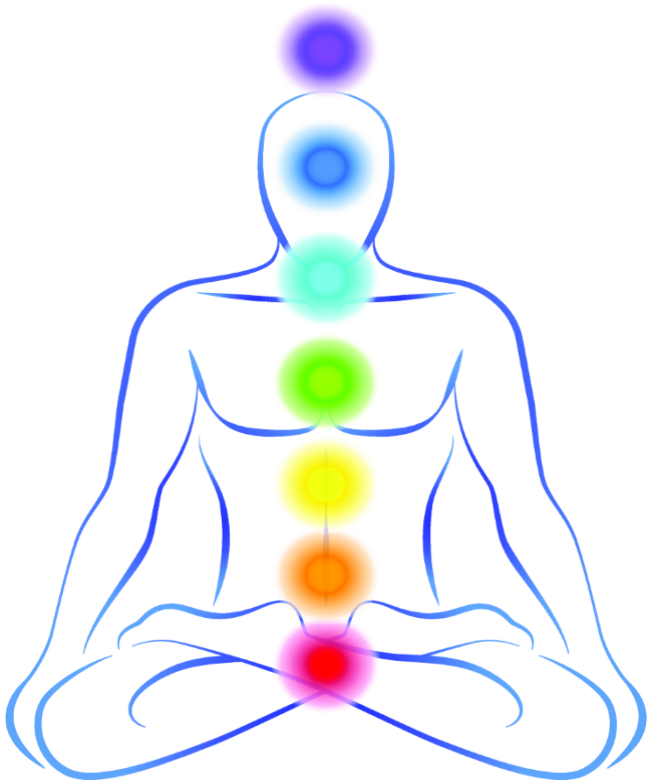


The Chakras

Energy flows all through your body, and there are spots where it collects the most. These are the chakras. There are seven main ones, and they line up along the middle of your body, starting at the top of your head.

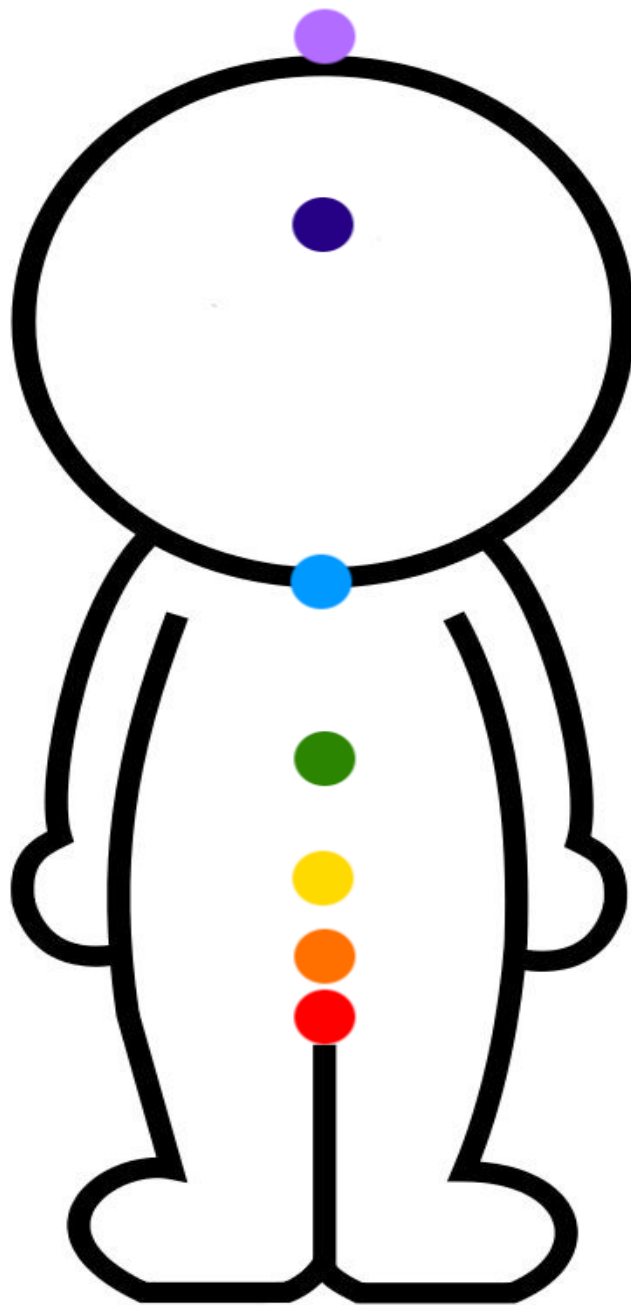


We usually describe them as bright balls in different colors, glowing and possibly spinning. It's all about how you picture energy in your mind. Each one is connected to a different part of your life, starting with your physical body down at the bottom (the root chakra) and ending up at the top where you are connected to the Universe (crown chakra).

When your energy is flowing nicely, there is balance in all these areas and things should be going smoothly in life. But if they start to flicker, or close up, it can mean some trouble.

A Chakra Tune-Up

Sit or lie down somewhere quiet and comfortable. Picture each of the chakra spots, with a bright colored ball in that place. Not dim, cloudy, or overly flashy either. A good solid ball of light. Maybe recite each verse from our chakra poem as you go. Your thoughts effect your energy, and this is how you "clean up" your chakras, even if it doesn't feel like you are doing anything.



Crown - Right at the very top of the tree is your link to the rest of the Universe. Our connection to our spirit is here. (violet)



Third Eye - Clear thinking, imagination, psychic talents and all your thoughtful wisdom are here in this chakra. You need this to help make good decisions. (indigo)



Throat - Here is home of communication, how you talk to other people and how well you listen. It's also a chakra for staying organized and making plans. (blue)



Heart - You can guess where this chakra is. Here you find love, happiness, and how you get along with people. Forgiving people who hurt you, and understanding how others feel, not just yourself. (green)



Solar Plexus - This chakra is at belly button, and it has all kinds of powerful energy in it. All your confidence, attitude and strength come from here. It's also the spot that holds what you think about yourself. (yellow)



Sacral - Emotions, senses and all your feelings live in this chakra spot, including what you think about things you like and things you don't. (orange)



Root - This is the solid base of your chakra tree. It's all about your physical body, and the material stuff in your life, and it keeps you connected to the Earth. (red)



The Energy Rainbow

The first is the root, and it spins a bright red
It's not about spirit, it's your body instead.
The physical you, as well as your stuff
Sometimes it's hard to know it's enough

Next is the sacral, a glowing orange spot
The things you like, the things you do not.
All of your senses are seated here
So are your feelings, like hope and fear

The solar plexus is known to be yellow
This is not a chakra that's mellow
Having courage and standing tall
Power and strength, and giving your all.

In the middle, we have the heart
Glowing green, where relationships start.
Connects you to others and let's you love
Forgive, understand, that's what it's made of.

When you listen and when you speak
Your throat chakra is at its peak.
Making plans and thinking through,
Communication shines in blue.

Creative ideas and imagination,
Third eye chakra has indigo vibration.
Psychic talent? Have the sight?
Focus here and you just might.

At last, we reach the top of your head
The crown is where your spirit is led.
Think about that violet ball
This is where you're connected to All.

