

# HOW TO IMPROVE HEALTH AND HAPPINESS WITH CHAKRA HEALING



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## Introduction

As you age, do you worry about the state of your health or the future of your well-being?

Do you suffer from pain or ill health and worry you'll never feel healthy again?

Have you ever struggled through your day and wished you could just stay in bed?

If you answered yes to any of the above, you are in the right place.

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## Quick List of Chakra Healing Benefits

- Relieves pain... even if you have lived with it for years and given up on solutions
- Reduces stress, allowing you to find more enjoyment from your family, relationships and even your work
- Alleviates illness and helps you reclaim your health
- Eliminates negative and harmful thoughts
- Increases feelings of joy and happiness
- Strengthens your body to fight off any future illness or ailments
- Restores harmony in your body
- Relieves yourself from emotional or physical trauma
- Plus much more!

Keep reading to learn how chakra healing can help you live a healthy and happy life that is free from pain and suffering and full of love and joy.

## Living in a Stressful World

For the vast majority of us, life is far from easy. We may live in a marvellous world, filled with opportunities and wonder, magnificent natural beauty, human kindness and innovation. Yet, the reality for most of us is little more than endless, grinding monotony; stress; and a plethora of worries and concerns.

Modern living has created millions of casualties, a sense of being trapped within ourselves and our situations, and we have somehow lost the will to look around us and recognize our potential and our own abilities for good health, relaxation, focus and empowerment.

Most of us have to worry about one thing or another as soon as we wake from sleeping. For a huge proportion of the population, particularly in the developed Western world, our lives are driven by the endless search for material gain and possessions. Often, this is achieved only by working in jobs we have little or no love for, in order to end each day, each week or month of our lives looking forward to a wage packet, which is rarely enough to satisfy our cravings for more.

We are riddled with frustrations — frustrations regarding unfulfilled potential, frustrations regarding our own feelings of inadequacy and self-worth, frustrations regarding our relationships, our jobs and the way each day passes.

What does this amount to? Little more, it seems, than a depressed populous; vast swathes of people unhappy with their lives and discovering that even with more money and more work, the emptiness that haunts them does not pass or disappear.

Such feelings of frustration and sadness occasionally take a more dramatic and troubling turn, and clinical depression and other mental complications are becoming increasingly commonplace.

What is becoming clearer and clearer with advances in understanding the connections

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between the brain and the body is the undeniable fact that stress, depression and poor mental health are inextricably linked to poor physical health. In essence, our stressful lives are making us sick, and to find a cure, we must first examine our mental and spiritual states of being.

## Seeking Solutions From Ancient Times

The past few years may have seen the rise of stressful, fast-paced living, but they have also seen something else arise — something quite unexpected and something that has quite promising implications for the future.

Just as more and more people are noticing that they are unhappy and unhealthy and that something needs to be done to tackle this unavoidable unhappiness and poor health, more and more people are turning away from conventional Western solutions to such a problem.

Indeed, the level of interest in more esoteric, ancient and simple practices for dealing with a range of illnesses, as well as the depression, anxiety and frustration, which may be considerable factors in such illnesses, has increased dramatically over the past decade or so.

Nowadays, there is more literature and more instructional videos, classes and lessons than perhaps ever before — aimed not just at people with problems but geared toward improving the lives of everybody and anybody eager to find another way, another path toward good health, life enrichment, stillness, calmness and dealing with the constant uncertainty and stresses we have to face every day.

How has this come about? There has been much written and researched when it comes to this interesting and thoroughly modern phenomenon, and many academics and scholars have come to many conclusions.

However, the most convincing arguments seem to involve the fact that people are keen to deal with the root of their illnesses, problems, difficulties and the very essence of what they are feeling and experiencing.

Whilst medical assistance helps with the symptoms of an illness or mental problem (for example, regulating your moods as to avoid depression), it does little or nothing to examine or heal the cause of the problem.

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Also, if the modern world is what is causing so much frustration and happiness, could the products and tools and medicines of the modern world ever successfully cure such problems?

Every day, more and more people are seeking out ancient wisdoms, handed down through the generations from simpler, more blissful and spiritually aware times and ages, as a way of reconnecting with their real lives, their real bodies and their essential humanity.

Yoga classes have sprung up in every town in the Western world. Meditation and energy healing are discussed openly; terms such as the psyche, the subconscious and the soul have re-entered common phrasing. This is because now, more individuals and groups are learning more about who they really are and what their bodies and minds really consist of.

## The Rebirth of Chakra Healing, Meditation and Meditative Practices

Perhaps the most significant practice and area of interest that has emerged over the past couple of decades in the Western world is that of meditation, especially chakra meditation and chakra healing.

