

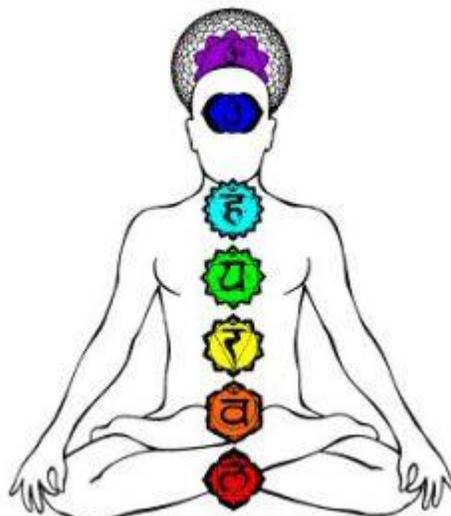
Chakra Assignment

By Teresa Keast



The chakras are seven spirals of energy through which the body's life force or subtle energy moves. A very specific spiral occurs depending on whether each chakra is in balance or out of balance. This reflects itself in a person's personality, behaviour, physical health and experience of life.

When in balance a person reflects the various qualities of "love" expressed in each chakra. When out of balance the qualities of "fear" are expressed in its many different forms. No matter what state of balance a person finds themselves in at any particular time there is much they can do to restore balance and become the person they are truly meant to be.



Moodladhara chakra



This is the root or support chakra found at the base of the spine between the anus and the genitals. It grounds us to the earth and represents our basic physical needs and our inner security. It is associated with the element earth and the nourishment and energy provided by earth mother. When we are grounded we are connected with this energy. Moodladhara is associated with the sense of smell and the planet Saturn and star sign Capricorn.

The root chakra is depicted by a crimson coloured four petalled lotus symbolising the four elements of our earth. Within the petals there is a yellow square representing the element earth. This square encompasses a seven trunked elephant. The seven trunks represent the seven essential minerals we need for good health according to the ancient medicinal science of ayurveda. The elephant is the symbol for strength and stability and helps us to overcome obstacles in life. Riding on the back of the elephant is a downward pointing deep red triangle. The downward direction of this triangle depicts the downward flow of energy or gravity that keeps us connected to the earth. Within this triangle you see a small grey stone representing our subtle body surrounded by the three and half coils of a snake. These coils symbolise our three states of consciousness. The snake or goddess "kundalini" according to hindu belief moves upward through the chakras awakening each one in turn until she reaches the crown and enlightenment is achieved.

In our early years from approximately 1-8 years old the extent to which our basic needs are met is stored in the base moodladhara chakra. This gives us our sense of inner security, for example psychologists suggest that if we are fed on demand as a baby we learn to trust that our needs will be met and this contributes to a strong inner confidence and feelings of security. Much of our emotional security comes from belonging to a group, or tribe, our family is the first group we belong to.

If this chakra is too open and spins too fast a person demonstrates bullying and becomes overly materialistic, looking for security in things rather than within. They are self centred, forgetting their impact on others and often engage in physical foolhardiness.

When this chakra is sluggish, blocked or out of balance fear and insecurity dominate the persons life experience. They become emotionally needy with low self esteem, looking for happiness in financial security and relationships, and their home and contents. They may exhibit self destructive behaviour. Their behaviour is driven by fear. This leads to a feeling of mental lethargy or "spaciness" where by inner stillness is not possible. Due to the association with the skeletal structure of the body osteoarthritis may present itself in the body. I have found at times when some fear related emotion needs to rise through the chakras to be released it starts with a sore lower back. If it is not released the back discomfort grows. Yoga can aid the process of release especially postures such as the bridge or the dog that work on this chakra.

When the moodladhara chakra is in balance a person walks with confidence. They demonstrate self mastery and creativity. There is an awareness of their impact on others and the environment, and a strong desire to act wisely and not harm. They enjoy good physical health and vigour due to the chakras association with the adrenal glands and energy in the body.

