

CHAKRA AWARENESS GUIDE

by A.M.I. (formerly Legion of Light)

UNDERSTANDING AND ACTIVATING THE BODY'S SEVEN MAIN ENERGY CENTERS

7 CROWN CHAKRA

LOCATION: Top of the head

COLOR: Violet

ELEMENT: Thought/will

FUNCTIONS: Vitalizes the upper brain (cerebrum).

GLANDS/ORGANS: Pineal gland, cerebral cortex, central nervous system, right eye.

GEMS/MINERALS: Amethyst, alexandrite, diamond, sugilite, purple fluorite, quartz crystal, selenite.

FOODS: This chakra is associated with the idea of fasting; Also violet (purple) fruits and vegetables.

QUALITIES/LESSONS: Unification of the Higher Self with the human personality. Oneness with the Infinite. Spiritual will, inspiration, unity, divine wisdom and understanding. Idealism, selfless service. Perception beyond space and time. Continuity of consciousness.

NEGATIVE QUALITIES: Lack of inspiration, confusion, depression, alienation, hesitation to serve, senility.

5 THROAT CHAKRA

LOCATION: Throat area

COLOR: Sky blue

ELEMENT: Akasha/ether

FUNCTIONS: Speech, sound, vibration, communication.

GLANDS/ORGANS: Thyroid, parathyroid, hypothalamus, throat, mouth.

GEMS/MINERALS: Turquoise, chrysocolla, celestite, blue topaz, sodalite, lapis lazuli, aquamarine, azurite, kyanite.

FOODS: Blue/Purple fruits and vegetables.

QUALITIES/LESSONS: Power of the spoken word. True communication. Creative expression in speech, writing, and the arts. Integration, peace, truth, knowledge, wisdom, loyalty, honesty, reliability, gentleness, kindness.

NEGATIVE QUALITIES: Communication and/or speech problems. Knowledge used unwisely, ignorance, lack of discernment. Depression, thyroid problems.

3 SOLAR PLEXUS CHAKRA

LOCATION: Above the navel, below the chest

COLOR: Yellow

ELEMENT: Fire

FUNCTIONS: Vitalizes the sympathetic nervous system. Digestive processes, metabolism, emotions.

GLANDS/ORGANS: Pancreas, adrenals, stomach, liver, gallbladder, nervous system, muscles.

GEMS/MINERALS: Citrine, gold topaz, amber, tiger eye, gold calcite, gold.

FOODS: Starches. Yellow fruits and vegetables.

QUALITIES/LESSONS: Will, personal power, authority, energy, mastery of desire, self-control. Radiance, warmth, awakening, transformation, humor, laughter, immortality.

NEGATIVE QUALITIES: Taking in more than one can assimilate and utilize. Too much emphasis on power and/or recognition. Anger, fear, hate. Digestive problems.

1 ROOT or BASE CHAKRA

LOCATION: Base of the spine (coccyx)

COLOR: Red (secondary color is black)

ELEMENT: Earth

FUNCTIONS: Gives vitality to the physical body. Life-force, survival, self-preservation, instincts.

GLANDS/ORGANS: Adrenals, kidneys, spinal column, colon, legs, bones.

GEMS/MINERALS: Ruby, garnet, bloodstone, red jasper, black tourmaline, obsidian, smoky quartz.

FOODS: Proteins (meat and dairy products not recommended). Red fruits and vegetables.

QUALITIES/LESSONS: Matters relating to the material world, success. The physical body, mastery of the body. Grounding, individuality, stability, security, stillness, health, courage, patience.

NEGATIVE QUALITIES: Self-centered, insecurity, violence, greed, anger. Overly concerned with one's physical survival. Tension in the spine, constipation.

6 BROW CHAKRA (Third Eye)

LOCATION: Center of the forehead, between the eyebrows

COLOR: Indigo (dark blue)

ELEMENT: Light

FUNCTIONS: Vitalizes the lower brain (cerebellum) and central nervous system. Vision.

GLANDS/ORGANS: Pituitary gland (some sources say pineal gland), left eye, nose, ears.

GEMS/MINERALS: Lapis lazuli, azurite, sodalite, quartz crystal, sapphire, indicolite tourmaline.

FOODS: Blue/purple fruits and vegetables.

QUALITIES/LESSONS: Soul realization, intuition, insight, imagination. Clairvoyance, concentration, peace of mind. Wisdom, devotion, perception beyond duality.

NEGATIVE QUALITIES: Lack of concentration, fear, cynicism, tension. Headaches, eye problems, bad dreams. Overly detached from the world.

