



An introduction to
CHAKRAS

CHAKRA  TALK
with Shawna Turner



What are the Chakras?

Chakras are part of the subtle energy system in the body. They govern all elements of our health and well-being; physical, mental, emotional and spiritual. Chakra is the Sanskrit word for “wheel”, and chakras are often referred to as spinning wheels or wheels of light.

There are seven major chakras and 21 minor chakras. In this book we’ll explore the seven main chakras which are positioned along the length of your spine, from your root — the space just below your tailbone — to your crown, the top of your skull.

When speaking of the chakras it helps to understand the nadis, which are energy channels in the body. There are said to be 72,000 nadis, but the three primary ones are sushumna, ida, and pingala.

Sushumna nadi runs along the spine and is your central energy channel. Sushumna is the channel for awakening Kundalini, or consciousness.

Ida and pingala begin in muladhara, the root chakra, and criss-cross their way up the spine to the crown. Each place they meet is a chakra point.

Ida is represented by the moon and governs elements of the divine feminine.

Pingala is represented by the sun and governs elements of the divine masculine.

In this way, each chakra point has the potential to be balanced and whole.

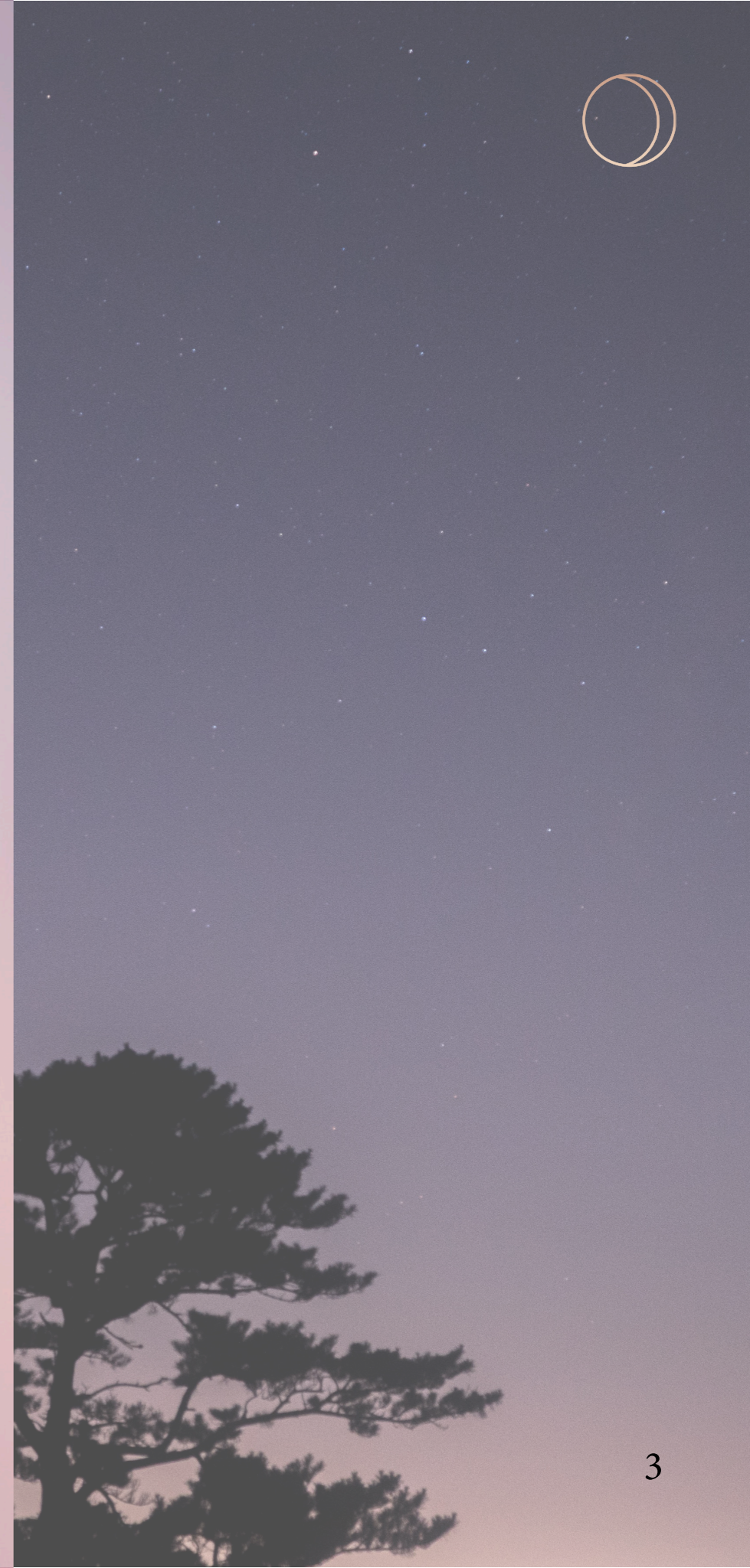


Exploring the chakras offers a path for greater healing. As we travel along the chakra system we start to discover more about ourselves and our place in the world. Moving from our root to our crown, we shed old skin and open space for our true unique talents and gifts.

The seven main chakras are interdependent, and if one is out of whack it will affect the others. Conditions that can throw a chakra off balance include elements from childhood, societal pressures, injuries, illness, habits, and relationships.

The practice is in learning to find balance in the chakras, and our bodies and everyday life. By studying the chakras through reading and movement, we develop a deeper understanding of ourselves.

Working through the chakras is not for the faint of heart. But if you're open to change and open to channeling in some major energy and light, then this is the work for you.





ROOT CHAKRA

Muladhara

Location: Base of Spine

Sense: Smell

Element: Earth

Colour: Red

Body Parts: Feet, legs, skeletal system, kidneys



The root chakra deals with security and survival and governs issues like shelter, food, body and body image, family and finances. The root chakra links us to our community and clan. We carry within us the deep-rooted survival instincts of our ancestors — just as genes are passed down through the ancestral lines, so are elements of survival. It's from our ancestors that we gather our grit and gumption.

