

Chakra Edmonton

Chakra Edmonton - The chakras are centers of metaphysical or biophysical energy in the human body, this is according to Hindu custom. Seven basic chakras are inside the body, but many believe that there are also minor chakras located in the body. Several modern believers have drawn parallels between the major organs of the endocrine system plus the chakra system.

The 7 important chakras are represented by a collection of lotus flowers ascending the spine to the crown of the head. Every chakra has an associated colour, component and source of energy and each lotus has a specific number of petals. As the chakras advance from the lowest to the highest, they govern increasingly spiritual functions. As an individual gets extra spiritually conscious, they become in touch with the higher chakras one by one. The bottom chakra relates to probably the most basic physical issues, whilst the highest represents enlightenment.

At the foot of the spine is the Root Chakra. It is imagined that it stands for survival, primary instincts, and feelings of security. The root chakra is related to the component of earth and the colour red. It is visualized as a 4 petal lotus.

On the pelvis sits the Sacral Chakra. It's associated with resourcefulness, emotions as well as sexual power. This chakra is related to the element water and the colour orange and is symbolized by a 6 petal lotus flower.

In the region where the thorax plus the stomach meet is situated the Solar Plexus chakra. It governs absorption, mental function plus power. The solar plexus chakra colour is yellow and its' component is fire. It's represented by a 10 petal lotus.

The Heart Chakra is claimed to govern empathy and fondness and is associated with the chest area including the lungs. The heart chakra is related to the colour green and the element of air. Its lotus has 12 petals.

The Throat Chakra is said to self-expression, progress and interaction. It is typified by a 16 petal lotus and is related to the element of sound or existence and the colour blue.

The Brow Chakra is as well referred to as the third eye. It is typified by a 2 petal lotus and mentioned to govern notion and intuition. Its colour is indigo and it is connected to the component of light or time.

The Crown Chakra is thought to represent the top of spiritual consciousness or to be the link to the divine. Represented as a violet or white lotus having a thousand petals, its related element is space or inspiration.