



What is a Chakra?

The Fundamentals of the 7 Chakra System

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What are Chakras?

Depending on the Chakra System you are looking at there are: 7, 8, 13 or countless Chakras. Here we are going to focus on the Chakra fundamentals of the main 7. They are:

The Root Chakra, The Sacral Chakra, The Solar Plexus Chakra, The Heart Chakra, The Throat Chakra. The Third Eye Chakra. and The Crown Chakra.

Here is what science has to say about Chakras:

"The Chakras, as described in Eastern religious and medical systems, may well be the energy transducers for subtle energy. Therefore, various forms of energy, such as light, sound, electromagnetism and the putative energy behind the healing effects of prayer, are translated into electrical and chemical signals within our bodies." – CRC Press

Here is what mainstream spirituality has to about Chakras:

"The Sanskrit word Chakra literally translates to wheel or disk. In yoga, meditation, and Ayurveda, this term refers to wheels of energy throughout the body. There are seven main chakras, which align the spine, starting from the base of the spine through to the crown of the head. To visualize a chakra in the body, imagine a swirling wheel of energy where matter and consciousness meet. This invisible energy, called Prana, is vital life force, which keeps us vibrant, healthy, and alive." – Michelle Fondin

Chakra Colours and Development Cycle

- Root Chakra: **Red**, Development years: 1-7 & 49-56
- Sacral Chakra: **Orange**, Development years: 7-14 & 56-63
- Solar Plexus Chakra: **Yellow**, Development years: 14-21 & 63-70
- Heart Chakra: **Green/Pink**, Development years: 21-28 & 70-77
- Throat Chakra: **Blue**, Development years: 28-35 & 77-84
- Third Eye Chakra: **Indigo**, Development years: 35-42 & 84-91
- Crown Chakra: **Violet/White/Gold**, Development years: 42-49 & 91-98

The Root Chakra

Fundamentals: Found at the base of the spine, this Chakra opens downwards towards the earth and is located in the perineum. The color of this chakra is red. The Focus of the Root is on survival, safety and grounding.

Different perspective: Additionally this Chakra relates to feeling grounded and the practices of grounding. The more we are secure and balanced within ourselves, the stronger the energy of this Chakra gets.



Questions this Chakra encourages are: *"Who am I? Perhaps you are a healer, light worker, motivational speaker, artist, or engineer. Ask yourself who do you want to be?"*

How do you express yourself in a way that benefits yourself and those around you? Finding the best expression for yourself and others is the highest goal for

community building. We all have our own journey we must go through, if it's not clear to you right now, don't worry the universe has a beautiful way of gently nudging us in that direction.

Sacral Chakra

Fundamentals: In most Chakra systems the Sacral Chakra is the second Chakra and is located below the belly button (the navel area.) The color of this chakra is orange. It focuses on creative expression, sexuality, reproduction, emotions and the reactions we have to our experiences.

Different perspective: This Chakra is active when we express our creativity and emotions openly, honestly and clearly. Once we individually express ourselves and our gifts clearly, we will experience clarity around this Chakra.

Questions this Chakra encourages are: *"What are my creative gifts? How can I express myself through my creativity. Are you an artist, writer, poet, musician, comedian, designer? What is the best way for you to share your creativity with the world?"*

Solar Plexus

Fundamentals: Found at the bottom of the ribcage, where the diaphragm is located. Additionally there is a part of the physical body referred to as the Solar Plexus (noun) and it is a complex of ganglia and radiating nerves of the sympathetic system at the pit of the stomach. The color of this chakra is Yellow. Its focus is on Will power, and social identity (how we view ourselves within society).



Different perspective: A less commonly referred to focus of the Solar Plexus Chakra is its intuitive abilities this is where the term "*gut feeling*" comes from. It is the insights such as; "*I should turn here to avoid traffic*" even when there is nothing to suggest that is the best action to take. Moments like that are when this Chakra truly shines like the sun. It is up to us to become more intune with our intuition through this Chakra.