There is moderation in sleeping and an awareness of healthy eating so that the body thrives and is not abused. This chakra is associated with the bones and skeletal structure so the body frame is strong and upright without disease. Eating good quality protein is important to maintaining this chakra.

If we feel a victim in this life and feel that all of the disappointments in life are out of our control then we feel vulnerable and needy and full of fear. As we work on the root chakra we come to realise that we have the power to provide everything we need physically and emotionally. We can ask for help from others but we are not dependant on them. By connecting with the earth mother we can learn to nurture our inner child with the unconditional love this connection awakens and grow into emotional wholeness with a strong inner security. The essential oils of cedarwood, myrrh and patchouli can help this process as can hematite, tigers eye and bloodstone crystals.

Swadhisthana Chakra



This is the sacral chakra found in the lower abdomen between the navel and the genitals. Swadhisthana is concerned with emotional balance and sexuality. Its ruling planet is Pluto and its associated star signs are Cancer and Scorpio. It is about learning to embrace what makes life sweet, such as pleasure, sexuality, movement and change and is therefore linked to our sense of taste.

The sacral chakra is depicted by an orange six petalled lotus containing a white circle which symbolises the element of water and the fluidity of change in life. Within this circle is a light blue crescent moon. This moon symbolises the duality of life, being both in the visible light and the darkness. As the group energy of the base chakra splits into the opposing dynamics of yin and yang so we evolve spiritually beyond the group to establish "one's self". The crescent moon also relates to rising creativity, which is the energy which moves us from the basic survival level of the root chakra to nourishing the soul. We learn to move from basic existence to embrace what makes life worth living. Within the moon lies a "makara" or fishtailed alligator which has a coiled tail like the kundalini. This water creature represents sexual desire and passion.

Water as the sacral element corresponds to the bladder, circulatory system, sexual and reproductive organs of especially the female in reproduction and nurturing. It resonates with the colour orange and is concerned with our receptivity and emotions. When out of balance we can experience impotence, frigidity, bladder and prostate problems as well as lower back pain. Drinking enough fluids is important for this chakra.

If the sacral chakra is too open and spins too fast we are emotionally unbalanced, a fantasist, manipulative and sexually addictive. If it is sluggish or out of balance a person is possessive and has a strong attachment to everything they have created, developed or acquired in life both materially and emotionally. Desire creates desire and this creates greed and jealousy and envy of others and their possessions. A person may experience frigidity or impotence. Depression is common with weepiness, and irrational and emotional behaviour. They exhibit self pity and a "martyr" type of belief that they do not deserve to enjoy life and that they don't deserve anything better than the life of suffering they are experiencing.

They will whine and complain but never take any action as they have no motivation to shift the negative attitudes contributing to their suffering. When we deny ourselves pleasure in life and have no proper regard for our personal needs there is a risk of developing into such a martyr. Mothers often develop these traits through a belief in self sacrifice for their children. I have experienced this as postnatal depression myself as a mother.

When the sacral chakra is in balance a person is trusting, expressive, creative and attuned to his or her feelings. There is a strong sense of security and a willingness to let go of attachments that have been created or developed. This person is happy to allow good things to be part of their everyday experience. When times get tough they see life as a challenge and opportunity to develop and grow. They have the motivation to make the changes to affect this. There develops an understanding that balance and stillness are not affected by the things around us. These people often have magnetic personalities that attract others, and their creativity is expressed maybe through writing, poetry, painting and the arts. Self nurturing is important and they know they deserve a share of the beauty and rewards around them including sexual fulfilment. They form good relationships with others.

I have found that gentle massage of the sacral area in hugging the knees while rocking on the back can help move blocked energy in the sacral chakra. Postures that involve the whole back like the cat as well as energy block release sequence 1 or 2 can also help to unblock this chakra. Essential oils of jasmine, rose and sandalwood help to restore sexual and emotional balance as do the crystals citrine, carmelian and golden topaz.