A balanced root chakra is one that will allow us to stand strong in the face of change, rooted in ourselves, but adaptable to whatever comes our way.

Like a tree we are grounded and secure but flexible enough to sway with the breeze. As majestic as we are on top — we are below.

It's essential to build a strong foundation in order to facilitate healthy growth of your branches. In this way, you must take care of yourself by eating nutritious food, exercising, and connecting with nature. Keeping your financial house in order, spending time with your family and community, and maintaining an orderly living space encourage grounding and balance within your spiritual home — your body.

The root chakra affirms your right to be here. When we believe that we have a right to be here, in this world, just as we are, we take care of ourselves. And in taking care of ourselves, we are better able to show up for and take care of our family and friends.

“Like branches on a tree, we may grow in different directions, yet our roots remain as one.

~ Author unknown



Numerous behaviours can negatively impact the root chakra. These include insecurities about who you are, not believing in your basic rights and abilities, and not taking care of your body and your home. If you grew up with or are in a situation where your survival needs are being threatened, a state of fear develops in the root chakra, keeping your adrenals in overdrive — showing up as the “fight or flight” response. Living with anger and blame, playing the role of victim in our own lives, or running away from life’s challenges all throw this chakra out of balance.

We have the ability to face challenges with the courage and strength that have been passed down to us through the generations. We nurture our root chakra by taking care of ourselves and by being our own good mother.

Remember — you have a right to be here. Just as you are. In this moment. You are already enough.

Tips to balance the root chakra

- Wear red
- Spend time in nature
- Maintain a good home
- Spend time with family and community
- Eat nutritious foods
- Exercise! Yoga, running, dancing.



SACRAL CHAKRA

Svadhishthana

Location: Two inches below the navel and into the
pelvis

Sense: Taste

Element: Water

Colour: Orange

Body Parts: Hips, sacrum, low back, genitals,
bladder, sex organs



Svadhithana translates as “my own sweet abode.” The sacral chakra is where we form ideas around self-worth and deservedness. Balance is key for this chakra to function. Balancing work and play, effort and ease, dreaming and manifestation, desire and gratitude.

