

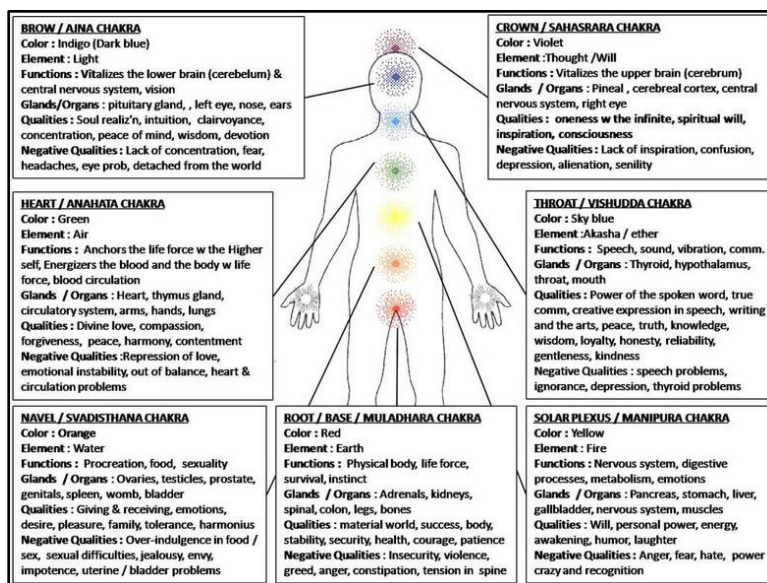
1. What are Chakras & Aura

Chakras are spiritually powered energy centers that help regulate all bodily processes, from organ function to the immune system and emotions. There are seven major chakras within the body and they have seven corresponding energy layers surrounding the physical body, a.k.a. aura or energy bodies. The seven major chakras in the body can be viewed as wheels of energy which align with the spine, starting from the base of the spine up to the crown of the head. When healthy, the chakras spin and vibrant colors swirl within.

They chakras are the same colors as the rainbow: red, orange, yellow, green, blue, indigo, and violet.

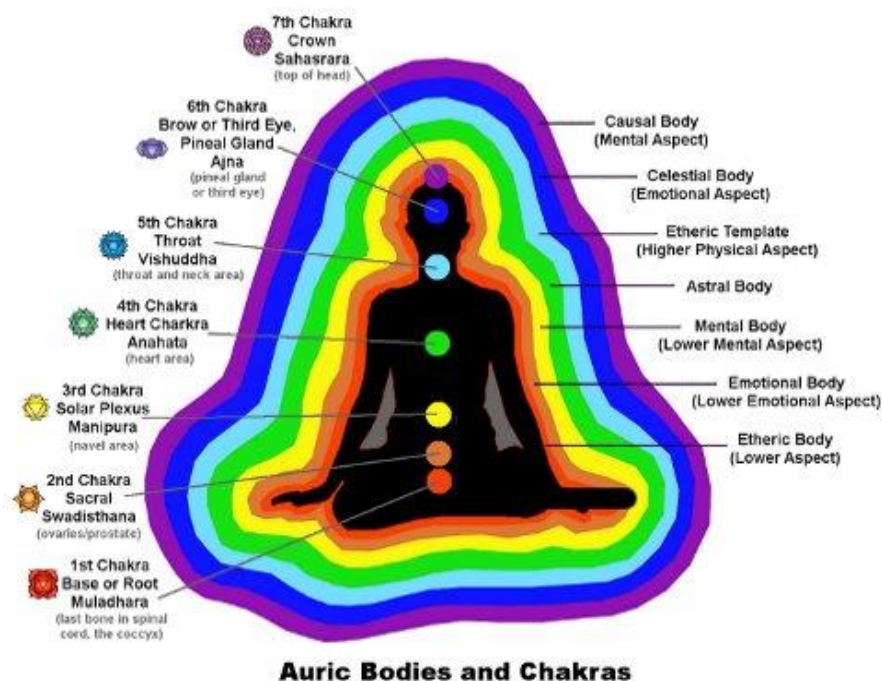
When energy is blocked in any of our seven chakras, energy cannot flow as intended and this can often lead to illness. Thus, it's important to understand what each chakra represents and what we can do to correct imbalances. Your chakras manage energy much as your bathtub drain manages water. The drain is designed to keep desirable, needed water in and funnel out water you no longer need. If too much hair gets into the drain, the water drains slowly and may not leave the tub at all. Maybe the unwanted water sits and becomes stagnate, unhealthy. Eventually bacteria and mold will grow. With your chakras, negative emotions, thoughts, words, traumas, experiences, etc. can cause blockages. Blocked energy can become unhealthy and disrupt your wellbeing—whether it's physical, emotional, mental or spiritual imbalance.

The chakras change energy from one level to another by distributing energy to the physical body. This is partly done through the endocrine system that regulates other systems in the body and plays a major role for the body's daily health. Each chakra also corresponds to one of the major glands in the body. Glands release hormones directly into the blood stream and control all aspects of growth, development and daily activities. Our bodies have a number of nerves crossing at various points forming major and minor energy meridians which carry energy to different parts of our body. Energy blockages in any of these areas can cause physical, mental, or emotional problems.



