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Reiki and Chakras

The spine and the human energy field contain chakras, or energy centers, that vibrate at different frequencies. Each chakra presents us with the opportunity to establish a root relationship and to satisfy a deep soul desire. Each frequency holds the gift of a certain power, which enhances our human experience on Planet Earth. As we tune into this power, we are internally empowered to deal with the specific life challenges of that energy center or chakra and as a consequence to live more whole, meaningful and fulfilling lives.

Root Chakra

- Root Chakra, is located at the base of the spine, at the perineum. The name means support, or foundation.
- It is associated, in the body with the large intestine, feet and legs, with the element earth, and with the colors red and maroon.
- Human Challenge and Gift - to feel safe and secure in the physical plane, to manifest to meet our basic needs.
- Soul Desire - to feel nurtured and nourished, to experience belonging to the whole.
- Associated dis-ease: constipation, diarrhea, piles, colitis, Crohn's disease, cold fingers and toes, frequency of urination, hypertension (high blood pressure), kidney stones, impotence, hip problems, legs and feet.
- Associated color: Red relates to self awareness. Positive aspects of red: security, courage, strength of will, pioneering. Negative aspects of red: insecurity, self pitying, aggressive, fearful.

Sacrum Chakra

- Sacrum Chakra is located at the navel and sacrum - the pelvic area between pubis and navel. Its name means "abode of the vital force" or "dwelling place of the self. The navel portion means "jewel of the lotus" or "lustrous gem."
- It is associated, in the body with the genitals, reproductive organs, and bladder, with the element water, and the color orange.
- Human Challenge and Gift - to bond and connect with others without losing our identity.
- Soul Desire - to freely expand - to effortlessly create.
- Associated dis-ease: pre-menstrual syndrome, problems with menstrual flow, uterine fibroids, ovarian cysts, irritable bowel syndrome, endometriosis, testicular disease, prostate disease.
- Associated color: Orange is the color of success and relates to self respect. Positive aspects of orange: sociable, creative, joyous, and independent. Negative aspects of orange: withdrawn, destructive, despondent, and over-dependent.

Solar Plexus Chakra

- The Solar Plexus Chakra is located, as its name suggests, between the navel and heart, at the pericardium (below the breasts at the V of the ribs). it's name means "Seat of the Soul", or solar network.
- It is associated, in the body with the stomach, small intestines, kidneys, adrenals, pancreas, gallbladder, and liver, with the elements fire and water, and the color deep gold.
- Human Challenge and Gift - to transmute the energy of the emotions into soulful passion for life (fear into love, anger into action, sadness into surrender and bliss)
- Soul Desire - to experience the depth of emotions and transmute them into passion and devotion. To activate our soul.

- Associated dis-ease: diabetes, pancreatitis, liver disease, peptic ulcer, Coeliac's disease, and gall stones.
- Associated color: Yellow is a creative color and relates to self worth. Positive aspects of yellow: alert, optimistic, good humored. Negative aspects of yellow: feelings of inferiority, over analytical, sarcastic, and pessimistic.

Our navel center is the third eye of our physical body. It is also the physical midpoint of the body. When it is weak, we literally have no physical center or way to direct our lower centers. Our physical movements should be initiated from our navel center (our core). However, when it is weak or off center, by default we initiate from our head.

Heart Chakra

- The Heart Chakra, is located at the heart. Its name means unstuck, fresh, clean unhurt.
- It is associated, in the body with the heart, hands, arms and thymus gland, with the element air and the colors green, pink, and rose.
- Human Challenge and Gift - to open our hearts to the nonjudgmental, detached vibration of universal love.
- Soul Desire - to experience unity, devotion, reverence for life, unattached bonding.
- Associated dis-ease: heart diseases, diseases of the Immune system eg. AIDS and ME (myalgia encephalomyelitis, sometimes referred to as chronic fatigue syndrome); other problems related to the immune system, allergies, cancer of the breast.
- Associated color: Green relates to love/self-love. Positive aspects of green: compassion, generosity, harmony/balance, and loving. Negative aspects of green: indifference, jealousy, miserly, bitterness.

One of the main reasons for poor posture is a closed heart. If we are afraid, lack self-confidence and self-esteem, or suffer from any of the other manifestations of a closed heart chakra, we try to protect ourselves by physically bending in at the heart center. Much of our deep emotional pain is stored in the solar plexus (between the navel center and the breasts.) Our protective instincts are often initiated in the area of the solar plexus.