Manipura Chakra



This is the solar plexus chakra found between the naval and the base of the sternum. Its main concern is to do with our relationship with ourselves. We are no longer reliant on the group of the base chakra, and have established good relationships with ourself and others through the sacral chakra. Now we are looking to develop our power as individuals while still celebrating our continual connection with all of humanity. The change and movement relating to this chakra involves transforming our self into a being of power and self will.

The manipura chakra is linked to our sense of sight and ruled by Mars and the Sun, hence its yellow light. Aries and Leo are its star signs.

The solar plexus chakra is depicted as a yellow ten petalled lotus. Within this is a downward pointing triangle surrounded by three T shaped "svastikas" or hindu symbols of fire. Sometimes the svastikas are depicted as a ram and "Agni" the hindu god of fire. This chakra is associated with fire which manifests emotionally as anger in imbalance. Physically excess digestive fire results in digestive health problems.

When the manipura chakra is too open and spins too fast a person is angry, controlling, often a workaholic, judgemental and superior. Now that their castle of possessions and people has been established these need to be preserved at all cost. Pride arrogance and manipulation are exerted in a power game to control. This power is based on role or social status rather than

genuine inner power. Physical manifestations may include stomach ulcers or other digestive complaints and excess weight gain around the middle.

If this chakra is sluggish or blocked a person is overly concerned with what others think, fearful of being alone, and needs constant reassurance because of their insecurity. They are like a drudge who has handed over responsibility for their happiness by their dependence on others. A drudge looks for relationships that reinforce their belief that they are not loveable for who they are but because of what they do. They often select partners who are bullying and dominant. Physical dysfunctions like irritable bowel syndrome, chronic fatigue, allergies and diabetes may manifest as the manipura chakra relates to the pancreas and its function in the body. Paying particular attention to the type of carbohydrates eaten can help restore some of this physical imbalance.

When the manipura chakra is in balance a person feels good about themselves. They have an energy and enthusiasm for life due in part to an increased wisdom about health and choosing a healthy diet. This spiritual warrior respects self and others and operates instinctively in their interactions with others and always from a position of equality. This is a powerful personality who operates from a spiritual philosophy that growth and development occur through life's obstacles. This is enacted through absolute integrity no matter how unpopular or in-explainable these actions may be to others. There is an increasing desire to participate in more charitable activities in the community as this person develops toward the power of love of the heart chakra.

Essential oils of vetivert, ylang ylang and bergamot as well as the crystals aventurine, quartz, sunstone and yellow citrine all help to rebalance this chakra. A very powerful meditation to restore balance in this chakra begins by visually climbing a steep challenging mountain. When you reach the top there is a fire in which you throw a piece of paper containing all the names of the people you give away your personal power to. This brings forth the fire in the solar plexus and the spiritual warrior who then climbs down the mountain again with personal power restored. I have found this meditation a profound experience in getting in touch with my own personal power. The lion heart posture or alternate nostril breathing can help to transform anger and provide a more creative solution to a conflict.



Anahata Chakra



This is the heart chakra found in the centre of the chest at heart level. This is the junction of the more tangible matter of the lower chakras represented by the elements of earth, water and fire to the less tangible spiritual elements of the upper elements. Anahata is represented by air a more ethereal element. Work on this chakra involves learning self acceptance and through this learning to relate compassionately and unconditionally with love and forgiveness toward others. This comes from a strong position of self love, forgiveness and acceptance. This is not the tribal love of the base chakra or the sexual love of the sacral chakra but a state that is enduring and not dependent on external factors.

Anahata is represented by an emerald green twelve petalled lotus. This surrounds a six pointed star made up of two triangles. The downward pointing triangle denotes the movement of spirit down into the body from above while the upward pointing triangle is the ascending movement of matter to reach spirit at this chakra.

The heart chakra is associated with the sense of touch, and ruled by the planet Venus, god of love. Libra and Taurus are the key star signs for anahata.

