

# What are Chakras?

The word chakra comes from Sanskrit and means wheel or disk.

Chakras are moderators of subtle energies and express the embodiment of the Universal Life Force on the physical plane. They are the spiritual energy centres of the human body and operate like interconnected self-opening valves that channel this Life Force into and out of the body to keep us functioning at optimal levels.



The chakras are traditionally depicted as lotus flowers; each one resonating at different energetic frequencies and corresponding to one of the colours of the rainbow. Traditionally, there are 7 major chakras, but many others are being discovered. They are positioned with the petals of each lotus flower metaphysically embedded into the spinal column; from the coccyx to the crown of the head. They influence all the areas of our life, indeed, our well being on all levels can affect, and is affected by, the chakras. Each one corresponds to specific organs of the body, as well as our physical, psychological, emotional and spiritual states of being.

The chakra system has now developed into a rich and valuable source of information on the wholeness and holistic nature of mankind. It shows us that in order to maintain a healthy, balanced, and joyful life we must, not only focus on physical dysfunctions, as traditional medicine does, but the emotional, intellectual and spiritual needs of a person must be taken care of too. When there is a dysfunction, or blockage, in one part of the system, all the other parts are impacted too.