



Introduction to the Chakras

The human body is a perfect machine until you add stress. Stress in the brain distracts the brain from its normal duties and forces it to put undue attention on a single thing, while ignoring everything else. Using the Chakras we can categorize and assign different stressors to different ailments. The Chakras lay out along the nervous system and the main five along the spine with a sixth at your “Third Eye” (Pineal Gland) and the seventh on the top of your head. There are many other minor Chakras spread out across the body creating grids in which energy can flow.

The Theory is that you can relieve a stressor and ailment by opening the Chakras and allowing the energy to flow freely and to the spot where it is needed. Energy can accumulate at any of the Chakras due to incessant harping, restricting the natural flow and causing a blockage. You can open them by fixing the problem in life that is causing the stress or by meditating on a Chakra and allowing the energy to flow in and through it.

Effective meditation only requires the use of the seven main Chakras as long as it is understood, that the energy flows out and through the body from each of them. Vital energies move in all directions to and from the Chakras. In meditation you can choose to focus on the energy coming from the earth and moving up your body, from the sun and moving down, from the air/breeze and moving in both directions, or even from the fire and moving from your front to your back. Aids do exist for those that have trouble with the meditation or those who have a lot of stress.

One way to aid the opening of a Chakra is with sound. A vowel sound is associated with the lower five Chakras and the letters n and m for the remaining two. Each sound gives the sensation of a different part of the spine vibrating. The most efficient way to do this is

with the phrase “Aum” in slow pronunciation causes the vibration to evenly climb up your spine activating the Chakras in order; though I prefer to chant opening them up gradually and individually. There are also lists of colors, stones, shapes, numbers, patterns, and incense that can help in manipulating the energy flow. Each of the aids are chosen due to their similar vibrations with the Chakras.

Chakras have other uses besides energy flow. Chakras can be used as a system of learning and growth, both spiritual and mental. When Chakras are used this way it is understood that you start at the bottom and work your way up. You can spontaneously hit the top at times and can even fall back down to the bottom depending on the circumstance. Remember energy runs in both directions.

There is a bit of warning about raising and moving energies. Since this type of energy manipulation is vital it may cause the sensation of floating or weightlessness. I personally have experienced “Out Of Body” with too much of this kind of meditation. Just relax and go to something physical when it happens and you will be just fine.

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