

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, 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 frequencies affect the mental, emotional, and spiritual energy/auric fields of the person. When the chakras are not functioning optimally, the vital organs lack life energy to operate properly. This blockage may show up as a symptom either within your physical body (as discomfort, tension, or ill-health), or a challenge in an area of your 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, 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.

Web:

www.sourcevibrations.com

Chakra Balancing

with Nature

...through sound, aromatics & images...



~ Getting Started with Wellness ~ A Personal Kit

by

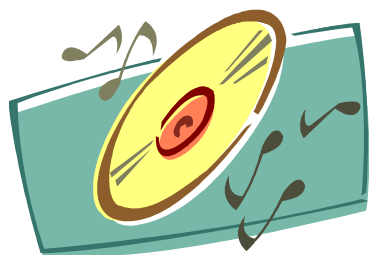
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How to use the sound, aromatics and images in this Wellness Kit to bring some harmony & balance in your life.



CHAKRA BALANCING TONES & NATURE AMBIENT SOUNDS

The CD (~ 35 min in length) can be played on a standard CD player. NOTE: MP3 version is also available.

HOW: Play the CD as background music. However, for the best/focused effect, listen when you can completely relax (before & after the session) & wear headphones.

CD CONTENTS:

Track 1 ~ Root Chakra; C Tone; Earth Element; Night sounds with crickets.

Track 2 ~ Sacral Chakra; D Tone; Water Element; Water fountain & bird sounds.

Track 3 ~ Solar Plexus Chakra; E Tone; Fire Element; Evening crackling camp fire & bird sounds

Track 4 ~ Heart Chakra; F Tone; Air Element; Wind chimes & bird sounds.

Track 5 ~ Throat Chakra; G Tone; Sound Element; Whale & ocean sounds

Track 6 ~ Brow Chakra; A Tone; Light Element; Owls (animal for chakra) & night sounds.

Track 7 ~ Crown Chakra; B Tone; Thought Element; Wind blowing in the trees (leaves) sounds.



CHAKRA BALANCING AROMATICS

The aromatic blend consists of jojoba oil as the carrier for the following essential oils: frankincense, sandalwood, cedarwood and rosewood. This blend is also infused with crystal, sound & mandala energy.

The total concentration (2% v/v) of essential oils is ideal for anointing, meditation & subtle aromatherapy. The blend will assist in grounding & balancing your chakras. It can be used alone or in combination with the chakra balancing tones & eARTH mandala cards.

HOW:

FOR ANOINTING: Using a drop, dab the aromatic blend on pulse points, below the nose, the bottoms of your feet, forehead (brow chakra). Let your intuition be your guide.

MEDITATION: Using a drop or two, rub the bottoms of the feet (for grounding). Place a drop or two in the palms of your hands, rub together & inhale deeply ~ 3 times (or what you feel guided to do).

SUBTLE AROMATHERAPY: Using a drop or two, gently stroke the area around the top of your head & along the sides of your body to quickly clear & balance your auric/energy fields.

First...Set Your Intention

Then...pick one or combine all three (sound, aromatics & colour/sacred geometry/nature mandala art) for chakra balancing.

After...for the next 72 h+...drink plenty of good water & notice synchronicities, dream images...and how you feel! Repeat as needed.



EARTH MANDALA COLOUR CHAKRA CARDS

The eARTH Mandalas are created from photographs. The vibrational energy from the nature art, colour & sacred geometry assist in balancing your chakras.

ROOT CHAKRA ~ Dahlia

SACRAL CHAKRA ~ Rain drenched Orange Day Lily

SOLAR PLEXUS CHAKRA ~ Fall Maple & Ferns

HEART CHAKRA ~ Spring Wood Violet

THROAT CHAKRA ~ Blue Iris

BROW CHAKRA ~ Delphiniums

CROWN CHAKRA ~ Rain drenched Clematis

HOW: The mandala cards can be used on their own or in combination with the aromatic blend & chakra balancing tones. Let your intuition be your guide.

When viewing the cards, gaze at the center and let the mandala take you on a journey. Alternatively or in addition, do some colour breathing while gazing.

COLOUR BREATHING ~ while viewing a mandala card, 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). Repeat for each chakra e.g., from root to crown chakra.

RANDOM SELECTION ~ intuitively pick a mandala card for guidance about a chakra that may require extra attention. Colour breathing can be done for that selected chakra.