

Chakra Vancouver

Chakra Vancouver - The chakras are areas of metaphysical or biophysical energy in the body system, this is based on the Hindu tradition. 7 central chakras are in the body, but many consider that there are also minor chakras situated in the body system. Several modern believers have drawn parallels between the major organs of the endocrine system plus the chakra system.

The seven important chakras are represented by a collection of lotus flowers ascending the spine to the crown of the head. Each chakra has an associated colour, element and source of energy and each lotus has a particular number of petals. As the chakras progress from the bottom to the highest, they govern increasingly spiritual functions. As a person becomes extra spiritually aware, they get in contact with the higher chakras one by one. The bottom chakra connects with essentially the most basic physical concerns, whilst the highest represents enlightenment.

The Root Chakra is said to be situated at the foot of the spine. It is thought to symbolize fundamental instincts, survival and feelings of security. The root chakra is related to the element of earth and the colour red. It's visualized as a four petal lotus.

The Sacral Chakra is claimed to reside in the pelvis or the groin. It is associated to emotions, sexual power and creativeness. This chakra is associated with the element water and the colour orange and is represented by a six petal lotus flower.

In the region where the thorax plus the stomach meet is positioned the Solar Plexus chakra. It governs absorption, psychological function and strength. The solar plexus chakra colour is yellow and its' component is fire. It is symbolized by a ten petal lotus.

The Heart Chakra is claimed to control concern and love and it is associated with the chest area including the lungs. The heart chakra is said to the colour green and the component of air. Its lotus has twelve petals.

interaction, Self-expression, growth are all related to the Throat Chakra. It is symbolized by a 16 petal lotus and it is associated with the element of sound or existence and the colour blue.

Another name for the Brow Chakra is the third eye. It governs perception and instinct and it represented by a two petal lotus. Its colour is indigo and it is connected to the component of light or time.

The Crown Chakra is thought to be the link to the divine or to represent the pinnacle of religious consciousness. Represented as a violet or white lotus with a thousand petals, its associated element is space or inspiration.