

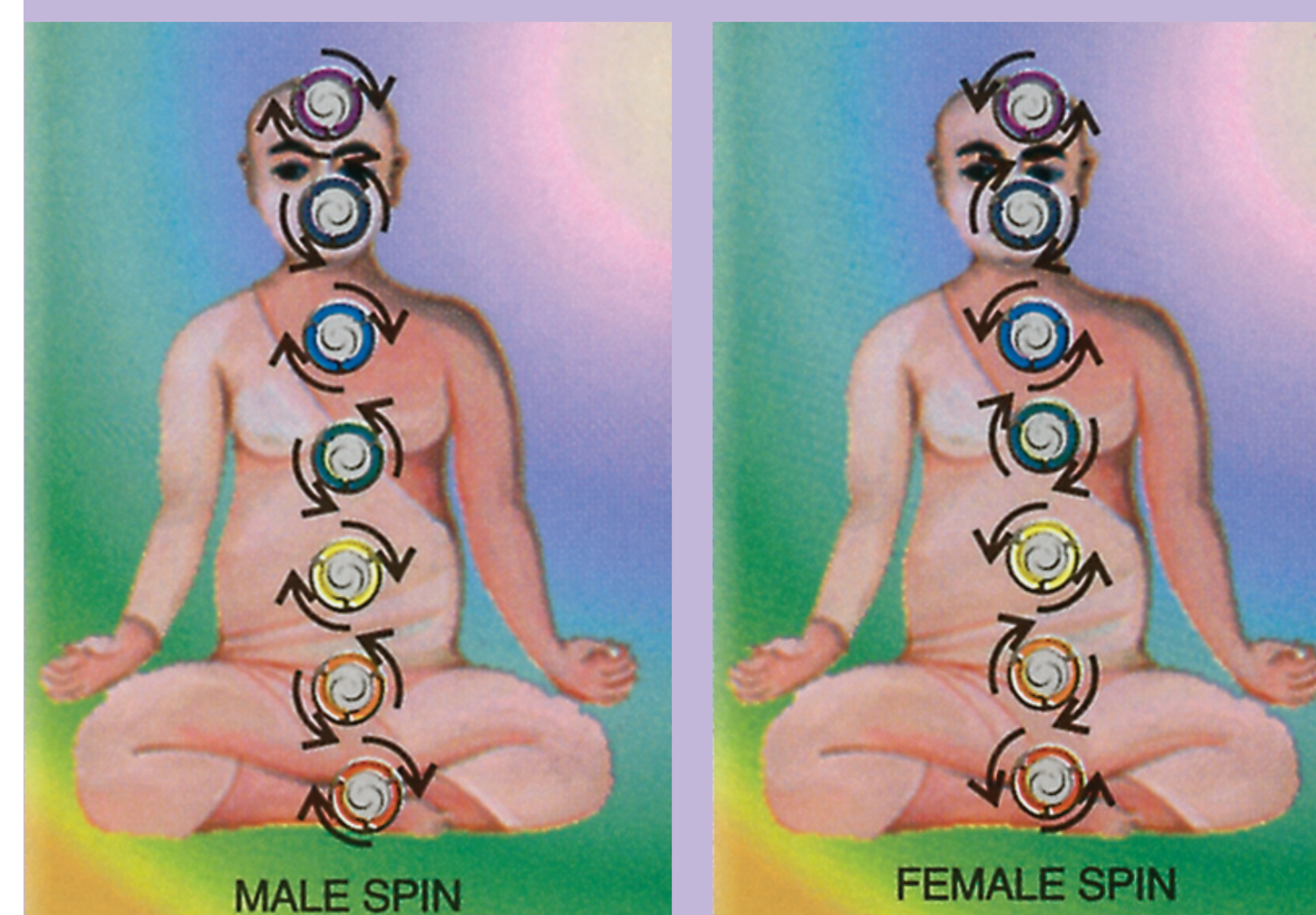
CHAKRAS

CROWN	THIRD EYE	THROAT	HEART	SOLAR PLEXUS	LOWER ABDOMEN	ROOT
PURPOSE	PURPOSE	PURPOSE	PURPOSE	PURPOSE	PURPOSE	PURPOSE
Here the human being connects with the Universe. The totality of a person, as combined from the other Chakras offers itself to the Divine forces of the Universe. The individual experiences knowledge beyond words or intellect. Interfacing with cosmic energies and pure consciousness.	This Chakra enables the recognition of 'Being'. Connects to the part of creation which is beyond science & physical manifestation. Through this Chakra the 'knowing' of spiritual matters is passed down and so influences all other parts of an individual.	Here feelings and emotions are transformed into expressions such as laughter or crying. Deals with everything related to sound on both the physical and the metaphysical level. Communicates & mediates all emotions and feelings. Provides space from 'Self' to enable 'inner' reflection.	The centre of the Chakra system. Here aesthetic impulses (art or music) are processed into feelings & emotions. The ability to love freely, without fear or self-consciousness is generated here. Negative feelings and emotions are neutralised. Healing by acceptance of suffering.	Position in the centre of the body gives this Chakra its significance. Impulses such as desire, wishes blend with impulses coming from above. This is where the personality is formed. 'Feeling' and 'Being' are integrated here. This is the melting-pot of spiritual and earthly aspects.	Centre for sexual energy, creativity and pure emotions. Here the male sexual drive combines with the female sexual response. Feelings and emotions flow freely through regulating the relationship between lovers & friends. Balances the free giving and receiving of feelings and emotions.	Links the individual with the physical world. Defines the concept of 'Being' and 'Accepting Being'. Serves as the foundation to evolve and build the personality. Embraces aspects such as energy, self-expression, ambition, consistency, desire for security and the survival of self and species.
ESSENTIAL OILS	ESSENTIAL OILS	ESSENTIAL OILS	ESSENTIAL OILS	ESSENTIAL OILS	ESSENTIAL OILS	ESSENTIAL OILS
Frankincense, Olibanum, Oakmoss, Lotus	Jasmine, Vetiver, Basil, Patchouli, Rosemary	Lavender, Sandalwood, Neroli, Sage	Geranium, Bergamot, Rose, Clary Sage	Chamomile, Lemon, Thyme, Ylang Ylang	Sandalwood, Petitgrain, Ylang Ylang	Cedar, Clove, Cypress, Marjoram, Myrrh
RELATED GEMSTONE	RELATED GEMSTONE	RELATED GEMSTONE	RELATED GEMSTONE	RELATED GEMSTONE	RELATED GEMSTONE	RELATED GEMSTONE
Amethyst, Crystal, Topaz, Alexandrite, Sapphire	Lapis Lazuli, Sodalite, Indigo Sapphire, Opal	Aquamarine, Turquoise, Chalcedony	Emerald, Green Jade, Rose Quartz, Kunzite	Amber, Tiger's Eye, Citrine, Yellow Topaz, Agate	Moonstone, Carnelian, Tourmaline	Agate, Bloodstone, Garnet, Ruby, Smoky Quartz
