

LUNA

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Learn about  
the 7 main  
chakras

# What you will learn in this mini course



What are chakras



Chakra colour meanings



Balancing chakras



learn the 7 chakra system



How to use chakra stones for healing

# What are chakras?

- Chakra is a Sanskrit word that translates as wheel or disc or turning. It is pronounced sharrkra.
- Chakra is a concept referring to wheel-like vortices which, according to traditional Indian medicine, are believed to exist in the surface of the etheric double of man.
- The Chakras are said to be "force centres" or whirls of energy permeating, from a point on the physical body, the layers of the subtle bodies in an ever-increasing fan-shaped formation (the fans make the shape of a love heart).

Rotating vortices of subtle matter, they are considered the focal points for the reception and transmission of energies. Seven major chakras or energy centres (also understood as wheels of light) are generally believed to exist, located within the subtle body.

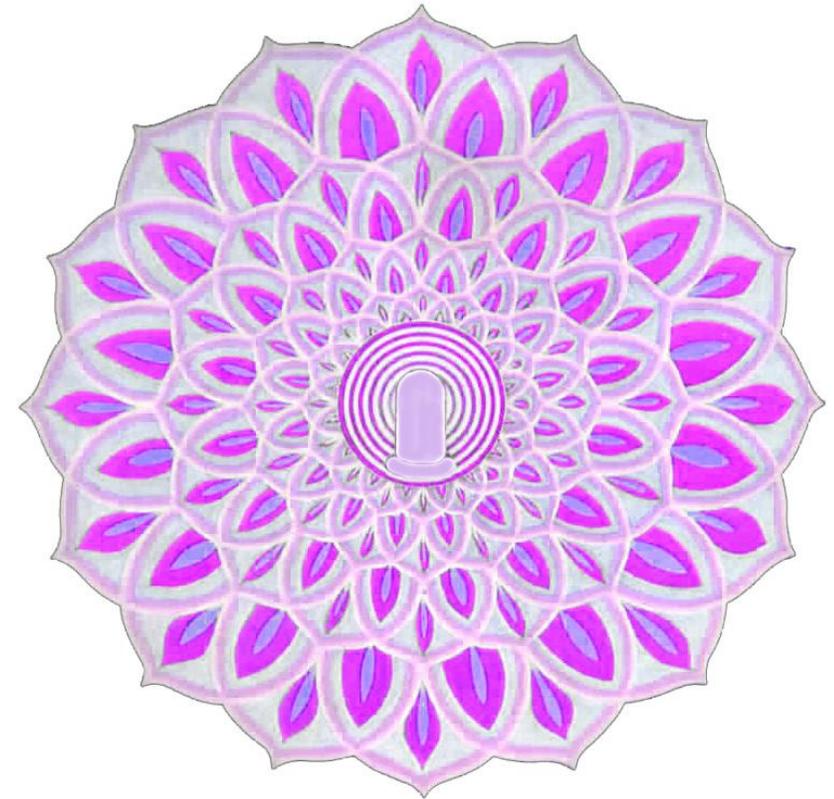
Practitioners of Hinduism and New Age Spirituality believe the chakras interact with the body's ductless endocrine glands and lymphatic system by feeding in good bio-energies and disposing of unwanted bio-energies.

It is typical for chakras to be depicted in either of two ways:

It is typical for chakras to be depicted in either of two ways, either flower or wheel like.

In the former, a specific number of petals are shown around the perimeter of a circle. In the latter, a certain number of spokes divide the circle into segments that make the chakra resemble a wheel or chakra. Each chakra possesses a specific number of segments or petals.

Although it is widely known we have seven main chakras we also have many more throughout our body. However the 7 main chakras are connected to our being on several different levels, Physical, Emotional, Mental and Spiritual. On the physical level the chakras govern a specific main organ or gland.



# Chakra and colour meanings



Each chakra also has its own colour, which is connected to the same vibrational frequency. For example the heart chakra, which is the colour green, governs the thymus gland, which is involved with the heart, lungs, lymph glands, bronchia system, immune system, as well as the hands and arms.



