

[How the seven chakras impact us](#)

With every day passing we are able to discover unknown facts that have supported the existence of homo-sapiens on this planet and have helped them pass through the test of time and reach the point where they have been able to create a civilization. Of these unexplored aspects that is not completely known by us is the impact of the cosmic energy on the lifestyle and the actions of human body. It is believed that seven chakras in our body participate in exchanging energy and hence control a lot of human activities and behaviour.

More than the energy that we actually receive from the kind of food we intake, we need energy that would help us refresh our mind and souls and this energy is obtained by the interaction of the seven chakras in our body and the celestial objects.

On most occasions people fail to understand the kind of effect the chakras in their body have on the attitude they wear as well as the kind of life they lead. A very popular theory states that a person with positive thoughts ends up achieving better results as compared to a person with a negative frame of mind. The reason is simple as positivity in thoughts is the result of the abundant positive energy in the chakra governing the thoughts.

Each chakra plays its part in controlling and regulating a particular organ or habit that we possess, also the level of impact the chakras would have on their specified body part or behaviour would be different from each other.

The various centres of energy which regulate various activities we perform can be understood better in the following way.

The root chakra is the energy circle that governs the overall potential of a person. It helps determine if a particular person is self-confident and can face extreme conditions without backing away. The organs that this chakra monitors include the colon and the organs lying below it as well as the prostate and the rectum.

Above the root chakra is the genital chakra, it assists the human attempts to avoid greed, lust and other things that are referred as worldly pleasures as well as helps you to get out of narrow mindedness. If the chakra is inclined towards the wrong end then cruelty and ignorance are features that develop.

Umbilical chakra is the third of the series of seven chakras and it has an impact on the mental stability and reactions that a person might have to certain situations. While there is an inclination towards the positive side the chakra inculcates will power and mental strength but when weakened it arouses embarrassment, idiocy, jealousy and represents an instable behaviour. It controls a good part of the digestive system.

The fourth chakra from the bottom is the heart chakra that is responsible for the generation of various emotions as well as inspires feelings of liking and admiration. As the name suggests it has firm control over the human heart and if filled with negativity can lead to feelings of hatred and hypocrisy.

Above the heart chakra lies the fifth of the chakras, the throat chakra. This energy circle has an impact of the voice you possess and the kind of language that you speak. The neck and mouth are some of the important parts that are covered by this chakra.

The third eye chakra is the sixth chakra and it helps to pass judgements and perceive things. Positive energy here enhances vision, hearing and smelling powers.

The seventh chakra or the crown chakra is towards the crown of the head and in a positive state helps people achieve enlightenment.

About the Author

Jai Dahalli writes for the popular [chakra-balance.com](#) site. To understand how knowledge of the [seven chakra](#) can transform your whole life and how you can get free [seven chakra](#) instant balancing and healing sound recordings.

Source: <http://www.onlineearnings.net>