

# What are Chakras & Auric Fields...and why are they important?

The word **chakra** is *Sanskrit* for wheel or disk-like spinning vortex or energy center that whirls in a circular motion vibrating at different frequencies. They are the openings for life energy to flow into and out of our aura/energy field. They serve as junction points between the body and consciousness, or between matter and the mind. Their function is to vitalize the physical body and to bring about the development of our consciousness.

There are seven major etheric energy centers (root, sacral, solar plexus, heart, throat, brow and crown) in the body that are aligned along the spinal column. The location of each chakra loosely corresponds to an area of the body's anatomy and is associated with a specific element, colour, sound and shape that indicate something about the vibration or frequency of that center. For example, the frequencies of the seven main chakras are shown as rainbow colours (red=root, green=heart). Chakras that are positioned higher on the spinal column have more complex structure and functions.

The chakras are connected by to each other and the body through channels of subtle energy. The chakras, meridians/acupuncture lines and aura are all intrinsically linked - forming an intricate network that distributes life force energy. It is this complex system of energy transfer and distribution that is often the focus of all energy-based therapies.

The aura is sometimes described as an energy or electromagnetic field, subtle body or subtle bodies that surround/envelope the physical body. The etheric body is closest to the physical body. Next are the astral/emotional, mental and causal layers (names may vary).

When we are in a state of harmony and balance our auric field is oval shaped. Maintaining chakra and subtle body balance is important. When the chakras are in perfect harmony and balance, the energy flows smoothly allowing a natural state of well being to exist. New found energy flow (chi) from within supports us to make changes that we wish or need to make. These energies affect our mental, emotional, and spiritual energy/auric fields. When the chakras are not functioning optimally, the vital organs lack life energy to operate properly. This blockage may shows up as a symptom either within our physical body (as discomfort, tension, or ill-health), or a challenge in an area of our life e.g., challenges in relationships, finances, career, creativity, life purpose etc.

Tools such as colour, sound, crystals, gemstones, essential oils and other energy modalities e.g., reiki, colour and sound healing, can clear and balance the chakras and auric fields.

## Sources

### Books:

- Anodea, J. (2006). *Wheels of Life: User's Guide to the Chakra System*. Second edition, Woodbury, MN: Llewellyn.
- Simpson, L. (1999). *The Book of Chakra Healing*. Toronto, ON: Sterling.



# Chakra Balancing

using  
Colour Aromatic Anointing  
Oil Blends, Colour  
Visualization & Breathing &  
Sound



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June 2011

Questions or suggestions? Please contact me.

# Using colour aromatics, chakra affirmations, visualization & colour breathing to bring harmony & balance in your life.



## CHAKRA BALANCING/ ANOINTING OILS

**ROOT CHAKRA OIL** ~ myrrh, cedar, sandalwood, rose damascena, jasmine, black pepper, rosewood

**SACRAL CHAKRA OIL** ~ sandalwood, patchouli, cedar, cardamom, neroli, sweet orange, ginger, mandarin

**SOLAR PLEXUS CHAKRA OIL** ~ vetiver, cedar, cinnamon leaf, litsea, lemongrass, cardamom, bergamot, white grapefruit

**HEART CHAKRA OIL** ~ linden blossom, ylang ylang, angelica root, rose centifolia, rose geranium, coriander, rosewood & palmarosa

**THROAT CHAKRA OIL** ~ sandalwood, cypress, myrtle, rosemary, cardamom, hyssop, marjoram, roman chamomile, mandarin & bay laurel

**BROW CHAKRA OIL** ~ clove, sandalwood, rosemary, myrtle, hyssop, bay laurel

**CROWN CHAKRA OIL** ~ sandalwood, frankincense, patchouli, juniper, lavender abs, peppermint, pink grapefruit, lavender & clary sage



The essential oils (20% in a base of fractionated coconut oil) in each chakra blend represent the affinity these essential oils have for a particular colour and chakra.

In addition the blend is prepared with energetic and aesthetic values i.e., has an added positive psychological/energetic affect during the inhalation of each chakra blend.



Included in this kit is an affirmation/invocation card for each chakra. Using an affirmation to invoke a colour ray is a powerful method of asking for colour support. Visualization of the colour ray along with colour breathing is an additional method of directing colour to each or a specific chakra.

### A suggested self-anointing process:

**Create sacred space** ~ After lighting a candle & sitting quietly in meditation or prayer, ask for the presence of the Divine & bring in an aura of protection & support for your highest good.

**Set the intention and draw a chakra card** ~ to inform you if a specific chakra & its complement need extra attention. Alternatively, balance/anoint all the chakras.

Complementary Colours		
Magenta/red/pink	↔	Green
Orange	↔	Blue
Yellow	↔	Violet

**Inhalation** ~ Place a drop of the specific chakra's anointing oil in the palm of your hand. Slowly rub your palms together in figure 8 movements, a motion that symbolizes interconnection & completion. With eyes closed gently inhale/waft the oil blend. The essential oils will reach the deep areas of the brain (limbic system) to release stored emotions & memories that can lead to a sense of emotional freedom. Other parts of the brain e.g., hypothalamus, will assist physiologically to restore balance to the areas of the body supported by that chakra. Repeat the above with the complement or all the chakras starting from the root to the crown chakra.

**Anointing** ~ Follow each inhalation for a chakra with the anointing of that chakra. Add a drop of oil to a finger & anoint one chakra & its complement on the desired areas of the body using a figure-8 or circular movement on the skin. Use a different finger for anointing each chakra.

When anointing, use the chakra points along the spine (or corresponding front areas of the body when it is more convenient to access) as follows:

- red (base/root) chakra – base of spine
- orange (sacral) chakra – small of the back
- yellow (solar plexus) chakra – middle of the back
- green (heart) chakra – between shoulder blades
- blue (throat) chakra – base of skull or throat
- indigo (brow/3<sup>rd</sup> eye) – mid forehead just above eyes
- violet (crown) – top of head

NOTE: Alternative areas that could be used are the related hand or foot reflex areas (image of colour mapping of hand reflexes available).

**Colour Breathing** ~ while viewing a chakra card or with eyes closed & using your imagination e.g., colour of a flower or another familiar natural object etc, breathe in the colour of that chakra (in through the nose to the count of 10, out through the mouth to the count of 10, three times). While visualizing, direct that colour to the corresponding chakra. If only balancing a specific chakra & its complement, repeat the above steps with the complementary colour. If balancing all the chakras, repeat the colour breathing & visualization for each chakra progressing from the root



to crown chakra.

**Sound (Optional)** ~ On each chakra card is a seed (bija) or vowel sound/mantra. Tone/chant to repeat the seed or vowel mantra for each chakra. While focusing on a chakra, direct the note/tone directly into the part of the body that is represented by that chakra. Visualize the sound vibrating through that chakra. Based on intention, the mantra helps to carry the sound vibration & affect body, mind & spirit.

**Safety Information** ~ Do not use the chakra balancing/anointing oils during pregnancy. Use oil blends within one year after purchase.