To help balance our chakras either on an emotional, spiritual or physical level we need to use the correct colour vibration, which resonates at the same frequency.



When any of our chakras get blocked or are out of balance this is then felt on both on an emotional and physical level.



Our main source of heat and energy is sunlight. Sunlight consists of energies in the form of electromagnetic waves and part of these rays include cosmic rays, gamma rays, x-rays, visible light rays, infrared rays, micro waves and short and long waves.

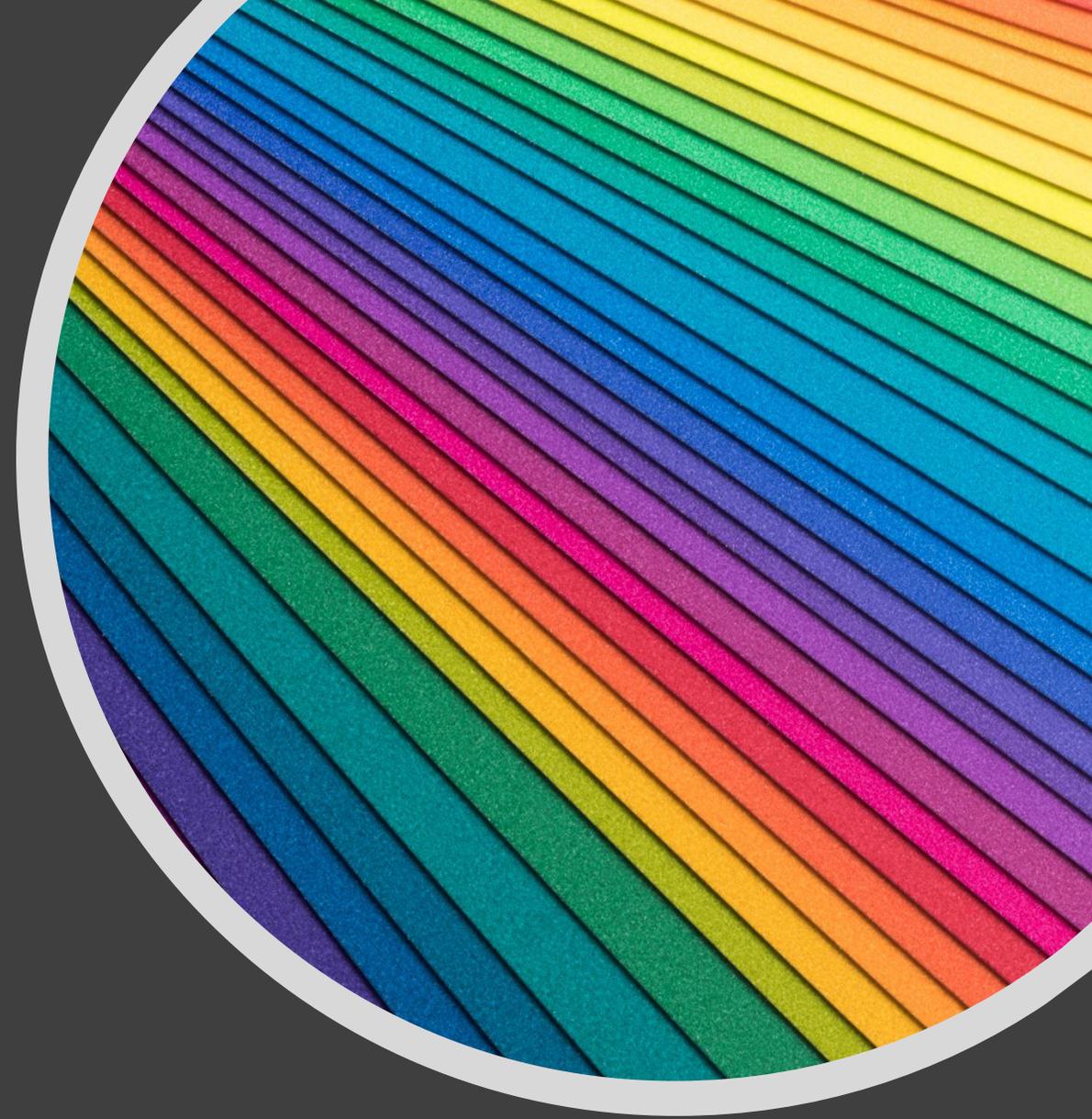
We do of course use these energies in our day to day lives. We do not seem however to put much emphasis on the visible light rays.