Questions this Chakra encourages are: *"Where do I fit in society and this global identity? Is my place in society now resonate with who I want to be?"*

The Solar Plexus also deals with will power and social identity. The condition of this Chakra is reflected in how we see society and how we think society sees us. Having a healthy, balanced perspective while maintaining openness to change and confidence within our ability to be a part of positive change is a way we can attract more like-minded, like-hearted people into our lives.

Heart Chakra

Fundamentals: The Heart Chakra also known as "*Anahanta*" is located in the center of the chest. It is also known as the half step of the Chakras or the midpoint of the 7 chakra system; also known as the fourth chakra. Its color is green! It governs the thymus gland.

Thymus Essentials:

- The thymus gland, located behind the sternum and between the lungs, it is only active until the time of puberty.
- After puberty, the thymus begins to shrink and is replaced by fat.
- The main hormone of the Thymus is Thymosin, it stimulates the development of disease-fighting "Helper" T cells.

Different perspective: We are surrounded by what could be described as a programmed matrix of "*roles*" or "*constructed personalities*" to fit into within society. Some common modern labels are: "*the hipster*", "*the nerd*", "*the zen person*", "*the fitness fanatic*" as well as various gender roles. This often prevents the expression of self-acceptance and more so, self-love.

There is more to life than fitting into a category created by society. This is why most self-help books or teachers generally guide you to yourself, and get you to ask yourself: "What do I want to be? What do I want the day to be like?" Start slow and you'll find out that you are much more than your thoughts. There are hidden skills and abilities that you never knew you had, waiting for you to discover.

Questions this Chakra encourages are: *"A gland that turns into fat after puberty that is also responsible for the production of T cells (T lymphocytes) that helps fight infection, disease and foreign substances. Could it be that it's just a neglected gland or that a neglected Chakra causes the decline of this gland? Am I expressing love for myself and others equally? Am I giving to others and receiving from others in a way that is sustainable, healthy and balanced?"*

The heart chakra represents love for self and others. The highest state of this Chakra is Unconditional Love for oneself and others equally. This type of love is

so strong that even if a close family member or friend would look at you and say to you: "You are a failure!" You would walk away and thank them for their service of making you a stronger person. Walking away after that you hold no forms of resentment and instead send them blessings on their own journey to self-love. Often when we are criticized by another it is their own self-criticism expressed externally.

Throat Chakra

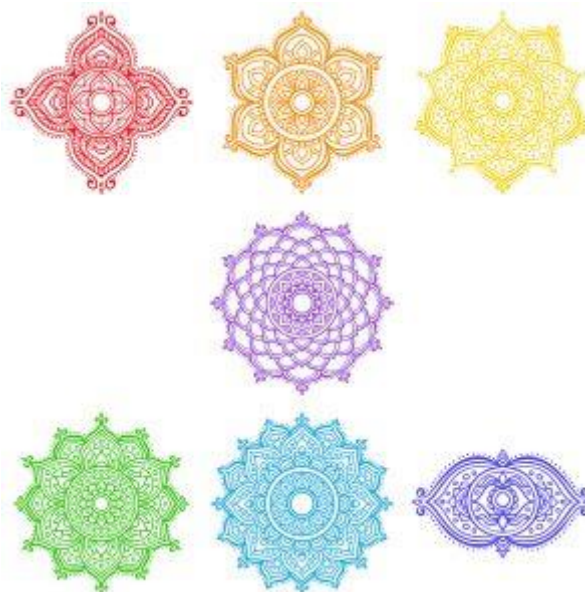
Fundamentals: The fifth chakra is the Throat Chakra, It is Blue in color. The Throat Chakra; the first in the "higher" Chakras, it's focus is on expressing truth and your most authentic self.