4 HEART CHAKRA

LOCATION: Center of the chest

COLOR: Green (secondary color is pink)

ELEMENT: Air

FUNCTIONS: Anchors the life-force from the Higher Self. Energizes the blood and physical body with the life-force. Blood circulation.

GLANDS/ORGANS: Heart, thymus gland, circulatory system, arms, hands, lungs.

GEMS/MINERALS: Emerald, green and pink tourmaline, malachite, green jade, green aventurine, chrysoprase, kunzite, rose quartz, ruby.

FOODS: Green fruits and vegetables.

QUALITIES/LESSONS: Divine/unconditional love. Forgiveness, compassion, understanding, balance, group consciousness, oneness with life. Acceptance, peace, openness, harmony, contentment.

NEGATIVE QUALITIES: Repression of love, emotional instability, out of balance. Heart problems, circulation problems.

2 NAVEL CHAKRA (Sacral Plexus)

LOCATION: Lower abdomen to navel area

COLOR: Orange

ELEMENT: Water

FUNCTIONS: Procreation, assimilation of food, physical force and vitality, sexuality.

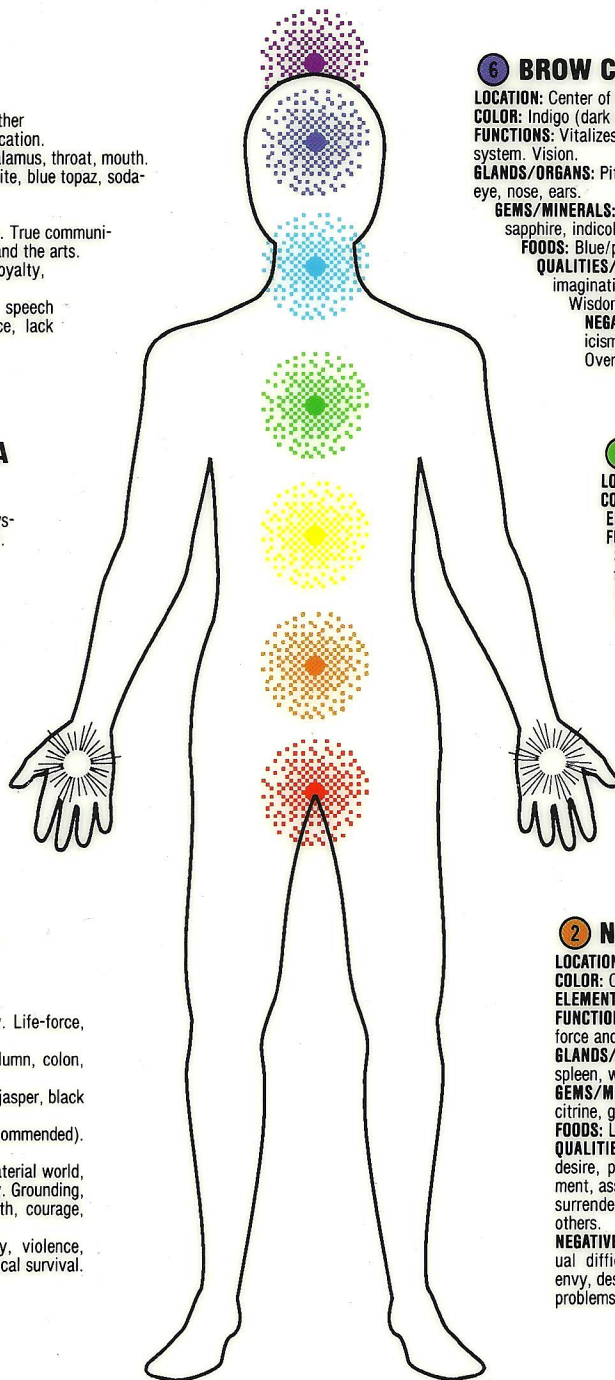
GLANDS/ORGANS: Ovaries, testicles, prostate, genitals, spleen, womb, bladder.

GEMS/MINERALS: Carnelian, coral, gold calcite, amber, citrine, gold topaz, peach aventurine.

FOODS: Liquids. Orange fruits and vegetables.

QUALITIES/LESSONS: Giving and receiving, emotions, desire, pleasure, sexual/passionate love, change, movement, assimilation of new ideas. Health, family, tolerance, surrender. Working harmoniously and creatively with others.

NEGATIVE QUALITIES: Over-indulgence in food or sex. Sexual difficulties. Confusion, purposelessness. Jealousy, envy, desire to possess. Impotence, uterine and/or bladder problems.



*There are also powerful energy centers in the palm of each hand and on the sole of each foot.

