



What are Chakras?

Energy and the body

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If you have ever studied the human body, you can appreciate its amazingly complex, integrated composition. But do you know that what you feel as your physical body is just one part of your complete human energy system? We can see and touch our physical body because it is the part of our energy that is the most dense, and vibrates at the lowest speed. Yet this dense energy is just a small part of us; we are composed of an extremely intricate system of energies that vibrate at different rates for different purposes, and are all interconnected.

Energy & The Body

Much of our energy system is not normally seen by the human eye. Like the Earth's atmospheric layers, our physical bodies are immersed in and surrounded by layers of subtle energy that all vibrate at different rates. In addition to this energy around us, we have subtle energy running in currents through our physical bodies, like rivers or streams, supplying us with life-sustaining energy. And we have a mechanism to receive, transfer and connect the higher vibrations of energy with the lower vibrations of our energy system: our chakras.

Chakra

The word chakra is from the Sanskrit word meaning wheel or circle. Chakras are spinning energy centers or nodes, facilitating the movement of energy from higher vibrations to lower ones, and back. Chakras receive, assimilate, and express life force energy. These spinning vortexes are connected to the energy pathways in our body, so they help to move vital force energy into our physical vibration. There are seven main chakras that are aligned in an ascending column from the base of the spine to the top of the head. Each major chakra is associated with a certain vibration, color, endocrine gland and nerve ganglia, multiple specific functions, an aspect of consciousness, musical note, and other distinguishing characteristics. Besides the major chakras, you have hundreds of minor chakras.

The seven major chakras:

- 1) Base (Root) or First – located at the base of the spine near the perineum and vibrates to the color red
- 2) Sacral or Second – located in the sacrum beneath the navel and associated with the color orange

- 3) Solar Plexus or Third – located near the solar plexus between the navel and base of the rib cage and vibrates to the color yellow
- 4) Heart or Fourth – located in the center of the chest and associated with the color green
- 5) Throat or Fifth – located in throat and vibrates to the color blue
- 6) Brow or Sixth – located in the center of the forehead and associated with the color indigo
- 7) Crown or Seventh – located at the top of the head and vibrates to the color purple

Chakras & Energy

In addition to helping move energy to certain parts of the physical body, each chakra also processes energies associated with specific mental, emotional, and spiritual issues. These energy centers are influenced by our thinking habits and experiences. Our chakras receive and radiate energy constantly, so holding negative or obsessive thoughts (or allowing imbalanced mental and/or emotional patterns to remain) can block or constrict the flow of energy. When this blockage occurs, we may develop physical and/or mental illnesses. The vitality, size, shape, texture, or color of a chakra, as ascertained by a highly-skilled energy practitioner, can reflect the physical health of a particular area of your body, as well as your emotional, mental, or spiritual well-being. There are many vibrational (energy) techniques, such as hands-on/hands-above energy channeling, intuitive insights related to releasing emotional/mental issues, and other vibrational remedies, to help clear, balance, and align the chakras; these techniques and therapies can be vital to good health. Using these techniques or having an energy session with an experienced and well-qualified energy medicine practitioner can assist you in restoring balance to these important energy centers.

Mary Hornish received a B.A. in liberal arts with highest honors from Duke University. She has spent over ten years working intensively with an energy healer/holistic nurse healer and intuitive counselor while completing coursework in energy medicine, intuitive guidance, and complementary healing therapies. In addition, she is a certified Reiki practitioner, and has completed Reiki Level 2 training, a laying-on-of-hands healing therapy. Mary works with both adults and children, and as a mother of a special needs child, she has a particular sensitivity and interest in working with children with developmental differences.