

Chakras

The seven basic chakras are commonly referred to as the base, sacral, solar plexus, heart, throat, third eye and crown. The eighth chakra, known as the thymus center, is now awakening within our bodies. Each chakra governs and is connected to specific internal organs and related emotional issues of that area. Daily stress can cause increased emotional and physical disease.

Energy work, such as Reiki, and relaxation techniques can assist in the opening and balancing of the chakra system in our bodies. When we are able to function from a place of balance, our body is greatly aided in healing and in the release of accumulated emotional and physical disease. Energy work is an excellent compliment to conventional medicine but it is not a replacement.

Chakra Blends

Green Valley Aromatherapy offers eight full-strength essential oil blends - one for each of the chakras. They are designed to help focus on tapping into the earth's raw energy and channelling it to heal and nurture. They can be mixed into a carrier oil or diffused. Each blend has been prepared to compliment one of the eight major chakra centers.

Suggested Meditation to clear Chakras

With shoes off, in a quiet and secure place, sit comfortably on the floor, on a rug or in a chair.

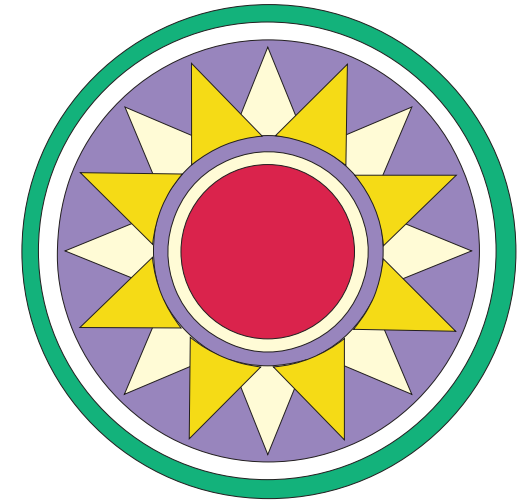
Diffuse your chosen chakra anointment in a SpaCentre or candle diffuser. Close your eyes and begin slow, deep breathing. Focus your mind and body on total relaxation.

Mentally focus on your Base or Root Chakra. Visualize a ball of warm, white, cleansing light rising from the earth's center, filling your Root Chakra with clear, warm energy. Pull the energy into your Root, filling it. Repeat 8 times. Now visualize the cleansing light moving into your second chakra, the Sacral Chakra. Allow the light to fill, warm and clear. Draw the energy from the earth, up through your Root Chakra into your Sacral Chakra. Pull the energy into the Sacral Chakra, filling it with warmth. Repeat 8 times.

Continue drawing up energy, through the chakra series with each chakra, ending with the Crown. Relax, breathe deeply and return to your private surroundings when ready.

CHAKRAS

Sanscrit word meaning
"Wheel of spinning energy"



An introduction to the
eight major chakras
and how they relate to
our lives.

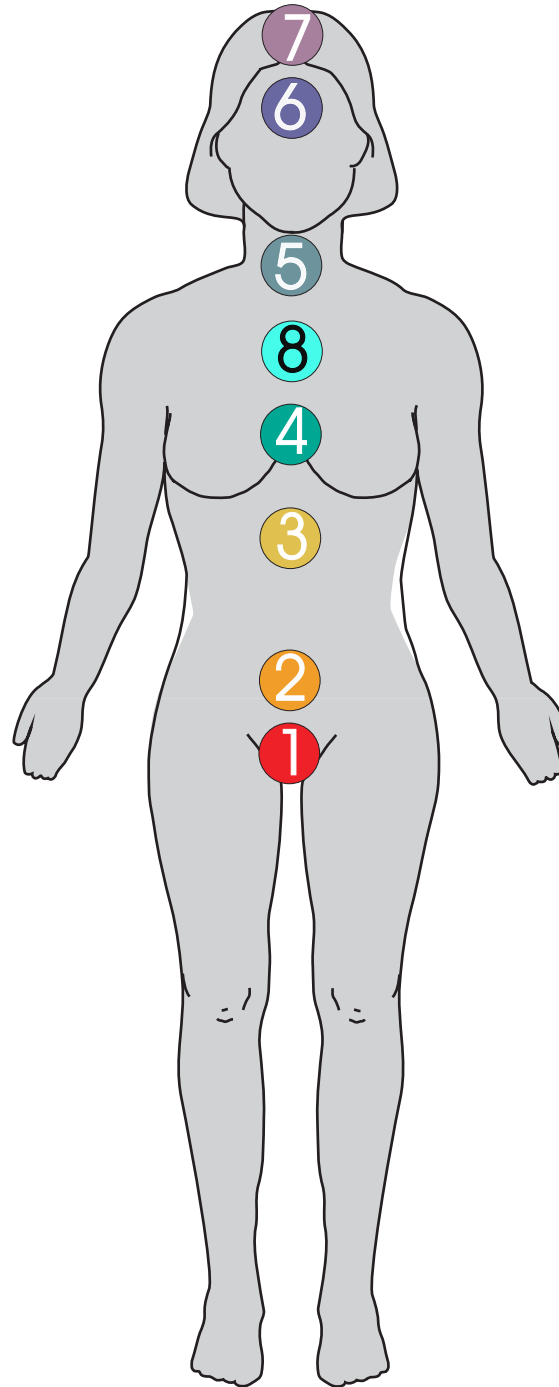
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1 Base/Root (muladhara). The first chakra is located at the base of the spine. It governs the adrenal glands. It is associated with material security, grounding, satisfaction, power to achieve goals, stability and courage. It is connected to the earth element, the color red and the sense of smell.

2 Sacral (svadisthana). The second chakra is located in the pelvic area. It governs the sexual organs, kidneys and bladder. It is associated with primal feelings, sexuality, family life, all relationships, openness to others and personal creativity. It is connected to the water element, the color orange and the sense of taste.

3 Solar Plexus (manipura). The third chakra is located between the naval and base of the sternum. It governs the pancreas, liver, digestive system, spleen, gall bladder, muscles and lower back. It is associated with personal power, self-control, willpower, inner harmony, acceptance of self and strength. It is connected to the fire element, the color yellow and the sense of sight.

4 Heart (cnahata). The fourth chakra is located in the center of the chest. It governs the heart, blood circulation, immune system, skin and hands. It is associated with understanding, forgiveness, healing, sharing, sincerity and unconditional/divine love. It is connected to the air element, the color green and the sense of touch.



5 Throat (visuddha). The fifth chakra is located at the base of the throat. It governs the thyroid, jaw, neck, voice, upper lungs and arms. It is associated with communication, creative self-expression, integrity, wisdom, and truth. It is connected to the ethers, the color blue and the sense of hearing.

6 Third Eye (ajna). The sixth chakra is located above and between the eyes. It governs the pituitary gland, endocrine system, sinuses and nose. It is associated with inner vision, intuition, imagination, idealism, concentration and peace of mind. It is connected to light, the color indigo, and all of the senses.

7 Crown (saha srara). The seventh chakra is located at the top of the skull. It governs the pineal gland, central nervous system, depression and migraines. It is associated with perfection, integration/unity, divine wisdom and purpose, bliss, understanding and enlightenment. It is connected to the color violet and the thought process.

8 Thymus. The eighth chakra is located in the thymus area between the heart and the throat. It governs the thymus gland and various hormonal functions. It is associated with compassion and caring for oneself on emotional, mental, spiritual and physical levels. It is connected to the color aquamarine and self-nurturing.