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THE CHAKRAS

The human body contains hundreds of locations where there is focused and concentrated energy. There are, however, seven major energy centers, commonly referred to as "chakras." *Chakra* is a Sanskrit word which means "wheel." The chakras are similar to wheels, in that they are spinning vortexes of energy. They are centers of force, located within our etheric body, through which we receive, transmit and process life energies.

Each chakra in the body is recognized as a focal point of life-force relating to physical, emotional, mental, and spiritual energies. The chakras are the network through which body, mind and spirit interact as one holistic system.

The seven major chakras correspond to specific aspects of our consciousness and have their own individual characteristics and functions. Each has a corresponding relationship to one of the various glands of the body's endocrine system, as well as to one of the seven colors of the rainbow spectrum.

The main purpose in working with and understanding the chakras is to create integration and wholeness within ourselves. In this way we bring the various aspects of our consciousness, from the physical to the spiritual, into a harmonious relationship. Ultimately, we begin to recognize that the different aspects of ourselves (physical, material, sexual, spiritual, etc.) all work together, and that each aspect is as much a part of the whole as the others. We must be able to acknowledge, accept and integrate all levels of our being.

To help us in the process of our unfoldment it is most important to understand that the chakras are "doorways" for our consciousness. They are doorways through which emotional, mental, and spiritual force flow into physical expression. They are openings through which our attitudes and belief systems enter into and create our body/mind structure. The energy created from our emotions and mental attitudes runs through the chakras and is distributed to our cells, tissues, and organs. Realizing this brings tremendous insight into how we ourselves affect our bodies, minds, and circumstances for better or worse.

To understand the chakras and their relationship to our consciousness, is to better understand ourselves. Understanding ourselves will enable us to make our choices and decisions from a place of awareness and balance, rather than being blindly influenced by forces we do not understand. The ancient adage still echoes... "know thyself!"

CHAKRA ACTIVATION TECHNIQUES

- Consciously expand your expression of unconditional love, compassion, gratitude, forgiveness, and creativity.
- While meditating, visualize the corresponding color of the chakra saturating and balancing that part of your body. Do all seven chakras from the base of the spine to the top of the head.

REMEMBER...

The most powerful way to open, activate, energize, and balance all of our chakras and keep our bodies and minds in a healthy condition is to love ourselves and others unconditionally. This may not appear to be a very scientific technique, but it is. Love is the greatest healer. Love is the vitalizing, nourishing, sustaining electricity of life. When we love ourselves and are able to offer this love to others, we keep our body/mind systems charged and vitalized with this "electricity."

To love ourselves and others unconditionally may sound like a difficult thing to achieve, but in actuality, it can be as simple as believing it is possible! Once we experience that unconditional love can be a real possibility, and we awaken the desire within ourselves to move into this state of being, we can begin to manifest this reality in our lives immediately!

Our entire body/mind system is a connecting link to all levels of universal consciousness. Each one of us are interconnected and are a holographic part of "All That Is." As we open ourselves into greater expression of love, wisdom and power, we give this gift to all of creation. As one person becomes whole, humanity, on a collective level, is that much closer to wholeness. We must remember this and take hold of our personal responsibility to ourselves and to an awakening humanity. Love is the source of all healing — Love one another!

- Live your life in alignment with honesty and complete integrity.
- Utilize the vibrational power of sound (singing, chanting, musical instruments).
- Eat fresh fruits and vegetables that are rich with the corresponding colors of the chakras.
- Put clear quartz crystals in your drinking water. They help restructure the crystalline properties of the water and thereby aid the activation and acceleration of personal consciousness.
- Selfless service will aid the opening of the chakras in a natural and non-forceful manner.
- While lying down, place either the corresponding stone from the mineral kingdom or a clear quartz crystal on each of the chakra points on the body. By enhancing the positive flow of energy throughout one's body/mind system, this technique will help one to bring up, recognize, and clear emotional blocks.
- Utilize the power of prayer, meditation, visualization, and affirmation.
- Fasting for short periods (under the supervision of a holistic doctor) is an excellent way for not only regenerating the body, but for bringing about spiritual and psychological insight and revelation.
- Relax in a comfortable position. As you breathe, imagine and feel yourself to be inhaling and exhaling through a given chakra point. This will charge that chakra and the surrounding organs with vital life-force. Do this for each of the seven chakras.
- Sleep outside on the ground in a beautiful place in nature. Sleep with your head facing north, to align with and become charged by the Earth's electromagnetic field. There are places of power on the Earth that are considered to be the chakras of the planetary body.
- Yoga and exercise charges and activates the chakras. There are certain types of

yoga that are used specifically for activating the chakras.

- Become aware of your breathing. "Conscious breathing" aligns the body, mind and spirit.
- Use your imagination. It is one of the most valuable tools you possess for creating any reality you choose. Reality is what you dream it to be!