To open the heart, we must begin at the solar plexus and cultivate a deep non-verbal relationship with the emotional energies residing in that area of our body. Fear, anger and sadness are the lions that guard the gate to the heart. We must befriend them to open our hearts. Muscularly the heart needs the support of the back muscles to stay open. If our back muscles are weak, we gradually collapse and bend over.

Throat Chakra

- Throat Chakra is situated in the throat, at the base of the neck between the collar bone and shoulders, at the site of the reptilian brain or lower brain stem. Its name means pure.
- It is associated, in the body with the throat, ears, thyroid, parathyroid, with the element ether, and the color royal blue.
- Human Challenge and Gift - to fearlessly express our truth and hear the sound of the universe.
- Soul Desire - to be heard and understood, to transmit and receive the Truth.
- Associated dis-ease: Thyroid problems - over active/under active; Anorexia nervosa (this is a multi-chakra problem but has a strong connection to the throat chakra); asthma; bronchitis; hearing problems; tinnitus - may also be connected to problems with the brow chakra; problems of the upper digestive tract; mouth ulcers, sore throats, tonsillitis.
- Associated color: Blue is the color of the spirit and relates to self expression - speech, communication, the ability to communicate our needs and requirements. Positive aspects of blue: loyal, trustworthy, tactful and calm. Negative aspects of green: unfaithful, untrustworthy, self-righteous and cold.

Third Eye Chakra

- Third Eye Chakra, is located between the brows in the inward, center of the forehead. Its name means command, perception, knowledge, authority.
- It is associated, in the body with the pituitary gland, eyes, brain, with the element light and also beyond the elements, and with the colors purple and indigo.
- Human Challenge and Gift - to move from dualistic mind to intuitive neutral mind.
- Soul Desire - to focus the mind, where one-pointed clarity and peace automatically occur.
- Associated dis-ease: tension headache, migraine, visual defects, short-sightedness, long-sightedness, glaucoma, cataracts, sinus problems, ear problems.
- Associated color: Indigo relates to self responsibility - being responsible for one's own life, responsible to oneself to follow the soul's path and needs and trusting one's own intuition. Positive aspects of indigo: highly intuitive, faithful, clear sighted, integrity, orderly mind. Negative aspects of indigo: inability to trust intuition, scattered mind, inconsiderate, blinkered vision.

Crown Chakra

- The Crown Chakra, is located at the crown or top of the head, baby's soft spot. Its name means "thousand petal lotus".
- It is associated, in the body with the pineal gland & cerebral cortex, with consciousness and beyond the elements, and with the colors white, silver and the quality of luminosity.
- Human Challenge and Gift - to tune into and surrender to divine consciousness.
- Soul Desire - to connect with and utilize infinite energies, to know the unknown, to experience the transcendental meaning to life.
- Associated dis-ease: depression, Parkinson's disease, Schizophrenia, Epilepsy, senile dementia, Alzheimer's, many mental disorders, confusion, and dizziness.
- Associated color: Violet/purple relates to self knowledge/spiritual awareness. It is the union with your higher self, with spirituality, and your higher consciousness. Positive aspects of violet/purple: a reverence for life, self sacrificing in the service of others, idealism, an ability to see the appropriate route for the benefit of the higher self. Negative aspects of violet/purple: no concern for others, feelings of superiority, lack of contact with reality.

Ideally, we operate from our heart. When we walk, our heart should lead. The problem is that we have become talking and walking heads. Our body ends up being a source of transportation for our thoughts about what we think we should be doing. What happens is that our physical head actually leads when we walk and protrudes over our body even when we are eating, talking or sitting working at our computer. When our head is not evenly balanced over our spine, our posture gets out of alignment. Our body has to compensate for the weight of the head sticking out in front of the body.

Because we live in our thoughts and not in the sensations in our bodies, our energies stay in our upper body, from the shoulders up. When we are energetically top heavy, many things get out of alignment, including our posture. If our shoulders can't relax, our heart center is not relaxed.

To book a Reiki session, please contact Gainesville Holistic Health Center at (571) 248-0695 or Email us at ghhcenter@hotmail.com.