



## Overview: Chakras & the Aura (Aura)

Sanskrit for “wheel,” Chakras are centers in the body where energy is metabolized. Chakras collaborate with thought, belief, emotion, the Earth and the Universe to manifest individual physical experience. The Chakras perceived clairvoyantly as whirling balls or spinning wheels are compact, yang and integrate the energetic with the physical. Each Chakra vibrates at a unique frequency/color, correlates to certain organs and parts of the body (tied specifically to their placement within the body system).

There are multiple systems of thought about Chakras – Eastern, Western, tribal, religious – as well as ideas about their placement and function. The Energy Healing Institute teaches and uses the astral/emotional and etheric/physical Chakras along with the information held in the Aura as the basis for its teachings on energy work. The commonly used astral system recognizes the 7 major Chakras and the etheric hand and feet Chakras. Additionally, the system accesses out-of-body Chakras (8-12), and from a healing perspective, works with the etheric/physical Chakras located throughout the body, correlated to physical organs and systems, as well as major etheric Chakras in the head, and the joints.

Chakras are informed by the energy of the Aura. The Aura of the individual is composed of seven layers of energy, affiliated to the 7 major Chakras. Each layer vibrates with its own unique resonance, yet interpenetrates the other layers, creating coherence in the subtle energy system. While vastly oversimplified, the Chakras are the story of what is manifested in life today; the Aura is the field of unexpressed creative potential for manifesting and actualizing life. The clearer the Aura, the more authentic and coherent the manifestation and actualization of life’s experiences.

The human Aura is in constant contact with the energy of the universe or cosmos, and while the Aura belongs to each unique individual (in fact, every physical thing has a measureable Aura); it is also an aspect of a larger wave of energy within the overall energy of the cosmos. The relationship between the energy of the cosmos and the energy of the individual are inherently intertwined.

Each individual is energy, manifested in a physical body; ultimately the sum of his or her individual and collective beliefs, emotions, mental constructs – comprising his or her vibrational frequency. To elevate the physical experience (toward health, wellness, wholeness, joy, clarity, vibrancy, etc.), the beliefs, emotions, mental constructs and resonance of the individual evolve and shift. In effect, the evolution of the individual’s energy changes his or her physical story. As the individual’s energy changes through observation and intent, the individual’s vibrational frequency increases or decreases, depending on the intent and actions taken.

The Chakras and the Aura can be actively cleared to evolve the physical body and life experience - energy precedes physicality. When the individual’s energy shifts, clears and flows freely his or her experience follows suit.



## Chakras: Location & Function

### Feet Chakras

*Located in the arches of the feet.* Used for grounding, accessing the Earth and its energy. Like the hand Chakras, the feet Chakras are transmitters and receivers of other energies. Unlike Chakras 1-7, the energy centers in the feet vibrate in the etheric /physical plane rather than the astral plane. Thus, they are tied more closely to your body's physical energy and health than the astral Chakras.

### Hand Chakras

*Located in the center of the palms.* Energy is expressed outwardly and received inwardly using the hand Chakras. Hands on healing uses the hand Chakras to sense and deliver healing energy. As with the feet Chakras, the energy centers in the hands vibrate in the etheric /physical plane.

The information below relates to the Astral Chakra system.

### First Chakra

*Located between the ovaries for women and at the base of the spine for men.* The first Chakra sets and regulates the energetic of the physical body for congruence and resonance with Earth energy. Integral component of the manifestation system; enables emotions, desires and beliefs to manifest physically. First Chakra issues are often related to the manifestation of childhood and family beliefs, constructs and ways of relating to each other and the world.

### Second Chakra

*Located two to three fingers below the belly button.* The second Chakra is the seat of the emotions. Additionally, sexuality and pleasure are accessed and experienced through the energy associated with the 2<sup>nd</sup> Chakra. In many systems, this Chakra emerges as a distinct energy center at around age seven – the child begins to individuate and experience separate emotions from those within the family system. The second Chakra is a key contributor to feelings of overwhelm for those who are energetically sensitive. Such individuals often have second Chakras that are opened too wide, creating a tendency to take in the energy of others, concurrently leaking energy from their own energy field. Long-term use of the 2<sup>nd</sup> Chakra as a primary vehicle for experiencing and relating to others can lead to physical, emotional and spiritual maladies. Many people who have issues with maintaining balance in the 2<sup>nd</sup> Chakra have experienced childhood trauma in one form or another. One way of understanding “safety” is through assessing the quality of energy in a space or environment using the second Chakra. As the seat of the emotions, the 2<sup>nd</sup> Chakra is often focused on the emotions of “other” rather than the emotions of the autonomous self. Learning to discern and release the emotional energy of “other” frees the individual to more authentically discern his or her own emotions and respond to experiences from this grounded awareness.



# ENERGY HEALING INSTITUTE

Education for The Consciously Curious

Learning to manage the second Chakra and its availability to the self and to other's energies eliminates overwhelm and enables the energetically sensitive to lighten up – literally.

## Third Chakra

*Located at the notch of the ribs, or occasionally slightly below.* At a basic level the 3<sup>rd</sup> Chakra is about power and control, as driven by the will. Alternatively, upon deeper exploration, the 3<sup>rd</sup> Chakra is aligned with initiative and self-awareness. It's the place of volition, with inspiration as its source and foundation.

