

## **CHAKRA or MERIDIANS**

The 7 major or traditional Chakras are energy vortex centres located within the body, along the spinal column. They receive and transmit energy and information to and from our environment. They are different in colour, purpose, and energy vibration. Below is an outline of the 7 main chakras;

### **THE BASE CHAKRA - RED**

**LOCATION:** Base of the spine.

**PHYSICAL:** Adrenal glands, the spine, bones, lower extremities (feet and legs) and bowels. Physical imbalance in this area includes diarrhoea, constipation, and poor circulation.

**PURPOSE:** Self-awareness and Life Force – survival, grounding. It is the link to the physical world via the tribal sense of security and belonging (fight or flight instinct).

**IN BALANCE:** Feeling connected to nature; understanding of nature's laws; feeling grounded, structured, stable, courageous and patient; individuality, order, logic, loyalty, justice and honour.

**OUT OF BALANCE:** Inability to trust natural law; focus on material gain and acquisition; selfish pursuit of own desires and wishes; feelings of greed, anger, fear, and tribal violence; fear of physical harm or death.

### **THE SACRAL CHAKRA - ORANGE**

**LOCATION:** Approx. 4 finger width below navel.

**PHYSICAL:** Reproductive glands; urinary and reproductive systems. Physical imbalance in this area includes bladder problems, lower back pain, and reproductive issues.

**PURPOSE:** Personal relationship; self sufficiency and self respect; sexual response; procreation; creativity and pleasure.

**IN BALANCE:** Considerate, friendly, kind, openly shares emotions, desires, passions, and feelings with others. Happily connected to life with stamina, resilience, creativity, and vitality.

**OUT OF BALANCE:** Untrusting in sexual and emotional matters; cannot express feelings; suppresses natural needs; confusion, jealousy, envy, feeling unsupported, overindulgence and possessiveness; fear of loss of control or being controlled; fear of poverty or financial loss.

### **SOLAR PLEXUS CHAKRA - YELLOW**

**LOCATION:** Above stomach below breast bone.

**PHYSICAL:** Pancreas, liver, stomach, small intestines and spleen. Physical imbalance in this area includes diabetes (blood sugar regulation), ulcers, eating and digestive disorders.

**PURPOSE:** Personal power, self esteem/self worth, desires, wishes, impulse, and the personality.

**IN BALANCE:** Feelings of wholeness; inner calm and peace; inner tolerance and acceptance of others; balance of the spiritual and material world; willpower, laughter, self-respect and self-discipline.

**OUT OF BALANCE:** Dominate and control; need for material security; feelings of guilt, powerlessness, anger, rage, fear, self-hatred, and rejection; fear of aging, keeping secrets, no self esteem, or self worth, victim, and martyrdom.

### **HEART CHAKRA - GREEN**

**LOCATION:** Centre of chest.

**PHYSICAL:** Thymus gland and immunity, lungs, heart and upper extremities (arms and hands. Physical imbalance in this area includes; heart and lung disease, asthma and circulatory problems, problems with the hands and/or arms i.e. frozen shoulder, arthritis.

**PURPOSE:** Emotional development; how to love freely, be compassionate, empathy, self love, healing and letting go. Love conquers all.

**IN BALANCE:** Feeling of wholeness; tolerance, acceptance of life and relationships; balance of the material and spiritual; unconditional love, forgiveness, heal oneself and others; compassion, joy, contentment, tranquillity, inner peace and hope.

**OUT OF BALANCE:** Looking for rewards; emotional instability, inability to sympathise or empathise, hurt, bitterness, cold hearted; fear of loneliness; cannot commit or forgive others or self; cannot trust or accept love from self or others.

### **THROAT CHAKRA - BLUE**

**LOCATION:** The Throat.

**PHYSICAL:** Thyroid/Parathyroid glands, throat, neck, and shoulders. Physical imbalance in this area includes; throat and voice problems, colds, asthma and thyroid problems.

**PURPOSE:** Willpower; verbal communication of individual expression; communication of feeling, choice, and self expression - sound.

**IN BALANCE:** Balance of expression - silence and speech; ability to listen to the 'Inner Voice' and intuition; wisdom, honesty and kindness, the freedom of choice for what is right for you; faith and self knowledge.

**OUT OF BALANCE:** Cannot find true expression; fear of being judged, rejected, ridiculed, silenced, being alone, ignored, isolated, frustration and being misunderstood; fear of decision making for fear of being wrong.

### **THE THIRD EYE CHAKRA - INDIGO**

**LOCATION:** Centre of forehead.

**PHYSICAL:** Pituitary gland, eyes and face, both hemispheres of the brain. Physical imbalance in this area includes; sinus and eye problems, headaches.

**PURPOSE:** Mental reasoning and perception, beliefs, attitudes, intuitive sight and wisdom, self responsibility and psychological traits.

**IN BALANCE:** Awareness of spiritual aspects brings; intuition, insight, wisdom and inner awareness into daily life; connection to the Universe; imagination, clairvoyance, clarity, concentration, compassion and devotion.

