

# The Conscious Mystic Collective

## CHAKRAS

Working with Chakras can be a whole modality in itself.

Practitioners and lay persons can use the information gained from working with Chakras to provide in-depth insight into the energetic subtleties of humans and animals.

The knowledge gathered and/or intuited has enough information for the healer to provide prescriptive healing messages and practical exercises for optimal soul health.

Chakras were first identified more than 5000 years ago by various mystics and holy men. They were eventually given form and put into record by Vedic Seers. Described as funnel shaped, multi-coloured and related to spiritual qualities they related them to their sacred lotus. The chakras are often depicted as a lotus or a spiral from these original texts.

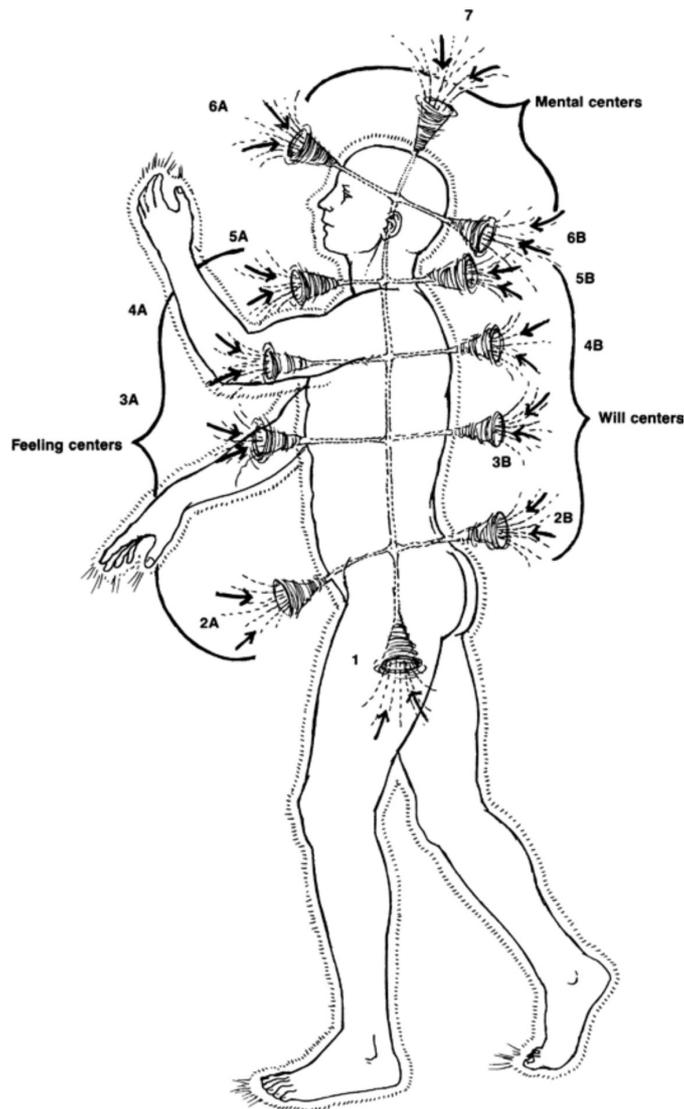
From the 1800's to today the ancient information has been handed down and interpreted to accommodate the modern chakra system we use today.

The seven colours, applied in the 1970's, became an easy way to learn and remember the chakra system which is still in use today.

The chakras can be as complex or as easy as you want them to be when applying their properties. The healing and the energy invoked provides the same results because we are always working with the persons, our, Soul and our highest good.

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# CHAKRAS



7-3 The Seven Major Chakras, Front and Back Views

# SAHASRARA

## **Crown Chakra - Sahasrara** **Beauty · Creativity · Inspiration**

Sound: Note "B"

Colour: Violet

Location: Just above the head

Physical Components: Brain and nervous system

Glands: Pineal

Emotional Component: Attachment

Purpose: The means for understanding our path and purpose

Our Source Of: Divine awareness, Oneness with all

Connect To: Angels, Essence, Spiritual Entities, Higher Power

Energy Type: Ketheric, a materialised form of spiritual energy beyond our conscious self

Physical Expression: Our physical and emotional needs expressed through thoughts and actions that nourish our higher purpose.