It’s important to take time to indulge in the simple pleasures of life. What is it that you desire? Once we have our basic needs met (root chakra) we’re able to explore what it is that brings us joy.

It is said that the sacral chakra is the birthplace of creativity, which shows up as our ability to see the life that we want – and that we know we deserve – and to implement the steps necessary to achieve that life.

A balanced sacral chakra will indulge in pleasure and will encourage gratitude for the life we already have.

Movement is a big function in keeping this chakra in check. Repressed emotions are stored throughout the body as karmic imprints and can lead to immobility or feelings of being stuck. Knowing your emotions, and being able to identify what it is you are feeling are good indicators of a balanced second chakra. Moving our bodies and expressing our emotions can help free these imprints. Giving each and every feeling validity, not labelling some emotions as good or bad, and sharing emotions in an open and honest way all support a balanced sacral chakra.

“Cultivation of joy and gratitude is the way home.

~ Brené Brown



Guilt inhibits balance in this chakra. Knowing what brings you joy is not enough; it's essential to be present and sensuous in the moment. Taking pleasure while indulging is key. If you are engaging in the act that brings you joy — for example, eating a piece of cake — but are feeling guilty while eating the piece of cake, the pleasure principle will not be met. And so, there is a good chance that you will eat another piece of cake, feel guilty about that — and on you go. This is the baseline of addictions.

Allow yourself to name what it is you desire and to take full pleasure in fulfilling those desires.

Tips to balance the sacral chakra

- Wear orange
- Get in water — flowing water if you can, but if not, take a bath
- Keep a gratitude journal — at the end of each day write down three things you're grateful for
- Make love — to everything — be sensuous in your activities
- Eat slowly and enjoy every bite
- Move! Swim, dance, practice yoga.



SOLAR PLEXUS CHAKRA

Manipura

Location: Just below the diaphragm

Sense: Sight

Element: Fire

Colour: Yellow

Body Parts: Stomach, muscles, digestive system



Manipura translates as “city of jewels”. The jewels are power, authenticity, instinct, and courage. The solar plexus chakra is our power center, where we get our grit and gumption and get-up-and-go. Action. This is the center of our true Self.

The first two chakras cover our needs and desires, and now we’re here at the center of our being — who we are. They say that the true self is more radiant than the sun, and it’s in the solar plexus that we allow ourselves to be seen. This means we reveal all of ourselves, without shrinking in size or wearing masks. We are seen and heard and we take up space, just as we are.

The third chakra is full of intuition. It rules the gut instinct. You know that feeling in the pit of your stomach when you just know that something is right or wrong? That’s your solar plexus guiding your way.

It’s in this chakra that we get the courage to do all the great things we’re meant to do.

We are full of unlimited potential and a balanced solar plexus allows us to call upon our warrior energy and step into our lives.

“At the center of your being you have the answer. You know who you are and you know what you want.

~Lao Tzu



We have a right to act and to attain everything we want. Shame and fear stands in the way of this chakra being fully balanced and of us reaching our fullest potential. Shame of being who we are, and of acknowledging our needs and desires. And fear — fear of not being enough, of failing, or being more successful than we're ready to be.

The solar plexus is where we make our decisions. When we are in tune with that gut instinct we are better able to make decisions that serve our true self. This chakra is charged by self-esteem and confidence. Knowing who we are and establishing ourselves within a community are important in developing a healthy sense of ego. We are then able to make powerful decisions that are good for ourselves, and good for the community, and that come from a place of truth and love rather than greed and manipulation.

Tips to balance the solar plexus chakra

- Wear yellow
- Engage in sensible risk-taking
- Eat lemons
- Meditate — find comfort within your Self (meditating with your gaze on the flame of a candle)



HEART CHAKRA

Anahata

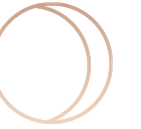
Location: Center of the chest

Element: Air

Sense: Touch

Colour: Green

Body Parts: Heart, chest and shoulders, lungs,
hands



The heart chakra is all about love. Love — by nature — is unconditional, unlimited and free. It surrounds us and is ours to give and receive.

