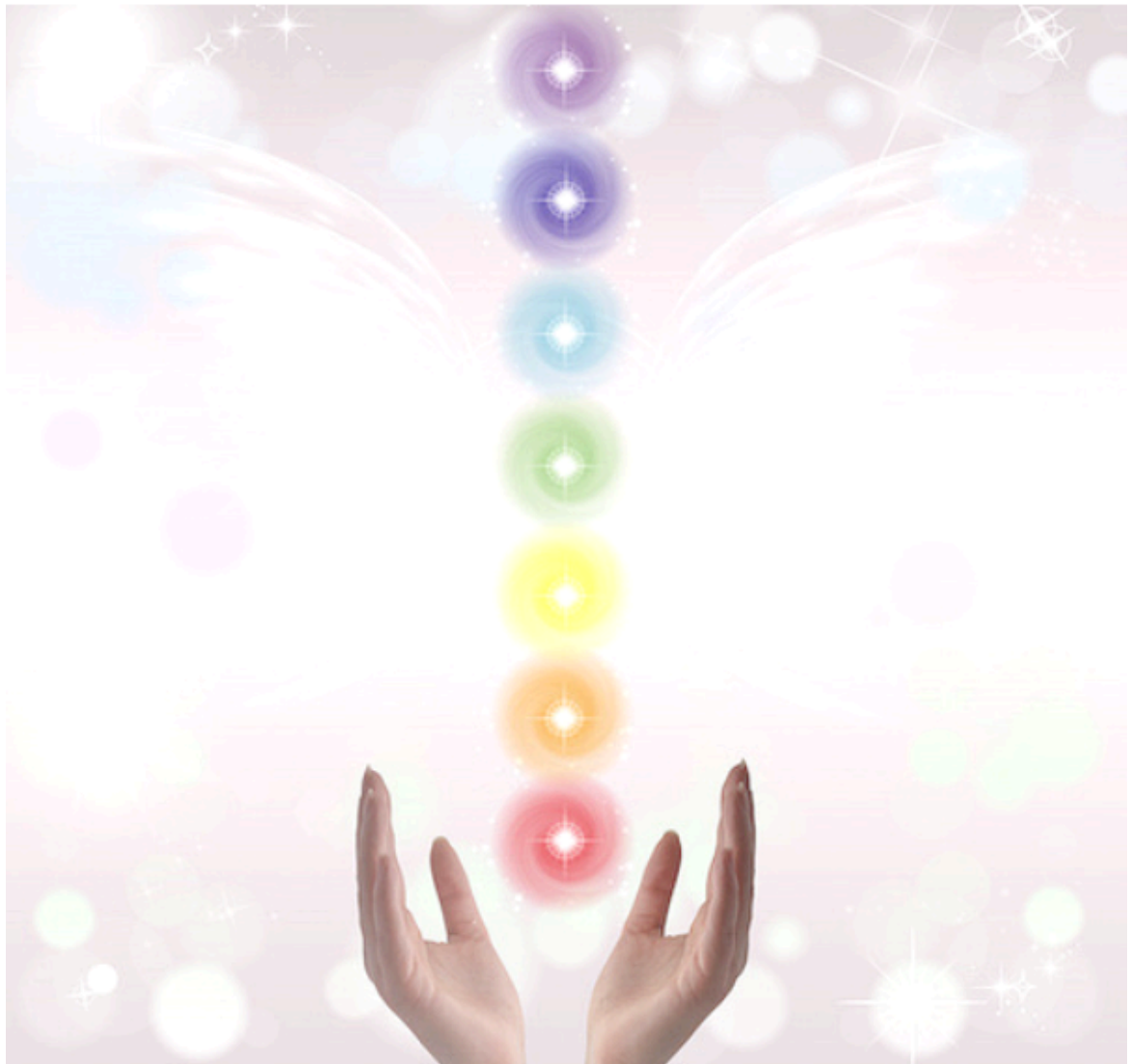


REIKI RAYS

# Heal and Balance Your Chakras with Reiki





REIKI RAYS

# *Heal and Balance Your Chakras with Reiki*

All About Main Chakras, Higher Chakras, Palm Chakra,  
Balancing Chakras using Reiki, and more.

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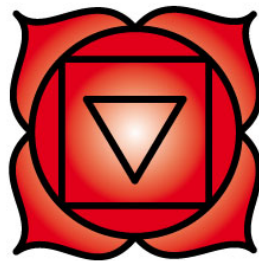
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## **All about the Root Chakra. Healing the Root Chakra with Reiki**

Every thing around us contains energy which can be absorbed by energy fields within us through centers of energy called chakras. These chakras are connected to all the vital organs and glands in the body. The word is derived from the Sanskrit word meaning 'wheel'.

There are seven main chakras, from top to bottom: the root chakra, the sacral chakra, the solar plexus chakra, the heart chakra, the throat chakra, the brow chakra, and the crown chakra.

The root chakra is located at the bottom of the spine. It is the primary chakra of our body, which acts as an energy pathway to connect us to our physical bodies and the earth. The root chakra allows us to keep our balance and is associated with the color red which represents passion, strength and fire. It is also called the base chakra.



### **Functions of the Root Chakra**

#### **Physical health**

Physically, it is responsible for the proper functioning of the legs, feet, bladder, kidney and of course, spine. The position of each chakra is in correspondence to our endocrine glands that are responsible for the release of hormones in our body, keeping them in balance and controlling major nerve functions. It keeps us nourished and healthy.

An imbalanced root chakra can cause several problems such as fatigue, hemorrhoids, arthritis, constipation, lower back pain, weight issues and diarrhea. It can also cause sleep disorders and feeling cold due to poor circulation.

#### **Increased confidence**

When the root chakra is balanced, you feel more secure and gain more confidence. You will perform all tasks in life with increased confidence and enthusiasm.

When it is imbalanced you will feel tired, overly cautious and afraid of change. You will feel insecure and you will trust yourself and others less. You will not respect yourself and others and you will be frequently clumsy and lethargic.

### **Dealing with conflicts and problems**

When balanced, the root chakra will give you the ability to deal with problems and handle conflicts with a calm and constructive mind. You will manage these conflicts smoothly and troublesome matters will be incapable of scaring you.

When the chakra is blocked you feel overly cautious. Also it will cause insecurity and violent behavior, aggressiveness. You'll be angry at everything and prone to do reckless things.

### **Feeling grounded**

This chakra is related to the basic needs in life such as food, shelter, warmth and comfort. If balanced, it will keep you on track to get these needs met.

However, if the balance is lost, any task seems difficult. Money problems arise; you lose confidence, resort to violence, become selfish and cannot find happiness. You get "stiff", uptight. You turn greedy and materialistic. You become more sexually manipulative, impulsive and also domineering.

### **Ways to Heal the Root Chakra**

If you feel that your root chakra is blocked, or overwhelmed with negative energy, the following ways can help you clear the root chakra.

#### **Think red**

The root chakra is related to the color red so envisioning a red flame glowing brightly at the base of your spine can help clear the root chakra. You can start with a meditation visualizing the red flame at the base of your tailbone and picture the light extending down to your legs and feet and grounding you to the earth.

#### **Sing and dance**

Dancing and singing with the door closed and without a care in the world can help you express your freedom and hence clear your root chakra. Singing also helps clear the throat chakra.

### **Take a bath or shower**

Express your love for yourself fully by cleansing and purifying your body with a nice hot bath. This is an excellent way to clear your root chakra.

### **Go for a walk**

Going for a walk with your mind into each and every step you make while grounding with the earth will also help clear the root chakra.

### **Hug a tree**

And of course, you can hug a tree to get grounded :).

## **Reiki and the Root Chakra**

Reiki is an excellent healing technique for the chakras that are imbalanced, dysfunctional or even blocked due to problems of the body, mind and spirit. Keeping your chakras balanced and functioning will prevent problems and illnesses. Reiki involves hand placements targeting all major chakras to remove all negative energies and blockages that stand in the way of your normal energy flow like a rock in a stream. After these negative forms of energies are removed, your stream of energy is recovered and flows smoothly through your body. It is a natural and safe method of curing that can be used by anyone.

During healing hands are placed on the affected areas that need to be cured. Reiki has been known to be one of the most effective methods of curing the root chakra. Even though the root chakra is at the base of the spine, hands are placed at somewhere near the location of the spine.

Gemstones can also be used for healing. As the root chakra is concerned with the color red, rubies, garnets and red jasper can be used to clear the root chakra.

### **Steps for performing Reiki healing on the Root Chakra**

Reiki practitioners might have their own technique for balancing the root chakra, below is just one of the methods that many find effective.

1. Lie down and relax. Make sure you are comfortable and do not cross your arms and legs.
2. Place both of your hands with your palms down on your lower abdomen.
3. Visualize a river of energy passing down from the palm of your hands turning into a fast turning bright red ball. Direct your thoughts towards this energy ball and the energy that is being sent.
4. You might feel some warmth spreading through your body as the chakra gets cleared.

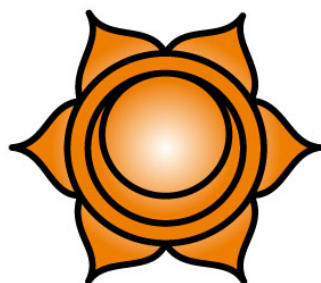
Healing of the Root Chakra with Reiki brings back all the comforts in our life; it brings calm and tranquility, and leads a healthy and happy life.

## **All about the Sacral Chakra: Healing the Sacral Chakra with Reiki**

The sacral chakra or Swadhisthana is the second chakra.

It deals with feelings of sexuality that allow expression of emotions when the chakra is open without being overly emotional or overactive. Emotions are kept in balance and you become more passionate and lively. When the sacral chakra is balanced, you will have no issues dealing with sexuality.

The sacral chakra is situated in the lower abdomen about 1-2 inches below the navel. It controls your sexual organs and reproductive system including ovaries or testes. It also controls the bladder and the kidneys.



### **Functions of the Sacral Chakra**

#### **Physical health**

While this chakra is responsible for the proper functioning of the reproductive system, its organs and hormones, the energy of the sacral chakra is also responsible for the administration of the lymphatic and circulatory system and the urinary tract. As the sacral chakra mainly deals with purification, the chakra plays a role in removing toxins out of the body. Some say that the sacral chakra is represented by the spleen in men and uterus in women.

An imbalance in the sacral chakra can cause many physical issues such as urinary problems, kidney stones, lower back pain, gynecological problem and prostate problems. It is therefore important to keep this chakra in balance to maintain a healthy physical health and stay away from such problems.

#### **Emotions**

The sacral chakra being the 'seat of emotions' it's mainly responsible for producing joy, ambition, love for yourself, healthy relationships and creativity. When this chakra is in balance, you are more comfortable with expressing



your emotions and you do not get suppressed by other people's power. However, if this chakra is blocked or dysfunctional then you will become shy, helpless, and weak.

Since the sacral chakra governs the reproductive system, it also deals with the stimulation of the production of various sexual hormones or hormones that develop pleasure, joy and other emotions.

Basically, your chakra is in balance when you sexual energy and sex drive, and are comfortable with having a sexual relationship with someone and you feel no negative emotions while having sex. You can express your power easily and sex is done for a fair exchange and it's not weighted on one side only. You have a blocked sacral chakra when you do not have any sexual desires and try to avoid having sex as much as possible, hence reducing its importance in your life. You do not feel sexual sensations normally and these sexual sensations are often weak and disappointing.

Also, when this chakra is balanced, there is no neediness, no feeling clingy, and therefore no jealousy.

### **Honor and power**

This chakra is responsible for 'fair exchange' or having similar ideas with others. When this chakra is balanced, you naturally give and receive love, affection, flirt playfully with no guilt or shame, in a beautiful and natural "dance". People with a balanced sacral chakra are not afraid of expanding their boundaries, communicating their needs, and are comfortable listening and attending to others' needs.

You can cause harm to the sacral chakra when you engage in means of taking revenge, expressing too much power and pressure and suppressing someone with your sexual desires.

### **Healing the Sacral Chakra with Reiki**

Reiki practitioners might have their own technique for balancing the sacral chakra, below is just one of the methods that many find effective.

1. The Reiki practitioner will place their hands by the patient's sacrum. Some practitioners unblock the chakra by rotating to the right for females and for males, they rotate to the left - but it's better to do what feels right for you, or if you're not certain, just send energy to the area,

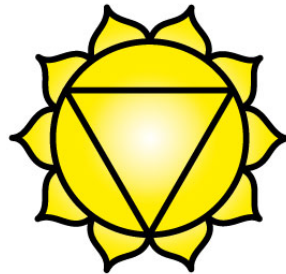
it will do the right thing :). This can be done on the front or the back of the person. This not only unblocks the area, but is also known to help with reproductive problems and prostate problems.

2. Some practitioners will associate the blockage with mantras. The first is often the 'vam' sound. Others prefer aromatherapy to clear this chakra such as the usage of sandalwood or ylang ylang oil. Gemstones can be used as well to purify the chakra such as carnelian and moonstones.
3. When the Reiki healing is finished, you will feel that the aura surrounding this chakra will glow orange in its pure state. Many people often tend to sleep for more than eight hours when the chakra is cleared in a fetal position. You may also envision moonlight and clear water after or sometimes even during the process of Reiki.

