

What are Chakras?

[Science](#) has proven that each cell in our bodies gives off small [electromagnetic](#) radio waves, almost imperceptible to all but the most sensitive of equipment. Our body as a whole unifies a complex array of these cells into a living, breathing and thinking organism that is a miracle of nature.

With this in mind, it isn't much of a leap to consider that these cells, working in tandem, may be capable of something far more advanced than we are aware of. We already know that the heart, lungs and brain are capable of performing unbelievable feats on a daily basis. This is just one example of cells working together towards a common goal.

Many religious texts refer to [energy](#) centres distributed throughout different regions of the human body. Often they are nearby major organs or nerve centres in our spine. These energy centres are often referred to as [Chakra](#), a word descended from the Sanskrit word meaning wheel or disc.

Chakras are spinning vortices of energy and light that greatly affect our well-being, whether we are aware of them or not. It is generally agreed that there are seven major chakras distributed throughout the human body. There are also many more minor energy points known as meridians which play a slightly less important role in your well-being. Psychic Medium, Clairvoyant Gold Coast, Queensland

Many people around the world claim to be able to see these spinning energy vortices emanating from our bodies. While this seems ludicrous at first, with a lot of training and dedication almost anyone can learn to see them. Most experts are [clairvoyant](#), psychic or perceptually gifted, and have practised extensively to see these fields. The field of energy surrounding our bodies are called [auras](#), and are explained in further detail on the next page.

The 7 Chakras

[Chakra](#)

take in energy your body receives from the world around you, and manipulate it for the body's benefit, before radiating the resulting energy out of the body.

People who can see the chakra say the vortex of light around each chakra spins inward towards the centre when a person is viewed from the front, and outward when viewed from behind. Although many are not aware of it, different people in society help to improve our chakras by restoring their balance: [Doctors](#), Psychiatrists and even Priests. Each deals with a few different chakra.

Below is an overview of what each chakra does.

Chakra 1

is known as the root chakra, and deals with our interconnectedness with the earth. If we lose touch with reality or are "surfing on cloud nine" we need to become grounded again and that is where this chakra is important. Physically this chakra is located at the base of your [spine](#). If you are feeling out of touch, try walking barefoot across the lawn, do some gardening or even dance with your partner. This chakra is closely related to the earth and feeling fearful.

Chakra 2

is known as the sacral chakra, and is located around the lower back and [reproductive organs](#). It deals with our emotional state and sexual wellbeing. If you are feeling down or emotionally vacant try doing something creative or watch a funny TV show! This chakra is closely related to water and the feeling of guilt.

Chakra 3

is the chakra that deals with power and egotism. Physically located just below the chest on your solar plexus, it is affected greatly by how powerful you feel. Taking control of a situation instead of thinking 'poor me' will help to improve this chakra. This chakra is closely related to fire and feeling ashamed.

Chakra 4

is known as the heart chakra. It deals with love and is the great balancer of opposing forces such as mind and body, yin and yang. If you are feeling isolated this is probably the chakra affected. Try going out to a party or dining with friends. This chakra is closely related to air and the feeling of sadness or grief.

Chakra 5

is known as the throat chakra. It deals with expressing oneself vocally and the vibrations of sound reaching the body. If you are feeling like nobody notices you listen to some music or speak out more emphatically. This chakra is closely related to sound and being deaf to other's needs or overly vocal.

Chakra 6

is known as the brow chakra. The brow chakra deals with the intuitive and psychic abilities as well as physical sight. If you are feeling tired or confused, or seeing things in a difficult light try meditating or having a lie-down. Closely related to light and therefore disillusionment.

Chakra 7

is known as the crown chakra. It deals with knowledge, both in a physical and universal sense and higher level thought processes related to the frontal lobe. If you are having trouble concentrating this chakra is probably affected. Try moving to a quiet location after taking a short break. This chakra is related to thought and mental attachment or affinity with others.

Now that you have a better idea of each chakra's role in energy exchange between [your body](#) and the world around you, it is important to realize that balancing your chakra will help resolve physical, emotional and spiritual issues. Once all of your chakra are in balance your entire body will begin to resonate and give off slightly higher frequencies than before. This is often felt as a state of [relief](#). It is only after the issues have reappeared several times that you will be able to appreciate them from several points of view, and therefore be empowered to deal with them more effectively and holistically. From then on, the world is your oyster!

It has been fiercely debated in the scientific community over many years whether or not living cells store records of their lives as a type of biological memory. If we accept that such a memory exists, then it is possible that a record of our [health](#) is constantly being recorded on to that memory. The memory would therefore be passed down from generation to generation, making the energies [your children](#) emit a direct result of those you have come to emit. This means the human race has a chance to evolve emotionally as well as spiritually.

Fine Tuning Your Chakras

Since each energy centre is receiving and transmitting energy via our bodies, we may be able to improve our sense of wellbeing by changing the energies that are entering our bodies. Even though the effectiveness of such procedures is highly controversial and unsubstantiated, it never hurts to give it a go - you may find it beneficial.

"...let's think of the body as a piano. It needs to be tuned properly or else it won't sound right."

All energy that enters [your body](#) changes the appearance of your aura, depending on how open you are to outside energies. People who are being defensive are obvious to those who can see auras - it shrinks significantly instead of radiating when somebody is open and free.

For now let's think of the body as a piano. It needs to be tuned properly or else it won't sound right. In a similar way, each part of the body needs to be operating in balance with the other parts or else it won't work as well as it could. Likewise, when each of your [chakras](#) are in balance, or finely tuned, you feel more in tune with the world around you.

Ways to improve the condition of different chakra include:

- [Yoga](#) (different kinds are tailored towards different chakra)
- [Meditation](#) (great for chakra 6 & 7)
- [Breathing](#) exercises (breathing with [diaphragm](#) or breathing fresh air)
- Humming, singing, repeating a mantra or listening to music (for chakra 5)
- Rest, lying down, enjoying quiet environment (chakra 6 and 7)
- Laughter and creative pursuits (great for chakra 2)
- Rubbing your [stomach](#) (for chakra 3)
- Socializing, being compassionate and empathetic (useful for chakra 4 problems)
- Love and tenderness towards close ones

Apart from the above techniques, you may also want to consider trying some of the other alternatives available. These include tuning forks that emit pure sound, which may be targeted to each chakra from 1 to 7 by striking notes at a pitch of C through B respectively.

[Gemstones](#) or crystals are also a great if unorthodox way to modify the waves of light reaching certain areas of your body. (Use red, orange, yellow, green blue, indigo and violet for chakra 1 through 7). Ingredients in food you cook yourself can also be modified to cater for the needs of different chakra.

In essence, there really is no limit to the ways you can help reach a [healthy](#) balance between your chakra. Which means there's no excuse not to give a few of these suggestions a try ! So start today - you'll never know how well it works if you don't give it a go.