

Balancing the Chakras

This can be achieved by regularly opening and closing them, using related crystals and by specific yogic exercises (the latter is beyond the scope of this introductory leaflet)

Opening the Chakras

Seat yourself comfortably, either cross legged, or on a straight backed chair with the hands resting lightly in the lap. Take a few deep breaths to centre yourself. Beginning with the base chakra, either visualise the centre spinning and expanding as a vortex of red light or see it as a flower opening its petals until it is vivid and in full bloom. Move on to the next centre, altering the colour as appropriate.

In this state, you can meditate, visualise or carry out magical or creative work. To close the chakras, reverse the visualisation method do that each chakra remains slightly open. Regular practice of this exercise should help to balance the energy centres.

Using Crystals

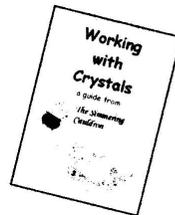
Appropriate crystals are suggested along with the description of each chakra. You will need to choose one of each, whichever you feel intuitively most comfortable with.

Lie down on the floor or on a supportive surface with a pillow under your neck and back if necessary. Place the stones on each corresponding chakra. It may be a good idea to play some relaxing music. Lie with the crystals in place for 10 to 15 minutes, or until you feel that the chakras have absorbed sufficient energy from the crystals



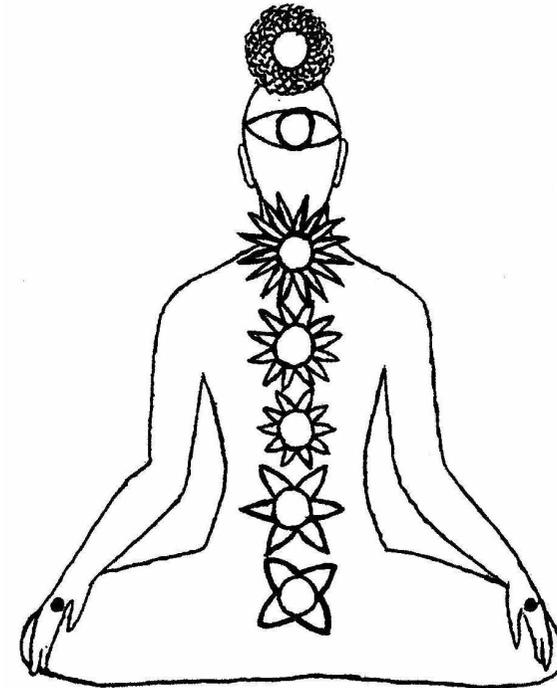
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For more information on Crystals see the Simmering cauldron Guide 'Working with Crystals'



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The Chakras



A Guide from

The Simmering Cauldron

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Introduction

The Chakras are the seven main energy centres in the subtle body which regulate energy flow and the interaction between the physical and subtle body. The word means 'wheel' in Sanskrit and the chakras are often visualised as lotuses, which are sacred flowers. Illness or upset can cause these energy centres to become too open or closed, or out of balance. The aim is to achieve a state of balance where the chakras are partially open so that we achieve awareness but without excessive vulnerability. During magical work, meditation or visualisation, it may be desirable to open the chakras more to aid altering the consciousness or expanding the awareness.

The Seven Chakras

Base or Muladhara

Colour: red

Function: survival; security; grounding; spatial intuition

Located at the base of the spine, this chakra is related to physical energy and the will to survive. It is related to the kidneys and bladder and the organs of excretion and elimination of toxins. A blockage in this area will often lead to back problems as it governs also, the spine.

Crystals: red stones: garnet, red jasper

Black stones: obsidian, smoky quartz

Sacral or Svadhithana

Colour: orange

Function: sensuality, creativity, possession, clairsentience

This chakra is situated just below the navel and governs the emotions and sexuality. Physically it relates to the reproductive organs and imbalances in this area may result in sexual problems or difficulty with social interaction.

Crystals: carnelian, moonstone, topaz, orange calcite.

Solar plexus or Manipura

Colour: yellow

Function: self-esteem, confidence, courage, emotional stability

Located at the level of the solar plexus, this chakra is very much to do with confidence and the sense of self. It governs the digestive organs; stomach, pancreas spleen and gall bladder. Repression and anger can cause imbalances in this area and may lead to a lack of motivation and to digestive problems.

Crystals: citrine, sunstone, tiger-eye, yellow jasper, amber.

Heart or anahata

Colour: green (pink)

Function: unconditional love, compassion, empathy

Situated at the heart area, this chakra marks the point at which the chakras become lighter and higher. It is often considered as a gateway to the more spiritual chakras. It links to unconditional love and free-flowing energy and is about how we relate to others. Physically it controls the heart and circulatory system.

Crystals: aventurine, crysoprase, jade, rose quartz, rhodochrosite, unakite.

Throat or Visshuda

Colour: blue

Function: communication, expression, spontaneity, clairaudience

This chakra is located just below the vocal chords and governs communication, creativity and self-expression. Physically it relates to the organs of speech and the breathing apparatus. It also connects with the thyroid, affecting metabolism.

Crystals: aquamarine, blue lace agate, lapis lazuli, turquoise.

Third eye or ajna

Colour: indigo

Function: intuition clarity, vision, clairvoyance.

Situated in the centre of the forehead between the eyebrows, this chakra relates to spiritual and psychic matters. Physically it governs the pituitary gland, the hypothalamus, left (or least dominant) eye and frontal lobes of the brain. It is also linked to the ears and the sinuses. Excessive fear is a sign that there may be an imbalance here as are headaches and problems with vision.

Crystals: lapis lazuli, amethyst, sodalite

Crown or sahasrara

Colour: violet

Function: spirituality, link with higher self, cosmic consciousness.

This chakra is located at the top of the head and is the link to spiritual energies. A well balanced crown chakra brings about awareness and enlightenment, whilst blockages can lead to selfish, negative behaviour. Physically, this chakra governs the pineal gland, the upper brain and the dominant eye.

Crystals: amethyst, clear quartz, selenite.