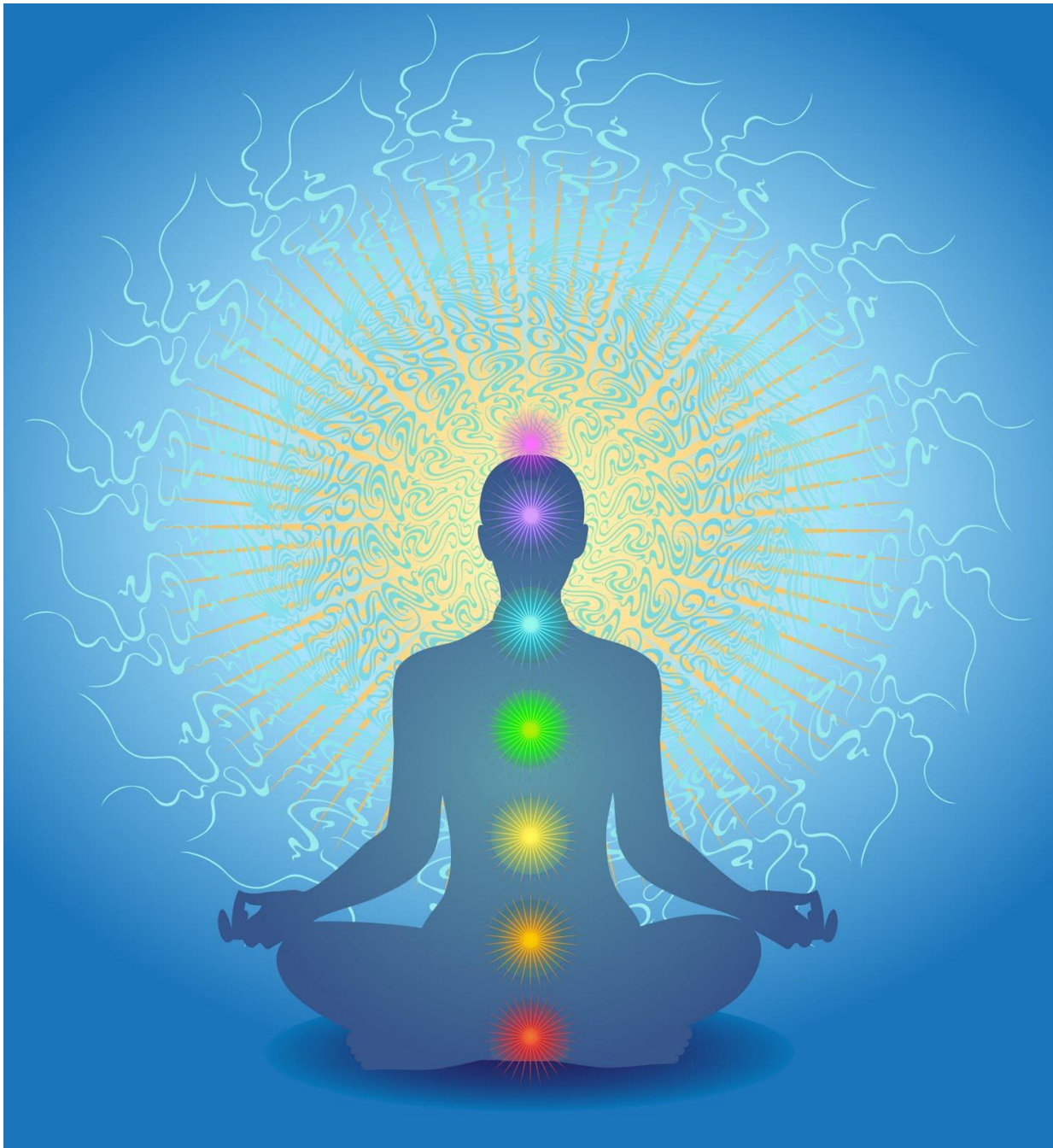


GEMS Chakras Basics



Descriptions and muscle testing protocol

Alexis Costello

Chakra Basics

Chakras can be thought of as vortices - spinning wheels of energy that allow for an exchange of frequency with the environment. There are seven major chakras in the body - the ones that you usually see illustrated as a rainbow running up the center of the body. But there are many minor chakras, including chakras behind the eyes, in the palms of the hands and soles of the feet, over specific organs like the spleen, and within the joints.