Today, meditation and chakra meditation are beginning to be recommended by doctors and medical practitioners. After a gradual rebirth of the practice in the modern world, and you only have to talk to somebody — anybody — who regularly meditates and understands the benefits it can bring to your life in order to recognize just how powerful this basic, ancient human tool can be in regards to improving your day-to-day existence and reconnecting the body with the mind and the spirit.

We may associate meditation and chakras primarily with Buddhist monks and ancient Hindu sadhus, with a range of exotic imagery and time-honored stories and poems. However, the reality of it is that meditation is something that has inspired the minds of millions upon millions of people, as well as the rise of cultures and civilizations throughout history.

Indeed, the ancient knowledge of chakras and the energies of the body, which will be explained shortly, even gave rise to a medical system in the East, which predated our own and inspired many of our most significant findings regarding the human body.

## The Treasures of Indian Wisdom

Of course, when we consider chakras, meditation and what meditation is, there is one part of the world that immediately springs to mind: India. India was the place where the practice of meditation, especially the knowledge of chakras and bodily energies, became the most advanced, and the most written about, recorded and revered.

In ancient India, as in modern India, individuals were encouraged to meditate daily to calm their bodies, focus their minds and stay happy and healthy in body and spirit. Chakra meditation became something of a national past time for Indian people, and by utilizing this powerful practice, the ancient Indians were able to energize their bodies and minds.

Thus, they were able to build the most fascinating and successful societies on earth at that time, not driven by greed or the desire for material possessions, but by harmonious minds and motivated bodies realizing their potential.

In essence, meditation as a whole is a practice designed to help the human mind and body regain its focus, recharge its batteries and float in a sea of emptiness and quiet. Within this sea of tranquillity and relaxation, what you can achieve is essentially endless and full of unlimited possibility.

Should you wish it, you may find yourself withdrawing into a silent place, where nothing can harm you and your problems and worries drift away as foam on a wave. Should you wish it, you can begin to heal your problems and recognize the insignificant nature of your worries.

Should you wish it, you can get in touch with the divine and receive inspiration and beautiful visions and thoughts. Meditation is the tool with which we can unlock the secrets of our being, of our very lives.

We, as humans, are born with a desire to understand our existence. Since we came out into the sunlight and began to use our minds, we have been asking ourselves and one another

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what our purpose is in this world, why we have been brought here, whether or not there is a higher power and whether we are in control of our destiny, our potential and our own abilities.

Meditation is, and has been for centuries, a powerful and enduring method with which to begin answering these questions. When we combine the skills and abilities inherent in meditative practices with some knowledge of the energies of the body, what we have is a powerful tool to heal ourselves, to improve our mental and physical well-being and generally lift ourselves upwards out of poor health.

Meditation techniques give us the key to unlocking not just our inner sense of peace, but also to open the doorway to profound healing and energizing experiences.

For a vast amount of people in the East and the West, meditation is something, which is used as a fundamentally religious exercise. Indeed, meditation has revealed revelations, visions and divine instruction. It has inspired the greatest pieces of religious literature, poetry, painting and music.

However, one of the wonderful things about chakra meditation is that it doesn't need to be connected with any belief in a particular deity or other religious aspects. It is a fundamentally human exercise. It's a way of tapping into the wonder and potent energies, which are part and parcel of being a human. It gives us the ability to both find inspiration and be utterly detached from the world around us, our instinctive, animalistic desires and impulses.

Through chakra meditation, we can align our energies, we can drive ourselves forward, we can heal and ward off any physical or mental ill health or heal our emotional issues which may be holding us back from reaching our true potential. We all have chakras; we are all energetic beings. As such, chakra meditation is something that can get us truly in touch with what it means to be human.

## What Are The Chakras?

Our chakras are what control and regulate our inner energies. Our chakras are responsible for the movement, the flow and the potency of our energies. They absorb energies from the earth below us, soaking it in from the places we inhabit and the people we come across, and they absorb energies from other, more subtle realms, from the sky above us, wherefore comes wisdom and enlightenment.

Essentially, the chakras are seven powerful, potent and tireless energy centers that exist within our bodies, running in a straight line along the spine, from the top of the head (the crown), down to the base of our spine (the root).

The word “chakra” translates to “wheel” in the ancient Indian language of Sanskrit, and these energy centers are usually depicted as pulsing wheels or vortex, spinning away in order to release and enrich various parts of the body with energy, while continuing the cycles of energy, which we require to stay healthy and happy.

What is fascinating about the chakras is that they not only provide various parts of the physical body with energy, but they also take care of our emotional, mental and spiritual well-being.