The chakra opens to universal energies and once it is unblocked you will feel the freedom of expressing your emotions without any discomfort or displeasure. By healing your chakra, you will not only heal your physical self which includes your reproductive system and other organs, you will also have cleared your emotional and sexual blockages.

## **All about the Solar Plexus Chakra: Healing the Solar Plexus Chakra with Reiki**

According to Hindu tradition, the **solar plexus chakra** is the third chakra, which often deals with raw emotions such as frustration, anger and intuitions. The solar plexus chakra or **manipura**, which means 'city or jewels' or also commonly thought of as the diamond, is the center of energy for feelings of sensitivity and power. When the chakra is in balance, you feel confident, zealous, calm, cheerful, and self respectful. It also ensures that you are expressive about your feelings and that you are outgoing, flexible and can handle problems with a calm mind. It is called the solar plexus chakra because of its location being close to the solar nerve plexus.



### **Functions of the Solar Plexus Chakra**

#### **Maintaining physical health**

This chakra manages the autonomic nervous system, stomach, gall bladder, large intestine, liver, and pancreas. Also the whole digestive system and muscular system are governed by this chakra.

The solar plexus chakra is also responsible for cellular respiration. Every system or organ in the body that can be visualized with fire to fuel them or simply, those that produce energy, cause purification and those that function or create movements utilizing this energy are all administered by this chakra. Even the eyes are governed by the solar plexus chakra.

Issues with the digestive system, arthritis, diabetes and hypoglycemia are some diseases and physical problems connected to the imbalance of this chakra.

#### **Emotions**

Fiery emotions or raw emotions are controlled by this chakra. Thus these emotions include anger, zeal, courage, confidence and frustration. Also warm

feelings such as joy, cheerfulness, and spontaneity are controlled by manipura. Gut feelings or intuitions are also connected to this chakra.

Depression, frustration, isolation, doubt, lethargy or anger are signs of imbalance in this chakra. Removing the negative energies that block the chakra goes a long way in helping it heal.

### **Balance**

The solar plexus chakra requires everything to be well organized and set up properly as it does not work well with disorder or chaos. It also requires all the aspects of a given situation to be considered without condoning.

Inability to deal with chaos is related to this chakra's imbalance - as it cannot restore order.

### **Resolving conflicts**

Peacefully resolving a conflict comes under this chakra's domain. It is the capability of bringing two groups to a solution without hurting anyone and leaving everybody satisfied.

### **Actions and willpower**

The most important function of this chakra is to exhibit feelings of courage, motivation, strength and happiness. The prana or inner battery of the body when fully charged releases energy to boost such emotions enhancing the level of confidence and courage to fulfill one's dreams. Manipura is the key to which one can make decisions, the right actions and face whatever life has in store.

Inability to work hard, procrastination, apathy, being dominated by personal habits and being controlled by others are some factors related to imbalances of this chakra.

### **Self respect**

A balanced solar plexus chakra gives you a feeling that you are as important as any other in your society. Thus allowing you to create or negotiate boundaries for yourself and stand upright to those boundaries without changing them. You will be able to judge what is good and what is bad for yourself and avoid actions that have negative consequences. You feel independent.

An imbalanced Manipura will make you easily controlled by others; you'll lose self-respect, do what others want you to but uncomfortable with it and constantly worrying about what others think.

## **Clearing your solar plexus chakra**

The following are ways to clear your solar plexus chakra:

- Spend some time in the sun
- Exercise and indulge in various sport activities
- Finish off tasks that you have left incomplete. Clean out a messy room, for example
- Put some effort in dressing up and grooming yourself. Look good and feel good
- Set a goal and achieve it. You can break the task into doable chunks and make sure you take some breaks. You will feel good after you complete the task
- Be more assertive. Make decisions and stick to them
- Use scents such as rosemary or lavender
- Decorate your room and turn it yellow so that it gives you energy and spirit
- Remember that you are strong and worthy of all your desires. Stand up for yourself and accept challenges

## **Reiki Healing for the Solar Plexus Chakra**

Reiki practitioners might have their own technique for balancing the solar plexus chakra, below is just one of the methods that many find effective.

1. Place your hands above the navel to trigger the energy center, and start sending Reiki energy
2. Some practitioners recommend that for females, rotate to the left and males, rotate to the right - but others disagree. Try both ways and see what feels right for you.
3. Mantras can also be used which in this case is the tone of E for the mantra 'ram'. The vibrations caused during the delivery of this mantra will cause the negative energies to flow out of the chakra.
4. Aromatherapy can also be used with lavender, rosemary and bergamot to unblock the chakra
5. If you're into gemstones, use as amber, yellow topaz, tiger's eye, and citrine

While going through the healing process, you may see visions of sunlight and sunflower :).

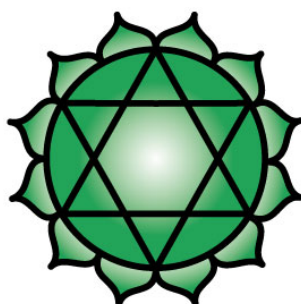
## All about the Heart Chakra: Healing the Heart Chakra with Reiki

The heart chakra, or *Anahata*, is the fourth of the seven main chakras. It is the center of unconditional love.

It is responsible for the administration of:

- \* the circulatory system, including the heart
- \* the respiratory system
- \* the arms and hands
- \* shoulders
- \* ribs and breasts
- \* diaphragm
- \* thymus gland

Many emotions, such as love, hatred, grief, joy, jealousy, fear of betrayal, feelings of isolation and loneliness and the ability to make ourselves feel better are all centered in the heart chakra.



### Functions of the Heart Chakra

#### Physical health

The heart chakra governs the lungs, heart, blood circulation - it controls the essential life forces that are vital for the human life. The heart chakra is also associated with the thymus gland, which plays a role in producing T-cells that are essential for a healthy immune system.

When the heart chakra is blocked, you will face health issues such as breathing difficulties, high blood pressure, lung diseases, breast cancer, etc.

#### Love and other emotions

In order to maintain a healthy heart chakra, you must learn to love yourself and others around you. Do not complain about things around you and what you do not have. Instead, enjoy and appreciate the things that you already have. Life is a wonderful thing.

Remember the Reiki percept that says: "*I'm grateful for my many blessings.*"

Situations, which might cause emotional distress such as, divorce, separation, isolation, abandonment, grief caused due to death, or emotional abuse can seriously damages the heart chakra. If the heart chakra loses balance one becomes prone to many illnesses and may also suffer from emotional conditions. Unfavorable outcomes to such situations include feeling lonely, betrayed, being defensive, controlling, paranoid and possessive.

## **Healing the Heart Chakra**

Here are some things, which help in healing and balancing the heart chakra.

### **Green**

The heart chakra is associated with the color green. Enjoy and appreciate nature, and don't harm it.

Visualize a strong green flame or light engulfing your heart towards its center. While inhaling imagine a soft green light filling up your heart and your body. Visualize that you are removing negative energy out of your body while exhaling. Do not put too much effort while exhaling, stay focused on inhaling.

### **Yoga**

In order to maintain a balanced heart chakra, it is always a good idea to practice yoga. If your heart chakra is blocked, it's likely that your throat chakra is blocked too. The camel pose works well for both chakras to balance them up. To execute the camel chakra focus on extending your lower back while concentrating on stretching and opening your upper back. Your yoga teacher can give you more information and guidance.

### **Forgive and forget**

Some say that the best solution to maintain a balanced heart chakra is to forgive yourself and others. It is always best to *let go* of the past and focus on the present moment and the many things you can be grateful for right now, also looking forward just a bit, to a better future. If you keep rewinding in your



mind past situations that trouble you, you will continue feeling frustrated, angry, lonely or betrayed. Counseling, or even talking to a friend, might help. Also, the Sedona Method is a very efficient way to learn to let go.

### **Exercise**

Exercise is good for a healthy heart. If you think vigorous exercising routines are too difficult for you or if you feel that you do not have time for exercise then it will help to set up small goals like taking the stairs or walking to the market nearby instead of taking a ride.

### **Essential oils**

Rose oil is an excellent heart healer and is commonly used to fight against depression. Using rose oil can develop positive thoughts and can fill you up with spirit. You will be more optimistic and happy.

Clary sage is also good at combating depression. It is also a nerve tonic and is extremely relaxing to have an aromatherapy with Clary sage.

### **Reiki and the Heart Chakra**

Reiki is one of the most effective ways of healing and balancing the heart chakra. Reiki practitioners might have their own technique for balancing the heart chakra, below is one of the methods that many find effective.

1. Relax comfortably
2. Place your hands lightly on your chest in the heart area
3. Welcome the flow of energy into your heart, and be open to healing, for the highest good
4. Let your intuition guide you and use the symbols to fine-tune the energy flow
5. Visualize green or pink light

The mantra 'yam' can be used to assist. Gemstones can also be used. Gemstones such as emerald, Kunzite, green jade, rose quartz and pink tourmaline can be used to help clear the heart chakra. These gemstones can be placed at the heart while performing Reiki and can be used for longer periods of time. If you're into aromatherapy, use Rose essence.

## All about the Throat Chakra: Healing the Throat Chakra with Reiki

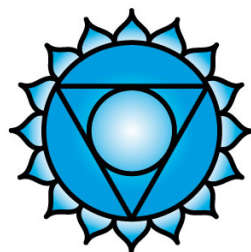
This is the fifth article in the Chakras series. It is about the fifth chakra - the sky blue chakra centered in our throat.

### **Vishuddha**

According to Hindu tradition, the throat chakra also known as Vishuddha meaning purification, is the fifth primary chakra out of all seven chakras in the human body.

The throat chakra is situated in the neck region near the spine with its superficial activation point in the depression of the throat.

It is related to the ears and mouth due to its association with hearing and speaking respectively.



### **Functions of the Throat Chakra**

The functions of the throat chakra do not only offer physical benefits, they offer mental and psychological benefits too. The following are the functions and benefits of the throat chakra.

#### **Physical health**

Physically, this chakra is associated with the thyroid gland and the human endocrine system, which is responsible for the release of hormones. The thyroid gland plays a role in releasing hormones that are important for growth and development. Also it regulates the body's metabolic system, and is responsible for the proper functioning of the larynx, trachea, ears, nose, teeth, mouth, throat and the carotid arteries.

When the throat chakra is blocked, you may suffer from many diseases and physical defects such as laryngitis, chronic throat defects, hypothyroidism, autoimmune thyroiditis, lack of motivation, fatigue, hoarse voice, cold sores, jaw pains, gum defects, headaches and obstruction in speech. Also you may

resort to lying, gossiping and you will not be able to hear or deliver speech properly.

### **Effective communication**

The throat chakra is connected to self-expression, creativity, writing, listening to words and music, smell and taste. When this chakra is balanced, we speak and listen to people and what they have to say. After listening, we constructively respond with words and emotions.

Communication is harmed when the chakra is blocked. In this case, some people overindulge in eating and drinking in order to keep the throat busy and thus avoid communication. Self-esteem is also hurt, and dominant feelings might be those of anger and aggression, hate and bitterness.

### **Dream state**

The throat chakra is also associated with the subconscious state of mind or the dream state. The chakra gains access to your dream state and allows you to see dreams clearly.

### **Psychic hearing abilities**

When the chakra is in balanced and its energy is enhanced, the chakra improves your psychic abilities related to hearing called clairaudience.

### **Spiritual lessons**

When balanced, the throat chakra allows you to take responsibility for your actions, to be strong, courageous, and self-confident.

An imbalance in this chakra can make you feel that the world around you is hostile and you will expect aggression and violence from others. You will feel humiliated instead of feeling loved and nourished.

### **How to Unblock Your Throat Chakra**

Often when you're dealing with a lot of issues and keep them inside, but also when you're having some good feelings and keeping them inside - your throat feels stuck until the issue is cleared completely. You must remember, whether it is something negative or creative, you must be able to get it out of your body properly so that your throat chakra can get purified.

### **Bring it up and let it go**

Letting go is an effective way to clear issues. Simply acknowledge that there is an issue. Do not resist it. Just let the issue be. Allow yourself to feel the issue. And then, just let the issue go. Let it go.

### **Cry**

It might sound odd, but crying is a form of purification that can unblock your throat chakra. Often you feel a 'lump' in your throat and it might even cause you some pain, it is an indication that your throat chakra is blocked and you have to cry to clear it. Next time when you are sad, cry it all out. You will surely feel much better.

### **Sing**

Singing is very effective at cleaning your throat chakra so always sing your favorite song if you feel that it is blocked. Amazing Grace is a great song.

### **Drink some water**

Drinking some water can make your throat feel better.

### **Get creative**

When you create something your work always reflects your intentions and thoughts so when you create, you communicate. Painting is a very good example of being creative.

### **Get a massage**

If you get a good neck and shoulder massage your throat chakra will surely open up.