Anahata translates as ‘unstruck.’ It refers to the cosmic vibration of the universe, a constant energetic hum that has no beginning, no middle and no end. It is within this fourth chakra — within our own heart center — that we connect with the heartbeat of the universe.

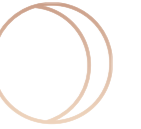
The divine dwells within, and it is in the heart center that we connect with our own divine nature and begin to understand the concept of ‘one.’ We learn that in loving ourselves, we are better able to love others and that we have a right to love and be loved. A healthy egoism (balanced solar plexus chakra) helps us to love purely and freely, without expectation or imitation, a love based on feeling and inclusion.

A balanced heart center shows up as the lover archetype, someone who has the capacity to love everyone, to give love freely, but also to be open to receiving the love of others.

Without first developing a healthy ego, the heart chakra will be unbalanced. An unbalanced heart chakra can show up as difficulty in loving ourselves and our beliefs around whether we are worthy of the love of others. When unbalanced in the heart, we may be withholding of our love, afraid of letting ourselves be seen, or afraid of being hurt by another.

“Your heart has not to open to others. Your heart has to open to yourself.”

~ Yogi Bhajan



The love that we give is based on conditions, attaching how much we give on how much we get, or loving as a reward for good action and withholding love as a reaction to negative behaviour. Withholding our love not only affects our own heart center, but also the development of the heart chakras of those around us.

The heart chakra is open when we are born and it is through our relationship with our parents or guardians that we get our first taste of unconditional love. Over time, through the process of growing up, this chakra starts to close.

We have our hearts broken, we're let down in love — possibly by a friend, a parent or partner. We learn to protect our heart space. A little later in life, by meeting our needs and desires, and knowing who we are, we allow our heart center to open again. To ourselves first. By taking care of ourselves, and indulging in the things that bring us pleasure we begin to court our own heart center, showing ourselves what it feels like to be loved without condition. This love toward ourselves sets us up to be able to love others unconditionally and to be open to receiving the same.

Remember — love is what keeps us all connected, and it begins within the self.

Tips to balance the heart chakra

- Wear green
- Breathing exercises
- Spend time with children
- Eat green fruits and veggies



THROAT CHAKRA

Vishuddha

Location: Inner and outer throat

Element: Ethers

Sense: Sound

Colour: Turquoise blue

Body Parts: Neck, throat, jaw, ears



Just as the heart chakra is all about love, the throat chakra is all about Truth. Hearing your truth, speaking your truth, living your truth, and connecting to the truth of others.

Vishuddha translates as ‘pure’ or ‘purification.’ It relates to living a clean and healthy life, so that we can better connect to our fifth chakra. They say that lies, gossip, negative self-talk and any sort of substance abuse that enters through the throat are ways of blocking this chakra. To live a pure life means to be clean in body, mind, and spirit.

Communication is our connection to the throat chakra — not just what we say, but how we say it — not just what we say, but what we choose to keep inside.

Secrets and lies keep us blocked and disconnected from our higher self. It’s important to express ourselves, freely and openly. Full expression requires one to be vulnerable, and vulnerability is a scary place. Having worked our way up through the chakras, knowing what we need, what we want, who we are and how to love, we’re able to speak our truth with more confidence.

How we express ourselves is not just in verbal communication. All the world can see of us, is what we choose to reveal. We reveal ourselves to the outside world through the words we speak, the words we write, how we dress, how we dance, the food we choose to serve, and how we keep our home. These are all ways of expressing who we are and revealing our truth.

I decided that the most subversive, revolutionary thing I could do was to show up for my life and not be ashamed.

~Anne Lamott



When we are in a balanced state in the throat chakra we are better able to express our true selves, free of any guilt or shame around who we are and what we believe in.

Communication is a two-way street. It is not only for us to communicate ourselves from a place of truth, but to show up for others, to listen, and to be present. We connect by seeing and hearing the truth of others, and this connection is the foundation of sustainable relationships.

The throat chakra is a seat of willpower. When we are disconnected from our truth and the life we're meant to live, our willpower is used simply to get through the day. When we are living our truth, and this chakra is spinning, we free up energy and this willpower can be used for more spiritual pursuits, taking us further along our path to joy.