This is due to the fact that the various parts of the body where the chakras are located are deeply entwined with various subtle aspects of our being. For example, a particular chakra may be partly responsible for the health and functions of one of our major organs and also be responsible for supplying us with the energy required to motivate ourselves to work hard or sustain a relationship with someone.

It may take care of our respiratory system and also allow us to focus on our life goals or feel a connection with our spiritual side. As a result, it is vitally important for us to look after our chakras and to keep these inner wheels spinning and clear, driving us and healing us of any physical problems.

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This knowledge is of vital importance, for our chakras, powerful though they may be, are also highly sensitive. It doesn't take much for a chakra to be blocked or for it to become depleted of energy.

Our chakras can even be overworked, or hyper-energized, upsetting the balance of energies within our bodies and causing a wide range of symptoms. This guide is designed to take the reader through each of the chakras in turn, explaining how they work and what they do. Additionally, you will receive advice on how to meditate on a particular chakra, clear it of blockages and ensure that your inner body is balanced and healthy, providing you with well-being and a sense of fulfilment and happiness.

## The Hidden Energies of the Body

We all know that energy is a vital component of the workings of our body. We all learn at school that we eat food to acquire energy and that all life on earth takes energy from the sun.

Energy is what allows us to move, think and feel. Energy can be low, depleted or high and intense. However, few people understand just how energy is absorbed into the body from other sources, how it moves throughout the body and especially, how it affects our physical, mental and spiritual well-being.

The ancient mystics, sadhus, holy men and physicians of India, were sure of one thing: we are not merely this body. They were keen to promote the idea that the human body was, in many ways, like a Russian doll with layers of being inextricably linked to one another.

One of the key “layers” within us became known as the “energetic body,” and was comprised of energies, which are constantly flowing, circulating and spinning. These energies were absorbed from the world beneath our feet, from the places we inhabited, from the people we met or were in contact with, and from divine sources above us.

The energetic body is believed to be deeply and fundamentally connected with the physical body we often wrongly perceive to be the whole our ourselves, and as such, when our energies are running low, or are negatively affected by environmental and other factors, our physical bodies are affected likewise.

If this sounds unlikely, or seems in some way difficult to understand, simply consider what occasionally happens when you walk into a particular building or place or speak with certain people.

Our immediate environment is so infused and buzzing with all kinds of energies, we cannot help but pick up and absorb some of it. This can be a positive and negative thing, as occasionally we will come across somebody or walk into some place, which has a negative

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energy, and our own energy levels can be very much negatively affected.

Furthermore, consider for a moment the link between the energetic body and the physical body. Stress is an ideal example of this, as it is as much a physical illness (with often devastating results) as it is a mental or energetic one.

Heartbreak has real, physical and tangible symptoms, as well as being primarily a depletion of energies from our body. There are hundreds of other examples, and in order to fully understand the true workings of our bodies, we must first remember that the different aspects of our bodies are fundamentally and deeply entwined, linked and connected. **Everything comes down to energy.**

## The Root Chakra

The first of the body's chakras is, in many ways, the most important and one that is frequently under-nurtured, neglected and thus blocked and unable to perform its vital tasks.

The root chakra, known in Sanskrit as “Muladhara,” which means “foundation,” is the energy source located at the very base of the spine. When sitting in the classic cross-legged meditative position, or the yogic lotus position, all of the chakras align themselves and form a bridge through the body between the earth and the sky. The root chakra is the one that is in contact with the earth, an energy center literally acting as our foundation, our grounding force.

A solid root, a strong foundation, is a vital component of many different things. Just as you wouldn't be able to build a house without a strong, well-made, solid foundation, it is extremely difficult and stressful to attempt to build a successful, happy or healthy life without a solid foundation.

As such, should we wish to learn, develop, succeed and be driven forward as people, the root chakra is all-important and must be nurtured and kept open and spinning healthily to act as a grounding force and a starting point for our life's journey.

Today, our sense of survival is a financial matter first and foremost. As much as we may disagree with the implications of this, we must recognize it as a basic truth of life in the modern world.

As such, should you be experiencing financial difficulties, especially if they are connected with poor decisions regarding money or a frivolousness or addiction to spending what you do not have, there is a high likelihood that the source of these problems is a blockage or leakage in your root chakra.

The deep red energy that is produced by the Muladhara is very prone to blockages in the modern age, and the results of such a blockage can be dire. Because the root chakra is also

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connected to the adrenal glands, the kidneys and the intestines, chakra blockages caused by stresses connected with money, a sense of place or groundedness will be passed on to these parts of the body, often resulting in weight gain, kidney problems, a lack of physical energy or a sense of being lost in the world.