Paired with the 1<sup>st</sup> Chakra, the third Chakra is a key component of physical manifestation. A clear, energized 3<sup>rd</sup> Chakra supports authentic creation and manifestation.

It is easy to understand the tendency to experience problems related to esteem, responsibility and the acceptance or rejection of others. It is also easy to understand why our culture has chronic problems with obesity, sugar addiction, indigestion and heartburn. Without doing the work of finding personal power through individuation and self-exploration, it is difficult to achieve the four S's – [self-aware, self-contained, self-responsible, self-esteem]. When these are lacking, over-eating is a common result.

## Fourth Chakra

*Located between the nipples.* The fourth Chakra energy is the initiation into the upper Chakra energies. The Chakra and its energies engage the individual out of the issues and realm of the self and into affiliation and communion with the soul and spirit, the awareness of divinity.

At a basic level, the 4<sup>th</sup> Chakra is associated with romantic love. At a deeper level, the 4<sup>th</sup> Chakra is about affiliation, collaboration and communion, honoring uniqueness and celebrating interrelation. The 4<sup>th</sup> Chakra creates open-handed acceptance of individual separate boundaries while acknowledging the shared space of human experience. Those who have experienced the unity of all things, usually through prayer or meditation, have experienced true affiliation and communion in the heart Chakra. The fourth Chakra is the link between the physical body and the spiritual body and the harbinger of their integrated wellness.

## Fifth Chakra

*Located at the notch of the neck.* At a basic level, the 5<sup>th</sup> Chakra deals with communication and telepathy. At a more sophisticated level, the expression of individual identity manifests through the 5<sup>th</sup> Chakra.

The 5<sup>th</sup> Chakra often contains rules and “catch phrases” that trigger belief systems about self, behavior, appropriateness, etc. In other words, the 5<sup>th</sup> Chakra is often awash in a sea of “shoulds.” Clearing these



# ENERGY HEALING INSTITUTE

Education for The Consciously Curious

rules offers opportunities for alignment with self, true self-expression and freedom from restricting beliefs and boundaries.

The pivotal role the fifth Chakra plays in creating life's experiences is awe-inspiring and important for individuals to understand. Thoughts and beliefs are an individual's personal truth and what will manifest in their experience – physically, emotionally, mentally, and spiritually. It's inspiring to realize that revising one's personal truth – thoughts and beliefs – evolves experience and directly impacts health and well-being.

## Sixth Chakra

*Located at the center of the head.* The 6<sup>th</sup> Chakra is used to bind up energy and create “thoughtforms” or mental constructs and beliefs. Thoughtforms are the psychic embodiments of physical experience; they are the foundation of beliefs that hold energy and inform physical experience. These mental constructs are paired with emotional energy, and are stored throughout the Chakras and the Aura. Using Chakra clearing tools to release emotional energy and thoughtforms clears space and creates openings for evolved and expanded relationships with self and others.

The third eye is NOT the 6<sup>th</sup> Chakra. The third eye is a separate Chakra that is used for receiving or experiencing psychic/spiritual energy. The 6<sup>th</sup> Chakra engages the third eye to discern and create meaning based on what is perceived as either psychic or spiritual energy. [Note: In some systems the 6<sup>th</sup> Chakra and the third eye are one and the same.]

The sixth Chakra is the template for the mind. The sixth Chakra does not house an individual's thoughts; these are generated by the mind. However, the mind's thoughts are organically conceived from the information and awareness that the individual has framed as true; the substance of his or her beliefs. The outpicturing of an individual's knowledge and beliefs are energetically held in the sixth Chakra, governing thought and subsequent action. When an individual changes or evolves his or her beliefs and knowledge, the sixth Chakra resonates at this new level or frequency.

## Seventh Chakra

*Located at the top of the head.* One aspect of the 7<sup>th</sup> Chakra is ‘bliss consciousness,’ a state achieved through meditation, however seventh Chakra energy is larger than bliss consciousness. The 3-part cycle of create, sustain and destroy is accessed and engaged using this Chakra. The 7<sup>th</sup> Chakra is the gateway to the Divine, and bliss consciousness is only a small aspect of the Divine.

When accessing the 7<sup>th</sup> Chakra and expanding beyond bliss consciousness it is possible to perceive and experience the connection to All That Is.



# ENERGY HEALING INSTITUTE

Education for The Consciously Curious

The 7<sup>th</sup> Chakra is engaged when channeling; a method for collaborating with another being/energy using the frequency of the color white or silver.

The seventh Chakra is the energy of consciousness. The lower energy of the seventh Chakra resonates with reverence and attention to human experience; the higher energy fosters communion and affiliation with divinity, the God Within, All That Is. The higher energy is evolved through meditation, the spiritual meaning gleaned from human experiences, deep communion. The lower energy evolves through experience, understanding, mental and physical integration or alignment. Through practice and experience, enlightenment (evolution of consciousness) occurs. When experienced within the context of a physical or mental illness, spontaneous or miraculous (or gradual, organic) healing can be a result.

Seventh Chakra energy that is grounded through the lower six Chakras is a powerful force for healing and conscious evolution. When life is lived through this level of conscious awareness, problems, issues, illnesses are contextualized and the individual can perceive each incident in life as evolutionary experience.