



The Human energy system (HEF) consists of different levels of vibrations or frequencies, and something called chakras. Chakra is a Sanskrit word meaning wheel of light. Chakras act like energy transformers, either stepping up the energy in frequency or stepping it down.

There are seven main chakras, (top of the head, middle of forehead, throat, heart, solar plexus, lower belly and between the legs). These chakras open up from the central power current (you might say the energetic complement to the spine) both on the front of the body and on the back. In addition, our joints, organs, hands and bottoms of the feet also have smaller individual chakras.

You could think of the shape of the chakra as a wheel, a vortex or a funnel. In fact they spin either clockwise or counterclockwise. Each of the major chakras is associated with an endocrine gland and also carries emotional and physiological aspects to it. For instance, the 2nd Chakra, found between the naval and the public bone, is related to our reproductive organs and carries our feelings in that regard as well as emotional feelings that arise out of our belief systems about ourselves.

The job of the chakra is to take in energy from the Universal Energy Field to nourish that particular area of the energetic body, which then nourishes the material body. Each chakra also has a particular frequency, which sends energy out into the person's energy field. The highest frequencies are found on the 5th, 6th and 7th chakras and the lowest are the 1st, 2nd and 3rd. The heart is the bridge between. Likewise, color and sound (having frequency) are associated with the major chakras.

The different vibrational levels of the energy field can be structured, that is, like a template of lines of light or they can be fluid or cloud like. They are linked to the chakras and exhibit the same psychological and emotional characteristics.

Now, different therapies, different schools of healing, and different metaphysical philosophies do not always agree specifically on what the chakras look like or how they may spin or even emotional characteristics. This does not make any of them wrong and here is why. Just as Quantum physics science is showing us how a particle and a wave can be the same phenomena depending on the perspective, perception and intention of the observer, a person who intuitively reads or 'sees' energy may see through their perceptions one thing while another person may symbolize that same idea differently according to their belief systems. This is also true for psychics when they give readings.

A well-balanced energy system promotes health, vitality and well-being. All systems in the body are energetically nourished and the immune system is enhanced. A person feels grounded and in harmony with themselves. However, distortions, tears, stagnant energy, imbalance can occur within these chakras, energetic organs and the energy field. This is due to traumas which can be physical, physiological or emotional in nature and which undermine the natural harmony or ease of the body. Therefore, we are said to be in a state of dis-ease.

Please see the chart below for the Properties of the Chakras, courtesy of BBSH Grad Randall Segal

## Properties of the Chakras

Chakra	Name	Color on 2nd level	# of Vortices	Endocrine Gland	Area of Body Governed	Center	Psych Function	Perception of Chakras	Sound Key	Mantra	Gem Stone	Aroma
7	Crown	White	972	Pineal	Nervous System, Upper Brain, Right eye	Mental	Integration of Personality with life, Spiritual aspects of mankind	Knowing the whole concept, Receiving more than other senses	B	OM	Clear Crystal, Amethyst	Olibanum, Lotus
6	Third eye, Brow	Indigo	96	Pituitary	Lower Brain, left eye, ears, nose, Endocrine system	Mental	A-Capacity to visualize and understand mental concepts, dreams, goals B- Ability to carry our ideas in practical ways	Sight, Seeing - Visualizing Seeing clear pictures or symbols	A	KSHAM	Lapis lazuli, Indigo-blue sapphire, sodalite	Mint, Jasmine
5	Throat	Sky Blue	16	Thyroid, Parathyroid	Respiratory System, Bronchial and vocal, Lungs, Alimentary canal	5A-Emotion 5B-Will	A-Expression, Receiving, Taking in & Assimilating B-Sense of self within society and profession	Hearing, speaking, Tasting	G	HAM	Aquamarine, Turquoise, Chalcedony	Sage, Eucalyptus
4	Heart	Green	12	Thymus	Heart, Blood, Vagus nerve, circulatory system	4A-Emotion 4B-Will	A-Feelings of Love towards others, Openness to life B-Self will, Ego will towards the outer world	Loving	F	YAM	Rose Quartz, Pink/Green Tourmaline, Kunzite, Emerald, Jade	Attar of Roses
3	Solar Plexus	Yellow	10	Pancreas	Digestive System, Stomach, Liver, Gallbladder, Colon	3A-Emotion 3B - Will	A-Pleasure, Expansiveness, Who you are in the Universe B-intentality, Will Towards own Health	Intuition, vague sense of knowing	E	RAM	Tigers eye, Amber, Topaz, Citrine	Lavender, Rosemary, Bergamot
2	Sacral	Orange	6	Ovaries / Gonads	Reproduction, Lymphatic / Immune System	2A-Emotion 2B - Will	A-Quality (sexuality / Sensuality) of love in life, giving & receiving pleasure B - Quantity of sexual energy	Emotions	D	VAM	Carnelian, Moonstone	Ylang-Ylang, Sandalwood
1	Base / Root	Red	4	Adrenals	Urinary system, Integumentary system, Skelatal and Muscular system, Spinal Column, Kidneys	Will	Quantity of Physical Energy, Will to live, life force	Kinesthetic, Tactile, Proprioception	C	LAM	Agate, Hemotite, Blood Jasper, Garnet, Ruby, Red coral	Cedar, Clove