These problems often cause a lack in self-esteem and self-worth, resulting in a vicious cycle, which is difficult to escape. Even if you are financially comfortable, a closed or blocked root chakra can result in relationship problems, a sense that you are in the wrong time or place, feelings of depression, and a lack of courage or drive to achieve your dreams or goals.

So, how can we improve the health of the root chakra and thus reconnect with the world we live in, find the driving force for success and discover the energy with which to achieve your dreams? Doing so can be simple and enjoyable, and alongside the emotional and energetic benefits, it's also an assured way to improve the health of your kidneys, adrenal gland, digestive system and to lose excess weight!

The root chakra is stimulated and nurtured by the earth, being the chakra related to "groundedness," and nourished by the powerful healing energies the earth provides. As such, any contact with nature helps to open this chakra and replace any lost energy that may be causing problems. Simply by spending time in the presence of nature, going for a walk in a park or a forest, or more strenuous exercises, such as hiking and rock climbing, are effective ways of opening and cleansing this chakra.

Yoga is also a fantastic way of healing yourself through your root chakra, and there are dozens of poses designed to assist in this. Because red is the color of the energies of this chakra, using red lights or even something as simple as surrounding yourself in red objects (clothing, bed sheets, etc.) can help replenish the deep red, throbbing energies, which this chakra requires for good health.

To really enrich the energies of the root chakra and to ensure it is open, unblocked and spinning happily, take a little time each day to meditate outdoors or even to simply appreciate

the beautiful world we live in. Fifteen minutes of sitting on a patch of grass, shaded by trees and practicing deep breathing exercises and simple meditation techniques can massively improve the health of the root chakra.

## The Sacral Chakra

The sacral chakra is the second of the seven chakras and is located just below the navel. This chakra is your essence, the center of yourself and your emotional essence. In Sanskrit, this chakra is called “Swadhisthana,” which translates to “your own place” — simply, this is the true and untarnished side of yourself, the being you know deep down is the real you.

Symbolized by a vibrant orange, the sacral chakra could be seen as you inner flame, the burning fire of passion and self-awareness that we all need to succeed in this life and use as a powerful energy source for self-confidence and emotional well-being.

The sacral chakra is deeply associated with pleasure and passion, and the energies produced by this powerful energy vortex are those that allow us to reach out and attain that in life, which gives us pleasure. As such, it is vital to keep this chakra open in order to experience a life enriched by happiness and resourcefulness and a sense that we are doing the right thing.

Should this chakra be closed or depleted of energy, the individual is quick to fall into depression and anxiety, ridden with guilt and a fear of allowing yourself to truly enjoy life. Most often, this manifests itself in people incapable of expressing their personalities and true self. Meanwhile, we should be busy creating things and speaking animatedly about our opinions and beliefs. All too many of us simply follow the crowd, become plagued with self-doubt and the kind of loss of confidence that causes us to pursue things we know are not good for us, or restrict our personalities and those things we know to be right and true.

Furthermore, problems with the sacral chakra can cause a huge imbalance in our emotions; we can become arrogant or even aggressive and violent (road rage is the classic example of this), cruel or sadistic.

On the other side of the scale, people with closed sacral chakras are often cold and disconnected, obsessed with material things and unable to appreciate other people's emotional needs or requirements. Physical manifestations of blocked sacral chakras, include

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stomach problems, genital problems, lack of sex drive or potency, or blood-related disorders.

We are all emotional creatures, and emotions drive much of our lives in this world. The sacral chakra provides us with the energy to respond properly to emotional stimuli and is easily unbalanced by emotional influences.

These could be anything from relationship problems to difficulties within families or work. As such, it is easy to understand why this chakra is one of the most commonly blocked or suffering from energy depletion.

By nurturing the sacral chakra, we allow ourselves to express ourselves fully, with confidence, and with a sense of empathy for those around us. People with open and turning sacral chakras have strong, loving and fulfilling relationships and are warm, caring and sympathetic people, who can feel and understand the pain or problems of others, without becoming dragged down and helpless when loaded with them.

The beautiful thing about healing and nurturing the sacral chakra is all that it requires is happiness. Seek out whatever makes you happy and ensure that a little time each day is dedicated to them. This could be something as simple as listening to your favorite music and being aware of the fact that it brings a smile to your face or meditating on happy memories and sensations.

If you want to nurture your sacral chakra every day, go outside in the evenings and glory at the majesty and beauty of a sunset and breathe deeply as you admire nature's wonders, reminding yourself all the time that such things are bringing you pleasure and that you are lucky to recognize this.