### **Reiki and the Throat Chakra**

As always, Reiki practitioners each have their own way of working with this chakra. The following are the steps of the Reiki process in order to clear your throat chakra that some Reiki Masters recommend:

1. Relax comfortably and enable the flow of Reiki
2. Place your hands on your collarbone and throat.
3. Some practitioners say that for males, the energy is cleared by rotating left and for the females, rotating right. If in doubt, let your intuition guide you. Do what feels right for you.

4. Visualize the blue sky and clear, blue water.

The mantra 'ham' can be used to assist in clearing the throat chakra. It creates a vibration to alter the energy flow in the communication center.

Some people prefer gemstones to clear their chakras. The throat chakra is associated with the color blue therefore; gemstones such as aquamarine, chalcedony or turquoise can be used.

Aromatherapy can also be used where sage and eucalyptus are best to clear the blockages in this chakra.

Once the throat chakra is balanced, you will be able to express your emotions with words at ease and you will communicate better.

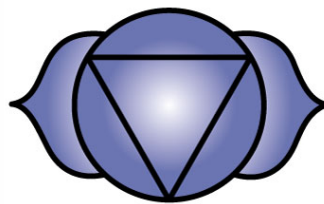
## **All about the Brow Chakra (Third Eye): Healing the Brow Chakra with Reiki**

Situated between the eyes, the brow or third eye chakra deals with intelligence and psychic power according to Hindu tradition.

It is the seat of psychic vision and has been known as Ajna by Hindu practitioners for thousands of years.

Physically, it is located between the two eyebrows and is often symbolized by the symbol for the syllable OM with a petal on both sides each. The associated colors are indigo, deep blue, and sometimes violet.

Hormones are responsible for the body's functions. They are associated with many aspects of our body, which includes physical aspects and mental or emotional aspects as well. Modern day practitioners like to relate chakras with the endocrine system of the body, which is responsible for the release of hormones that regulate many functions including growth and maturation, metabolism, tissue function and also mood.



### **Functions of the Brow (Third Eye) Chakra**

#### **Physical Health**

The third eye chakra governs the pineal gland, nose, eyes, ears and also the skeletal system. It is related to the senses of sight and hearing, and to your ability to perceive and form your own opinions about what you see and how you live.

This chakra plays an important role in making you see things clearly, not only physically, but also morally, and even intuitively.

#### **Formation of dreams**

The pineal gland's main function is to secrete a hormone called melatonin which plays a role in regulating your sleep cycle, regulating growth, slowing

down aging and also maintaining a stable mind. The pineal gland is light-sensitive, therefore scientists have determined that the eyes stimulate the pineal gland into releasing melatonin. Many scientists have also revealed that the earth's electromagnetic field is responsible for stimulating the gland.

## **Vision**

As it governs your eyes, the function of physical vision and is related to this chakra, as well as psychic and intuitive abilities.

## **Mental and spiritual health**

The third eye chakra plays a role in governing alertness, as well as your ability to see things clearly and predict things, to be optimistic and visualize outcomes that you desire. This chakra is responsible for creating your realities and being able to form perceptions about reality. When this chakra is in balance, you will be able to visualize easily and your memory and ability to reason become sharp. You will trust yourself and be able to form and rely on your intuitions. You will instantly come to help someone without their request for help.

An imbalance in this chakra however, can cause you trouble in understanding reality and creating your own reality. You may rely too much on fate or luck and blame them if something wrong happens. Headaches / migraines will cause you trouble, and there will be a constant feeling of anxiousness. You will worry about social behaviors and you may also want to dominate or control others as well. All of these are signs of a blocked third eye chakra.

## **How to Clear Your Third Eye Chakra**

In order to unblock this chakra, practice tolerance and love. Appreciate yourself for all the things that you do and practice self-love. Trying to focus your mind into thinking how much life has to offer and how good it is to you can help you get rid of many psychological and physical problems.

Meditating near large bodies of water such as an ocean or a lake can help you enhance your intuition and develop your third eye chakra. Indigo blue is associated with this chakra so visualize large pools of water if it is too difficult for you to physically get to a body of water. You can also look at the sky at night.

Help yourself with your own perception and expand your level of understanding. Allow others to understand your true nature.

### **Using Reiki to unblock the brow chakra**

As always, Reiki practitioners each have their own way of working with this chakra. The following are the steps of the Reiki process in order to clear your Brow (Third Eye) chakra that some Reiki Masters recommend:

1. Relax comfortably
2. Enable the flow of Reiki
3. Place your hands above your eyes and forehead.
4. Move in a circular motion. Some recommend clockwise circulation for females and anticlockwise for males - but let your intuition guide you and see what works best for you.

Several other methods can be used as well. For mantra healing, Ksham is effective. The vibration developed by this sound will open up energies in your chakra.

Aromatherapy can also be used with aromas of mint and jasmine to clear the chakra.

For gemstone healing, indigo sapphire and azurite, as well as other indigo stones, can be used.



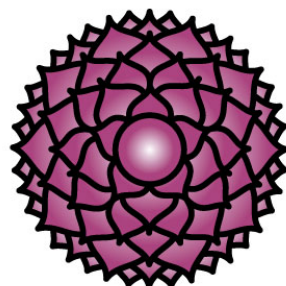
## **All about the Crown Chakra: Healing the Crown Chakra with Reiki**

The crown chakra or Sahasrara is the last of the seven main chakras and is represented by the color violet or white. It is mainly related to God, spirituality, faith and religion and is the connection to the divine soul. The negative feelings that arise about god, faith, religion, universal source and fears about trusting your intuition revolves around the blockage of this chakra.

The crown chakra is situated at the top of the head and moves upwards and outwards past the structure of your body. The crown chakra is the point where the physical body and the soul overlap. Many relate the crown chakra as the part of the soul that is the purest.

It is symbolized by, and often also called, the lotus with one thousand petals.

The crown chakra governs the part of the consciousness, which is concerned with opinions of unity and separation. It represents the connection with God and the spirit.



### **Functions of the Crown Chakra**

#### **Physical health**

The crown chakra governs many organs, glands and systems of the body such as the brain, the nervous system, and the pituitary gland.

An imbalance in the crown chakra may result in problems such as migraines, coma, stroke, brain tumors, amnesia and cognitive delusions. Also illnesses related to stress, anxiety, hysteria and depression may result due to a blocked crown chakra.

#### **Spirituality**

The crown chakra directs the energy of a certain part of yourself which is commonly called the Higher Self and embraces you within its protective light making you feel secure and healthy. You will be open to accepting love and wisdom from your higher self and you will be filled with the energy of the divine spirit. The spirit will guide you and inspire you with all the things you should do. A balanced crown chakra will keep you spiritually connected with the spirit.

An imbalance in your crown chakra can cause many problems such as spiritual cynicism and rigid belief system.

### **Intelligence**

The crown chakra increases your ability to form perceptions, analyze and absorb information into your system. You become more intelligent and aware. A balanced crown chakra allows you to be open minded, able to question and gives you a broad understanding of everything including the spirit.

An imbalanced crown chakra can cause learning difficulties and apathy. Also withheld information, education that does not encourage curiosity, invalidation of your belief, forced religiosity and blind obedience are all related to a blocked crown chakra.

### **Personality building**

A balanced crown chakra causes the highest level of responsibility, empowerment and vitality in people. The possibilities expand to infinity and you become more joyous with the bliss of your own spirit. You become one with the source which makes you complete.

Imbalance in the chakra causes you to become materialistic, greedy, selfish and domineering.

## **How to Heal and Balance the Crown Chakra**

The following are a few ways you can clear your crown chakra.

### **Meditate**

As meditation connects you to your higher self and higher power, it is very effective at clearing your crown chakra. While meditating, envision a bright golden light illuminating the entire crown of your head. This soft light reconnects you with the world around you, yourself and the spirit.

### **Do not be egotistic**

Self-confidence and egotism are two different things. Self-confidence comes from acceptance of knowledge however; egotism is often triggered by insecurity. Learning to let go of your ego can help clear your crown chakra.

### **Choose love**

Love yourself and others around you. If you choose to love yourself for your deeds, you will not only open your crown chakra, you will open your other chakras as well.

### **Pray**

It does not have to be formal or foreign. Just let your inner self speak up in a form of a prayer like in your yoga practice.

### **Using Reiki to Unblock the Crown Chakra**

While healing the crown chakra, a Reiki practitioner will relate it to the color violet or white. As with any chakra, Reiki practitioners each have their own way of working with this chakra. Below is just one method.

1. Relax comfortably
2. Draw the Power Symbol
3. Intend for the crown chakra to expand, for the highest good
4. Draw the Emotional Symbol
5. Relax and feel the tranquility
6. Follow your intuition on what symbols to use next, if any - or just continue to relax, envisioning your crown chakra opening up and expanding

If you use mantra healing, you will use the mantra of 'ohm' to clear your crown chakra. This allows the mind to relax which then allows the mind to get awoken.

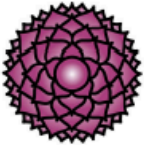






Gemstones can also be used for healing. Amethyst and rock crystal work well for awakening the crown chakra.

Aromatherapy is also good for chakra healing and aromas of lotus and olibanum are used for clearing the crown chakra.

# Chakras Infographic

## Chakra Infographic

<http://reikirays.com>

Symbol	Color, Location	Associated organs and glands	Balanced / Overactive / Underactive
	<b>Crown Chakra</b> Violet Top of the head	Brain, nervous system, pituitary gland	<b>Balanced:</b> joy, connected to "the Source" while aware of one's individuality, wise compassionate <b>Overactive:</b> addicted to spirituality, craving attention, needing to be popular, over-erotic imagination <b>Underactive:</b> misunderstood, can't have fun, unaware of or denying one's spiritual connection
	<b>Brow Chakra (Third Eye)</b> Indigo Above the eyes, center of the forehead	Pineal gland, eyes, nose, ears, skeletal system	<b>Balanced:</b> intuitive, charismatic, can meditate, knows one's purpose, seen as wise <b>Overactive:</b> spaced out, lost, worrying, seen as living in a fantasy world <b>Underactive:</b> can't see the bigger picture, can be easily influenced, confused about one's purpose, doubting oneself
	<b>Throat Chakra</b> Blue Base of the throat	Thyroid gland, larynx, trachea, ears, nose, teeth, mouth, throat, carotid arteries	<b>Balanced:</b> can express self, speaks truth, creative <b>Overactive:</b> speaking too much, boring others, seen as criticizing, stubborn <b>Underactive:</b> can't express self, afraid to speak in public, cannot express the creative side, seen as timid, dependent
	<b>Heart Chakra</b> Green Heart, center of the chest	Circulatory system (including heart), respiratory system, arms, hands, shoulders, ribs, breasts, diaphragm, thymus gland	<b>Balanced:</b> loved, loving, empathetic, "contagiously" good vibe <b>Overactive:</b> entitlement, jealousy, blaming others, also giving too much <b>Underactive:</b> unloved, self pity, fear of rejection, neediness, clinginess, uncertainty
	<b>Solar Plexus Chakra</b> Yellow Between the sternum and the navel	Nervous system, stomach, gall bladder, large intestine, liver, pancreas	<b>Balanced:</b> respect for self and others, confident, outgoing, problem solving, calm, integrity <b>Overactive:</b> judgmental, stubborn, critical, bully <b>Underactive:</b> low self esteem, apathetic, procrastinating, "taken advantage of", not knowing what to do
	<b>Sacral Chakra</b> Orange Lower abdomen, 1-2 inches below the navel	Lymphatic & circulatory system, kidneys, adrenals, skin, female reproductive organs	<b>Balanced:</b> friendly, passionate, sexually fulfilled, good mood, playful, naturally flirty <b>Overactive:</b> need power, manipulative, craving <b>Underactive:</b> shy, guilty, afraid to interact, lost, overly concerned about what others think
	<b>Root Chakra</b> Red Tailbone, base of the spine	Spine, bladder, blood, kidneys, male reproductive organs, vagina, legs, feet	<b>Balanced:</b> grounded, centered, belonging in this world, trusting, independent, alive, poised <b>Overactive:</b> bossy, domineering, big ego, greedy, violent, cunning <b>Underactive:</b> unloved, sexually inadequate, frustrated, fearful, shy, unsure

## **Chakra Test: Is Your Root Chakra Balanced?**

How can you tell if you need to work on your root chakra? It's very simple, just pay a bit of attention to how you feel and act.

### **The balanced state**

If you feel centered and grounded, as if you belong in this world, your root chakra is most likely balanced. You trust yourself, and you trust others. You're independent, you feel alive, and poised.

### **Overactive root chakra**

When this chakra is overactive, you tend to be bossy and domineering to others, and have a big ego. You're driven by feelings of greed and violence, and you act egotistic and cunning.

### **Weak root chakra**

With a weak root chakra, you feel unloved and sexually inadequate. Your will and ambition are weak, and you can't reach your goals. Frustration and fear are driving you, and you feel as if you don't belong. You're shy, unsure, and feel incapable.

