Field*. (New York, Bantam Books, 1987) p.43

¹⁵ Cyndi Dale, *The Subtle Body Practice Manual: A Comprehensive Guide to Energy Medicine*. (Boulder, Sounds True Inc, 2013) pp.53-55

Donna Eden and David Feinstein, "The Nine Primary Energy Systems" Retrieved from www.innersource.net/em/66-handout-bank1/hbbasicprinciples/291-the-nine-primary-energy-systems.html

¹⁶ Cyndi Dale, as above

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Chakra	Associated with ¹⁴	Life theme / Mission ¹⁵	Emotional focus ¹⁶	Spiritual concern ¹⁷
Third eye / brow	Love & nurturing of all life	Comprehension, perception & sight (insight, hindsight, future sight)	Feelings related to self-acceptance, such as self-love & self-awareness	Visioning
Crown	Integration of our spiritual & physical makeup	Purpose, spirituality & transcendence,	Related to spiritual nature	Oneness with Divine; psychic gift of prophesy or ability to sense divine plans

This means each chakra offers a different perspective on life, or on a given situation. The same issue, experienced from different levels of consciousness, takes on entirely new meanings. So, if you picture the spine as an elevator shaft, and the chakras as the seven floors, each has its own window from which we can experience life. When we rise from one floor of consciousness to another, our perspective expands. We are aware of a larger reality, which also includes our perception of the previous floor. The ideal is to have clean windows at each of the floors, so the view can be the clearest. Beliefs, out-dated ideas, situations we were born into, our parents' influence, culture and past lives can cloud the windows. The more consciously we bring the life force through our chakras, the clearer our windows (or chakras) will be.

Your chakras also code your experiences in their energies, just as memories are chemically coded in your neurons. An imprint of every emotionally significant event you have experienced is believed to be recorded in your chakra energies. A sensitive practitioner's hand held over a chakra may resonate with pain in a related organ, congestion in a lymph node, subtle abnormalities in heat or pulsing, areas of emotional turmoil, or even tune into a stored memory.¹⁸

Chakras have also been linked to:

- tree of life
- planets
- sacraments
- elements
- angels / deities
- gems, stones
- herbs, incense
- sounds - seed syllables

¹⁸ Donna Eden and David Feinstein, "The Nine Primary Energy Systems" Retrieved from www.innersource.net/em/66-handout-bank1/hbbasicprinciples/291-the-nine-primary-energy-systems.html

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Chakra	Sanskrit Name	Traditional Colour	Central Issue	Orientation to self	Goals	Rights	Identity	Demon/Trickster	Element	Excessive Characteristics	Deficient Characteristics	Herbs/Incense	Gemstones	Deities ¹⁹
Root (1)	Muladhara (root/support)	red	Survival, grounding	Self-preservation	Stability, grounding, physical health, prosperity trust	To be here, to have	Physical	Fear	Earth	Heaviness, Sluggish monotony, obesity, hoarding, materialism, greed	Frequent fear, lack of discipline, restless, underweight, spacey	cedar	Lodestone, ruby, garnet, smoky quartz, obsidian, onyx, jet, hematite, bloodstone, red jasper	Gaia, Auriel
Sacral (2)	Svadhithana (sweetness)	orange	Sexuality, emotions, desire	Self-gratification	Fluidity, pleasure, healthy sexuality, feeling	To feel, to want	Emotional	Guilt	Water	Overly emotional, poor boundaries, sex addiction, obsessive attachments	Frigidity, impotence, rigidity, emotional numbness, fear of pleasure	orris root, gardenia	carnelian, coral, agate, jacinth	Diana, Neptune, Pan, Gabriel
Solar Plexus (3)	Manipura (lustrous Jewel)	yellow	Power, will	Self-definition	Vitality, spontaneity, strength of will, purpose, self-esteem	To act	Ego	Shame	Fire	Dominating, blaming, aggressive, scattered, constantly active	Weak will, poor self esteem, passive, sluggish, fearful	carnation	amber, topaz citrine quartz, tiger eye	Amon-Ra, Brigit, Athene, Michael
Heart (4)	Anahata (unstruck)	green	Love, relationships	Self-acceptance	Balance, compassion, self-acceptance, good relationships	To love and be loved	Social	Grief	Air	Co-dependency, poor boundaries, possessive, jealous	Shy, lonely, isolated, lack of empathy, bitter, critical	lavender, jasmine	emerald, tourmaline, rose quartz, emerald	Aphrodite, Freyja, Christ, Raphael
Throat (5)	Visshudha (purification)	blue	Communication	Self-expression	Clear communication, creativity, resonance	To speak and be heard	Creative	Lies	Sound	Excessive talking, inability to listen, over-extended, stuttering	Fear of speaking, poor rhythm	Frankincense, Benzoin	turquoise, lapis lazuli, chrysocolla, green aventurine	Mercury, Apollo
Brow (6)	Ajna (to perceive)	indigo	Intuition, imagination	Self-reflection	Psychic perception, accurate interpretation, imagination, clear seeing	To see	Archetypal	Illusion	Light	Headaches, nightmares, hallucinations, delusions, difficulty concentrating	Poor memory, poor vision, can't see patterns, denial	Mugwort, star anise	lapis, quartz, sodalite, blue sapphire	Tara, Isis, Themis
Crown (7)	Sahasrara (thousandfold)	Violet or white	Awareness	Self-knowledge	Wisdom, knowledge, consciousness	To know	Universal	Attachment	Information	Overly intellectual, spiritual addiction, confusion, dissociation	Learning difficulties, spiritual scepticism, limited beliefs, materialism, apathy	Lotus, Gotu kola	amethyst, diamond, moss agate, selenite/desert rose, white opal, white chalcedony, moonstone	Zeus, Nut, Inanna

¹⁹ Table from: www.sortlifeout.co.uk/chakras.htm



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Many natural healing modalities make reference to the chakras, especially Eastern modalities including tantra, qigong, silat, reiki and yoga, but also meditation, sound healing, colour healing, crystal healing, etc.