The reason why they are referred to as visible light rays is due to the fact that we can see them.

# Colour spectrum

You can break down the spectrum of light rays into seven different beams of colour by holding a prism toward the sun. Light consists of the seven colour energies which are: -

**RED, YELLOW, GREEN, BLUE,  
INDIGO and VIOLET.**



Each of these colours has a different wavelength and vibrational frequency, which is why a trained colour therapist will use these energies when healing with colour. Red for instance has the longest wavelength and the slowest vibrational frequency, which is why we recognize instinctively this as warm and stimulating colour.

Violet has the shortest wavelength and the fastest frequency and this is recognised as a cool and calming energy. Many of our body functions can be either stimulated or retarded by light and the various colours, which in turn affect our chakra system.

Science has proved that certain colour will stimulate or calm mental activity. We need light energy to nourish our brains, also to help balance our emotions and our physical body. Light enters through our skin and breath. We receive colour energy through a balance of various coloured foods, herbs, vitamins, minerals, décor, aromatherapy, clothing etc.



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We are now starting to become more aware about the human psyche and its intricate systems. Medical science has now proved that toxins and other impurities can influence our body. For example Negative thoughts and chemical enhancements in our food and feeling stressed can all affect us both physically and mentally.

Pollution can cause chakra imbalances to manifest and again this can lead to an affect on a physical level. This is why alternative healers are now more and more in demand. We all have the ability to heal ourselves, and learning how to balance and cleanse your chakra system on a daily or weekly basis can and will improve your state of health and mind.

# Balancing Chakras

- The benefits of learning and understanding about your own chakra system will enable you to gain balance in both mind, body and spirit and bring all into harmony.
- When all of your 7 chakra centres are communicating equally and working in alliance with each other you will have more physical energy, not suffer stress and will feel strong and alert.



Complementary therapies that help to balance chakras and should be undertaken regularly are:

***Colour therapy, Aromatherapy, Reiki, Crystal therapy. Energy healing.***

Meditation and using controlled breathing exercises and rhythmic exercise routines are very beneficial.

Reiki healing and directed meditation with the use of audio and crystals and gemstones are some of the ways we learn to influence the process of interaction of our body's energy points.



# Learn the 7 chakra system

- We shall now delve deeper into each individual chakra and how it effects our physical and spiritual development.
- Each chakra relates to its own colour and vibration as discussed earlier.
- By understanding each individual chakra you will soon learn how to spot if either or any of your chakras are not in balance and what adverse affects they may cause.

**ROOT CHAKRA** - Location is base of spine – colour red – 1<sup>st</sup> chakra



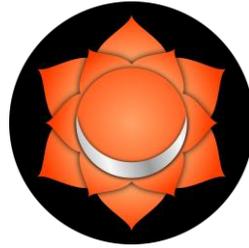
This chakra is associated with grounding and allows us to connect to the earth's energies.

When the root chakra is blocked it can make you feel fearful, anxious, insecure and frustrated. Weight problems like obesity, anorexia nervosa, and knee troubles can occur.

Root body parts include the hips, legs, lower back and sexual organs. Restlessness and lack of energy can also be associated with this chakra being blocked.