## **Chakra Test: Is Your Sacral Chakra Balanced?**

Having a balanced sacral chakra is important. But how can you tell if yours is balanced or out of balance? It's very simple, just pay a bit of attention to how you feel and act.

### **The balanced state**

When this chakra is balanced, you feel friendly to others, have great relationships, are passionate and feel sexually fulfilled. You have a virtually unshakeable good mood and feel playful and naturally flirty :). You show concern for others, but not to the point where you put other people's needs or wants before your own.

### **Overactive sacral chakra**

People with an overactive sacral chakra tend to feel a constant need for power, to the point where they start being manipulative. Also, strong cravings, even leading to addictions to chocolate, alcohol, or drugs, are a sign of an over-activity.

### **Weak sacral chakra**

With a weak sacral chakra, you feel shy and guilty, and overly concerned about what others think. Withdrawn, afraid to interact with others, and putting other's needs first, leaving you feeling lost and helpless.

## **Chakra Test: Is Your Solar Plexus Chakra Balanced?**

The solar plexus chakra, also called sometimes the chakra of personal power, plays a very important role in life, and when it's out of balance, you'll have a hard time fulfilling your needs. You can tell if yours is balanced or not by paying attention to how you feel and act.

### **The balanced state**

When the solar plexus chakra is balanced, you have a generally good mood, and feel respect for yourself and others. You have confidence in yourself, you're outgoing, and have the courage to admit problems and to act to solve them. You don't lose your temper easily - you're calm and think intelligently, with a "problem solving" attitude.

### **Overactive solar plexus chakra**

If your solar plexus chakra has too much energy, you tend to be judgmental and quite "stiff". You get easily excited about new projects but seldom act to see them through. You're stubborn, critical, and deaf to other people's advice, even to the point where you don't even hear what they're saying anymore, or don't care. You "know best" and even bully people around if they don't "do what's right".

### **Weak solar plexus chakra**

Depression and low self esteem are clear signs of a weak solar plexus chakra. Also, easily getting your feelings hurt, being apathetic and always procrastinating. Feeling "taken advantage of", trapped, not knowing what to do. As far as physiological symptoms are concerned, a poor digestion is often a sign of weakness in this chakra.

## **Chakra Test: Is Your Heart Chakra Balanced?**

Of all chakras a healer should pay attention to, the heart chakra is probably at the top of the list. How can you tell if you have a balanced heart chakra? Just take note of how you feel and act in certain situation, and read the signs.

### **The balanced state**

With a balanced heart chakra, you feel loved and are capable of loving without compromising yourself. You're interested in your well being, as well as the well being of those around you. You're empathetic and see the good in others. People pick up your good vibe, and when you show up, they smile.

### **Overactive heart chakra**

It can happen that your heart chakra has too much energy. Jealousy, a feeling of entitlement, being judgmental and putting the blame on others are signs of over-activity in this chakra. Also, giving too much of yourself, to the point where you have nothing left and are feeling lost.

### **Weak heart chakra**

Feeling unloved is the theme with too little energy in the heart chakra. If you feel self-pity, fear of rejection, fear of change, fear of letting go - these are signs of a weak heart chakra. As are neediness, clinginess, uncertainty, constant need to be told that you are worthy.



## **Chakra Test: Is Your Throat Chakra Balanced?**

The throat chakra governs how well you communicate to yourself, and to others. It has other functions too, but by all accounts, communication is its major :). Since humans are social beings, it's important to have a balanced throat chakra, to ensure effective communication. So, how can you tell if your throat chakra is balanced? Simple, just pay attention to how you feel and act.

### **The balanced state**

When your throat chakra is balanced, you can easily express yourself, and others have an easy time understanding you. You make your point without talking too much and boring your audience. You speak the truth, and others pick the truth vibe coming from you - and may even ask you to mediate their conflicts, as they can feel you can be a good and impartial mediator.

### **Overactive throat chakra**

If you speak more than you listen, you probably have an overactive throat chakra. Remember the old adage "you have two ears and one mouth, use them in this proportion" (attributed to philosopher Zeno). Others see you as domineering and criticizing, and tend to "block their ears" when you try to speak to them, meaning that they will just ignore whatever you say. You over-react, are stubborn in your beliefs and try to impose them onto others - without success :).

### **Weak throat chakra**

When your throat chakra has too little energy, you find it difficult to express yourself, and find yourself surrendering to others more often than you'd like. You're afraid to speak in public, cannot express your creative side, and tend to swallow your feelings. Others see you as timid, dependent, weak, and even devious.

## **Chakra Test: Is Your Third Eye (Brow) Chakra Balanced?**

The brow chakra is the one dealing with intuitiveness, telepathy, clairvoyance, seeing auras, and other psychic powers. It's called "the third eye" not only because of these characteristics, but also because, as some people report, when it opens, it literally feels like an extra eye. A balanced third eye chakra is definitely something worth striving for.

How can you tell if your brow chakra is balanced? Simple, pay attention to how you feel, think, and act.

### **The balanced state**

With a balanced third eye, you're good at reading people's intentions, charismatic, and feel in touch with the source of truth. You know your purpose, you can easily meditate and receive guidance, you feel what's the best choice when faced with difficult situations, and others see you as wise. You're capable of astral traveling, and can even access past lives.

### **Overactive third eye chakra**

While it may sound like a good thing after reading the balanced state, over-activity in this chakra can make you lose contact with the reality. Too much sensitivity and information coming in, and requiring "processing power", will make you feel spaced out, lost, and worrying a lot, to the point of fear. People see you as living in your own fantasy world.

### **Weak third eye chakra**

When it has too little energy, you'll have a hard time seeing the bigger picture, and others can easily influence, or even manipulate, you. You can't "think for yourself", feel confused about your purpose, you doubt yourself and your own psychic powers.

## **Chakra Test: Is Your Crown Chakra Balanced?**

The crown chakra governs our connection to the higher consciousness, or the Divine Source, or God. It is in charge of our spiritual path, and the source of wisdom. Also plays a role in knowledge of truth.

How can you tell if you have a balanced crown chakra? Just take note of how you feel and act in certain situations.

### **The balanced state**

A balanced crown chakra means that you're open to the divine energy, and you feel connected to it, but at the same time you're aware of yourself, and of your own body. You're not judgmental of yourself, nor of others - you're wise and see things as they are, feeling compassion and joy rather than frustration and wanting to blame.

### **Overactive crown chakra**

It is actually possible to have an overactive crown chakra. If that's the case, you'll be addicted to spirituality, even to the point of ignoring your body's needs. You'll need to feel popular, to have your status recognized, and crave attention. Also you may have an over-erotic imagination and a lot of thoughts revolving around this.








### **Weak crown chakra**

Misunderstood, unaware of and denying spiritual connection; those are signs of a weak crown chakra. Also, unable to have fun, or to understand fun, having low self esteem, and often feeling shame.

# Chakra Tests Infographic

## Chakra Test Infographic

<http://reikirays.com>

Symbol	Balanced	Overactive	Underactive
 <b>Crown Chakra</b>	<b>Joy</b> Connected to "the Source" while aware of one's individuality <b>Wise</b> <b>Compassionate</b>	<b>Addicted to spirituality</b> <b>Craving attention</b> <b>Needing to be popular</b> <b>Over-erotic imagination</b>	<b>Misunderstood</b> <b>Can't have fun</b> <b>Unaware of or denying one's            spiritual connection</b>
 <b>Brow Chakra            (Third Eye)</b>	<b>Intuitive</b> <b>Charismatic</b> <b>Can meditate</b> <b>Knows one's purpose</b> <b>Seen as wise</b>	<b>Spaced out</b> <b>Lost</b> <b>Worrying</b> <b>Seen as living in a fantasy            world</b>	<b>Can't see the bigger picture</b> <b>Can be easily influenced</b> <b>Confused about one's            purpose</b> <b>Doubting oneself</b>
 <b>Throat Chakra</b>	<b>Can express self</b> <b>Speaks truth</b> <b>Creative</b>	<b>Speaking too much</b> <b>Boring others</b> <b>Seen as criticizing</b> <b>Stubborn</b>	<b>Can't express self</b> <b>Afraid to speak in public</b> <b>Cannot express the creative            side</b> <b>Seen as timid</b> <b>Dependent</b>
 <b>Heart Chakra</b>	<b>Loved</b> <b>Loving</b> <b>Empathetic</b> <b>"Contagiously" good vibe</b>	<b>Entitlement</b> <b>Jealousy</b> <b>Blaming others</b> <b>Giving too much</b>	<b>Unloved</b> <b>Self pity</b> <b>Fear of rejection</b> <b>Neediness</b> <b>Clinginess</b> <b>Uncertainty</b>
 <b>Solar Plexus            Chakra</b>	<b>Respect for self and others</b> <b>Confident</b> <b>Outgoing</b> <b>Problem solving</b> <b>Calm</b> <b>Integrity</b>	<b>Judgmental</b> <b>Stubborn</b> <b>Critical</b> <b>Bully</b>	<b>Low self esteem</b> <b>Apathetic</b> <b>Procrastinating</b> <b>"Taken advantage of"</b> <b>Not knowing what to do</b>
 <b>Sacral Chakra</b>	<b>Friendly</b> <b>Passionate</b> <b>Sexually fulfilled</b> <b>Good mood</b> <b>Playful</b> <b>Naturally flirty</b>	<b>Need power</b> <b>Manipulative</b> <b>Craving</b>	<b>Shy</b> <b>Guilty</b> <b>Afraid to interact</b> <b>Lost</b> <b>Overly concerned about            what others think</b>
 <b>Root Chakra</b>	<b>Grounded</b> <b>Belonging in this world</b> <b>Trusting</b> <b>Independent</b> <b>Alive</b> <b>Poised</b>	<b>Bossy</b> <b>Domineering</b> <b>Big ego</b> <b>Greedy</b> <b>Violent</b> <b>Cunning</b>	<b>Unloved</b> <b>Sexually inadequate</b> <b>Frustrated</b> <b>Fearful</b> <b>Shy</b> <b>Unsure</b>

# The Palm Chakras

*By Rinku Patel*

Apart from 7 major chakras, the other two important chakras are the foot chakra and the palm chakra. The palm chakras are extremely important for those who are into spiritual healing as these chakras are powerful tool for giving and receiving healing.

There are 7 chakras located in palms- one in the middle of the palm, one in the wrist point and other 5 in each finger and thumb. The left hand palm chakra rotates in clockwise direction whereas right palm chakra rotates in anti-clockwise direction. It is said that left hand palm chakras helps receive energy whereas right hand palm chakras helps sending/giving energy. Actually your dominant hand sends out energy and non-dominant hand receives.

The most important aspect of palm chakras is to scan aura. The people with blocked palm chakras either do not get accurate scanning result or they cannot scan at all. For every Reiki healer, it is extremely important to keep their palm chakras balanced as they emit energy (hands-on) and scan aura using their palms.

## **Functions of Palm Chakras:**

- Healing self and others
- Scan aura
- Send and receive energy
- Helps balance spiritual, mental and emotional bodies
- Enhance creativity
- Feel crystals energy

## **Example of how Palm Chakras stimulate other chakras:**

- When we meet someone, we bring our right hand forward. We are subconsciously directing our energy to them; that's our heart chakra's response.
- When there is an argument or confusion, our natural instinct takes our left hand to throat chakra; indicating poor communication and blocked throat chakra.
- If we are excited, our natural instinct takes our hand to heart chakra.
- When we are depressed or outraged, our instinct takes our hand to forehead.

## Balanced Palm Chakras

- Enhance creativity
- Helps send and receive energy
- Accurate aura scan
- Manifest openness
- Allows you to give and receive unconditionally without expectation and guilt
- Ability to charge/attune objects
- Feel crystals energy



## Under-active Palm Chakras

- Brings illness
- Inability to receive
- Denying to accept healing
- Refusal to heal
- Hesitate asking for help
- Miser

## Over-active Palm Chakras

- Wanting to touch everything
- Itchy palms
- Rashes
- Skin peel
- Unable to let go; holding on to issues
- Shopaholic

**Opening / unblocking palm chakras is very easy. Listed are few simple and easy methods:**

- Draw Reiki symbols on palms and cup palms together asking Reiki to open palm chakras.
- Draw symbols. Imagine a red flower blooming in the middle of the palms. As this flower blooms, your palm chakra opens.
- Ask your dowser to open and cleanse your palm chakra by holding it over chakras.
- When you wash your hands, take few grains of rock-salt and then wash.
- Practice making energy balls to activate palm chakras.

# Importance of Foot Chakra

*By Rinku Patel*

Foot Chakra is one of the most under-rated chakra amongst all the chakras we heal. We often forget to give Reiki to our foot chakra while healing all the other major chakras. Foot chakra is one of the most important chakra as it helps pass the Divine Energy to Mother Earth, which makes grounding powerful. Feet have roots extended into the Earth. Healthy foot chakra helps pass energy to all the chakras, as the energy is derived from Earth.

## **Symptoms of blocked or closed Foot Chakras:**

- Do you feel fatigue and tiredness often?
- Do you suffer from insomnia?
- Does nightmares trouble you?
- Do you feel ungrounded?
- Do you feel restless often?
- Do you feel disoriented and disconnected?
- Do you suffer from 'slow healing'?
- Do you have creativity blockage?

