

## [Amazing Secrets Of Chakra Therapy](#)

According to the ancient Vedic thought, there are seven circles (Chakras) of energy referred to as energy wheels in the human body. These are present along the meridian of the body.

There are seven of these wheels (although a few more mystical practitioners say there are 14),

These begin at the base of the spine/genitals (root chakra) and extend right up to the top of the head (crown chakra).

The base chakra is red. As we go up, the solar plexus has a golden chakra; the belly or womb chakra is orange in hue. The heart has a green chakra, the throat blue and the center of the forehead is indigo. This acts like the third eye. At the crown, the chakra is violet that turns whiter towards its circumference away from the head.

In addition to being associated with colors (wavelengths of light), the chakras are numbered in order one through seven, with the base chakra being number one.

The first of these chakras is responsible for our vitality, sexual and physical health.

The second chakra is responsible for all of our creative powers.

The third chakra is responsible for our desires and what we want.

The fourth chakra commands the energy of our emotional life and opens us up to giving and receiving love.

The fifth chakra is responsible for communicating and is the link between what we feel and what we think.

The sixth chakra commands intuition and psychic powers and insights, (hence the sixth sense).

The seventh chakra is used to take us on astral voyages and connects us with cosmic awareness, some of which is what is captured and brought back down to the second chakra during artistic practices and which is also accessed on shamanic journeys.

It is observed that people, who have divine interventions, are actually focusing the energy of the seventh chakra. This chakra focuses on cosmic awareness. It is this cosmic awareness, which is annexed and passed onto the second chakra during artistic practices. It is accessed on shamanic journeys too.

The principle behind these chakras or wheels is that in a clean and healthy mind, these wheels will spin freely. And a spinning wheel will emit the most positive and strongest good energies for the person. However, if these wheels cannot spin due to some blockage, the person will experience sickness problems, both mentally and physically amid his or her chakras.

The secret to health is that these chakras should be balanced. In case even one wheel is more active than others, the result can be addictions, neuroses, obsessive-compulsive disorders or unintentional cruelty.

There is constant worry that these chakras will become blocked. For instance, some people who possess a negative attitude towards sexual relations or have a poor diet will experience ill health or broken romantic relations primarily because they have disturbed the base red chakra.

If you start dabbling in things like black magic or even destructive negative thoughts about other people you are likely to unbalance or clog up the seventh crown chakra which will mean you are unable to connect with the higher cosmos and you are left feeling totally empty and fearful.

One of the most important aspects of a healthy, rapidly spinning chakra wheel is its flexibility; that is, it can open to receive energy from something good but close to repel energy from something bad. A mind is just like a hand: if it cannot both open and close then it's broken. And a chakra is just like a mind-if it is healthy then it can both open and close as need be.

The way to use chakra therapy is to focus in a balanced way on each one of the seven major energy categories that each chakra commands. This should be done on a daily basis.

Take each major energy category and at some point each day meditate upon how its aspects are manifesting-or not manifesting-in your life, and as you do this visualize your body's energy residing in that particular chakra. If you find your energy waning in any category, meditate on the steps you can take to make that category healthy and cleanse the related chakra.

Some people find it easier to meditate using a gem stone which is the same color as the chakra they are working on which allows them to get a clear image in their mind as to what needs to be done to make it healthier.

Recently it has become possible to just listen to the individual chakra sound frequencies. By listening to the particular frequency of each chakra your own chakras resonates at this frequency and become completely balanced.

### About the Author

Nisal Karuiyaratna is one of the experts who writes for chakra-balance.com site. Visit here to understand how knowing about [chakra therapy](#) can change your life and to get 29 Free [chakra therapy](#) affirmations, hypnosis and special sound frequency audios.

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