- **Stones** – ruby, coral, rose quartz, red jasper, garnet
- Red offers a healing vibration for emaciation, depression or lethargy.
- **Activities** – Exercise such as walking, martial arts, yoga and other physical activities will help open this root chakra.
- **Physical influences:**
  - Base of the spine- Legs- Bones- Feet- Rectum- Immune system- Adrenal Glands- Spine- Bone marrow
  - Colon- Coccyx (Tail Bone)- Kidneys
- **Unbalanced symptoms:**
  - Chronic lower back pain- Sciatica- Varicose veins- Rectal tumours and cancers- Depression- Immune disorders- Violence- Anger- Constipation- Survival fears

**Sacral Chakra** - Location Abdomen –  
colour orange – 2<sup>nd</sup> chakra



This chakra is associated with the sexual organs and is the chakra of creativity, pure attention and pure knowledge. It connects us to the inner source of inspiration, and enables us to experience the beauty around us.

The pure knowledge given by this chakra is not mental, but it is direct perception of the Reality, that can be felt in our palms and indicates our subtle blockages. Also this is the centre attention and power of concentration.

- **Stones** - Carnelian, orange quartz, tiger's eye,
- **Activities** – anything that gets the hips moving, yoga and belly dancing, gardening and it is also said listening to classical music will help open this chakra.
- **Physical influences:** Spleen- Sexual organs- Large Intestine- Small Intestines- Lower vertebrae- Pelvis- Stomach- Sacrum (Vertebra)- Appendix- Bladder- Hip area- Sciatica- Reproduction Organs
- **Unbalanced symptoms:** Chronic Lower Back Pain- Sciatica Problems- Gynaecological Problems- Obstetrical Problems- Pelvic Pain- Sexual Problems (Men or Women)- Urinary Tract Problems- Jealousy- Possessiveness- Bladder Problems

**Solar Plexus Chakra** - Location – solar plexus, between navel and lower ribs– colour yellow – 3<sup>rd</sup> chakra



This chakra is associated with your gut feeling; anger; pain and resentment get held here. The chakra represents our personal power and the place of ego, passions and strength.

When this chakra is out of balance you may lack confidence and feel that others are controlling your life.

Physical problems include digestive, liver and nervous problems, food allergies and nervous exhaustion are also associated with this chakra when blocked. When in balance you will feel cheerful, outgoing and have a strong sense of personal power.

- **Stones** – citrine, topaz
- **Activities** – wear yellow, burn yellow candles and have yellow flowers in your home.
- Take deep breaths and breathe out slowly imagining any resentment or fear you maybe holding going out with the breath, let go of past hurts and visualise yourself surrounded by a large yellow or golden aura. This will help to clear any blockages or imbalance in this chakra.
- **Physical influences:** The Abdomen- Upper Intestines- Spleen- Middle Spine- Stomach- Gall Bladder- Pancreas- Liver - Adrenal Glands- Diaphragm- Nervous System- Lumbar Spine (5 Vertebrae)- Kidneys
- **Unbalanced symptoms:** arthritis- gastric or duodenal ulcers- pancreatitis- diabetes- Indigestion (Chronic or Acute)- anorexia or bulimia- liver dysfunction- hepatitis- adrenal dysfunction- mid-spinal problems- breathing problems- gall stones- overly stressed- stomach problems- lack of will- anger- poor digestion- fear - hate- hurt- self loathing- over emphasis on power

**Heart Chakra** – Location heart, centre of chest– colour green/pink – 4<sup>th</sup> chakra



When this chakra is out of balance, you may experience feelings of shyness and loneliness.

You may also have an inability to forgive or feel a lack of empathy.

Physical conditions can include shallow breathing, asthma, and some lung diseases.

You can also feel possessiveness, jealousy and also heart problems and high blood pressure.

