

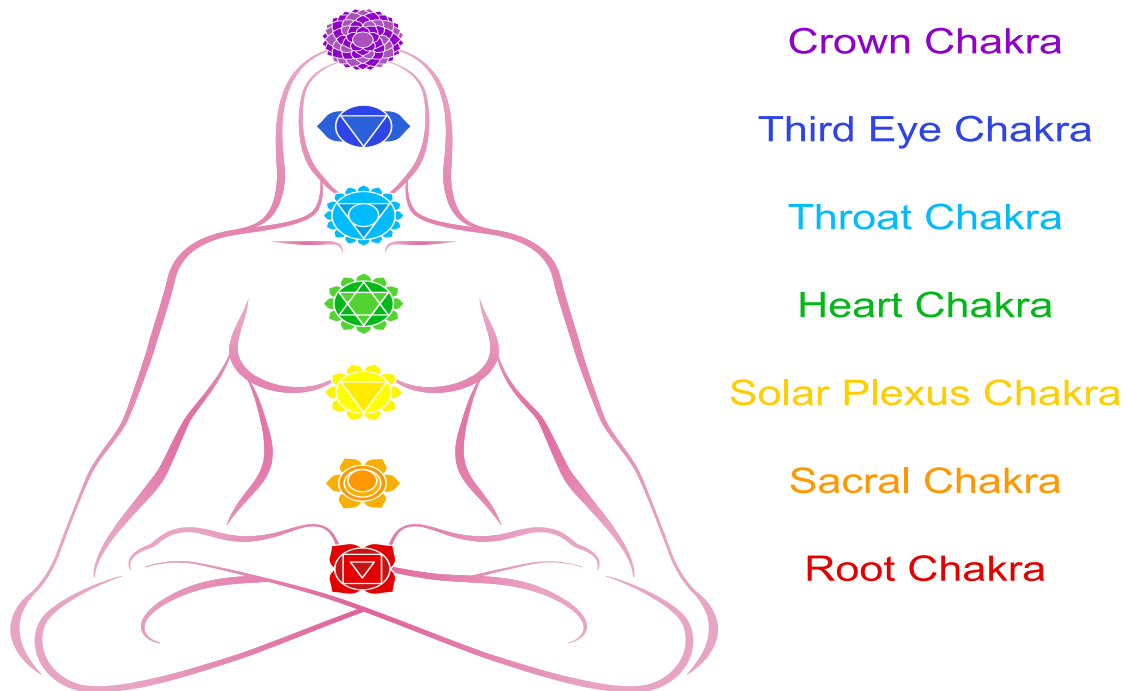
CHAKRAS AND MANTRAS

Chakra is a Sanskrit word meaning *Wheel of Light*. Each chakra is a vortex of energy that interacts with our physical, mental, emotional and spiritual body. It is through the chakras we 'feel' our life experiences.

The 7 main chakras are located within the subtle body and run along the spine starting from the base of the spine to the tip of the head via the sushumna (energetic spine). Many historical texts refer to there being hundreds of chakras but the most significant are the 7 main chakras.

The first 3 chakras are considered to be our physical chakras as they are concerned with our experiences in this life regarding survival, being grounded in the physical world, creativity and self-worth.

The remaining 4 chakras are considered our spiritual chakras as they are concerned with unconditional love, healing, communication, psychic abilities and oneness with universal energy.





MANTRAS:

Mantras are words or sounds used to help enter a state of meditation. Mantras help to quiet the mind and open the Chakras and can be used to help heal negative emotions.

If you are feeling blocked or experiencing any of the negative emotions listed below you may use the mantra listed in silent repetition during meditation.

CHAKRAS:

1ST CHAKRA: ROOT/MULADHARA – (ROOT/SUPPORT)

Location: Base of spine

Colour: Red

Positive Emotion: Secure, safe, trusting

Negative Emotion: Insecure, unbalanced, angry

Primary Function: To feel grounded in the physical/material world.

Mantra: I AM SAFE

2ND CHARKA: SACRAL/SVADHISHANA – (PLACE OF THE SELF)

Location: Midway between the pubic bone and naval

Colour: Orange

Positive Emotion: Creative, open, happy

Negative Emotion: fear, vulnerable, anxiety

Primary Function: Links us to creativity, abundance, pleasure and physical vitality.

Mantra: I AM CREATIVE

3RD CHARKA: SOLAR PLEXUS/MANIPURA – (SHINING GEM)

Location: Under the diaphragm and directly below the sternum

Colour: Yellow

Positive Emotion: Self-love, empowered, self-esteem

Negative Emotion: Powerless, fear, shame

Primary Function: Governs personal power, self-worth and respect.

Mantra: I AM STRONG

4TH CHARKA: HEART CHAKRA/ ANAHATA – (UNHURT)

Location: Centre of chest

Colour: Pink & Green

Positive Emotion: Joy, love, compassion, empathy



Negative Emotion: Anger, fear, hurt, bitterness

Primary Function: Connects us to joy, bliss, happiness, compassion and the ability to give and receive love unconditionally.

Mantra: I AM LOVE

5TH CHAKRA: THROAT/VISHUDDHA – (VERY PURE)

Location: between the collar bone and the Adam's apple in the throat

Colour: Turquoise or pale blue

Positive Emotion: Truthful, honest, clear communication

Negative Emotion: Powerless, fear, sadness

Primary Function: Communication of truth and our unique sound; connects the heart and mind.

Mantra: I AM EXPRESSIVE

6th CHAKRA: THIRD EYE/AJNA – (BEYOND WISDOM)

Location: behind the nose at the level of the brow

Colour: Indigo blue (the colour of universal healing)

Positive Emotion: Empathy, insight, connected to spirit

Negative Emotion: Fear, volatile, moody

Primary Function: Relates to insight and intuition and opens us to universal energy.

Mantra: I AM CONNECTED

7TH CHAKRA: CROWN/SAHASWARA – (THOUSAND PETALS)

Location: Top of head towards the back

Colour: Violet

Positive Emotion: Universal Love, empowered, calm

Negative Emotion: Unbalanced, confusion, fear, depression

Primary Function: Allows us to experience oneness with universal energy.

Mantra: I AM DIVINE

