



The Chakras - The Wheels

The sacred doors to Self-knowledge & Self-awareness

Chakras are energetic centres of organisation that receive, assimilate and express life force energy. The word chakra translates as wheel, or disk, and refers to a spinning sphere of bioenergetic activity emanating from the spinal column.

There are seven chakras from the base of the spine to the top of the head and also minor ones in our feet, hands, fingertips and shoulders. Like thoughts, feelings and emotions, they are not physical entities, yet they have a very strong effect upon us physically, mentally, emotionally and spiritually.

Deals with	Identity	Orientation	The Right	Focus	Demon
Pure Cosmic energy	Union	Self-knowledge	To know	I understand	Attachment
Insight	Archetypal	Self-reflection	To see	I see	Illusion
Truth	Creative	Self-expression	To speak	I speak	Lies
Love	Social	Self-acceptance	To love	I love	Grief
Willpower	Ego	Self-definition	To act	I do	Shame
Pleasure	Emotional	Self-gratification	To feel	I feel	Guilt
Survival	Physical	Self-preservation	To BE here	I AM	Fear