

Color in Healing

Chakras

The word chakra is Sanskrit for wheel or disk and signifies one of seven basic energy centers in the body. Each of these centers correlates to major nerve ganglia branching forth from the spinal column. In addition the chakras also correlate to levels of consciousness, archetypal elements, developmental stages of life, colors, sounds, body functions, and much, much more. Below is a brief description of each chakra.

Chakra Seven: violet, white or gold *Thought, Universal identity, oriented to self-knowledge*

The Crown Chakra

ELEMENT: it is all elements.....it is cosmic

MANTRA: "aum", "ee" (as in bee)

SACRAMENT: sacrament of Extreme Unction (anointing of the sick)

LOCATION: top of the head in the center of the skull

BODY GOVERNANCE: pineal gland
PLANET: in ancient times it was associated with Saturn, in modern times it is the Sun

REALM: kingdom = source

SENSE: it is the seat of the Ketheric Body

SPIN: spins to the right



Chakra Six: indigo or yellow *Light, Archetypal identity, oriented to self-reflection*

The Brow Chakra

ELEMENT: all the elements, however the main element is spiritual

MUSICAL NOTE: the musical note is A

MANTRA: "aum, om or mmm"

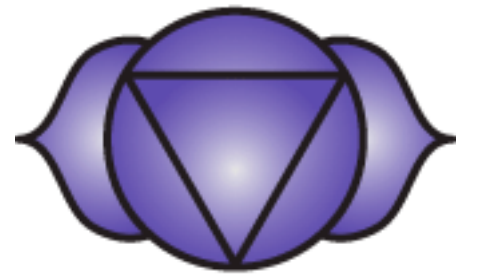
SACRAMENT: marriage

LOCATION: one finger width above the bridge of the nose at the center of the forehead

BODY GOVERNANCE: pituitary gland, skeletal system, pineal gland, nervous system, and other glands

PLANET: the planet Jupiter in ancient times and the planet Mercury in modern times

SPIN: spins to the right



Chakra Five: blue *Sound, Creative identity, oriented to self-expression*

The Throat Chakra

ELEMENT: ether

SACRAMENT: Priesthood

BODY GOVERNANCE: thyroid, bronchial/vocal functions, lungs, alimentary canal, lymph, and parathyroid

LOCATION: in the throat below the Adams apple

PLANET: the planet Mars in ancient time and is connected to the Moon in modern times

REALM: angelic

SENSE: sense is hearing

SPIN: spins to the right



Chakra Four: green or pink *Air, Social identity, oriented to self-acceptance*

The Heart Chakra

ELEMENT: air

MUSICAL NOTE: musical note is F

MANTRA: "yam or A" (as in ahhh)

SACRAMENT: Eucharist

LOCATION: at the breast bone in the middle of the chest

BODY GOVERNANCE: the thymus, heart, blood, circulatory system, glands, and lungs

PLANET: connected to the sun in ancient times, now it is connected to the planet of Venus

REALM: human kingdom

SENSE: sense of touch

SPIN: spins to the right



Chakra Three: yellow *Fire, Ego identity, oriented to self-definition*

The Solar Plexis Chakra

ELEMENT: fire

MUSICAL NOTE: musical note is: E

MANTRA: "RAM" or "AUM"

SACRAMENT: Confirmation

LOCATION: about 2 inches above the navel

REALM: animal kingdom

SENSE: sense is sight

SPIN: pendulum spins left for positive power



Chakra Two: orange *Water, Emotional identity, oriented to self-gratification*

The Sacral Chakra

ELEMENT: water

MUSICAL NOTE: musical note is D

MANTRA: "Vamor O" (as in the word home)

SACRAMENT: Matrimony (union)

LOCATION: about 2-3 inches below the navel and in the center of the body

BODY GOVERNANCE: spleen in men/uterus in women

REALM: plant kingdom

SENSE: sense of taste

SPIN: spins to the right in women, to the left in me



Chakra One: red *Earth, Physical identity, oriented to self-preservation*

The Base Chakra

ELEMENT: earth

MUSICAL NOTE: musical note is C

MANTRA: "lam" or "e" (as in the word fed)

SACRAMENT: Baptism

LOCATION: located at the base of the spine

BODY GOVERNANCE: the adrenal gland

PLANET: ruled by the Moon in ancient history and by Saturn in modern day times

REALM: mineral kingdom

SENSE: sense of smell

SPIN: a healthy base chakra spins clockwise