When this chakra is out of balance a person tends to be selfish. They want to ensure that no one else can have what they have acquired. This includes their relationships with others so they tend to be jealous, possessive with a strong fear of loneliness, or betrayal. True commitment can be a problem. Close relationships are based on co-dependency rather than true love. This is a state of playing at being in love that is theoretical and head based. The person is looking outside of themselves to others to provide the strength and love they crave. There tends to be no desire for others to be happy or concern over others feelings. Criticism and judgement are used to disempower people, to ensure the individual maintains their position on top in the power game of relationships. Often the individual claims to "love you too much" as they wrap you in a cloak of possessiveness and emotional instability hiding their fears of hurt and betrayal.

Physically the anahata chakra is linked to the heart, lungs, chest and circulation. Imbalance may manifest as shallow breathing, high blood pressure, heart disease, or cancer. The thymus gland important for our immune system is affected by lack of self love in this chakra. Lightly tapping over the heart chakra has a positive effect on the immune system and helps to restore balance in the body.

When anahata is in balance we are drawn to this person by their magnetism, they radiate a positive energy we cannot resist due to their growing self acceptance. As they are no longer dependant on others for love they can open their hearts and share their love, wholeheartedly putting heart and soul into relationships. Giving becomes natural. There is more selflessness as others are invited to share this person's life. Forgiveness and acceptance of self and others becomes easier. This person has learnt to trust their heart rather than their head in decisions in life. Listening to our heart enables us to develop mutually respectful relationships with others. These are attractive, happy people who are a pleasure to be with.

Vegetables nourish this chakra, as does the colours green and pink. The essential oils of bergamot, rose and melissa can help with imbalances. As can many crystals worn near the heart such as watermelon tourmaline, rose quartz, emerald, green calcite, jade, azurite, aventurine quartz, malachite and moonstone. The yoga sequence Energy Block Release three helps to open the heart chakra as does anahata breathing or the cobra posture. Any yogic exercise that involves opening the chest and deepening the breathing will benefit anahata.

Vishuddhi Chakra



This is the throat chakra located centrally at the base of the neck. This chakra is associated with communication, self expression and creativity through sound. It resonates with the colour turquoise blue and is about learning to communicate truthfully with responsibility using carefully chosen words without degrading others. Vishuddhi is also concerned with the development of active listening as we need to develop our outer ear before we can truly tune into our inner ear and hear its message. This chakra is represented by the sense of hearing. It is ruled by Mercury and associated with the star signs Gemini and

Virgo.

Vishuddhi is symbolised by a turquoise blue sixteen petal lotus that contains the Sanskrit vowels on each petal. These are thought to represent our spirit. Within the lotus is a white circle symbolising the element ether. Within this circle is a triangle representing speech, a full moon and "airavata", a white, many tusked elephant. Airavata is the king of elephants who watches over the other elephants and all four directions in life. White is symbolic of the purification process of communication associated with this chakra.

When vishuddhi is too open spinning too fast a person is overly talkative. They can be quite dogmatic in their opinions, self righteous and even arrogant. They may physically manifest symptoms of an over active thyroid with a fast metabolic rate and nervous hurried movements. There is inconsistency in views expressed.

When this chakra is blocked or sluggish a person holds back from self expression, often they will lower their chin when talking to cover vishuddhi. There might be frequent clearing of the throat as the person tries to swallow rather than express their own truths. These people may agree to an unreasonable request for example, when they really wanted to say no. When they speak words appear insincere or are not taken seriously. The anger and frustration that build up as a result, further block the throat chakra. Physically the throat chakra is associated with the mouth, ears, throat, nose, neck and teeth and the thyroid and parathyroid glands. Dysfunction may manifest as sore throat, glandular fever, stiff neck, tinnitus, hearing problems, asthma and thyroid problems.

Sometimes imbalance in vishuddhi manifests as a joker or masked self. This person may appear as a clown, always making you laugh with jokes etc taking an unrealistically positive view of any situation. This masks their inner reality in an attempt to hide feelings that maybe no one loves them or will truly listen to them if they are more sincere and open.