Another excellent way of enriching the energies of the sacral chakra is by using your talents to express yourself. Whether this involves painting, gardening, writing poetry or singing, spend a little time each day to mindfully exercise your talents and express the real you.

When we do this, the orange flame of Swadhisthana within us burns more brightly and brings enormous benefits to our physical and spiritual well-being.

## The Solar Plexus Chakra

The third of the body's chakras is that of the solar plexus, located in the very core of the body, between the sternum and the navel. Here, the energy vortex, which resides within, creates powerful energies associated with ego, self-worth and confidence. In today's difficult modern age, we often find ourselves crushed by feelings of self-doubt or end up lagging behind others due to low confidence.

We need a constant resource of willpower to succeed in our goals and aspirations, we need to master ourselves, and not fall to wanting mastery over others. The Sanskrit word for this chakra is "Manipura," which means "shining gem," referring to the precious, glittering energy that gives us the power to rise to the occasion and achieve our goals, or stand out from the crowd when we need to shine.

The golden yellow color of this chakra's energy is like a guiding light, allowing us to walk our true path and recognize the direction we need to follow in this life.

As you might imagine, this is something that modern work and life make quite difficult, and as such, constant cleansing and nurturing of the solar plexus chakra is necessary in order to find good health and happiness and to avoid feelings of self-doubt and the stresses and illnesses that can arise, should this chakra not be open.

When this chakra is blocked or depleted of energy, life can quickly seem like a series of disappointments. Frustration is quick to arise and expectations are lowered. We have all experienced the sensation of giving up on our dreams or of feeling as though the world is against us.

Such feelings come about as a result of this all-important chakra failing to invigorate our bodies with positive energy. In some people, this lack of energy results in a victim complex, and embitterment is soon to follow.

In others, overcompensation takes place, and arrogance and false bravado arise — things that can have a highly negative effect on relationships at home and at work. Furthermore, such feelings are only a mask, disguising a sense of failure or desperation.

Because this chakra is located in the center of the body, blockages of the solar plexus energies manifest in a wide range of worrying physical ailments. Stomach cramps, gas, nausea, even diabetes or liver disease are all associated with poor third chakra health.

To heal and nurture the third chakra is, for many people, quite a difficult task. It involves challenging yourself, seeking out new experiences, which take you out of your comfort zone. If you feel you need help with this chakra, sign up for a new class and praise yourself in your progress.

Maybe embark on a new hobby and find confidence and happiness in the things you make or create. Simple things, like looking people in the eye, walking tall and appreciating your appearance can make a real difference, as can meditation and especially mindful meditation, when we speak positive affirmations to ourselves.

Spend a little time each day practicing deep-breathing exercises, and when you exhale and empty your lungs, repeat positive mantras — tell yourself that you are strong, powerful, confident and happy.

Make sure that you understand on a fundamental level that you have a path to walk, and even though it may take time to discover it, it is the only thing you should be aiming toward. Such exercises will create in you an assertive, confident character, powered by the golden light of the Manipura.

## The Heart Chakra

The heart, for so many of us, is the source of both ecstasy and agony. Almost everybody on earth has struggled at some point with matters of the heart, be it heartbreak at the end of a relationship, the pain of unrequited love or a lack of love for yourself, and these problems have only grown in the modern age due to the busy, stressful nature of life.

Such living allows little time for tenderness or time spent with loved ones, showing appreciation and love and thus receiving in equal amounts. When we look back through our lives, those moments of heartbreak stand out almost above all others, and the source of such pain is often — if not always — due to a blockage in the fourth chakra, the heart chakra.

The name in Sanskrit for this important vortex of powerful energy is “Anahata,” which translates to “the unstruck note.” This poetic name refers to the potential energy and power of the heart, which is often lying dormant, waiting to be struck by someone or something and thus releasing beautiful music.

It is symbolized by a deep, leafy green, the color of new life, of thriving and natural beauty. This color gives us some clue as how to nurture this most tricky of chakras. It isn't difficult for the Anahata to become blocked, and indeed, energy quickly leaves this vortex should we become broken-hearted or lose love for ourselves.

Feeling loved and loving others are vitally important parts of human existence, and when this chakra is open and blossoming like a lotus flower, life is a beautiful, happy, blissful experience.

As such, taking care of this chakra, even if alone, is something we should all take the time to do. When closed, the heart chakra manifests a wide range of physical and mental problems.

The most common are feelings of jealousy, anger, confusion, bitterness and resentment. We lose all empathy for others and become that stereotypical person who scowls when seeing a

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happy couple on the street.