If you have answered any of the above YES, then your feet chakras are blocked/closed.

## **How healthy or open foot chakras helps?**

- Speeds up healing process
- Makes grounding powerful
- Reduces tiredness and stress
- Removes blockages related to manifestation
- Heals insomnia
- Eliminates negative energies, psychic attacks, nightmares...

## **How to open/unblock Foot Chakras?**

- Walk bare feet on grass. As easy and as simple as it gets
- Another method is: Stand bare feet on the ground. Imagine your foot chakra spinning and opening. Imagine roots coming out of your feet grounding you deeply to Mother Earth. Here is a Grounding meditation technique. Only difference is you imagine roots coming out of your feet and both chakras spinning and opening.



- Those who are fond of crystals can use grounding crystals to open feet chakras. Some of the grounding crystals are Hematite, Black tourmaline, Dalmatian Jasper, Blue Kyanite, Red Jasper, and more. Fill a tub or bucket with lukewarm water. Place some grounding crystals in the tub. Now place your feet in water tub and just play around with your crystals with your feet. That's it, so easy.
- Last but not the least, my favorite method. Give Reiki to foot chakras.

Keep your foot chakras spinning and live a healthy-happy life!

# The Higher Chakras

*By Ashwini Chube*

After the end of the Atlantis era, the 5 out of 12 main chakras closed. That is because the Earth shifted its vibration to 3rd dimension from 5th and 6th or the higher dimensions. In order to ascend to the higher dimensions, we need to activate all the 12 chakras including the 5 deactivated ones.

What are the higher dimensional chakras?



Apart from the 7 main chakras we have 5 more which we will henceforth refer as higher chakras. They are as follows:

## **Stellar Gateway**

The Stellar gateway is located roughly approximately twelve inches (30 cm) above the top of the head and has gold colour. Archangel Metatron works with this highest chakra. This chakra contains and holds all the experiences we have across all the lifetimes and is a gateway to what we call as the source. In literal terms '*Stellar*' means related to stars and '*gateway*' means an opening that can be closed by a gate. Hence this chakra is actually a gateway to the stars ie: the higher vibrations.

This chakra is said to be 6th Dimensional chakra and stands for our access to the ultimate source. However once the ego starts seeping in this chakra will lose contact with the source. It is said to be the source of highest link linking to cosmos interstellar and is timeless. It is golden in colour and said to have representations of the spiritual achievements.

## **Soul Star Chakra**

The Soul Star chakra is located six inches (15 cm) above the top of the head. Governed by Archangel Zadkiel and Amethyst along with Archangel Mariel and Lavender this magenta chakra stands for divine knowledge and cosmic wisdom.

This is said to be the 4th dimensional chakra. It is magenta colour representing the divine feminine of worldly knowledge combined with spirituality thus taking you towards cosmic wisdom. We connect through this chakra with the galaxies thus taking information from galactic source. Together the Stellar and Soul Star in balance can help achieve spiritual and earthly balance.

## **Causal Chakra**

The Causal chakra is located three to four inches (8–10 cm) behind the centre back of the head. Above the crown is governed by Archangel Christiel and twin flame Malory this chakra is white and has feminine qualities of love, compassion, and intuition as well as purity. When you open to the higher consciousness of the great feminine energy, this chakra comes into relevance. This causal chakra is said to deal with the exploration of spirit and higher wisdom and opens when right brain is active because it enables us to see the big picture through power of intuition and creativity.

## **Navel Chakra**

The Navel chakra is situated right at the navel (between sacral and solar plexus). Archangel Gabriel and hope is in charge of this bright orange golden chakra. The chakra governs divine masculine qualities of courage, strength, and protection of the weak summing up to empowerment. Hara or navel in the Japanese and eastern philosophy is a subtle centre just above sacral it stands for emotional harmony. Key chakra in digestion and absorption of food thus influencing metabolism in weight control.

## **Earth Star Chakra**

The Earth Star chakra located below our feet six inches (15 cm) below the feet. Archangel Sandalphon works with this black chakra. It is located below our feet while walking. Normally this chakra is black but it can become magenta

when activated. This chakra deals with nature awareness. It is the chakra of earthly existence and of rebirth and renewal.

How to access and connect to the source and higher energies of these Chakras?

There are several ways to do these exercises. Please note that there is no right or wrong approach. However activation of these chakras should not be taken lightly as this has a lot to do with your life purpose and connection to the source. Once open these chakras will give you a lot of divine experiences and you should be open to it and respect the messages. Take your teacher or guru in consultation and proceed to be cautious. At any time if you feel aloof or disconnected ground yourself.

### **With Reiki**

Connect to your higher self with the HSZSN and DKM. (If you are Reiki level 1, you may just call higher self in meditation.) Now visualise all the chakras one by one in each colour. Deep breathe and imagine each chakra getting soaked in the respective colour for approximate 2-3 minutes. It would be more advisable to see all 12 chakras in their respective colours in the following order:

1. Earth star : Black
2. Root: Red
3. Sacral : Pinkish orange
4. Navel : Golden Orange
5. Solar plexus : Yellow
6. Heart : Green
7. Throat : Blue
8. Third eye: Indigo
9. Crown: Violet
10. Causal : White
11. Soul star: Magenta
12. Stellar Gateway: Gold

### **Unicorns**

Unicorns are loving beings of high dimension and are extremely beautiful and healing in nature. You can invoke them just like invoking any divine beings like angels. Light a candle if possible. Ask them to bless you and heal your 12 chakras going to each chakra at a time. In my articles on Unicorn Reiki I have explained various ways to reach them.

### **Angels and Archangels**

Just as explained above each of the higher chakras has an angel governing it.

- Stellar Gateway: Archangel Metatron
- Soul Star: Archangel Zadkiel and Amethyst as well as Archangel Mariel and Lavender
- Causal: Archangel Christel and Malory
- Navel: Archangel Gabriel and Hope
- Earth Star: Archangel Sandalphon

To open each of the chakras and heal and clear them, you can chose one chakra at a time and heal it for a week before moving to the next chakra. Light a candle of the chakra colour if possible and then invoke the angel by saying *“Archangel ....please be here and help me heal this chakra“*. Imagine yourself basking in the glory of this angel. Thank the energies and finish the meditation.

You may alternatively ask angels to bless you just before you go to sleep so that they clean your chakras when you are asleep. The reason we are doing this is because your ego is asleep when you sleep and it can be a quick time for this meditation.

### **Crystal Therapy**

Black Tourmaline can help us ground ourselves as we open the Earth Star chakra in conjunction with Soul Star. The Stellar Gateway, the Soul Star and the Causal chakra, can only fully express their ability and be open if and only if the Earth Star is activated and awake.

Blue Kynite can help bring peace. Angelite and Rainbow quartz can help open higher chakras and connect to the higher energies. Moonstone also can help connect to the chakras especially the Causal and the Soul Star.

### **Sun Salutations**

I have loved this yogic exercise ever since my childhood days. It should be done only with guidance of a yoga teacher. The energy of Sun can help activate all the 12 chakras. Coincidentally, there are 12 steps in this exercise thus helping open all the chakras. The chant at the end of each set salutes the Sun in the ancient language of Sanskrit thus opening us to sun energy.

A minimum of 5 sets done every day will help in balancing all 12 chakras. There are many chants to salute the Sun after each set of the exercise. You can chant any of the below:

- Om Suryaya Namaha
- Om Bhaskaraya Namaha
- Om Adityaya Namaha

Finally, I would like to say that, stay in high vibrations to open higher chakras. If you are in low vibrations the chakras will automatically close as they vibrate at a high frequency. Hope this article helps you to vibrate higher.

There is a lot more to the 12 chakras than written in this article. Diana Cooper has mentioned some beautiful meditations in her books and has a lot of material available to us. Always remember to keep yourself grounded when you do these exercises.

Stay in high vibrations! Love and light to all!

# The Soul Star Chakra

*By Rinku Patel*

This chakra is located 6 inches above the Crown chakra, above our physical body, and is also known as **The Soul Star Chakra**. Its width is about 6 inches and may vary up to 2 feet in some people. It is the point from where Divine love and Spiritual energy enter the body; hence it is also called **the seat of the soul**.

The Soul Star Chakra is all about letting go and allowing Divine light to fill your life. It represents Divine love, spiritual selflessness, spiritual compassion and Divine unity. It is also connected with the origin of ascension and enlightenment. The Soul Star Chakra is the point where we connect to our Higher-Self. All the karmic residues are stored in The Soul Star Chakra, which you have stacked up since many life times. These karmic residues create the blockages that withhold you from manifesting your desires in this life time. Due to these karmic residues, you face lots of troubles and hardship in this life.



Image by Muffet

When The Soul Star Chakra is active and open, it links to other transcendental chakras located above your head.

## Activating and Healing The Soul Star Chakra

Connect to Archangel Zadkiel, Archangel Mariel and Archangel Butyalil with distant symbol HSZSN to activate your Soul Star Chakra. Ask them to transmit their Divine love and blessings upon you, your Higher-Self and your soul. Archangel Butyalil is the Universal Angel who is in control of the cosmic energies. The angels in charge of The Soul Star Chakra are Archangel Zadkiel and Archangel Mariel. Meditating and calling upon these three archangels help activate your Soul Star Chakra. **Imagine Archangel Butyalil,**

***Archangel Zadkiel and Archangel Mariel holding an orb with pure white, magenta and violet light, transmitting the Divine rays to your Soul Star Chakra, removing the karmic residues stored there.***

The Soul Star Chakra is represented by white color and white rays. The crystals used to activate Soul Star Chakras are mostly white in color or the ones that represents upper chakras of physical body.

Using Crystals

***Crystals:*** Clear quartz, Amethyst, Selenite, Snowflake Obsidian, Celestite, Spirit Amethyst, Blue Kyanite and of course many more....

Cleanse and program your crystals to activate your Soul Star Chakra. Meditating holding these crystals may speed up activation of your Soul Star Chakra. You can also put programmed crystals under the pillow or carry these crystals around your auric field. Meditate chanting the following affirmations from the book ***Rainbow Bridge II***

I am the Soul

I am the Divine Light

I am Love

I am Will

I am Fixed Design

You can program your crystals with the above affirmations too.

**Reiki Way**

Call upon Archangel Zadkiel and Archangel Mariel to help you activate and open your Soul Star Chakra. Draw HSZSN and connect it to the Soul Star Chakra. Draw DKM above your Crown chakra, where Soul Star Chakra is located. Draw all the symbols on your palms and activate the flow of Reiki. Sit and Relax, placing your palms on your thighs facing up. Let the Reiki flow to Soul Star Chakra with the intention to remove karmic residues, activate and



fill with light. You can chat the above affirmation while sending Reiki to the chakra.

Note - None of the above method is just one-time process. It takes time to establish connection with The Soul Star Chakra.

# The Earth Star Chakra

*By Rinku Patel*

Apart from 7 main chakras, there are many other chakras that play a vital role in our life and wellbeing. Some are located on physical level whereas some are transpersonal. Earlier I had written about 2 minor but very important chakras: The Foot Chakra and The Palm Chakras. Another important chakra is The Soul Star Chakra, today I shall give brief information about **The Earth Star Chakra**.

The Earth Star Chakra, also known as Subpersonal chakra and Super Root, is connected to Foot chakra. It is located at the bottom of the feet approximately about 12-18 below the feet. The Earth Star Chakra is the grounding point of the whole chakra system. It is said that this chakra is the keeper of karmic cycles and past lives.



The Earth Star Chakra connects us to earthly energies as well as Universal energies. This chakra is brown to black in color or aqua due to large amount of water in the earth. With our life revolving around computers and gadgets, rushing from one place to another, it causes into being ungrounded. When your Earth Star Chakra is active, it helps you stay grounded even with the hectic and busy life we live.

The active Earth Star Chakra is blessing for all the energy workers as it releases the negative energies that may have been picked from others. The Earth Star Chakra secures your soul by connecting your etheric body to physical world. It connects you with Divine Mother Earth and aligns you with magnetic core of the earth. The active Earth Star Chakra also helps discharge

negative and impure energy to earth as well as draw divine and pure energy from earth, that makes you grounded all the time.

### **Activate Earth Star Chakra**

The Earth Star Chakra is located 12-18 inches below foot chakra, which is the chakra of Oneness and is connected to the wide horizon of ALL THAT IS. To activate the Earth Star Chakra, on a regular basis, do Tree Meditation. The only difference is when you imagine your roots spreading and connecting to Mother Earth, extend those roots 12-18 inches deep till the Earth Star Chakra. Imagine that you are firmly rooted and connected to the Earth Star Chakra, making unbreakable connection to Mother Gaia.

### **Activate the Earth Star Chakra with crystals**

Call upon Archangel Sandalphon who is involved with whole of our existence on Earth. Ask him to keep you firmly rooted to Mother Earth and to activate your Earth Star Chakra for your highest good. Take any of the Earth Star Chakra crystal, hold it in your palm and relax. Perform Tree Meditation, visualizing roots connecting to the crystal you are holding at the core of the earth. Make your roots firmly connected to the crystal that is buried down the earth.