When vishuddhi is in balance we recognise a good communicator. Often these people have a wonderful speaking voice and are drawn to jobs in teaching, public speaking, broadcasting and personal development training. They express themselves with clarity and purpose. People are drawn to listen because they sense the integrity and congruence between what they say and what they do. Communicators recognise their right to express hurt and anger but are mindful of others feelings. There is a growing acceptance of the duality of life and the ability to just let life flow and happen as it will. Discrimination grows along with a strong desire to use knowledge wisely and help others as well as the self.

People who tend to operate from the higher chakras can sometimes feel like the real message behind their words is not understood. As vishuddhi develops their speech slows down, and communication is more considered. There is a growing recognition that if people do not understand them it is because the listener is not ready to hear their message rather the way they communicated the message.

Eating enough fruit helps to balance vishuddhi as do the essential oils of chamomile and myrrh. Crystals worn especially at the throat that rebalance this chakra include turquoise, lapis lazuli, aquamarine, agate, celestite, sodalite and sapphire. In yoga the shoulder stand and bridge help to unblock the throat chakra as does the pigeon breath or lion heart release of the tongue and facial muscles.

I have noticed that since family from New Zealand visited five months ago a subsequent chest infection appeared to have damaged my voice. My voice goes when I get angry or speak for a period of time. I now recognise that I need to work on this chakra and learn to express what I am suppressing and this will clear itself.

Ajna Chakra



This is the third eye chakra located above and between the eyebrows. It gives us inner sight and is represented by light. Our physical eyes perceive tangible things as light hits the eye. This is translated into images. Our third eye perceives the intangible and gives us the ability to intuit things. This results in moments of clear understanding for which we have no concrete evidence. This is like switching on the inner light of wisdom.

The ajna chakra is symbolised by an indigo two petalled lotus on either side of a circle, within which is a downward pointing triangle. As with previous chakras this triangle depicts the downward movement of spiritual energy into the body. The petals are like our eyes on each side of the third eye. They represent the two sides of the brain working in harmony. Some see them as the wings that transcend physical limitations and the dual reality of the manifest and unmanifest.

The third eye chakra is ruled by Neptune and Jupiter and associated with Sagittarius and Pisces. It relates to our sixth sense rather than one of the five physical senses.

When this chakra is too open spinning too fast a person is highly logical, dogmatic, authoritarian and even arrogant. They are a rationalist and allow left brain logic to dominate

their decisions because of their fear of dismantling the safe world they have created. These people embrace the scientific view of life and totally reject the metaphysical. Rationalists don't trust feelings or insights and inner wisdom. They force themselves to abide by a set of rules that become increasingly limiting and isolationist. This eventually leads to loneliness. Their reluctance to veer from their established values means life becomes increasingly mediocre and they in turn lose their enthusiasm for life.

When this chakra is blocked or sluggish a person is undisciplined, they fear success and set their sights too low. There is a tendency toward schizophrenia.

Physically ajna is associated with the pituitary gland, the eyes and the base of the skull. Physical dysfunctions may manifest in headaches, poor vision, glaucoma, neurological disturbances even hallucinations. The person may suffer nightmares or learning difficulties.

When ajna is in balance a person is charismatic and highly intuitive. They have come to trust that the answers to life's challenges lie within themselves. Having awakened the need to actively listen through the throat chakra they now listen to their inner voice for guidance. There develops recognition that in order to listen to this inner wisdom, moments of quiet contemplation and meditation are necessary. Sometimes these people experience unusual phenomena. They make exceptional artists, healers and therapists as they trust their instincts to give them insights that help others. There is clarity and purpose in life, they follow their dreams and willingly help others to do the same. They develop as peacemakers.

The essential oils of hyacinth, violet, rose and geranium help to rebalance the ajna chakra. As do the crystals amethyst, fluorite, azurite and calcite. Meditation and pranayama exercises work directly to benefit ajna as does the crocodile posture in yoga.