It is very easy when this chakra is not filling us with energy to feel as though life is hopeless and that we will never find somebody to love and be loved by. This is a gateway toward real loneliness, real resentment of ourselves, and we are quick to bear grudges or be unforgiving of those who hurt us or do not return our feelings of love.

Heart disease, asthma, lung problems, high blood pressure, breast cancer and immunity problems are all deeply linked to severe problems with the heart chakra. As such, we must find practices in our daily lives that assist in the overall health of this energy center.

The heart chakra is nurtured by acts of forgiveness and of unconditional love. Perhaps the most positive actions we can take in order to fill ourselves with powerful, loving energy are those that involve some sort of voluntary work, where we selflessly give without expecting reward.

People always speak of a “warm glow” inside when volunteering, knowing they've made a difference to a life. This warm glow is the heart chakra, blossoming with energy and healing that which was broken.

Taking care of animals, loving a pet or working at an animal shelter are also powerful ways of healing this chakra or even tending plants and flowers can make a difference. Furthermore, acts of forgiveness are one of the key ways we can encourage the spinning of this chakra.

Writing letters to those who we resent, even if we don't send them, can clear away blockages. Knowing that we have a deep connection with all living things and that life in this material world is too short and precious to bear grudges can quickly remove blockages.

The heart chakra is particularly responsive to aromatherapy. Lavender is a natural, essential oil that many people claim has a powerful link with the heart chakra. Even by meditating whilst burning lavender oils or bathing with a few drops of this particular plant extract is said to make

a significant difference.

The heart chakra is also quite an easy one to meditate on because we know and recognize the feelings of an energized heart. When meditating, redirect your attention to your heart, remember the feelings of love, the physical, tangible sensation of being in love, and visualize a powerful, vivid green energy returning to this part of your body.

## The Throat Chakra

The fifth chakra is located at the back of the throat, and as one might expect, is the chakra that provides us with the energy to express our true voice. Nowadays, truth and beauty are becoming rarities, something of a forgotten age. All too often, we feel as though we must bite our tongues and hold back from expressing ourselves from fear of standing out from the crowd or being ridiculed.

Such actions have hindered our ability to nurture and protect this all-important chakra, causing a wide range of serious problems. The throat chakra is known in Sanskrit as “Vishuddha,” which means “a pure place,” referencing the clear, concise and clean nature of true expression, untarnished by pressures or fear.

It is represented by an energy of crystal blue, like a cloudless sky or clear seascape, and this is the energy that allows us to express our inner feelings, our true thoughts. It is the energy of creation, of art, of music, of rhetoric and concise speech.

Humans are naturally creative beings, constantly coming up with ideas for beautiful things or for items or artistic pieces, which express their innermost thoughts in abstract or clear and concise ways. Such expression is an extremely human and healthy thing, and all too often in this modern age, we shun our creative urges out of fear of ridicule or being misunderstood or often because the result of such urges is considered to be something which has no value.

Expression is extremely important, and the repression of it causes frustration and can cause a blockage in a very important chakra. However, expression is also something that needs to be balanced and sometimes a little cautious.

We occasionally should acknowledge that there is sometimes wisdom in holding back from expressing our true feelings, as it isn't uncommon for our opinions to cause harm or upset others. Children are wonderfully uninhibited in their expression, both in speaking and artistic creation, but this uninhibited behavior is soon quashed by society, often to the extent that we

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completely lose the confidence and ability to create or grab what we truly deserve in life.

When the throat chakra is blocked, we commonly experience fear in expressing ourselves, we become incapable of speaking confidently or honestly, we become extremely frustrated in living an oppressed life, which bears no resemblance to the life we know we deserve.

Sometimes, people with closed throat chakras babble incessantly and have a fear of silence, feeling the need to fill any gaps in conversations pointlessly. Closed throat chakras, as with all the others, have a wide range of physical ailments attributed to them, including bronchitis, tonsillitis, ear infections, thyroid problems and mouth ulcers.

Opening and nurturing the throat chakra is something in which we can take great joy. Deep breathing exercises and following your breath through the body are excellent and deeply relaxing ways of nurturing the pale blue energy of the throat, as is any form of mantra meditation.

Singing, anywhere and anytime, is a lovely way to increase the energy of the fifth chakra, even if you sing in the shower or along to the radio in the car! Fall in love with your voice and recognize the potential it has to change the world around you.

For a quick, easy and effective exercise for opening the throat chakra, sit cross-legged on the floor and spend a couple of minutes fully inflating and deflating your lungs, relaxing the body. Pay close attention to the sensation of the breath as it moves through your throat. Once you are fully relaxed, begin a simple Sanskrit chant, giving a slow “hum” sound as you exhale, before breathing in with a “so” noise.