**Crystals:** Black Kyanite, Black Obsidian, Black Tourmaline, Smoky Quartz, Chiastolite, Rainbow Quartz, Hematite, Dalmatian Jasper, Fire Agate, Red Jasper... These are just amongst the few crystals that can be used for the Earth Star Chakra.

### **Balanced Earth Star Chakra**

- Connects to inner peace
- Seeing the wider perspective of all situations
- Feel secured
- Feel grounded and protected
- Peace of mind
- Healthy physical health as well as etheric health
- Divine connection with Mother Gaia
- Work for greater cause

- Brings you closer to the sacred energy of Mother Earth

### **Unbalanced Earth Star Chakra**

- Blood circulation problem
- Instability in life
- Lack of balance in various aspects of life
- Eating disorder
- Problems related to leg, knees, hips and ankles
- Hallucination
- Ungrounded
- Constant unknown fear or phobia
- Lack of spirituality

Keep your roots firmly and deeply grounded to the core of the earth.

# Self Healing by Balancing the Chakras

*By Chanchal Gupta*

From my childhood in my dreams I use to see big explosions and light swirling out of them like big bang theory. I never knew what all is this about (after my Reiki course whole picture was clear to me ). I was in search of a light, which can prove to be a guide to me and with supreme power's grace I came across Reiki, the universal life energy force. After few meeting with my Reiki teacher, I developed faith in Reiki and I was got attuned to Reiki. After my Reiki course I had a thrust for Reiki, all the time and everywhere I tried to gain more and more knowledge about Reiki. I had many queries in my mind and after each and every answer, my teacher use to say sieve and heal, heal and heal.

I love self healing and use to heal my self approx. daily some time two times a day. During, my self healing sessions i felt over flow of energy as I had a feel as if I am not in the body after few seconds of healing so I had to ground myself. I consulted few Reiki practitioners to overcome this excess flow of energy, just got one answer ground yourself. But being a great lover of self healing, I was not satisfied. Few days back as I was meditating about this, a method of self healing intuitively came to my mind, told to me by my teacher in Reiki course, I am sharing the same with you as Reiki energy has guided me to do so. We can balance the flow (or overflow) of energy by balancing our chakras just in ten minutes.

## **Method:**

1. Lie down straight or sit in a comfortable position, you may have some chant as background music if you feel like. Close your eyes.
2. Take three long breaths. (three in one minute)
3. Heal your root and brow chakra together for three minutes, you can adopt any method of healing (I prefer placing right hand on root chakra & left on brow chakra and than drawing power symbol, mental symbol and than distance symbol.)
4. Repeat for sacral and throat chakra for three minutes.
5. Then for solar plexus & heart chakra for three minutes.
6. Seal by Cho Ku Ray, any method. (I do it by visualization)

By this method, chakras are healed by inter exchanging the excess & depleted energies of chakras. I really enjoy this method of self healing by balancing the chakras. The most appropriate time for this self healing, I feel, is before bed time as

- being a short process you can complete it before you fall asleep.
- you have a sound sleep by this method of healing.
- you don't need to schedule extra time for self healing as many of us feel self healing as boring and time consuming to some extent.

Try this to get remarkable and wonderful results. We can use this method of healing on others also but I prefer touch healing for this method.

# Quick 5 Minutes Chakra Scanning

*By Charisma Phatak*

Greetings! We all are aware that scanning the chakras and healing the blocked ones are some of the most important processes which need to be done at regular intervals, for this will enable us to vibrate at highest frequency energy, resulting in desire manifestation with ease. So, here I would like to share the simple, powerful yet shortcut method to chakra scanning and healing.



## ***Simple 5 Minutes Chakra Scanning Technique:***

- Ground and shield yourself with golden white light
- Invoke your Higher Self, Ascended Masters, Spirit Guides, Archangels and Reiki energy to help you with the process.
- Draw Usui Master symbol Dai Ko Myo on both your palms saying its name 3 times. (Skip if you are not a master).
- Then draw Power symbol Cho Ku Rei on both palms saying its name 3 times.
- Now draw a huge Cho Ku Rei in front of your body to protect your chakras.
- Connect to the person both in person or distance through Hon Sha Ze Sho Nen.
- Now place both palms (one over the other) over the person's Crown chakra and visualise white coloured Cho Ku Rei coming out from your palms and going inside the chakra and observe.
- Repeat the process for every chakra.

## ***Implications Of Visualisations:***

- If CKR enters with ease and colour of white CKR changes to respective chakra colour easily then the chakra is clear.

- If CKR enter with ease but colour of white CKR doesn't change to respective chakra colour then it is blocked.
- If CKR doesn't enter the chakra at all then that chakra is severely blocked.

***Treatment:***

- Give Reiki energy to that chakra with Sei He Ki.
- Seal the person and yourself with a huge Cho Ku Rei.
- Thanks your Higher Self, Ascended Masters, Spirit Guides, Archangels, Mother Earth and Reiki energy.



# Clearing your Back Chakras

*By Ananya Sen*

I am talking about clearing our back chakras. You all know what the chakra system is like. They are energy discs situated in a line in the centre of the body. The front part of the chakras is in the front side of the body. And the back of the chakras face the back of our body. The front chakras give us the ability to give, this is what we give to the world and how we perceive the world. The back chakra points is our ability to receive. This is what we receive from the world, how the world perceives us.

I know a lot of Reiki practitioners who have the following issues. Maybe you can identify if you're facing the same issues.

- Unable to manifest their own goals, but can manifest others' goals
- Feel less or low energy flow
- Feel tired or drained after a healing
- Feel less spiritually empowered
- Others demand too much of their time, energy or money
- Not feeling satisfaction / compassion after healing others
- Not doing professionally as well as they'd like

If the above are true, then your back chakras could be blocked. This can happen if you are having tough times in your life or if you have not been doing proper chakra clearing. I know a lot of practitioners who just clear the front chakras of their bodies. That is not good enough. We need to be able to receive because we all deserve to receive.

The crown and root chakras do not have a front or back. But the other chakras do have a back. So back of the head is back third eye, back of the neck is back throat, back of the heart is the back heart chakra and so on.

If you find it difficult to reach for the back chakra points or you are simply lazy to do a few extra hand positions, I am enclosing a simple method of clearing your back chakras to start receiving from people and from the universe. This will also balance your giving and receiving side in relationships and at work.

Before starting your chakra clearing, draw a big HSZSN in the air in front of you and say 3 times "connect my back chakras to the front of my body." You're connected, now you can easily do your regular chakra clearing, with the front hand positions. All the best !

# Clearing Chakras via Distance Reiki

*By Tammy Hatherill*

Recently I received a very interesting email from an International Reiki Practitioner. She was curious about the possibility of clearing the chakras of a person via distance Reiki. Was this possible? Can it be done? The short answer is YES. Most definitely it can be done. You must be attuned to the third traditional symbol: Hon Sha Ze Sho Nen also known as the Distance Healing symbol (I teach this in my level 2 classes).

Keep in mind before you start with any Reiki, that it's essential that you have the person's permission to send Reiki, or if this is not possible, than ask permission from Source. You will get a distinct feeling of 'yes' or 'no'. Trust your intuition.

“Every answer you ever need lies within your own silence..” — Ian Tucker, *Your Simple Path - Find Happiness in every step.*

I personally like to use the “substitute” method of distance Reiki. I use a teddy bear to represent the person or animal, I am doing the Reiki for. I open my session with my invocation/prayer, just as I do with my one-on-one session. For a distance session I will draw and invoke the Hon Sha Ze Sho Nen 3 times. Then I go into my treatment exactly the same way I would if I was doing the treatment in person.

So for me, that means sweeping over the body 3 times initially (mind, body, soul) and ‘feeling’ through the auric layers if there is anything amiss or if I can pick up what may be going on in the client's body. Remember the teddy bear ‘becomes’ the person and so energy and information will be emitted to me. Then I go through and ‘clear’ the auric field using the different Reiki symbols (both traditional and non-traditional.) If doing Crystal Reiki, I use my crystal pendulum otherwise I use my hands. Sometimes I will use sound vibration as well as light.

Once I've done the sweeps and aura clearing, then I go into clearing the chakras. For the purposes of this article I will demonstrate using my pendulum and chakra stones. I tend to start at the Crown chakra and work my way down to the Base/Root Chakra. In reality it doesn't matter where you start, as long as you are comfortable.

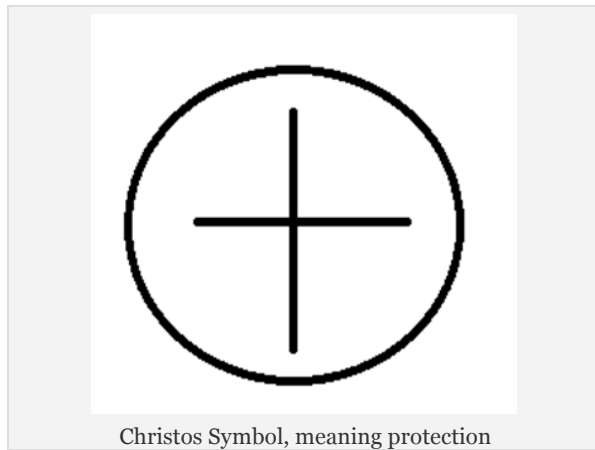
I hold the pendulum over the Chakra and ask a number of questions: “Does this Chakra need clearing?” or “Is this chakra over active?” The pendulum will rotate either clockwise or anti-clockwise. Keep in mind, I have asked the pendulum before commencing the treatment, what is a yes and what is a no. Every time you use your pendulum you should ask it, what is yes? What is no? It will possibly change. So if you assume clockwise is always a ‘yes’ then you might run into strife. I strongly suggest that you ask the pendulum what direction is yes and what is no, at every new session. Always clear your pendulum after use as well. Always thank the pendulum as well.

So holding the pendulum over the Chakra, I ask for assistance. If the pendulum indicates the Chakra is blocked or over active, I hold it there with the intent of the pendulum healing the blockage or over stimulation. Whilst the pendulum is still swinging, I will use my free hand to inject the corresponding colour into the chakra and use the Reiki symbols, to help clear and soothe the issue. I imagine pushing the colour and symbols in, whilst pulling out any issues. Once the pendulum stops, I thank it, seal the chakra closed with the Christos symbol, and move to the next chakra. If you are not familiar with the Christos symbol you can seal the chakra with any of the symbols you’ve been attuned to and are comfortable with.



Pendulum over chakra

If not using a pendulum to clear the chakras simply use your hands. Hold you dominant hand in a gun like posture, and rotate. Use your intuition and guidance on this. If the chakra ‘feels’ clear then it is. Notice the thoughts that come into your mind – if you feel peaceful and calm then it’s likely the Chakra is clear. If you suspect it’s blocked (negative feelings and emotions), then it probably is. Keep rotating your hand in a circular motion until you feel more peaceful and calm, indicating the chakra has balanced. Trust your intuition and I can’t emphasise this enough. After you’ve cleared the Chakra, seal it with the Christos symbol (or a symbol of your choice) and continue onto the next one.



Once I've been through and cleared all seven of the major chakras, I tend to do another 3 sweeps of the body, and then I go into my hand positions. Just as I would, if the person was here, physically here in my Reiki Room.

I end my session with "thanks" to Spirit/Universe/Angels and Reiki Guides. I write my report and email it to the client.

Overall though, I most definitely feel that distance Reiki can be used to clear chakras. I hope you've found this article helpful.

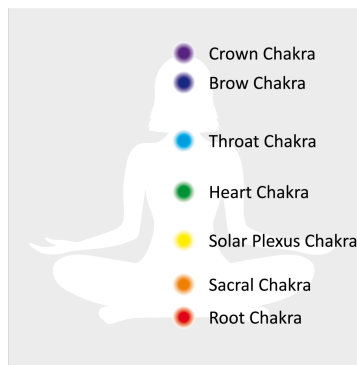
With love, light and harmony.

# Diseases and Associated Chakras

By Rinku Patel

Here is an article especially written for new Reiki practitioners.

At one point in our Reiki practice, many of us were in a dilemma about which chakra to heal for certain disease/problem. When I was a newbie in Reiki, I always wondered about which chakra was to be healed for particular problem/disease. I used to browse through the internet for long hours to satisfy my queries. Many new reiki practitioners go through this same confusion.



We read about chakras, their colors, crystal healing etc, yet for new practitioners it's quite confusing as to which chakra is associated with which disease.

Recently I have gotten queries about which chakras are to be healed for certain problems.

Hence I thought of making this list with a few common problems/diseases and chakras associated with them, especially for new Reiki practitioners. I am not writing about chakras and their functions.

**Below is just a list of diseases/problems and associated chakras.**

Symbol	Disease
Crown Chakra	Alzheimer, Amnesia, Bone disorders, Cancers, Depression, Dizziness, Epilepsy, Fear, Headache, Immune system, Insomnia, Learning difficulties, Migraine, Multiple Sclerosis, Multiple personality syndrome, Nervous system disorders, Neurosis, Paralysis, Parkinson's Disease, Psychosis, Right-eye problem, Schizophrenia, Senile Dementia, Tiredness, Tremor, Vomiting.

