

CHAKRA POSITIONS

by

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IMPORTANT

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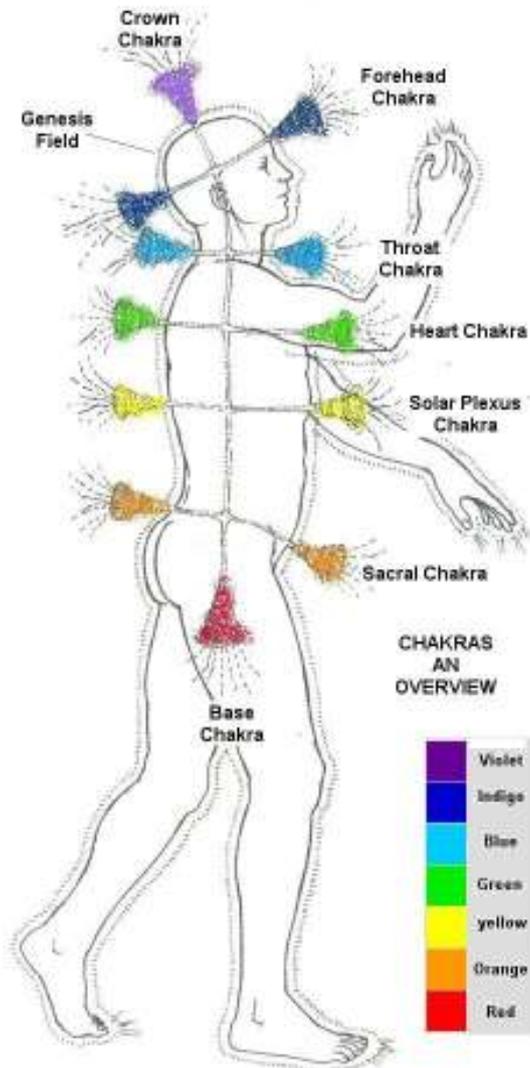
Introduction

The chakras are seven energy centres, rooted in the subtle body, which can be detected and evaluated in the physical body. The chakras appear as spinning cone-shaped vortices of energy, or as saucer-shaped depressions. The shape and size of any specific chakra is dependent upon the health, and 'spiritual' condition of the individual. However, anyone can learn to sense a chakra's energy with their hands or a pendulum. Typically, the chakra manifestation on the front of the body (which is stronger than the one manifested on the back of the body) is used for visualisation, evaluation, and manipulation purposes.

Located along the spine (crown of head to coccyx), the seven chakras are channels and distributors of the universal life-force energy, which flows through and between the individual's physical and the subtle bodies.

Traditionally, in the physical body, each chakra corresponds to a specific endocrine gland, and relates to a specific area of the physical, emotional, mental, and conscious components of the individual's being.

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The Chakra Positions: Crown of the skull, 1st Cervical, 3rd Cervical, 4th Thoracic, 10th Thoracic, 2nd Lumbar, 4th Sacral, and coccyx

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Chakra Positions

Chakra Positions and Correspondences					
Chakra	Physical Position (vertebrae)	Colour	Endocrine Gland	Physiology	Expression
Crown	Crown of the head (n/a)	Violet	Pineal	Cranium, cerebral cortex, right eye	Transcendence, complete understanding, 'will to be', will to self-determination
Forehead	Centre of forehead (1st Cervical)	Indigo	Pituitary	Forehead, pituitary, ears, nose, left eye, base of skull, medulla, nervous system	Intuition, intellect, mentalisation, clairvoyance, 'will to see'

Chakra Positions and Correspondences					
Chakra	Physical Position (vertebrae)	Colour	Endocrine Gland	Physiology	Expression
Throat	Middle of throat (3rd Cervical)	Blue	Thyroid	Arms, hands, throat, thyroid, mouth, vocal cords, lungs, cervical vertebrae, respiratory system	Self-expression, creativity, clairaudience, 'will to express'
Heart	Over heart, centre of body (4th Thoracic)	Green	Thymus	Heart, lower lungs, chest, breasts, thoracic vertebrae, circulatory system, liver	Love, compassion, altruism, service to humanity, 'will to belong'
Solar Plexus	Upper abdomen - 3" above naval (10th Thoracic)	Yellow	Pancreas	Stomach, gall bladder, liver, diaphragm, nervous system, pancreas, lumbar vertebrae	Raw emotional energy, desire, personal power, 'will to expand', 'will to dominate'
Sacral	Lower abdomen - 3" below naval (2nd Lumbar)	Orange	Gonads	Pelvis, genitals, reproductive system/organs, womb, sacrum, prostate, lumbar vertebrae	Vitality, movement, sexual expression, grounding, 'will to reproduce'
Base	Base of dorsal spine, between anus and genitals, bottom of pelvis (4th Sacral)	Red	Adrenals	Legs, feet, genitals, ejaculation, anus, coccyx, kidneys, bladder, intestines, spine, physical body in general	Physical will 'to be', primordial origins, 'will to survival'

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Agreement

Unfortunately, not all 'authorities' agree on chakra names, composition, colour, etc. Following is chakra information from the Golden Dawn for interest:

The Chakras (Golden Dawn)				
Chakra	Divisions	Colour	+/- Root Position	Sympathetic Plexus
Crown	96	Violet	Crown of skull	n/a
Brow	96	Dark blue	1st cervical	Carotid
Throat	16	Blue	3rd cervical	Pharyngeal
Heart	12	Green (some Golden Dawn documents identify the heart chakra as yellow)	4th thoracic	Cardiac
Navel	10	Yellow (some Golden Dawn documents identify the navel chakra as green)	10th thoracic	Coeliac
Spleen	6	Rose	2nd lumbar	Spleen

The Chakras (Golden Dawn)				
Chakra	Divisions	Colour	+/- Root Position	Sympathetic Plexus
Root	4	Orange-red	4th sacral	Coccygeal

End.

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