



AN INTRODUCTION TO CHAKRAS

By: Rachel Niemczyk

It isn't too uncommon to hear about energy work today. It's the basis of many alternative healing modalities including Reiki, Ayurvedic medicine, traditional Chinese medicine, and crystal therapy. It is a part of some religious and spiritual beliefs such as Hinduism and Buddhism. It is also the core of Feng Shui and considered a major aspect of yoga (particularly Kundalini and Anusara yoga).

The reality is that energy work is recognized throughout the world. Different cultures may have different terms for energy (from the Chinese chi and Japanese ki, to Greek pneuma and Indian prana), but the idea remains the same. Energy work is based on the manipulation of life force energy, energy which flows through all living things. This energy cannot be seen with the naked eye and moves through space in ways our physical bodies can't. It reflects upon us: our interactions with the environment and health on physical, emotional, mental, and spiritual levels.

There is an entire culture of energy work so to speak. And one of the basic tenants of knowledge in this field is chakras.

Chakra is the Sanskrit word for wheel, and it is used to describe energy centers in the body because chakras are portrayed as swirling vortexes. These energy centers are constantly moving: sometimes fast, sometimes slow, sometimes vibrantly, sometimes sluggishly. It is normal for chakras to change because they are a reflection of our inner selves. Chakras show changes that our occurring in our physical, emotional, mental, and spiritual energy bodies long before we recognize them consciously.

This is why many people consider it important to work with their chakras. By healing and balancing our chakras we are automatically working to heal and balance ourselves on all levels. Working with chakras brings up challenges we may not have consciously realized we have so that they can be worked



through. The entire point of this process is to stimulate healing, and it is a lifelong process because our chakras change as easily and frequently as we do.

During Healing Crystals' Chakra Week this August we will be focusing on the seven main chakras which run through the midline of the human body: Root, Sacral, Solar Plexus, Heart, Throat, Third Eye, and Crown. There are numerous choices of crystals to use for these chakras, for example: Red Jasper for the Root Chakra, Orange Aventurine for the Sacral Chakra, Yellow Aventurine for the Solar Plexus Chakra, Green Aventurine for the Heart Chakra, Blue Aventurine for the Throat Chakra, Amethyst for the Third Eye Chakra, and Clear Quartz for the Crown Chakra. We hope this week will further your knowledge and aide you on your self-healing journey!

BIBLIOGRAPHY

Eden, Donna and David Feinstein. *Energy Medicine: Balancing Your Body's Energies for Optimal Health, Joy, and Vitality*. New York: Penguin Group Inc, 2008. Print.

Mercier, Patricia. *The Chakra Bible: The Definitive Guide to Working with Chakras*. New York: Sterling Publishing, 2007. Print.

Moon, Hibiscus. *Crystal Grids: How and Why They Work – A Science Based, Yet Practical Guide*. CreateSpace Independent Publishing Platform, 2011. Print.

Permutt, Philip. *The Complete Guide to Crystal Chakra Healing: Energy Medicine for Mind, Body, and Spirit*. New York: CICO Books, 2009. Print.