Remember — when we choose to share our truth, we encourage others to do the same.

Tips to balance the throat chakra

- Wear blue
- Practice radical self-expression
- Use your voice; sing, chant and hum
- Speak your truth
- Say 'no' when you mean 'no' — 'yes' when you mean 'yes'

THIRD EYE CHAKRA

Ajna

Location: Center of the forehead

Element: Cosmos

Sense: Intuition

Colour: Indigo

Body parts: Eyes, base of skull, temporal lobes



The sixth chakra is your center of intuition, wisdom and knowledge. Ajna translates as the ‘command center.’ It is linked to your pituitary gland – which is your master gland – and in this way, this chakra influences the five chakras below it.

We are now in the realm of image, idea, imagination, and spirit.

A balanced sixth chakra is linked to a steady, balanced mind.

The left side of the brain is the logical mind. The right side of the brain is the more imaginative side. A balanced mind is one that can reason and intuit at the same time. Making decisions based not only on what is known, but also from a place of the unknown. A balanced mind makes decisions that move you forward – toward the life you’ve always dreamed of.

We all have the gift of intuition. However, many of us live in a culture that reveres logic over intuition. Over time that voice within, if not acknowledged, begins to speak less often and as more of a whisper. But it is still there, and wants your attention. The brain, like any other muscle in the body can be trained. Intuition, like any other skill, can be developed. Practice, persistence, and patience are key tools in the process.

“Go inside and listen to your inner voice. Every question has an answer. Your soul is full of wisdom and knows the way.

~ Yogi BhaJan



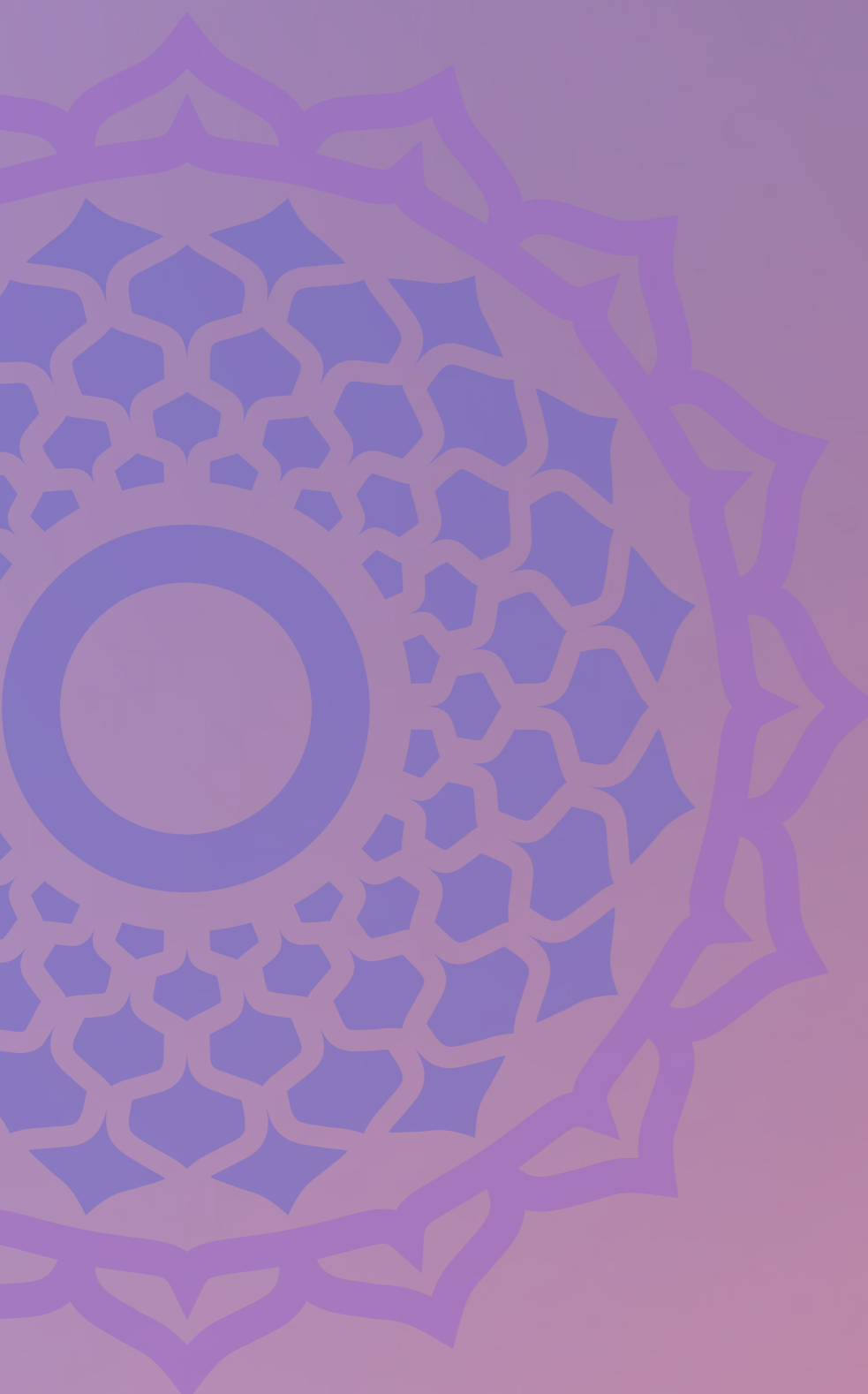
Intuition is connected to our higher mind. Through meditation, or quieting the mind, we are better able to hear our higher truth. But it doesn't always show up in a verbal or obvious way. Intuition speaks to us through the mystic, through our dreams, through signs and visions, re-occurring patterns and chance encounters.