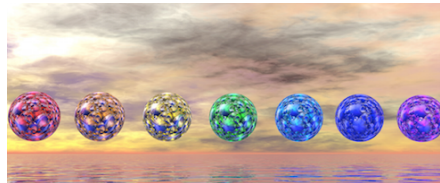
Brow Chakra (Third Eye)	Allergies, Amnesia, Anxiety, Blood circulation to head, Blindness, Brain Tumor, Cataracts, Cancers, Chronic tiredness, Crossed eyes, Deafness, Dizziness, Drugs, Dyslexia, ENT, Ear-ache, Fainting spells, Glaucoma, Growth issues, Headaches, High blood pressure, Hormonal imbalance, Insomnia, Left eye problem, Long-sight, Migraine, Nervousness, Nervous Breakdowns, Scalp problems Short-sightedness, Sinus Problems, Sty, Tension, Tension Headaches, Tiredness, Tremor, Visual effects, Vomiting.
Throat Chakra	Asthma, Bronchitis, Colds, Cough, Ear Infections, Fear, Hearing Problems, Hay fever, Hoarseness, Laryngitis, Lost Voice, Mental confusion, Mouth Ulcers, Pain in upper arm, Sore Throat, Stammer, Stiff neck, Teeth/Gums, Thyroid Problem, Tinnitus, Tonsils, Too much talking, Upper digestive track, Vomiting, Whooping cough.
Heart Chakra	Allergies, Asthma, Blood circulation, Breast Cancer, Bronchitis, Chest Congestion, Circulation problems, Cough, Fatigue, Heart Diseases, High Blood pressure, Hyperventilation, Immunity, Influenza, Lungs, Nail biting, Pain in lower arms/hands, Pneumonia, Respiratory problem, Shortness of breath, Sleep disorders, Smoking, Tremor.
Solar Plexus Chakra	Abdominal cramps, Acidity, Anorexia, Bulimia, Chronic tiredness, Diabetes, Digestive problems, Eating disorder, Fear, Food Allergies, Gastritis, Gall bladder problems, Gall stones, Heartburn, Hepatitis, Jaundice, Kidney problems, Less immunity, Liver problem, Pancreatitis, Peptic Ulcer, Smoking, Stomach problems, Shingles, Ulcers, Vomiting.
Sacral Chakra	Addiction to junk food, Alcohol, Backache, Bedwetting, Bladder, Creative Blocks, Cystitis, Fear, Fertility, Fibroid, Miscarriages, Fibroids, Frigidity, Hips, Impotency, Irritable Bowel, Kidney problems, Menstrual Problems, Muscle Spasms, Ovarian Cysts, Over-eating, Pre-menstrual Syndrome, Prostates Disease, Stomach problems, Testicular Disease, Uterine Fibroids, Vomiting, Womb problem.
Root Chakra	Addictions, Addictive Behavior, Ankle problems, Anorexia, Backaches, Blood diseases, Bones, Cold feet, Constipation, Colitis, Depression, Diarrhea, Eczema, Frequent urination, Gambling, Glaucoma, Hemorrhoids, Hips, Hypertension,

Impotence, Itching, Kidney stones, Knee problems, Leg cramps,  
Menstrual Problems, Money addiction, Migraines, Obesity, Pain at  
base of spine, Piles, Prostate cancer, Rectal cancer, Spine problem,  
Sciatica, Skin problems, Stomach problems, Swollen Ankle, Weak  
legs, Weight problems.

# Emotions, Behaviors and Related Chakras

By Rinku Patel

After writing about Body, Disease and Emotions and Disease and Associated Chakras, I started getting more and more queries about the emotions, behavior and related chakras. Hence I thought to write about it to make healing easier for my readers.



It is very necessary to know which chakra is affected by what emotions and behavioral patterns before starting Reiki session.

**Listed below are chakras and related emotional and behavioral issues.**

Chakras	Emotions and Behavior
<b>Root</b>	Addictions, blame game, burdened, can't get convinced, distrust, discourage, fearful, fear of past/future, feel numb, financial insecurity, greedy, guilt, grief, hypocrisy, inability to accept changes, long carried hatred, instability, insecurity, materialistic, nervous, no integrity, old resentment, past anger, rage, sexual pressure, tension, unable to let go of old ideas, unbalanced life, ungrounded
<b>Sacral</b>	Anger, anger towards partner, addiction, blame others, belief that sex is bad, clingy, can't move on, control freak, creativity blockage, distrust, depression, denial of own needs, expect worst, fear of parent, feel ashamed, feel numb, feel victimized, feel embarrassed, frustration, guilt, impatient, introvert, infidelity, lack of motivation, nervous, no self-support, no self-confidence, obsessive behavior, old beliefs, over-eating, rejecting particular gender, sexual overdrive, tension, uptight, unspoken bitterness, unexpressed emotions, unworthiness, vindictive towards ex
<b>Solar Plexus</b>	Anxiety, anger, aggressive, bitterness, blame others, careless towards self and others, chronic issues, control issues, doesn't stand up for what is right,



	denial of self-power, dwell on past, dread, dominating, egoistic, feel doomed, fear, fear of rejection, feel powerless, felt unloved as a child, indecisive, keep justifying, low self-esteem, low self, confidence, passive, self-criticize, suppressed feelings, unresolved issues, unable to make decisions, unexpressed emotions-love, fear, anger
<b>Heart</b>	Block love, block happiness and joy, commitment issues, cold and distant, despair, depression, hatred, feel stifled, fear, desperation, difficulty in giving and receiving, feel everyone is 'using' them, grief, lack of compassion, heartbreak, hopelessness, lack of self-love, lack of love, sadness, selfish love, self-pity, suppressed emotions, suppressed tears, trust denial, unexpressed-sorrow, love, anger
<b>Throat</b>	Abusive, addiction, bad listener, can't say yes/no, confusion, criticism, fear of speech, communication problem, feel 'unable to do according to wish', feel like you can't control the situation, hatred towards authority, humiliation, introvert, incapable of saying what is in mind and heart, judgmental, not speaking truth, no will-power, think 'what others will think', self-dislike, self-denial, shy, suppressed emotions and anger, suppressed creativity, talking too much, too quiet, unable to speak up, unable to ask what you need, unable to put your point of view, want to hit someone
<b>Third Eye</b>	Aloofness, anger, dislike towards someone, doesn't want to accept truth, doesn't want to look into own life, doesn't want to see what is going on with friends and family, difficulty in planning long term future, feel rejected, hallucination, irritation, lack of happiness, rigid thinking, scattered thoughts, self-unworthiness, self-criticism, self-centered, stubborn, stifled thinking, superstitious, unresolved emotional issues, un-forgiveness, unable to cope, won't learn from experience
<b>Crown</b>	Believes in old beliefs like unforgivable sins, being over-intellectual all the time, depression, energy blockage, emotional imbalance, feeling lost, inability to trust life-values, lack of self-understanding, lack of faith, lack of inspiration, lesser wisdom, overly spiritual, prejudiced towards world, rigid thinking, spiritual hatred, selfish, ungrounded, unable to accept new ideas, unable to receive universal power, unethical

Heal your emotions to heal your physical problems as well.

# Teeth and Associated Organs, Emotions and Chakras

*By Rinku Patel*

What do people do when they have general toothache or dental issues?

Non-Reiki people would take medicine or do some household remedies.

Reiki healers would put their palms on jaw/cheeks and throat chakra to give healing.

Do you know, each tooth has attached meridians, organs and emotions? If we understand those meridians and emotions, we can find out which chakra and organ to heal for that particular toothache.

Once you determine the chakras and organs, give Reiki to jaw, Throat chakra, and affected chakra or the organs (as per meridian).

Emotions attached to the tooth show what emotions need to be healed.

Let us start with Upper teeth. Consider the front two teeth as number 8 and 9. The number 8 being the upper front right tooth and 9 being the upper front left tooth.

## Upper Right starting from front number 8:

Number	Tooth Name	Emotions	Meridians/ Organs	Chakras
8 U. front	Central Incisor	Fatigue, fear, guilt, shame, shyness	Kidney, Bladder	Throat, Solar-plexus, Sacral, Root
7 U. right	Lateral Incisor	Fatigue, fear, guilt, shame, shyness	Kidney, Bladder	Throat, Solar-plexus, Sacral, Root
6 U. right	Canine	Anger, frustration, manipulation, resentment	Liver, Gall Bladder	Throat, Solar-plexus
5 U. right	1st Pre-molar	Compulsive, control freak, critical, sadness	Large intestine, Lungs	Throat, Heart, Solar-plexus
4 U. right	2nd Pre-	Compulsive, control	Right breast,	Throat, Heart,

	molar	freak, critical, sadness	Large intestine, Lungs	Solar-plexus
3 U. right	1st Molar	Anxiety, hatred, low self-esteem, obsessed	Right breast, Stomach, Pancreas	Throat, Heart, Solar-plexus, Sacral, Root
2 U. right	2nd Molar	Anxiety, hatred, low self-esteem, obsessed	Right breast, Stomach, Pancreas	Throat, Heart, Solar-plexus, Sacral, Root
1 U. right	3rd Molar	Lack of joy, loneliness, trapped, unloved	Endocrine, Heart, Small intestine, Sex	Throat, Heart, Solar-plexus, Sacral, Root

### Upper Left: - starting from front number 9

Number	Tooth Name	Emotions	Meridians/ Organs	Chakras
9 U. front	Central Incisor	Fatigue, fear, guilt, shame, shyness	Kidney, Bladder	Throat, Solar-plexus, Sacral, Root
10 U. left	Lateral Incisor	Fatigue, fear, guilt, shame, shyness	Kidney, Bladder	Throat, Solar-plexus, Sacral, Root
11 U. left	Canine	Anger, frustration, manipulation, resentment	Liver, Gall Bladder	Throat, Solar-plexus
12 U. left	1st Pre-molar	Compulsive, control freak, critical, sadness	Large intestine, Lungs	Throat, Heart, Solar-plexus
13 U. left	2nd Pre-molar	Compulsive, control freak, critical, sadness	Left breast, Large intestine, Lungs	Throat, Heart, Solar-plexus
14 U. left	1st Molar	Anxiety, hatred, low self-esteem, obsessed	Left breast, Stomach, Spleen	Throat, Solar-plexus, Sacral, Root
15 U. left	2nd Molar	Anxiety, hatred, low self-esteem, obsessed	Left breast, Stomach, Spleen	Throat, Solar-plexus, Sacral, Root
16 U. left	3rd Molar	Lack of joy, loneliness, trapped,	Endocrine, Heart, Small intestine,	Throat, Heart, Solar-plexus,

		unloved	Sex	Sacral, Root
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**Lower Right starting from front number 8:**

Number	Tooth Name	Emotions	Meridians/ Organs	Chakras
8 L. front	Central Incisor	Fatigue, fear, guilt, shame, shyness	Kidney, Bladder	Throat, Solar-plexus, Sacral, Root
7 L. right	Lateral Incisor	Fatigue, fear, guilt, shame, shyness	Kidney, Bladder	Throat, Solar-plexus, Sacral, Root
6 L. right	Canine	Anger, frustration, manipulation, resentment	Liver, Gall Bladder	Throat, Solar-plexus
5 L. right	1st Pre-molar	Anxiety, hatred, low self-esteem, obsessed	Right breast, Stomach, Pancreas	Throat, Heart, Solar-plexus, Sacral, Root
4 L. right	2nd Pre-molar	Anxiety, hatred, low self-esteem, obsessed	Right breast, Stomach, Pancreas	Throat, Heart, Solar-plexus, Sacral, Root
3 L. right	1st Molar	Compulsive, control freak, critical, sadness	Large intestine, Lungs	Throat, Heart, Solar-plexus
2 L. right	2nd Molar	Compulsive, control freak, critical, sadness	Large intestine, Lungs	Throat, Heart, Solar-plexus
1 L. right	3rd Molar	Lack of joy, loneliness, trapped, unloved	Endocrine, Heart, Small intestine, Sex	Throat, Heart, Solar-plexus, Sacral, Root

**Lower Left starting from front number 9:**

Number	Tooth Name	Emotions	Meridians/ Organs	Chakras
9 L. front	Central Incisor	Fatigue, fear, guilt, shame, shyness	Kidney, Bladder	Throat, Solar-plexus, Sacral, Root
10 L. left	Lateral	Fatigue, fear, guilt,	Kidney, Bladder	Throat, Solar-

	Incisor	shame, shyness		plexus, Sacral, Root
11 L. left	Canine	Anger, frustration, manipulation, resentment	Liver, Gall Bladder	Throat, Solar-plexus
12 L. left	1st Pre-molar	Anxiety, hatred, low self-esteem, obsessed	Left breast, Stomach, Spleen	Throat, Heart, Solar-plexus, Sacral, Root
13 L. left	2nd Pre-molar	Anxiety, hatred, low self-esteem, obsessed	Left breast, Stomach, Spleen	Throat, Heart, Solar-plexus, Sacral, Root
14 L. left	1st Molar	Compulsive, control freak, critical, sadness	Large intestine, Lungs	Throat, Heart, Solar-plexus
15 L. left	2nd Molar	Compulsive, control freak, critical, sadness	Large intestine, Lungs	Throat, Heart, Solar-plexus
16 L. left	3rd Molar	Lack of joy, loneliness, trapped, unloved	Endocrine, Heart, Small intestine, Sex	Throat, Heart, Solar-plexus, Sacral, Root

Hope the above charts helps your teeth healing faster and easier ☺

## Reiki Meditation Technique: Cleaning Chakra Blockage Using Dry Brush Method

In order to have smooth Reiki Healing, it is important to make sure that all chakras are cleaned and cleared properly. In some cases, when Reiki healing is taking extra long time without any visible reason, you may need to clear chakra blockages first. With successful chakra clearance, the process of Reiki healing becomes smoother and easier. Some other benefits associated with Chakra cleansing is feeling more relaxed and balanced, help in releasing toxins, lowers negative energy, relives stress, releases unnecessary energy blockages and help your body in restoring its ability to heal itself.

