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Lesson 6: Sensing Chakra Energy in You

The Chakra's are a study of energy centers found in the body. This system originated hundreds of years ago in India. The original concept is even older and can be found in yogic literature in the traditions of the Hindus and Buddhists. All living beings have Chakras. These energy centers have an important part of our physical, emotional and spiritual health, it is therefore important to know how your chakras are functioning. You will be learning how to scan your chakra energy first, then your pets. This way both of you will create open, clean and clear doorways for intuitive communication to blossom.

To help you understand how the Chakras work, I would like you to image a tall apartment building. Start by seeing the bottom of the building first that is underground. This part of the apartment has windows that you have to look up to look out. This is the Base Chakra, the color is red and it's about safety and survival. Your world on this floor moves slowly. If your window is cracked or dirty you can see how that could make living here scary and have you feel sluggish. The floors go up to the top 7th floor or to the penthouse. This would represent the crown Chakra. Here is the best view and is an all window home with satellite connections. Life vibrates here at a cool fast frequency of whites with a hint of violet. Clean windows are a must to enjoy your view. This metaphor will help you understand how your body chakras are like this apartment building and maintenance is an essential part of well-being. When not attended to, your physical body will manifest dis-ease in corresponding areas.

What Affects Chakras

The vitality of each chakra is affected by the energies that surround you and the energies from your own belief system. All thoughts and feelings that correspond to each chakra from your life (and unresolved issues from other life times) are recorded and stored in your

chakras. Having a clear awareness of your chakras system and removing blocks and fears will have it functioning with flow, life, and balance. This will assist you in a healthier life and one in which communicating with your animals and your intuitive self comes with ease.

To assist you with this lets first cover the basics of their colors. (There is a chart with more details attached.)

7. Crown - Violet (white/gold)
6. Third eye (Brow) - Indigo
5. Throat - Blue
4. Heart - Green
3. Solar plexus - Yellow
2. Sacral - Orange
1. Root - Red

During the video we will go through each location on the body of the Chakras and their colors together. Some practitioners like to start with the Crown Chakra, I like to start with the Base Chakra. Try it both ways and see what feels right for you. It is best to learn how to sense chakra energy on your own body first. Later video will cover how to use the chakras for your animals.

After watching the video, write down the areas of your chakras that are blocked and/or discolored:

Base Chakra:

Sacral Chakra:

Solar Plexus Chakra:

Heart Chakra:

Throat Chakra:

Third-Eye:

Crown Chakra:

Reflections:

What did you notice about your chakras?

Were you able to perceive the chakra colors?

Were you able to perceive the chakra sizes?

Were you able to hear the tone of each of your chakras?

Did you see anything stuck or blocking your chakras?

The guided meditation in Lesson 10 will address how to clear these blocks or discolorations from your chakras.