The major chakras are each associated with a specific colour, note, and area of the body as well as organs, endocrine glands and emotions. The chakras bring energy into the body and also expel energy back out in the form of electromagnetic waves - the frequencies that make up the aura. The chakras are linked to the various layers of the auric field.

Root - Sanskrit name: Mudladhara

Colour: Red

Note: C



The Root Chakra resides at the base of the spine. It is related to the aspect of the self that is unconscious and with our survival including fight / flight responses. Aspects of physical function and physical sensation, activities involving our musculature and physical strength. Sense of proprioception. The root chakra helps us to feel, well, *rooted*, the feeling of being grounded, solid and connected to the earth. This is the seat of the unconscious kundalini energy, coiled up like a snake in the sacrum until allowed to rise.

It is linked to the adrenal glands. When this energy is overactive the response is to become paranoid and worried about physical survival without reason. When underactive there is no will to live and an inability to take care of oneself properly. The red colour comes from the lower, slower vibration manifested here. This can also represent our ancestral energy and connection to the environment that we live in.

Possible affirmations:

I am grounded.

I am full of life.

I am courageous.

Sacral Chakra - Sanskrit Name: Svadhisthana

Colour: Orange

Note: D



The Sacral Chakra is sometimes referred to as the Central chakra as it is the center of the body. It feeds the reproductive system, kidneys, urinary bladder, and small and large intestines. Sacral Chakra energy supports the testes and ovaries and their hormones and is thought of as the center for sex drive and sexuality as well as sensuality. This control over procreation is also expressed through the creative impulse - giving birth to something new, bringing ideas into the world. This is sometimes thought of as the seat of feminine energy. The center of pleasure and enjoyment in all its forms, this is where we feel with passion and connect with others as well as ourselves.

Linked to disorders in the reproductive organs and GI tract as well as bladder; absorption issues and lower back pain.



Sacral Chakra Affirmations:

I experience the moment.

I am passionate and connected.

Ideas and creativity flow through me easily.

Solar Plexus - Sanskrit Name: Manipura

Colour: Yellow

Note: E



The Solar Plexus Chakra is the seat of the ego - who we are and our personal power and right to take up space in this world. It holds the energies of the stomach, pancreas, liver, gallbladder and spleen. A blocked Solar Plexus Chakra can manifest in ulcers, digestive disorders, liver and gallbladder issues, diabetes, nausea. When in balance, this means strength, confidence, and clear will. When out of balance we see emotional upset related to feelings of powerlessness or misuse of power: victimization, anger, submissiveness, domination, etc. Boundary issues or codependency and self-esteem crisis.

Affected by early childhood programs about identity and the individual's place in the world. Sometimes thought of as the center of masculine energy.

Solar Plexus Chakra Affirmations:

I know who I am.

I set clear boundaries and maintain them easily.

Even when stressed, I stay in my personal power.

Heart - Sanskrit name: Anahata

Colour: Green

Note: F



The Heart Chakra is about our ability to experience love and empathy for ourselves, others, and all humanity. Love is the healing force of the universe. It is linked to the heart and circulatory system as well as the lungs and the thymus gland. Through the thymus it influences the immune system. When the Heart Chakra is out of balance we see problems with the physical heart and a tendency toward high blood pressure, stroke, heart disease, etc. All of the traditional heart metaphors apply here too, for example: brokenhearted, or your heart skipping a beat.

This chakra is related to the soul and the manifestation of our higher self. Nurturing. Bringing life and vitality, including chi, into the body via the lungs and breath. While the Solar Plexus Chakra is about physical will, the Heart Chakra brings in the energy of Divine Will. This is the bridge between the physical and the spiritual levels of the self.

Heart Chakra Affirmations:

I have nothing to give or receive but love.

I forgive and accept myself.

I am at peace.

Throat - Sanskrit name: Visuddha

Colour: Blue

Note: G



The Throat Chakra is the center of clear communication and the ability to speak things into being (manifesting and creating). The Throat Chakra is related to the thyroid and parathyroid and, through the

regulation of calcium, it regulates the skeletal system. When it is out of balance, we see hypo/hyper-thyroidism, and problems with the mouth, vocal cords and the cervical vertebrae.

Creativity in word and song and the will to speak things into being. Expression of feelings and desires and owning your authentic voice. Knowledge and truth that is beyond culture and upbringing - universal truths. When out of balance we see doubt, negativity and the inability to say no or follow through.

Throat Chakra Affirmations:

I speak my truth.

I communicate clearly.