Chakras are the system of energy flow inside the body. The system of energy flow outside the body is your aura. The aura is an electromagnetic field of energy that surrounds the physical body for about four feet or more and will appear depleted when a person is unhealthy. The auric layers are in tune with each of

your chakras, and radiate the emotion and energy that you feel every moment. That's why you'll see colors around people, animals, anything with energy.



2. Reiki and the Major Chakras (energy centers) within the physical body

When practicing Reiki, I clean, clear and balance each chakra, removing anything unhealthy and unholy and adding in love, light and healing. The chakras are both connected to the physical organs in our body and the different layers in the aura.

7 centers of energy

Chakra is a Sanskrit word and means "wheel". A wheel that spins around its own axis and can spin fast or slowly. A chakra will spin in relation to the energy level of your system. Where will you find these chakras? They exist within us all. In the same way that we have a physical body we also have a subtle energy body. Our chakras are parts of a large network of subtle energies. Humans, animals and plants give off invisible energies.

The chakras and the physical body

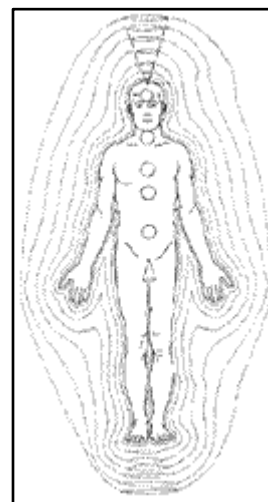
Every chakra has a corresponding organ in our physical system.

1. **The root chakra (at pelvis)** belongs together with the large intestine and the rectum. It also has a certain influence on the function of the kidneys.
2. **The navel chakra (at or near belly button)** belongs to the reproduction system, the testicles and ovaries and also the urinary bladder and kidneys.
3. **The solar plexus chakra** is in relation to the liver, gall bladder, stomach, spleen and the small intestine.
4. **The heart chakra** belongs to the heart and the arms.
5. **The throat chakra** relates to the lungs and the throat.
6. **The third eye (forehead) chakra** belongs to the brain, face, nose, eyes etc.
7. **The crown chakra (top of the head)** does not have a corresponding organ but is related to the whole being.

There is a clear connection between the condition of a chakra and the condition of the corresponding organ. A chakra can be over active, under active or in balance. Using Reiki can give the chakras balance and the organs health.



3. Reiki, Auras/Different energy layers in the body



When practicing Reiki, I am often guided to cleanse or balance a person's aura/energy bodies.

The aura can be viewed as an energy field surrounding the body, interacting through spiritual and psychological levels via structures called chakras. In other words the aura is an energy field that surrounds the physical body.

The 7 main chakras have their origin in the physical body but they also exist in all the layers of the aura. The speed and vibration level of the energy is increased with each level. One can say that the human consciousness is manifested on 7 levels or in the 7 layers that is the aura.

The different layers/bodies in the aura (that surround the physical body)

0. **The Physical body**, is the most tangible manifestation of our consciousness. Its function is to be here and now, to be conscious of what we do: walking when walking, eating when eating etc. We all know the fears of the physical body - sickness, aging and death.
1. **The Etheric body**, is a thin invisible layer, approx. 2 cm thick, around the physical body. This is where the energy is reflected when it flows through meridians and chakras. The etheric body or double acts as a template for the physical body and appears as an energy matrix. It is described in

Chinese medicine as meridians that transmit chi (ki) through the body. Consciousness is expressed in terms of sensations like physical pleasure or pain.

Many of our dreams can be found in the etheric body. With the aid of mantras, symbols, essence etc. one can affect the function of this part of the aura. Connected to the Root chakra.

2. **Emotional body** is egg shaped and contains the other 2. This body reflects the feelings and emotions we have. Emotions like happiness, hope, love, anger, sorrow, hate are all found here. ***The emotional body is also connected to our past which can cause problems.*** The body is laced with wishes and desires from the past and this can cause tensions. It is important to learn how to handle different emotions during a day, the risk is otherwise that they become suppressed and stored in the emotional body and can later be the cause of blockages and disturbances leading to medical problems. Connected to the Navel chakra.
3. **The Mental body's** function is to teach us self knowledge. The mental body as it's name implies reflects the conscious mind, logic, intellect and active thinking.
We shape our reality with our minds. Our mind is the constructor, the builder. It reflects our ability through which we develop our learning and personality. Mental health or mental illness is reflected in this level. Connected to the Solar Plexus Chakra.
4. **The Astral body.** Unconditional love. Connected to the Heart chakra. The astral aura is the bridge between the physical world and the spiritual realm.
5. **The Etheric Template body (divine will)** can be identified with memory and our thought processes. Here all our memories, forgotten, remembered or pushed away, are mirrored. The Etheric Template also stores the present and all the possible futures. Connected to the Throat chakra.
6. **The Celestial body** mirrors the subconscious mind that is a part of the inactive part of our brain. By listening to your subconscious, your intuition, you can make your journey through life more simple and rewarding. Consciousness expresses itself as higher feelings like universal love; love that goes beyond human beings and friends into a universal love for all life. Connected to the Third eye chakra.
7. **The Causal body (Ketheric Template)** is the last body. The energies in this body spins with a very high frequency. This is where the soul communicates with the conscious mind via the subconscious mind in the mental body. Consciousness is expressed in higher concepts of knowing or belief systems. This is where the initial creative impulse begins; not just linear knowing, but integrated knowing. Connected to the Crown chakra.