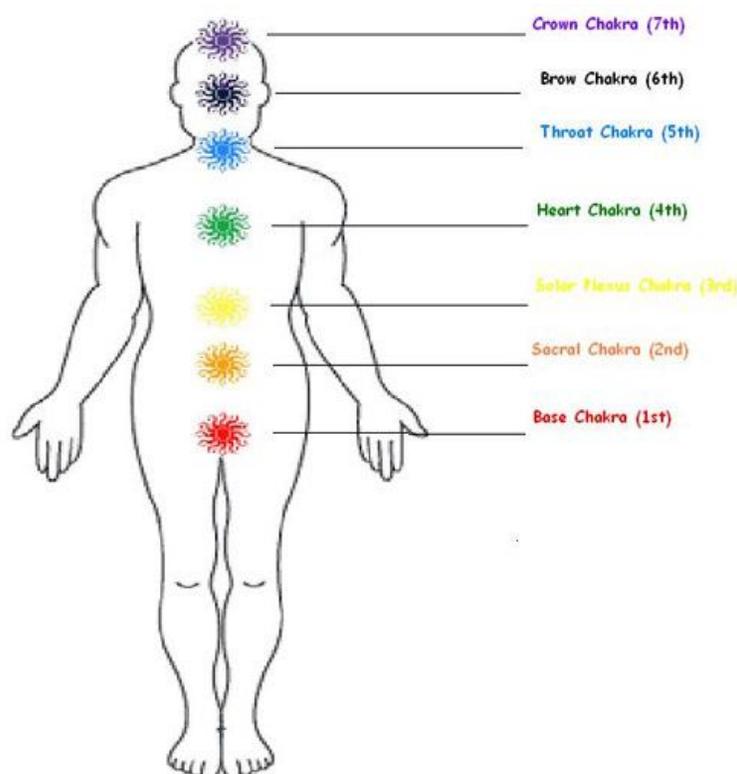


# MORE ABOUT CHAKRAS

There is more to the human body than its physical attributes -- we are a system swirling with energy, both physical and mental (in the form of thoughts). All of life is energetically-based and some of this universal energy is stored in our bodies at seven points\* along the spine that are called chakras. "Chakra" is a Sanskrit word that means "wheel" and chakras are energy "wheels" or vortexes in the body that direct our inner selves and how we experience life. And because the chakra centers are located down the middle of our body, keeping their energy flowing helps balance our bodies. Chakra energy is drawn from places like the sun, from others around us, and from the air in our atmosphere.

Chakras are linked to parts of the body to symbolize various levels of consciousness, starting with the root chakra (our most basic self) to the crown chakra (our spiritual center). Keeping these energy centers balanced and flowing helps us to access these various sides of our selves. A simple way to keep the chakra energy from being trapped is to breathe deeply while focusing on each chakra as you move mentally to the top of your head. Slowing down and paying more attention to your body will teach you which chakra is blocked. For example, if you are insecure, your root chakra, number 1, is unbalanced.

By focusing on chakra images, you can release negativity and move to higher levels of consciousness. Understanding chakras leads to freely flowing body energy, a lightness in spirit, and a greater self-understanding.



\* several more chakra centers have been discovered, but these seven are the primary ones