



## The Chakras

By Barb Pierce

The Sanskrit translation for Chakra is wheel or disk and describes astral energy points in the body which are located at the junctions of subtle energy pathways. Although there are many chakras in the body, there are seven primary chakras muladhara, swadhisthana, manipura, anahata, vishuddha, ajna and sahasrara (described below).

The seven primary chakras are located along the spine and are considered to be energy points. Each chakra has an associated emotion and by balancing the chakras, you can balance your emotions in the process. If you are feeling an imbalance in a particular emotion you can meditate on the associated chakra specifically. The chakras have specific points that you can focus your mind on, which help you to focus your attention on the direction of the opening of the chakra.

As with all types of meditations, one of the main benefits comes from clearing your mind of persistent thoughts for the period of time that you are meditating. For some people, a meditation which requires concentration, like the chakra meditation on the next page, can be useful as it gives the mind something to focus on as a tool to help with the 'letting go'.

### The Seven Primary Chakras

#### 7. Sahasrara

**Sahasrara**, the crown chakra, is generally considered to be the chakra of illumination, peace and inviting blessing. The focus point is the crown of the head.

#### 6. Ajna

**Ajna**, the third eye, is held as the chakra of logical judgement and intuition. The focus point is between the eyebrows and about 1/2" up.

#### 5. Vishuddha

**Vishuddha**, the throat chakra, may be envisioned as relating to communication and growth, surrender, trust and openness to the higher will. The focus point is on the throat.

#### 4. Anahata

**Anahata** or the heart chakra is related to complex emotion, compassion, love and empathy. The focus point is between the breast bone.

#### 3. Manipura

**Manipura**, the sacral chakra, is related to the transition from simple or base to complex emotion, energy, assertiveness, calming anger and digestion. The focus point is between the naval and the solar plexus.

## 2. Swadhisthana

**Swadhisthana, the sacral chakra**, is located at the upper border of the sacrum and is related to base emotion, sexuality, determination and creativity. The focus point is at the top of the sacrum (for women at the ovaries).

## 1. Muladhara

**Muladhara or the base or root chakra** is related to security, stability, survival and confidence. This centre is located in the region between the genitals and the anus. The focus point is at the tip of the spine.

### **Ham Sa, So Hum rising and falling Meditation\***

- Sitting upright in easy pose, half lotus or lotus begin centering your breath,
- Begin chanting 'Ham' (pronounced HUM) internally when inhaling and chanting 'Sa' when exhaling,
- Focus your attention on each chakra in sequence from 1-7 (from muladhara to sahsarara) while chanting 'Ham Sa' internally.

#### **Reverse –**

Starting with crown chakra chant 'So Hum' on the way down, stopping to focus on each chakra in sequence from the sahasrara to the muladhara.

(\*This meditation is from 'Chakra Theory and Meditation' by Paul Grilley)