Psychic Expression: A kinaesthetic awareness felt as Divine inspiration, feelings of bliss, spiritual awakenings. Attunement to other worldly entities.

# SAHASRARA

## **Crown Chakra - Sahasrara** **Beauty · Creativity · Inspiration**

Intuitive Expression: Prophecy, sensing Spirit messages

Positive: intelligent, thoughtful and aware, sense of spiritual connection, ability to perceive, analyse and assimilate information, open-minded, wisdom, mastery

Problems: Immune system disorders, nervous system disorders, all issues related to the Pineal Gland, major depression, headaches, dizziness, feeling ungrounded, imbalance of any type, lack of self understanding or direction, excess reliance on meditation or prayer, overly committed to a religious or spiritual group

For Good Health: Eat foods aligned with your personal spiritual values, use meditation regularly, exercise or spiritual pursuits (anything that expands your personal experience)

Affirmations:

- I am one with all creation
- I am consciously living my divine purpose
- I am open to the goodness and abundance of the universe

# AJNA

## Brow Chakra - Ajna

### Intuition · Mysticism · Understanding

Associations:

Sound: Notes "A"

Colour: Indigo

Location: Forehead

Physical Component: Face, ears, eyes, nose, sinuses, nervous system

Glands: Pituitary

Emotional Component: Illusion

Purpose: Self Image and the means to shaping our view of the world

Our Source Of: Insight, Visions and visioning

Connect To: our guides as human form such as saints, spirits and gurus. The ability to see and reach the future, self image and self protection

Energy Type: Cerebral, draws energy from the brain and the crown chakra

Physical Expression: to see, draw, or describe images that articulate physical and emotional needs or desires

Psychic Expression: clairvoyant (clear seeing). Internally visualise images, colours, symbols, forms, events or ideas. These can be from the past present or the future. Sometimes can be seen with the physical eyes. Works with the imagination.

# AJNA

## Brow Chakra - Ajna

### Intuition · Mysticism · Understanding

Intuitive Expression: can describe desires for the future and provide insights for the changes needed to reach it. Visually based insight and inspiration are based here.

Positive: intuitive and perceptive, imaginative, insight of the world that we live in, integrate information on many levels, think and live holistically with nature, advanced intellectual skills

Problems: Glandular and endocrine issues relating to the pituitary. Hormonal, growth or developmental issues. Difficulty in planning for the future. Eyesight and headaches in the brow indicate over or underuse. Issues in adolescence. Binge, anorexia bulimia and other body image issues.

For Good Health: where possible eat hormone free meats and fish. Visually and aesthetically pleasing food eaten in a pleasant environment. Self image acceptance (be ok about how you look in each moment)

Affirmations:

- I am perfectly attuned to my vision
- I move toward my vision with clarity and purpose
- I trust whatever comes to me is for my greatest joy and highest good

# VISHUDDHA

## Throat Chakra - Vishuddha

### Knowledge · Health · Communication

Sound: Notes "G"

Colour: Blue

Location: Throat

Physical Component: Jaw, neck, throat, voice, airways, upper lungs, nape of neck, arms

Glands: Thyroid

Emotional Component: Lies

Purpose: Ability to define ourselves in the world

Our Source Of: Communication, Truth, Wisdom, Responsibility

Connect To: Energies that relate to the Etheric element or humanity. Expressing and voicing truths. Attuned to receiving guidance.

Energy Type: Etheric, charged with Spiritual Awareness.

Physical Expression: Language, sound, toning, singing. Any verbal way of expressing emotions, thoughts and needs. Receives messages by listening or reading.

Psychic Expression: Clairaudience (clear hearing). Speak to ourselves, our guides and spirit or other people psychically. Guided writing, channelling, trance mediumship, telepathy. Clears debilitating thought patterns. Releases trapped stories from the past.

