

Chakra intake and export of energy

Chakra is a Sanskrit word that literally means “wheel”.

Chakras are spinning wheels that are energy centers or vortexes in the body/energy system through which power and life force flow.

There are more than 20 minor chakras throughout the body, but the seven main chakras are located from the base of your spine to the top of your head.

The root and crown chakra are paired together. All other chakras protrude out in front of you as well as behind you.

The chakra vibrates evenly in a circular motion, resembling a funnel which is fairly narrow close to the body, but which becomes wider as it gets farther away.

When a particular chakra is healthy, balanced and fully open, so are the connected body parts that surround it. If a chakra is blocked, damaged or partially closed, then the health of the connected body parts and systems will begin to reflect this.

Our chakras, like our aura, are affected by everything that happens to us - good things as well as bad things.

