

## LESSON 3: THE CHAKRAS.

### What Are Chakras.

The word “Chakra” comes from the Sanskrit word meaning wheel. The Chakras are centres of spinning energy that form part of the energy system. They work with the the universal energy around us, using the energy to feed the Aura.

### Main Chakras & Secondary Chakras.

There are thousands of Chakras in the human body that literally cover us from head to foot, however most of them only provide a minor function in the energy system. The Chakras that provide a more important roll are called the Main Chakras & the Secondary Chakras. There are about 40 Secondary Chakras the most important of these are located in the Spleen, in the palms of the hands & the soles of the feet. The most significant Chakras of all are the Main Chakras. There are seven Main Chakras which are positioned along the spinal column with the 1st or Base Chakra at the base of the spine going up to the 7th Chakra called the Crown Chakra at the top of the head. If you could see one you would see two cone like shapes or spinning vortex's of energy with the tips touching each other at the spinal column.

### Chakras & Physical Health.

The Secondary Chakras are generally associated with the function of the physical body. The Main Chakras are associated with our emotional & spiritual state, however the main Chakras can greatly influence our health. An emotional or spiritual imbalance can cause one or more of the chakras to be unbalanced which can then manifest into a physical ailment. Similarly an emotional block can stop the energy from flowing properly through the Chakras. This can again manifest into a physical ailment. For this reason it is important that your Chakras remain clear, balanced and energised to promote good health and happiness in our physical bodies.

### Vibrations of the Chakras.

Each of the Chakras relate to specific emotions and spiritual concerns as well as specific parts of the body. Each Chakra has its own frequency of vibration with the Base Chakra having the lowest frequency and the Crown Chakra having the highest frequency. There are also different colours and symbols associated with each Chakra. The vibrations of each Chakra can be influenced by the vibrations of sound, light and crystals. This means that music, chants, mantras, colours and crystals can be used as well as using meditation and visualisation to balance and energise the Chakras.

### Balancing the Chakras.

Chakra balancing or tuning is a very important part of spiritual development. To under take any form of psychic or spiritual work you need to have a good flow of energy through both your psychical body and your subtle bodies. To do this you must balance and energize your chakras on a regular basis. This also helps to promote good health at a psychical and mental level as well as at a spiritual level.

The most common way to balance your chakras is through meditation. This usually involves

stimulating each chakra in turn by using visualization techniques. This is a very effective way to maintain the health of your chakras, however it is reliant on your ability to be able to reach a state of complete relaxation during your meditation. If you find it hard to quiet your mind you will not be able to balance and energize your chakras so effectively.

As mentioned earlier there are also other ways of balancing your chakras. Using crystals is one option or chanting a mantra for each of the main chakras can help. Both of these methods do not rely on your ability to meditate, however I strongly believe that the most effective way to balance your chakras is to do it through a combination of meditation and soundwaves. The use of soundwaves not only improves the effectiveness of the meditation but it also helps those who normally find it difficult to meditate.

Below is an exercise you can use with a binaural beats recording that is designed specifically for the purpose of balancing the chakras. This recording helps you in two significant ways, firstly the recording will help you reach a state of deep relaxation more quickly and effectively. This is especially useful if you find it hard to stay relaxed when meditating, or if it takes you a long time to reach a completely relaxed state. Secondly the frequency of the soundwaves used in the recording are designed to resonate with each of the seven main chakras. This means the soundwaves themselves will stimulate each chakra in turn, making it a more powerful meditation. To ensure you can get the most out of this meditation I have written an exercise to go with the recording.

#### Chakra Balancing Meditation Exercise.

1, Click on the link below next to the orange icon to download a Chakra Balancing recording. The link will take you to a page on the Unexplainable Store website where you can buy a recording designed for balancing the chakras. Scroll to the bottom of that page to see the various options available. This exercise is based on the 20 minute recording which is sufficient for most people if used on a regular basis, I would recommend once a week. For people who do lots of psychic readings or mediumship work, the 1 hour meditation may be more suitable.

2, Find a quiet, comfortable place where you won't be disturbed. Take a few deep breaths to help calm your mind & relax your body. Then start the recording & remember to use headphones or earphones.

3, Before you start the meditation, you should ground yourself as well as protect yourself. You should do this before doing any kind of meditation or psychic work. To ground yourself imagine a chord coming out of the soles of your feet and into the earth. Then for protection imagine you are surrounded by a bubble of white light.

4, As you listen to the recording try to visualise the energy of the sound waves like tiny ripples on the surface of a pond. Picture these ripples entering your body through your ears then spreading outward & downward through your body. If you are new to meditation & visualisation you can stick with this image in mind for a few minutes, then let the image fade away, bring your attention to the sound of the recording and allow the sounds of the recording to do all of the work. For those who are more advanced or if you have done this exercise a few times before you can continue with the rest of the exercise.

5, Visualise your base chakra as a spinning red disk or ball of energy positioned at the base of your spine. Now see those ripples of sound energy spreading down through your body and merging with the energy of your base chakra. You may notice the chakra begin to spin faster or slower. If this happens it means that the chakra either needs more energy (if it speeds up) or is over active and has

too much energy (if it slows down) in either case the recording will help the chakra find its correct speed and energy level. You should do this for about two or three minutes before moving to the next chakra.

6, Continue to this for each of the main chakras in turn. After the red base chakra comes the orange sacral chakra positioned just below your navel, then the yellow solar plexus chakra at your stomach, next is the green heart chakra at the centre of your chest, then the blue throat chakra at your throat of course, followed by the indigo third eye chakra in the centre of your forehead and finally the violet crown chakra at the top of your head. Picture the ripples of sound energy merging with each chakra in this order spending two or three minutes on each one. If you notice any of your chakras speeding up or slowing down during the meditation then just allow this to happen and know that the correct speed will be reached.