Sahasrara Chakra



This is the crown chakra located on the top or crown of the head. It provides ultimate fulfilment in life as the goddess kundalini after having awakened each chakra in turn finds a regal resting place. However this is not a destination but a rebirth. As a person comes to know who they truly are, self realisation or enlightenment are achieved and the person moves forward to enjoy a blissful, happy, healthy life. This chakra is linked with cosmic energy and expands further the purification of communication of the throat chakra to include interconnectedness with all things and all knowledge.

Sahasrara is symbolised by a halo of a thousand white petals representing infinity. Each one is tuned to the highest states of consciousness. It is associated with the colours violet, gold or white the planet Uranus and the star sign Aquarius.

When shasrara is too open a person may be psychotic or manic depressive, or exhibit confused sexual expression. Often they are frustrated due to a sense of unrealised power.

When material success is sought at the expense of spiritual development an egocentric personality develops. This person focuses totally on the material world with no awareness or

relationship with the divine. They believe they are totally in control of their lives and are solely responsible for all the benefits they accrue in life. Typically they identify themselves by what they do rather than by who they are. Unfortunately these people can become so focused on achieving their destination that they forget to enjoy the journey along the way and become workaholics who are lonely and unfulfilled on a deep level. Sometimes a realisation that there is more to life can manifest as a mid life crisis and major life changes. If life events do not go to plan often these people are devastated as they do not recognise the inner resources they have and need at such times.

When sahasrara is sluggish or blocked a person may suffer depression or obsessional thinking and confusion. Physically this chakra is associated with the pineal gland, upper skull, cerebral cortex and skin. Dysfunction may manifest physically as sensitivity to pollution or other chemicals. They may suffer chronic exhaustion, epilepsy or Alzheimers disease.

When sahasrara is in balance we are drawn to the magnetism of this person. They may achieve miracles in life. We are drawn to their inner calm and obvious peace with themselves. Self realisation is not restricted to gurus who meditate on mountain tops but can be achieved by ordinary people who also enjoy worldly success. These people may focus on specific attainable goals but they know that there are an infinite number of ways these may be realised. They know they do not totally control how things may turn out but instead accept how little they know, and trust that through a connection with their own higher self they will always know the right decisions to make to affect these goals. These are spiritual beings radiating an inner calm that comes from knowing who they are not what they are. They experience a heightened sense of belonging to something far greater than their physical self and find life is easier, and they are happy and fulfilled as a result.

Fasting and absence of food helps to restore balance in sahasrara, as do the essential oils of lavender, frankincense and rosewood. Many crystals work on opening this chakra including clear quartz, amethyst, diamond, white jade, white tourmaline, snowy quartz and the Herkimer diamond. In yoga meditation and pranayama help to maintain a balanced crown chakra as does the headstand posture.



Affirmations

The following are some helpful affirmations for each chakra. These need to be repeated on a daily basis while a person works on that chakra. Combined with mudras (see appendix) and meditation these are a very powerful way of healing and restoring balance to the chakras.

Moodladhara chakra I deserve the best that life has to offer, my needs are always met.
My body is becoming more important to me. I nurture it constantly.
I am taking responsibility for my life. I can cope with any situation.

Swadhisthana chakra I have a right to express my desires to myself and to others.
I am prepared to honour my body and feel good about my sexuality.
Who I am is good enough.

Manipura chakra I accept and value myself exactly as I am.
I deserve all the love, respect, joy and prosperity that come to me.
I am open to receiving all life's good things.
My personal power is becoming stronger every day.

Anahata chakra The love I feel for myself and others is unconditional.
All past hurts I release into the hands of love.
I have enough love for everyone in my life, including myself. I act with compassion.

Vishuddhi chakra What I have to say is worthy of being listened to.
I always speak from the heart.
My thoughts and speech are considered before I utter them.

Ajna chakra I trust my inner self to guide and protect me.
Making mistakes enables me to learn, grow and develop.
I recognise the need for silence and stillness in my life.

Sahasrara chakra I choose to live my life from a place of love and contentment.
I am who I am and I glory in that.
I choose to transform my life and I am free.