This is one of the most basic mantras there is and is designed to open and energize the fifth chakra. Practice this for 15 minutes a day and notice the difference it can bring to your life.

## The Third Eye Chakra

Situated in the middle of the forehead, the sixth chakra is the third eye, a wonderful energy center, which is capable of providing you with powerful insight, intuition, wisdom and the ability to make considered and correct choices regarding all aspects of your life.

This chakra is known by the Sanskrit name of “Anja,” meaning, “to command” and is represented by indigo, the color of wisdom, majesty and magic. People with an open third eye chakra can see the path they are walking and have the gift of foresight, making life's decisions and tribulations easier and more blissful in their undertaking.

An open sixth chakra gives us the ability to tap into our subconscious and unconscious minds, allowing us to understand ourselves better and analyze where we are in our lives and how we got them.

The third eye chakra also gives us the energy to sympathize with others and become a good judge of people's characters and intentions. If you find decision making a stressful, even impossible task, or you become frightened when you think of the future and what it holds, it is more than likely that your third eye chakra is blocked or depleted of energy.

This is a hugely common problem in the modern era, as people all over the world fear that their futures are not the happy, wonderful places they envisioned as children but are full of potential problems, difficult choices and more stress and worry.

The sixth chakra, when closed, creates all sorts of problems. The aforementioned difficulty in making decisions is just the start of it, as a closed third eye will plague us with confusion about who we are and where we are going.

If left unchecked, life can simply pass us by, leaving us to follow other people, as if we were little more than sheep. So many of us spend so much of our lives working for someone else's dream, completing projects or jobs which have little to do with what we want to do, and this is

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due to a lack of energy coming from a closed third eye chakra.

Health problems associated with this chakra include cataracts, headaches, migraines and all sorts of problems with vision.

There are many exercises we can undertake to nurture the third eye chakra and increase our ability for insight, foresight and wisdom. One of the most effective involves keeping a dream diary and remembering and analyzing our dreams.

Simply by keeping a notepad and pen at your bedside and sketching out any visions or symbols that entered your dreaming mind not only increases the vividness and pleasure you experience in dreaming, but also allows you an opportunity to explore your subconscious and increase the health of your third eye.

The other key exercise involves visualization meditations, simple exercises that require you to practice your skills of visualization. When relaxed and in something approaching a meditative state, begin to visualize your ambitions — be they receiving an award or being on top of a mountain.

See yourself in that position, and try to see through the eyes of the visualized you. Concentrate for 15 minutes or so on the visualization; try to develop this mental picture in high detail, as if looking at a film within your mind. Then spend some time examining the steps you would have to take to achieve that dream.

Such simple exercises will open the chakra and allow the indigo energies of wisdom to flood your third eye.

## The Crown Chakra

The final of the seven chakras is located on top of the head and is known as the crown chakra, or Sahasrara. This is an incredibly powerful and potent energy center, which is the final stop on the line of vortexes that runs through the center of the body.

A high vibrating power source, the crown chakra is our link to the divine, to inspiration, guidance, wisdom and knowledge far higher than our own.

It is the source of comfort in this world, a sense of place, of power and of belonging. It is the energy that gave rise to religions, to faith and the inspiration to create the world in which we live.

This chakra bears a name meaning “a thousand,” referring to the thousand petals of the astral lotus blossom, a symbol of the universe. It pulses with a beautiful purple, the color of enlightenment, and brings us closer to the nonphysical aspect of ourselves and the world around us.

When opened, this chakra brings us the energy to feel the presence of the divine, to accept and embrace inspiration, and to seek out higher goals of enlightenment and spiritual bliss. People with open crown chakras are filled with a divine energy and are wonderful leaders and inspirations to all.

Kindness and generosity are second nature to them, and they glow with an aura of satisfaction and contentment. However, the modern age plays havoc with this chakra to the extent that a healthy seventh chakra is a rare thing to find in anyone.

As well as the aforementioned mental and emotional problems, a depletion of energy in this chakra can bring the blockage of the crown, leading to depression, isolation, hopelessness, existential crises and even illnesses, such as dementia, strokes, and disorders, such as schizophrenia, bipolar disorder and many more.

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To exercise and nourish the crown chakra, you need to display gratitude for the world in which we live for the life we have been granted. Even if your life is far from easy, we have so much to be thankful for and to appreciate — be it family, friends or the natural beauty which is never far away.

The best way to nurture your spiritual side, and thus the crown chakra, is to meditate. Meditation need not take more than 20 minutes or so each day and is a practice that can enormously benefit your life.