There are some “see-ers” who have recently observed changes in people’s chakras, as humans have started to evolve in consciousness as the Earth’s energy has. The changes were observable in some humans from 2012, with some chakras disappearing or merging and new chakras outside the body becoming more apparent. The evolving human consciousness and Earth energies are talked about by some channelled entities including Kryon channelled by Lee Carroll (www.kryon.com).

We are also seeing some people born with new energy systems that have never run on the traditional energies and chakras. From my experience, these people running on the new energies feel very different to “heal” than those who have or are still running on the traditional energies. They are generally very intuitive and are either very specific as to who they will allow to heal them, or they are “lost” in what they perceive is a confusing world where they have trouble relating to, or understanding, others who aren’t intuitive like them. They do not generally like to receive energy channelled through the healer into them, but prefer the healer to concentrate on channelling the highest energy within themselves, so they can align their energies to what they need (so the healer is merely acting like a tuning fork).

One person describes her observations as “With Lightbody activation, the heart chakra opens into its higher functioning and takes predominance over the others. This forces the other six chakras to begin operating at their Higher Divine functioning also. The seven seals break open and the chakras change shape from conical to spherical. Then they all begin to merge into what we call the unified chakra. The other seven chakras that exist outside the physical body become activated, starting with the eighth, nine and tenth chakras. These upper chakras open into the unified chakra and stimulate the emotional, mental, and Spiritual bodies to unify. As the heart chakra opens multi-dimensionally, the more unified the other chakras and the energy bodies become.”²⁰

²⁰ From: www.alchemicalmage.com/information/chakras.htm

Individual Exercise 1

A quick and easy way to re-balance your own chakras so you feel balanced, charged and happy is to chant some traditional sacred sounds.

Notice how your body feels before you start.

- Select a series of sounds below or in the next table.
- Take a deep breath in and with each long out breath, open up your voice box and vocalise the sound loudly so you can feel the vibration, toning it 3 times.
- Move onto the next sound in the series and repeat (until you have worked through all the sounds).

When complete, notice how your body now feels.

Edgar Cayce's mantra:

'AAAAARRREEEEEEUUUUUUOMMM'

Chakra	Hindu - Sanskrit Seed Syllables		Tones from Djwal Khul		Vowel sounds	
Root	LAM	L A A A M	O	oh	eh	sound of “e” in “red”
Sacral	VAM	V A A A M	SHU	shuck	oh	sound of “o” in “home”
Solar pl	RAM	R A A A M	YA	yawn	ah-ooo-mmm	
Heart	YAM / SAM	Y A A A M	WA	way	ah	
Throat	HAM	H A A A M	HE	he	u	sound of “u” in blue
Brow	SHAM	S H A A M	HU	hue	ee	sound of “e” in be”
Crown	AUM	A A U U M	I	eye	om	

Note: Many people ask if there is indeed a correct pronunciation for the OM. Is it “OM” or “AUM” or something else? In reality, there does not seem to be a correct pronunciation. Depending upon the country, language and dialect, the OM can be pronounced “AUM, UM, UNG, ANG, ONG” and so on. Yet, the resonance and effects of this mantra seem to be very similar despite varied differences in pronunciation. Much depends upon the intention of the person creating the sound—where do they wish the “OM” to resonate—which chakra and for what purpose.²¹

²¹ Jonathan Goldman, “Planetary Healing Sounds” from <https://www.healingsounds.com/planetary-healing-sounds/>



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Individual Exercise 2

Using the information above to guide you, label and colour the seven main chakras on the diagram on the following page²² using the appropriate chakra colours.

9.2.6 Chakra systems with more than seven main chakras

Our body has many chakras and most people are familiar with the seven main ones discussed above. Some people have added more to work with 12 or 14 main chakras. Some even work with up to 114 different chakras. However the locations, names and functions of these extra chakras are not always consistent. We will continue to concentrate on the main seven in this manual. You are welcome to investigate and work upon more chakras than the base seven but if working within a healing organisation or spiritualist church, please get permission first.

9.2.7 Learning for spiritual healers

Because so much energy travels in and out of the chakras, running your hands above a client's chakra points is a good way to check for energy imbalances.

Because the chakras' energies affect all the nearby organs and glands as well as the client's emotional, mental and spiritual state, it is a good idea to include them in your spiritual healing session by placing your hands over or above them when channelling spiritual healing.

Be aware that people may present with different energy and chakra systems, so listen and be prepared to be guided by how they want you to work with them, still keeping within the guidelines and ethics of SNZ.

²² Diagram adjusted from Barbara Ann Brennan, Hands of Light: A Guide to Healing through the Human Energy Field, as above, Fig.7-4 p.47

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Colour & Label the Chakras