I am consciously creating my world.

Brow - Sanskrit name: Ajna

Colour: Indigo

Note: A



The Brow Chakra is related to the pineal gland and is often referred to as the third eye. This is the seat of intuition and is related to clear sight, both physical vision and clairvoyance. This leads to the ability to see deeper into oneself as well as the things that are not readily apparent. It allows for clear thought and perception, the point of view of the observer, and the gift of presence. A seat of wisdom and of conscience.

When the seventh chakra is activated the sixth is represented by an energy polarity between the pituitary and pineal glands. Related physically to the eyes, ears, nose, sinuses and spinal column. When out of balance we see problems with these sensory organs, but also major endocrine imbalances as the pineal and pituitary lose the ability to regulate hormones effectively.

There can be problems here with not wanting to see something, or refusing to see a situation clearly.

Brow Chakra Affirmations:

I see clearly.

I listen to my own guidance.

My intuition is trustworthy.

Crown - Sanskrit name: Sahasrara

Colour: Violet

Note: B



The Crown Chakra is the last energetic centre on our central power cable located at the top of the head, connected simultaneously to the lowest centre of energy and the highest aspect of the self. It relates to the meaning of life, the individual's destiny and the highest state of consciousness. We have the opportunity to connect with spirit and Divine Energy through this energetic space. Related to the activity of the cerebral cortex and the nervous system. When open, this chakra allows for integration and synchronization between the left and right hemispheres. A feeling of unity and balance within the self and the universe as a whole - a oneness with everything in nature. The meeting point between the finite and infinite. The seventh chakra cannot open unless the previous six are in balance.

When blocked it can result in cerebral dysfunction and psychosis. It can be difficult to stay grounded while still being open.

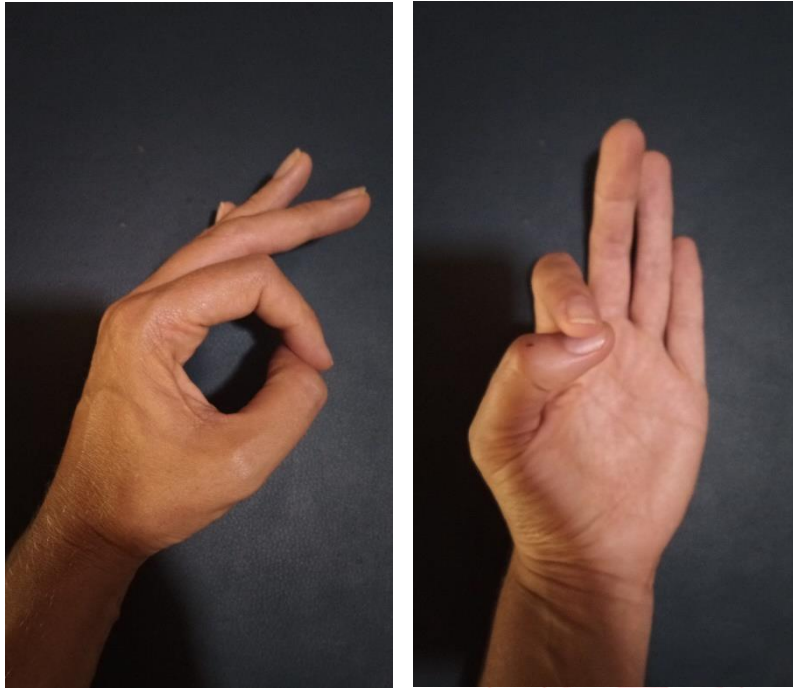


Crown Chakra Affirmations:

I am united within myself.

I am united with the universe.

I let go of my attachments.



Chakra Mode (pictured above) structure/index finger over the thumbnail

Chakra Balancing Protocol

- 1) Use Chakra Mode to define that this is the form of energy you are monitoring for.
- 2) Holding Chakra Mode, check each chakra in turn, monitoring an indicator muscle for a change.
- 3) Scan through the information about the chakra(s), noting areas of stress and adding them into your circuit.
- 4) Correct using any techniques at your disposal, OR try this one:
 - concentrate for a moment on your palm chakras and getting your energy flowing.
 - place two fingers lightly at GV 24.5 on the glabella, acknowledging the individual's connection with light and energy.
 - place the other hand over the stressed chakra, just off the body (or muscle monitor for how far off the body you need to be). Allow the energy to flow and reset.
- 5) Retest Chakra Mode and each center.