It takes many forms, and it can be delightful and blissful to explore different types of meditation. If you don't know where to start, simply take 15 minutes or so each day to sit down and be contemplative, work on some deep-breathing exercises and wallow in emptiness and silence.

After some practice, and with some simple techniques, you should be able to empty your mind of all distractions and concentrate solely on the stillness within, washing over you in blissful waves.

By opening the seventh chakra, you will come to realize that your burdens in life are not to be carried by you alone. You will quickly awaken to the truth that all life is connected and is all part of a universal consciousness, which can be a friend, a guiding force or a source of inspiration and bliss.

## A Chakra-Cleansing Exercise

As mentioned, it is enormously important to heal and open all of your chakras in turn and to spend some time trying to identify which of your chakras is unbalanced, blocked or depleted of energy. It is likely that you are having some trouble with at least one of your chakras, as it is rare that all seven are operating as well as they should be all of the time.

Each day, take a moment to consider which aspects of your life or health you would like to improve, or heal, or bring happiness into, and then think carefully about to which of the seven chakras this challenge relates. You can use some of the guidance listed previously in this book. By doing this regularly, you should be able to greatly improve your overall well-being through chakra healing.

However, we also need to regularly cleanse the chakras, using one or more meditative exercise. Chakra cleansing usually involves addressing the body as a whole and using visualizations and breathing exercises to release any tensions or blockages that may be running through your seven chakras.

During any normal day, we are faced with dozens of frustrations and annoyances, difficulties and challenges, all of which have a negative effect on our energy system. By cleansing the chakras as a whole, we can help restore some order and harmony to our energetic bodies and find ourselves stronger, healthier and more capable of taking life by the horns and enjoying each day.

To start, sit in a cross-legged position, with the back straight, and all of the chakras aligned within you. After a couple of minutes of deep breathing and contemplation, take your hand (left for women, right for men) and place it on your forehead. Visualize all of the frustrations you have about your future or any emotional difficulty you may be experiencing and allow them to come out from your head and into your open hand.

Try to see these frustrations as a mist, or dark fog, and try to feel them escaping from your

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chakra and soaking into your palm. Spend two or three minutes allowing everything to escape before moving onto the throat chakra and repeating the process.

Follow this by placing your hand on every one of your chakras and forcibly willing negativity, frustration, self-doubt, worry and every other negative feeling out of the chakra and into the hand.

Once you have reached the first chakra (the root) and visualized this dark mist of negativity escaping your body and entering your hand, you need to bring your hand up toward your eyes.

Whilst breathing deeply and evenly, look at your hand and visualize with all your might a bright, crystalline white light enveloping it, removing and deleting all that negative energy and leaving your chakras clear and open.

After a few seconds, and a few more breaths, focus on the same white light moving upwards through your body. Let the light stop at each of your energy centers and flowing ever upwards. See the light cleansing, healing and purifying every aspect of your body before being released through your crown, back to the everlasting source of power from where it came and from which you too are forever a part of.

## Conclusion

Regular chakra healing, chakra cleansing and chakra meditation are ways of keeping your mind, body and spirit in a balanced, happy and healthy state. Once we begin exploring the true nature of our body's energies and the way in which our body truly operates, the possibilities for spiritual and physical growth are literally endless!

For too long, our civilization has locked itself into a shallow understanding of the reality of our bodies. We are beautiful, incredible and utterly fascinating beings with the capability to achieve wonders both outside and within ourselves. Often, all we need to do is remind ourselves to explore our inner space and just what and who we really are.

Once we begin exploring our chakras, healing our energy centers and revitalizing our spiritual and subtle bodies, we'll begin to notice that several aspects of our life will appear to "fall into place," a bit like a jigsaw puzzle that has been lying neglected in a box.

Our energized chakras will give us the powers of insight and foresight and mental and physical strength required to truly succeed in this life.

So don't hesitate; don't delay. Put down this guide, take a long, hard look in the mirror and begin to recognize the truth about yourself and your inner energies. This guidebook is split into helpful sections, dealing with each chakra in turn.

Whilst you may wish to begin focusing on any obvious problems you may have on a particular chakra, be sure to take the time to put a little effort and attention into all of your body's seven energy centers, as we cannot benefit from these exercises by isolating and separating parts of your body, which is a wonderful organism deeply and incredibly connected in myriad ways.

By working with each of your chakras in turn and by viewing your body, spirit and mind as one holistic entity, you can discover levels of harmony and wisdom, happiness and health hitherto unimagined. This is the first vital step on a long and rewarding journey, which will doubtless

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