

Chakras

Energy Centers in Your Body



What are they?

Chakras are energy centers located in various places around the energy body. Healthy chakras spin like wheels, generating and distributing certain types of energies throughout our bodies and auras. There are many, many chakras, but most modalities focus on the seven major chakras that lay up and down the spine, the hand chakras in the palms, and the feet chakras in the arches of the feet. Each chakra stores different kinds of information pertinent to our well-being as physical, emotional, mental and spiritual entities.

The first chakra, or root chakra is located at the base of the spine and holds information on survival levels and how to take care of the physical body. **The second chakra** is near the pubic bone and has our reproductive information, sexual energy and the intuitive ability to feel emotions and other energies. **The third chakra** is a power center near the solar plexus and distributes our life force energy throughout our body. **The fourth chakra**, or heart chakra is another emotional center in the middle of the chest and is where our love and affinity for ourselves and others comes from. **The fifth**, or throat chakra, stores information about communication, verbally and telepathically, and is where we can hear our "inner voice." **The sixth chakra** is commonly known as the third eye and is a perception center where our clairvoyance abilities come from, the ability to see energy, auras and mental image pictures. **The crown chakra** is at the top of the head and is our connection to our higher selves or God. This is where we get our higher levels of information from. **The hand chakras** are healing centers and **the feet chakras** keep us connected to the earth.