For clearing and cleaning chakras, the two most popular meditating Reiki techniques are dry brush method and waterfall method. Both methods can be used in day time. In this article, we will guide our readers about the dry brushing or dry showering method. It is important to remember that there are several different methods for chakra cleansing beside these two popular methods. You can choose any according to your comfort level and liking.



Image by [cortezopperman](#)

### Dry Brushing Technique

Dry brushing is not only a popular technique in Reiki healing, but it is also popular as one of the best natural health treatments for detoxification. The method is commonly used for centuries in Scandinavian countries, but it becomes popular worldwide after a Finnish doctor first proposed it to his patients as an established medical treatment thirty years ago. Some medical benefits associated with dry brushing include removal of dead skin cells, stimulation of hormones, tightening of skin, strengthen immune system, and toned muscles.

1. Find a calm place. First, you need to find a calm place where you can concentrate on your Reiki meditation. Make sure you have enough space in the place where you can stand straight.

2. Physical position. Some say that dry brushing technique works best in standing position - but others have had success with it in other positions too. See what works for yourself.
3. Ground yourself. First, get into standing position and feel that the roots are coming out of your base chakra and are going into the earth through your legs. Focus that the roots are firmly attached to the core of the earth.
4. Brush Yourself. Once firmly grounded, use palms of both of your hands to brush yourself.
5. Apply from Head to Toe. Use brush starting from your head to dust yourself off and go down slowly towards your feet. Brush down slowly and gradually and take deep breaths to calm you down.
6. Meditation. Meditate that you are cleaning off all the blockages from your 7 chakras as you go down. Focus on the feeling that you are clearing all the toxins, debris, low vibrating (negative) energies and energy blockages with dry brush.
7. Transfer Energy to Earth. As you are already grounded, focus that all the toxins, negative energy and energy blockages are flowing into the ground when you move your brush to your feet. Feel that all the negative energy transferred to earth will be filtered into new positive energy that can be used again.

Following this simple method of “dry brushing” can help you clearing your chakras in quick time. You can now continue with Reiki healing with better results.

# Healing with Chakra Affirmations

*By Haripriya Suraj*

Healing the chakras forms an integral part of energy work. There are various techniques that we can use to cleanse the chakras. Crystals, colours, visualisations, mantras, Reiki, all work great and have their own unique value. Another powerful tool that can help with strengthening the chakras is affirmations.

An affirmation is a positive statement that serves to heal and strengthen aspects of us that need healing. Every chakra represents a certain aspect of our entire being. By working with affirmations, we focus our attention on different aspects one step at a time.



Image by Ann

Healing with affirmations is not a mechanical act where we just recite or write the affirmations blindly and then forget all about it. It is a conscious practice that has the potential to help us become more aware, more powerful and more in tune with our inner divinity.

The act of writing helps shed light on those aspects of us that need attention. Once this comes into our awareness, half our job is done. The other half is to work on healing each aspect and then integrating it with our being.

Listed below are some affirmations for each chakra.

It helps to be systematic and focus on one chakra every day of the week. You can also devote an entire week to each chakra if you wish. It depends on the amount of healing you need.



You can either write down all the affirmations for a chakra or choose those that you most resonate with. Write it down in your journal. Avoid typing it out as writing with your hands has a greater impact.

After writing out each affirmation, draw the Reiki symbols on the page. Recite them aloud if you wish to. Spend time giving Reiki to the page.

Place the journal by your bedside or under your pillow when you sleep at night and allow healing to happen at its own pace.



*The Root Chakra*

- I am safe and protected.
- I am nourished by Mother Earth and her energies.
- I am cared for and all my needs are met.
- My body is a sacred temple. I love my body.
- Abundance is my natural state.
- I am infinitely abundant.



*The Sacral Chakra*

- I honour my emotions, passions and desires.
- I am emotionally healthy.
- It is safe for me to feel and express my emotions.
- I am flexible and open to change.
- I embrace my sexuality. It is a natural part of my life.
- I am sexually balanced and healthy.



### *The Solar Plexus Chakra*

- I am powerful.
- The source of all power lies within me.
- I am worthy.
- I am capable of accomplishing all that I came here to do.
- I accept myself as I am.



### *The Heart Chakra*

- I love myself.
- I am worthy of love.
- I forgive effortlessly. Forgiveness sets me free.
- I forgive myself. I am wiser now and create a new reality.
- I forgive everyone who has hurt me. I send love to their heart.
- I have an abundance of love to offer others.
- I give and receive love easily and effortlessly.
- Love is the core of my being. It is my natural state.
- I am a well spring of love and compassion.
- I am a child of the Universe. The Universe loves me.
- I deserve to enjoy true love.



### *The Throat Chakra*

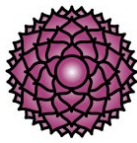
- I speak my truth with love.
- I enjoy being authentic.
- I love my authentic self.
- It is safe for me to be my authentic self.
- I am a good communicator.

- It is safe for me to speak.
- It is safe for me to express.
- I am a good listener.
- I have immense creative potential in me.



*The Third Eye Chakra*

- I am a Master Manifestor.
- It is safe for me to see and communicate with higher realms.
- I am the Master of my destiny.
- It is safe for me to trust my intuition.
- I trust my inner vision.
- I tap into my innate wisdom with ease.



*The Crown Chakra*

- I am one with all of creation.
- I am one with the Earth, Moon, Sun, Stars, and all of Existence.
- I am Spirit temporarily residing in a beautiful human body.
- I embrace my spiritual self and my earthly self. I blend into both roles effortlessly.
- I am one with my Higher Self.

# Why Each Chakra Is Represented by Different Colour?

*By Sunetra Dasgupta*

My brother had once attended a Reiki Seminar, when he asked the Teacher, why each chakra was represented by different colour, he was admonished saying that, it's just how it is and he should accept it. I guess many people have the same question in mind or might have not struck some people why are the chakras denoted by different colours? I tried to figure out the answer by meditating on it, but couldn't find any concrete answers, I asked others too, they too were not sure, then my Reiki Teacher explained me the concept, and I would like to share it with all of you.

If we have noticed, the chakras are of the sequence VIBGYOR, which is also the colour of the rainbow. The Colour Spectrum lies between Violet and Red. Above Violet is the White light, which is Christ light, and our body too is covered with the White light. Below Red is Black, which consists of all the negative energies and is the lower dimension.

## **Crown Chakra:**

The last Chakra in our body considering we start from bottom, It is related to Oneness of God and Wisdom. It represents our connection with God. It is represented by violet because Violet is associated with our spiritual awareness. It's the Violet energy that gives us guidance and wisdom.

## **Third Eye Chakra:**

The sixth Chakra in our body, which is the center of our forehead. It is related to our Intuition and intelligence. It is Indigo color because Indigo is associated with following our divine path through Intuition. This chakra draws energy from the Indigo color of the rainbow.

## **Throat Chakra:**

The fifth Chakra in our body, which is our throat Chakra is related to our ability to communicate and express ourselves. It is Blue in color and draws energy from the blue band of the rainbow. Blue is associated with expression of one's self by speech and communicating our needs.

**Heart Chakra:**

The fourth Chakra of our body is the Heart Chakra. It is related to Self love and love for others. It is Green in color and gets its energy from the green band of the spectrum. Green is associated with the ability to give and take without any conditions. When we are balanced, we are able to give love and also receive love to nurture and take care of ourselves. Green energy connects us to unconditional love.

**Solar Plexus Chakra:**

The third Chakra of our body is the Solar Plexus. It is related with our personal Strength, Assimilation of experience, Career, Digestion, Reaching ones goal. Its represented by Yellow as Yellow is associated with one's Self Worth. It's how we feel about our own selves, and how we feel others think about us. It deals with our ego. This is the largest chakra and draws its energy from the sun.

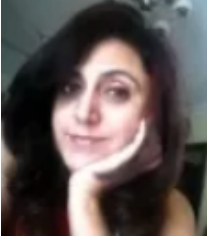
**Sacral Chakra:**




The Second Chakra of our body is the Sacral Chakra. It's related to our feeling and sexuality, also with sense of pleasure and abundance. It's represented by Orange and draws energy from the orange band of the color spectrum. It gives us the strength to cut ourselves some slack and enjoy our freedom, expand our areas of Interest and in general enjoy life. Its an emotional stimulant and helps us to shed our inhibitions.

**Root Chakra:**

The First Chakra of our body is the Root Chakra. It's related to our basic instincts of survival and physical energies of life. It's represented by Red as Red is associated with Self awareness. It is our survival and stability on the planet. It gives us power from earth and energy on all levels. Red Energy connects us to our physical body. Every action that we do needs the life force of red.

## About the Authors

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	<p><i>Sunetra Dasgupta is a Reiki Teacher. She is emotionally attached to Reiki as she feels, when she was nowhere, Reiki came to rescue her. She heals and teaches Traditional (Usui) Reiki, Karmic Reiki, Karuna® Reiki, Soulmate Reiki, Fusion Reiki, Wagle Reiki, Angel Reiki, Tiger Reiki, Lavender Flame Reiki, Magnified Healing, Akashic Records, Access Consciousness, Aura Brushing, Cord Cutting, Hypnotherapy, Past Life Regression, EFT, Psychic Surgery, Angel and Tarot Card Reading. She is also an Angel whisperer. She lives in India and can be followed on her Reiki Page: Soniele Daniel Reiki <a href="https://www.facebook.com/SunnyDReikiPractice">https://www.facebook.com/SunnyDReikiPractice</a>.</i></p>

	<p><i>Haripriya is a Reiki Master, Angel Healer, and Spiritual Teacher. She was drawn to Reiki right from her childhood and Reiki went on to become part of her life's purpose. Reiki is her constant companion from which she derives peace and contentment. After reaping the fruits of Reiki practice in her life, she was inspired to spread the joy of Reiki. She is the founder of Aananda Holistic Center where she conducts as well as teaches Reiki and Angel Healing. Haripriya resides in Bangalore, India. Reach Haripriya at <a href="mailto:aanandaholistic@gmail.com">aanandaholistic@gmail.com</a> and at Aananda Holistic Center on Facebook.</i></p>
	<p><i>Ashwini Chubé heard her “calling” and was drawn to Reiki amidst her routine job in a Mumbai based investment bank. She says her life has become Reiki after being attuned to it. She takes the help of Reiki for almost everything from little things to huge problems and everytime she does that her faith increases. Ashwini likes to write, cook, read, travel, dance in her spare time. She loves nature walks too. She is USUI Reiki Master Teacher, Practitioner of Karuna Reiki, Soulmate Reiki, a practitioner of Violet Flame, Silver Violet flame healing and Angelic healing. She is also a reader of Angel Oracle cards, Angel Tarot cards and she is a hypnotherapist. Ashwini conducts Angel mediation workshops in Mumbai, India. Reach Ashwini at <a href="mailto:Urjahealers@gmail.com">Urjahealers@gmail.com</a> and on Facebook at Urja – Holistic Energy Group (<a href="https://www.facebook.com/pages/Urja-Holistic-Energy-Group/656771061097789">https://www.facebook.com/pages/Urja-Holistic-Energy-Group/656771061097789</a>).</i></p>
	<p><i>Charisma Phatak is an engineering graduate and a MBA from nationally acclaimed institutions. She is a Reiki Master Teacher and Healer, with a long standing Reiki experience of 11 years. She practices Usui Reiki, Karmic Reiki, Dolphin Reiki, Tiger Reiki, Angel Reiki, Lavender Flame of Quan yin, Wagle Reiki, Celtic Reiki, DNA Reiki, Magnified Healing, Imara Reiki and Kundalini Reiki. A happily married home maker, she is also the co-owner of “Supreme Reiki Centre” at Pune, India. Her life with Reiki has been like unlocking the door to unlimited happiness! Find Charisma at <a href="https://m.facebook.com/supremereiki">https://m.facebook.com/supremereiki</a>.</i></p>