- **Stones** – rose quartz, pink kunzite
- **Activities** – Work on loving yourself, do not judge yourself or others but by meditating on love and practicing unconditional love will help to unblock this chakra. If doing yoga using the backward bends or anything that opens up the chest area is a powerful way to energise this chakra.
- **Physical influences:** Heart- Blood Circulation- Lower Lungs- Chest- Thoracic Spine (12 Vertebrae)- Immune System- Circulatory System- The Lungs- Shoulders & Arms- Ribs & Breast- Diaphragm- Thymus Gland
- **Unbalanced symptoms:** Anger- Heart Problems- Rigidity- Lack of Love- Asthma/Allergy- Lung Cancer- Bronchial Pneumonia- Chronic Upper Back Pain- Shoulders Pain- Breast Cancer- Thoracic Problems- Breathing Problems - Congestion- Susceptible to Illnesses- AIDS/HIV- Blood Diseases

**Throat Chakra** – Location base of throat –  
colour blue - 5<sup>th</sup> chakra



This chakra is associated with the colour sky blue. To keep this chakra in balance and healthy will depend in relation to how honestly you express yourself.

Lying violates the body and spirit. We speak our choices with our voices (throats).

All choices we make in our lives have consequences on an energetic level.

Blockages in this chakra can include sore throats, mouth ulcers, and loss of voice or laryngitis.

I am sure you have at sometime experienced that "lump in your throat" when you have been at crossroad of not knowing how to speak the right words in any given situation. A challenge of the throat chakra is to express ourselves in the most truthful manner.

- **Activities** – Singing, chanting, humming mantras, acting, and toning are all activities that vibrate from the Throat Chakra. Holding tension in the Throat Chakra is often due to lack of support in the early years regarding self-expression and freedom of speech. With a healed and healthy Throat Chakra, one's words are kind, thoughtful, clear, and truthful. The voice is strong and alive with many tones of expression. Usually there is ease with writing, speaking, and sharing thoughts with others.
- **Physical influences:** Thyroid- Lungs- Respiratory System- Vocal Chords- Throat- Trachea- Cervical Spine (7 Neck Vertebrae)- Mouth- Teeth & Gums- Oesophagus- Parathyroid- Hypothalamus- Tonsils
- **Unbalanced symptoms:** Difficulty Communicating- Ego Out of Control- Emotional Roller Coaster- Raspy throat- Chronic sore throat- Mouth ulcers- Gum difficulties - Laryngitis- Swollen glands- Thyroid problems- Throat Cancer- Tonsil Problems- Whiplash

**Third Eye Chakra** – Location - middle of the head behind the eyebrows – colour – indigo – 6<sup>th</sup> chakra



This chakra is associated with "knowing", an intuitive type of knowing. When this chakra is dominant, one may have clairvoyant abilities...being able to see things that others can't.

When the energy in the 6th chakra is excessive, it can cause headaches, hallucinations, nightmares and difficulty in concentrating.

But when the energy is deficient, there may be eye problems, poor memory and inability to visualize. When this chakra is unbalanced it can cause you to be indecisive, jump to conclusions and indecision.

- **Stones** - Sapphire, amethyst, lapis lazuli,
- **Activity** – Participate in drumming or listening to tribal shamanic music. Exercise with dance and movement which helps to distribute top-heavy energy to the rest of your body. Decorate your home with brilliant oranges and sunny yellows to introduce some fire energy.
- Yoga poses for the 6th chakra are supported forward bends and also eye exercises. Doing positive visualizations can also strengthen this chakra.
- **Physical influences:** Left Brain Hemisphere- Left Side of Face & Head- Forehead- Ears- Left Eye- Nose- Pineal Gland- Pituitary Gland- Bones of the Skull- Nervous System
- **Unbalanced symptoms:** Headaches- Poor Eyesight- Lack of Concentration- Extensive Forgetfulness- Brain Haemorrhages or Tumours- Strokes- Neurological Disorders- Blindness or Deafness- Full Spinal Problems- Learning Disabilities- Seizures

**Crown Chakra** – Location – Top of head in the centre – colour- violet/white – 7<sup>th</sup> chakra



This chakra is associated with the colour violet, but it is usually referred to as the colour white, as it has a combination of all colours. This is in line with the chakra also being a culmination of all the other chakras.