**OUT OF BALANCE:** Rejection of spiritual aspects of life; focuses on intellect and science; only sees obvious, superficial meaning; afraid of intuition, cynicism, confusion; inability to see things from another's perspective; unwilling to look within and see one's fears and shadow side; fear of universal truth, judgment and discipline.

### **CROWN CHAKRA - VIOLET**

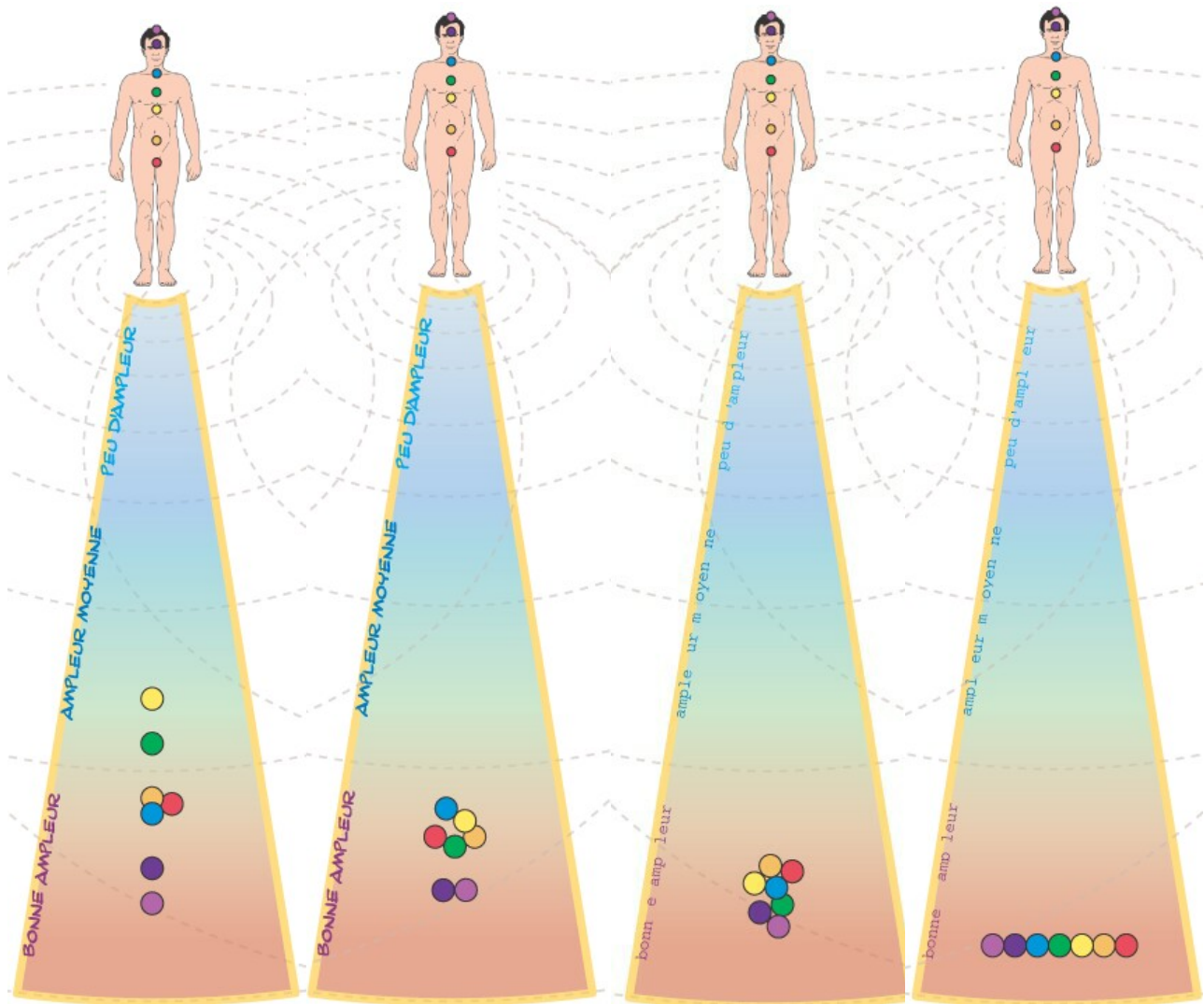
**LOCATION:** Top and centre of head.

**PHYSICAL:** Hypothalamus and Pineal gland, the entire central nervous system. Physical imbalance in this area includes; brain function problems, mental instability and neurosis.

**PURPOSE:** Our spiritual nature integrated into our life; the doorway for faith, prayer, life force - the meaning in life.

**IN BALANCE:** Living with the knowledge of Unity; knowing that the Self reflects the Divine; inspiration, peace, faith, transcendent ideas and prophetic thoughts; releases ego in exchange for inner guidance, healing, trust, and devotion.

**OUT OF BALANCED:** Unable to let go of anxiety and fear; unable to imagine Cosmic Unity; depressed, unsatisfied, isolated and filled with despair; fear of spiritual abandonment, guru worship/cults; fear of loss of individual identity.