"The Throat Chakra is the fifth chakra and it is the first of the higher or spiritual chakras on the 'chakra ladder'. This chakra is located in the region of neck and shoulders and it's color is blue." – Simona Sebastian

It's a beautiful thing to express one's truest self. Most importantly speaking about personal experiences. Speaking about how they were experienced, the smell, the feeling, what was seen and heard. Speaking about experiences as clearly as they were experienced without being scared of being judged for what was said, and listening to others while having no judgment for other's truths.

Different perspective: Being there for others and helping them by listening without judgement also helps balance this Chakra. While still standing in our truth and expressing it as best we can. Writing, and composing songs is a great way to express one's truest self or writing in a journal also helps with expressing one's truest self. So, stand in your truth and stay authentic to yourself.

Questions this Chakra encourages are: *"Am I expressing myself honestly to myself? Am I withholding information from myself and others because of a fear of being judged? Am I listen to myself and others openly, honestly and holding no judgement?"*



Third Eye Chakra

Fundamentals: The Third Eye Chakra is the sixth main Chakra in the 7 Chakra system. It is Indigo in color and located between the eyebrows. It is the most popular Chakra globally. The Third Eye Chakra is related to perception, or *"how we perceive the world"* and how clear or accurate that perception is. The pineal gland, the all seeing eye, the eye of Horus, all refer to this Chakra.

Different perspective: When this Chakra is balanced you may notice you are witty, have a speedy intellect, you become a clear, positive thinker, you have increased awareness and take responsibility for subconscious thoughts and you may find psychic and clairvoyance gifts you didn't know you had.

There are four well know gifts, they are:

- Clairaudience
- Clairvoyance
- Clairsentience
- Claircognizance

They can be referred to as claires. Claire meaning clear. Thus, clairaudience meaning clear hearing, or clairvoyance referring to clear vision. Sentience – feeling, and cognizance – knowing, or the strongest intuition. This abilities are similar to a muscle, the more you hone in and train them the stronger they become. A person has one of these abilities coming naturally while the others can be trained or taught. Enjoy them and use them in love.

Questions this Chakra encourages are: *"How distorted or accurate are my perceptions? What vision and direction am I creating for my life? What situations am I purposely or accidentally creating in my life?"*

Crown Chakra

Fundamentals: The Crown Chakra is located on the top of the head and is the last main chakra in the 7 Chakra system. The color of this Chakra is Violet, White or Gold depending on one's level of consciousness. It is associated with enlightenment. It is your connection to the Source, when one meditates and opens themselves,



source's consistent flow of pure white light rushes in.

Questions this Chakra encourages are: *"Am I allowing myself to be my fullest, truest self? Am I living in a way that allows expression to come from my soul? Am I identified with forms (thought forms, physical forms, emotional forms, or societal roles)? How connected to the Universe do I feel?"*

"Much the same as your Root Chakra is responsible for physical energy and well-being in this life, your Crown Chakra is responsible for your spiritual energy.

The Crown Chakra is also known in Sanskrit as Sahasrara, which means 'infinite,' 'thousandfold,' or 'thousand-spoked wheel.' It is the chakra of consciousness and symbolizes the threshold between psychic and spiritual realms. It is where one attains the highest levels of consciousness and enlightenment." -Laura Berman, Ph.D

Different perspective: This is where your spiritual connection to source is, sending and receiving information. When someone channels, they are using the Crown Chakra to exchange information. Hence the Crown Chakra is responsible for spiritual connection and the receiving of light. One of my favorite meditations related to bringing in light was from Sonia Ricoti's Unsinkable program called the *"AM or PM Activation"*, a great guided meditation for experiencing light coming through the crown chakra.

When Meditating imagine a great white pillar of light coming through your body coming in from the crown and exiting through the root, allowing the light to carry away any negative energy for the Earth to change and recycle. Allow this light to expand and increase your own, inner light.

Thank you for checking out this post! Take that leap of faith, and be true to you, try yourself out and see what comes out!

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