SYMBOL	SYMBOL	SYMBOL	SYMBOL	SYMBOL	SYMBOL	SYMBOL
1000-Petaled Lotus	96-Petaled Lotus	16-Petaled Lotus	12-Petaled Lotus	10-Petaled Lotus	6-Petaled Lotus	4-Petaled Lotus
PRINCIPLE	PRINCIPLE	PRINCIPLE	PRINCIPLE	PRINCIPLE	PRINCIPLE	PRINCIPLE
Pure Being	Knowing of Being	Expression of Being	Loving beyond the Self	Formation of Being	Reproduction of Being	Physical Entity
DIRECTION	DIRECTION	DIRECTION	DIRECTION	DIRECTION	DIRECTION	DIRECTION
Pointing upward	Pointing forward	Pointing forward	Pointing forward	Pointing forward	Pointing forward	Pointing downwards
ASSOCIATED BODY PARTS	ASSOCIATED BODY PARTS	ASSOCIATED BODY PARTS	ASSOCIATED BODY PARTS	ASSOCIATED BODY PARTS	ASSOCIATED BODY PARTS	ASSOCIATED BODY PARTS
Brain, cerebellum, skull.	Face, eyes, nose, sinus, pituitary gland, cerebellum.	Lungs, vocal cords, bronchials, throat, thyroid, voice, jaw, neck, nape of neck.	Heart, upper back, rib cage, chest, skin, lower lungs, circulatory system, abdominal cavity.	Abdomen, lower back, stomach, liver, spleen, digestive system, gall bladder, nervous system.	Reproductive organs, kidney, bladder, pelvic area, sperm, all liquids and fluids of the body.	The dense, solid parts of the body: bones, teeth, nails, legs, arms, intestines, anus, prostate.
COLOUR	COLOUR	COLOUR	COLOUR	COLOUR	COLOUR	COLOUR
Violet, White, Gold	Indigo	Light Blue, Cyan	Green	Golden Yellow	Orange	Bright Red
LOCATION	LOCATION	LOCATION	LOCATION	LOCATION	LOCATION	LOCATION
Top and Centre of Head	Between the Eyes	Between inner Collarbone	Centre of Chest	Slightly down from Navel	Slightly above Genital Area	Between Genitals and Anus.
ELEMENT	ELEMENT	ELEMENT	ELEMENT	ELEMENT	ELEMENT	ELEMENT
All Elements	All Elements	Ether	Air	Fire	Water	Earth
EFFECT	EFFECT	EFFECT	EFFECT	EFFECT	EFFECT	EFFECT
Cosmic Aspects, Overcome Self Limitations	Understanding, Harmony	Brings Harmony to Speech & Voice	Brings Peace, Understanding	Eases Aggression, brings Peace	Stimulates desire, rejuvenates	Calms, dissolves Tension
ZODIAC & PLANETS	ZODIAC & PLANETS	ZODIAC & PLANETS	ZODIAC & PLANETS	ZODIAC & PLANETS	ZODIAC & PLANETS	ZODIAC & PLANETS
Capricorn, Pisces, Saturn, Neptune	Sagittarius, Aquarius, Pisces Mercury, Venus, Uranus	Gemini, Taurus, Aquarius Mars, Venus, Uranus	Leo, Libra Sun, Venus, Saturn	Leo, Sagittarius, Virgo, Sun, Jupiter, Mars, Mercury	Cancer, Libra, Scorpio, Moon, Venus, Mars, Mercury	Aries, Mars, Taurus, Scorpio, Capricorn, Saturn
IN HARMONY	IN HARMONY	IN HARMONY	IN HARMONY	IN HARMONY	IN HARMONY	IN HARMONY