28 June 2007

4 July 2007

13 August 2007

26 August 2007

Key:

The lower in the pyramid the more balanced (optimal) the flow of energy.

The top is the most unfavourable case.

The progression shows a significant improvement of the energy and particularly the changes from the 13<sup>th</sup> August to the 26<sup>th</sup> August were due solely to the BodyShield. The person has since maintained a good flow of energy.

Chakra therapy carried out by Robin Frey, Geneva, Switzerland

## 1. CHAKRA DE BASE OU RACINE

LOCALISATION : COCCYX (EXTRÉMITÉ INFÉRIEURE DE LA COLONNE VERTÉBRALE).  
ÉLÉMENT : TERRE.  
SENS : ODORAT.  
AFFIRMATION : JE ME TIENS DANS LA VIE DEBOUT SUR MES DEUX JAMBES - MES BESOINS SONT SATISFITS.  
MOTS CLÉS : ENRACINEMENT - VITALITÉ & VOLONTÉ DE VIVRE - CONFIANCE & SÉCURITÉ - DÉCOUVERTE DE SA PROPRE ORIGINE.

## 2. CHAKRA SACRUM OU SEXUEL

LOCALISATION : ORGANES SEXUELS.  
ÉLÉMENT : EAU.  
SENS : GOÛT.  
AFFIRMATION : JE VAIS VERS L'AUTRE, JE MONTRE MES BESOINS.  
MOTS CLÉS : SEXUALITÉ & RELATION - CONTACTS SOCIAUX - NOURRITURE (RAPPORT AVEC) - DÉSIR ÉTERNEL.

## 3. CHAKRA PLEXUS SOLAIRE OU NOMBRIL

LOCALISATION : NOMBRIL.  
ÉLÉMENT : FEU.  
SENS : VUE.  
AFFIRMATION : JE SUIS MOI, JE COMBATS POSITIVEMENT, J'AI LE DROIT DE MANIFESTER MON AGRESSIVITÉ.  
MOTS CLÉS : CENTRE DES ÉMOTIONS - PERCEPTION DU POUVOIR, DU CONTRÔLE ET DE LA LIBERTÉ - LE MOI (EGO) - DÉCOUVERTE DE L'ÉVENTAIL COMPLET DES SENTIMENTS.

## 4. CHAKRA CŒUR

LOCALISATION : MILIEU DE LA CAGE THORACIQUE (CŒUR).  
ÉLÉMENT : AIR.  
SENS : TOUCHER.  
AFFIRMATION : JE SUIS RELIÉ À TOUS LES ÊTRES SENSIBLES.  
MOTS CLÉS : COMPASSION - OUVERTURE & CHALEUR - JOIE DE VIVRE - RELATION (PERCEPTION DE L'AMOUR).

## 5. CHAKRA GORGE OU COU

LOCALISATION : PETITE DÉPRESSION SE TROUVANT À L'EXTRÉMITÉ SUPÉRIEURE DU STERNUM, LÀ OÙ LE COU PASSE DANS LA PARTIE SUPÉRIEURE DU TRONC.  
ÉLÉMENT : ÉTHÉR.  
SENS : OÛÏE.  
AFFIRMATION : JE M'EXPRIME DE FAÇON AUTHENTIQUE, JE M'EXPRIME HONNÊTEMENT. ET AUSSI : DEMANDE ET TU RECEVRA.  
MOTS CLÉS : COMMUNICATION - PARLER/ÉCOUTER - MAÎTRISE DE SOI - AUTODISCIPLINE - LIEN CORPS/ESPRIT OU MATIÈRE/LUMIÈRE.

## 6. CHAKRA TÊTE OU 3<sup>e</sup> ŒIL

LOCALISATION : ENTRE LES SOURCILS.  
ÉLÉMENT : PAS D'AFFECTATION CAR LE DOMAINE MATÉRIEL A ÉTÉ SURMONTÉ.  
SENS : SIXIÈME SENS.  
AFFIRMATION : JE SUIS ; JE SUIS RESPONSABLE DE MA VIE.  
MOTS CLÉS : INTUITION - PERCEPTION CLAIRE - INTELLIGENCE - CONFIANCE - VUE SPIRITUELLE - ÊTRE INTÉRIEUR.

## 7. CHAKRA COURONNE

LOCALISATION : SOMMET DU CRÂNE.  
ÉLÉMENT : PAS D'AFFECTATION CAR CE CHAKRA N'EST PLUS RELIÉ AU DOMAINE MATÉRIEL.  
SENS : PAS D'AFFECTATION (CONNEXIONS AVEC LES MONDES SUPÉRIEURS).  
AFFIRMATION : QUE TA VOLONTÉ SOIT FAITE (SANS AUCUNE CONNOTATION RELIGIEUSE !).  
MOTS CLÉS : CONSCIENCE UNIVERSELLE - LUMIÈRE - SURHOMME (CONNEXION AVEC LE COSMOS, 4<sup>e</sup> ET 5<sup>e</sup> DIMENSIONS).

FRANCINE  
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