It is up to us to be present and aware in each and every moment so as to hear our higher mind.

Establishing a firm base in the lower chakras helps to ground us while we explore the upper realms of our spirit. Like a tree we, must be firmly rooted in order to grow up and expand outward.

Tips to balance the third eye chakra

- Wear indigo
- Meditate
- Keep a dream journal
- Pay attention to your intuition and at least once a day act on it



CROWN CHAKRA

Sahasrara

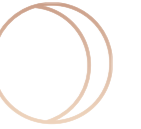
Location: Top of the head (crown) and inches above the head

Element: Light

Sense: Bliss

Colour: Violet

Body parts: Upper skull, skin



The seventh chakra is linked to consciousness and a sense of bliss. Sahasrara means, ‘thousand-fold.’ This chakra is represented by a thousand-petal lotus at the top of the head. The lotus can be thought of as sitting up-right, with our energy emanating from within out into the ether. Or it can be thought of as facing down, with the petals dripping divine light and cosmic consciousness into our being.

In the heart chakra, we begin to explore the idea of being one, the belief that we are all connected.

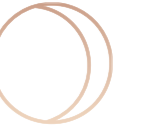
It’s at the crown level that we start to live this connection through our thoughts, words, and actions.

We begin to understand that we are contributing to the energetic field and that we have access to the wisdom and knowledge that have come before us, and that will come after us.

The Akashic Records teach us that all things are contained. All that has ever been. All that is now. And all that is yet to come. We, each, contribute to these records and can pull from them. It’s through the crown chakra that we connect to this source of information.

“We are the cosmos made conscious and life is the means by which the universe understands itself.

~ Brian Cox



Kundalini, or consciousness, lies coiled around the root chakra. Through practice and awareness we begin to stoke her awake, and in her awakening she begins her journey up through the chakras toward the crown. When the chakras are balanced and spinning freely, kundalini has a clear path to the crown. When this energy source connects to the crown, we experience bliss. It may last only a moment, it may last longer, but the idea is not to attach to or chase this feeling; instead we aspire to be present and ready for when it comes again.

This is the journey of the chakras. By moving through them we come to better understand ourselves and each other, and in this knowing we free the path for kundalini to make her ascent to bliss.

Tips to balance the crown chakra

- Wear light colours
- Be present
- Meditate
- Practice loving kindness

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*For a deeper flirtation with the mystic
come visit www.chakratalks.com*

Inspiration:

- *Eastern Body Western Mind by Anodea Judith*
- *The Complete Guide to the Chakras by Ambika Wauters*