Living with the knowledge of Unity. Knowing that the Self reflects the Divine. Abandon individual ego for Universal Ego.	Awareness of spiritual side of being invites intuition and inner awareness into everyday life. Connects to the Universe.	Knows balance of expression; silence and speech. Knows how to listen to the 'inner voice', trusts intuition.	Exudes a feeling of wholeness. Tolerance and acceptance of life and relationships. Balance of the material and spiritual.	Feeling of wholeness, inner calm and peace. Inner tolerance and acceptance of others. A balance of the spiritual and material world.	A considerate, open, friendly, kind person, has no trouble sharing emotions, feelings with others. Happily connected to life.	Profound connection to Nature. Trust in Nature's laws, a deep understanding of its even ebb and flow.
OUT OF HARMONY	OUT OF HARMONY	OUT OF HARMONY	OUT OF HARMONY	OUT OF HARMONY	OUT OF HARMONY	OUT OF HARMONY
Unable to let go of anxiety and fear. Unable to imagine Cosmic Unity. Depressed & unsatisfied.	Rejects spiritual aspects. Focus on intellect & science. Only sees obvious, surface meaning. Afraid of intuition.	Despite much talking cannot find expression. Fearful of being judged and rejected. Afraid of silence.	The love you give is not sincere. You look for rewards. You cannot accept love given by others.	No trust in natural flow. Need to dominate. Emphasis on the material. Great need for material security.	Unsure and unstable in sexual and emotional matters. Cannot express feelings. Suppresses natural needs.	Inability to trust Nature. Focus on material possessions. Need to satisfy own desires & wishes.
MASSAGE DIRECTIONS	MASSAGE DIRECTIONS	MASSAGE DIRECTIONS	MASSAGE DIRECTIONS	MASSAGE DIRECTIONS	MASSAGE DIRECTIONS	MASSAGE DIRECTIONS
MALE FEMALE	MALE FEMALE	MALE FEMALE	MALE FEMALE	MALE FEMALE	MALE FEMALE	MALE FEMALE
Clockwise Anti-Clockwise	Anti-Clockwise Clockwise	Clockwise Anti-Clockwise	Anti-Clockwise Clockwise	Clockwise Anti-Clockwise	Anti-Clockwise Clockwise	Clockwise Anti-Clockwise

CHAKRAS - THE GATEWAYS TO CONSCIOUSNESS

Chakra is a Sanskrit word which means wheel of light. Traditionally there are seven chakras and these are the energy centres of the etheric body. The chakras appear as wheel-like vortices of pure energy and are sometimes referred to as 'lotuses'. They spin at great speed and in a deeply spiritual person they become spheres of radiant energy. The chakras lie along the nave of the spine and through them a person's spirit and soul become receptive and communicate with cosmic energies. C.G. Jung referred to the chakras as the 'gateways of consciousness'. Each chakra has its own purpose, association and connection. Balancing the chakras is not only beneficial to well-being but also the only way of uniting the Individual Soul with the Universal Soul.

CHAKRA ROTATION FOR MASSAGE



CHAKRA STIMULATION AREAS



Areas on hands and feet correspond to specific chakras. To enhance healing potential, stimulate these areas by gently massaging in the appropriate spin direction.

MANTRAS and TONES



The Sanskrit word "Chakra" means 'Wheel of Light' and refers to the constant rotation of the chakras. The spin direction alternates and its sequence is different for both sexes.