If this chakra is unbalanced you could be very sceptical and have difficulty and be very materialistic. You may over analyse things and be overly intellectual.

When someone's crown chakra is blocked, a very unpleasant muddy, dark purple colour taints their crown chakra and their entire aura.

When communicating with them, we may experience a tingling and prickling sensation in our crown, and we may feel a warning that psychic protection is needed. When two people communicate whose crown chakras are unclear, many misconceptions and misunderstandings are common. Their exchange may become adversarial with no evident means of understanding or effective communication.

- **Stones** - Amethyst, Clear quartz
- **Activity** - Meditation is the yogic practice best for the 7th chakra. Meditation clears and quiets the mind, in preparation for experiencing the Divine
- **Physical influences:** Cranium- Right Brain Hemisphere-Cerebral Cortex, Right Eye- Right Side of Face- Bones of the Skull- Muscular System- Skeletal System-The Skin
- **Unbalanced symptoms:** Depression- Feeling of Being Scattered- Lack of Inspiration- Disconnected to Spiritual Source- Paralysis- Genetic Disorders- Bone Cancer- Multiple Sclerosis

# How to use chakra stones

- Chakra stones are used for healing and may be affected by our mental, emotional, and psychic tendencies.
- Chakras can be blocked by negative energies and will need cleansing as well.
- Next will follow a list of the seven most common Chakra stones and how they are used in healing therapy:



# Using stones for healing

1. . **Crown Chakra:** Amethyst, clear quartz. Very high vibrational crystals.
2. . **Third Eye Chakra:** Sodalite.
3. . **Throat Chakra:** Turquoise, blue lace agate, lapis
4. . **Heart Chakra:** Malachite, jade, rose quartz
5. . **Solar Plexus Chakra:** Citrine, yellow agate
6. . **Sacral Chakra:** Carnelian
7. . **Base Chakra:** Ruby, garnet, bloodstone

Chakra stones are used to help heal specific areas of the body. In fact, some people believe that each of the chakras represents a specific gland or system in the body.

Chakra stones and healing therapy go hand in hand to help you begin to heal your body, or another's body's.

While medical science is often exact to a point, chakra stones and their healing therapy powers will be something more felt than seen.

The results, instead of the process will be what people will be able to see.

## **We will now learn where and how to use the stones:**

Choose your crystals and arrange them in sequence beside where you will be lying. Lie down and relax.

To gently balance and realign your chakra energies, place one stone of the appropriate colour on each chakra area for a few minutes.



# Step 1 – Crown Chakra

- Place a violet crystal or clear quartz crystal just above the top of the head.
- This will integrate and balance all aspects of the self - physical, mental, emotional and spiritual, and will promote positive thought patterns, inspiration and imagination.



## Step 2 – Brow Chakra (3<sup>rd</sup> Eye)

- Place an indigo or dark blue crystal in the centre of the forehead
- to promote intuitive skills and memory and to increase understanding and self-knowledge.

## Step 3 - Throat Chakra

- Place a light blue crystal at the base of the throat to bring peacefulness, ease communication difficulties and to promote self-expression.

## Step 4 – Heart Chakra

- Place a green crystal in the centre of the chest to promote a sense of calm, create a sense of direction in life and to balance your relationship with others and the world.
- A pink stone can be added for emotional clearing.

## Step 5 – Solar Plexus Chakra

- Place a yellow crystal between the navel and the ribcage to reduce anxiety, clear your thoughts and improve confidence.

## Step 6 – Sacral Chakra

- Place an orange coloured crystal on the lower abdomen.
- This will balance creativity and release stress and blocks in your life that prevent enjoyment.

## Step 7 – Base/Root Chakra

- Place a red or black crystal near the base of the spine between your legs, or alternatively place two red stones, of the same sort, on the top of each leg.
- This will balance physical energy, motivation and practicality and promote a sense of reality