# VISHUDDHA

## Throat Chakra - Vishuddha Knowledge · Health · Communication

Intuitive Expression: The Soul speaks verbally or psychically through this chakra. Send and receive guidance from higher beings.

Positive: openly able to express feelings and thought, living creatively, good sense of timing and rhythm, imaginative, colourful and clear speech, trusting your inner guidance, openly passing knowledge

Problems: Any throat disorders. Includes jaw, mouth, thyroid, larynx, tonsils and thymus. Inability to say yes or no. Feeling victimised. Non-assertive. Under or over responsibility. When bored will find oneself focusing on the mouth such as excessive talking or eating. Seeking crunchy or salty food when angry or anxious.

For Good Health: Substitute unhealthy snacks for healthy ones. Listen to music when emotional. Exercise with a buddy. Verbal affirmations to affect change.

Affirmations:

- I express myself freely and easily
- I can communicate my thoughts clearly and effectively
- I hear and speak the truth

# ANAHATA

## **Heart Chakra - Anahata** **Balance · Love · Self Control**

Sound: Notes "F"

Colour: Green / pink

Location: Heart

Physical Component: Heart, blood circulation, lower lungs, ribcage, skin, upper back

Glands: Thymus

Emotional Component: Grief

Purpose: The ability to relate

Our Source Of: Compassion, relationships, healing energy, innermost desires, dreams

Connect To: Earth elements, Mammalian animals.

Relationships with others. Relationship with Self. How we contribute to the world. A willingness to receive from the world.

Energy Type: Astral. The astral plane and dreams.

Physical Expression: Physical and emotional needs through actual physical sensations eg. Heart pains, pangs and emotional tugs. Hands on healing. Healing through hugging, and physical touch. Sending and receiving energy whenever we are doing what we love.



# ANAHATA

## **Heart Chakra - Anahata** **Balance · Love · Self Control**

Psychic Expression: Messages from the Self and guides through dreams, out of body experiences, giving and receiving healing, guided writing and journaling.

Intuitive Expression: When working with higher frequencies such as channelling guides, out of body chakra energy. Channelling Spirit through our own uniqueness. Living our hearts desires.

Positive: warmth, sincerity and happiness, strong connection to all of life, compassion and willingness to help, unity, peaceful and balanced, loving

Problems: Heart or circulatory disorders. Blood pressure, lung issues, sleep disorders. Relationship problems. Co-dependancy. Abuse of sugar, chocolate and wine. Addicted to love or being in love. Inability to let go of a failed relationship.

For Good Health: A healthy Mediterranean diet, aerobic exercise

Affirmations:

- I am an open channel for divine love
- I open my heart and share it with others
- I love who I am



# MANIPURA

## **Solar Plexus Chakra - Manipura** **Wisdom · Clarity · Self Esteem**

Sound: Notes "E"

Colour: Yellow

Location: Solar plexus

Physical Component: Liver, digestive system, stomach, spleen, gall bladder, autonomic nervous system, muscles and lower back

Glands: Pancreas and adrenals

Emotional Component: Shame

Purpose: Opinions, differentiated beliefs

Our Source Of: Personal power, self and other judgements,

intellectual understanding of the physical/worldly existence

Connect To: Airborne entities, including birds. Expressions of Self in the world. Opinions and judgements of others.

Energy Type: Mental, intellectual

Physical Expression: Ideas, thoughts, intellectual understanding at the gut level. Helps us succeed and interface with the world, deal with people and make effective decisions.

Psychic Expression: Clairsentience (clear sensing). The knowing or sensing something that can be justified but not rational. Applying while working through issues of personal power, self and other judgements.

# MANIPURA

## **Solar Plexus Chakra - Manipura** **Wisdom · Clarity · Self Esteem**

Intuitive Expression: Mental empathy to help the soul achieve its purpose. Information received or generated creates opportunities beneficial to the Soul and Self.

Positive: responsible and reliable, confidence and self esteem, spontaneity, playfulness and a sense of humour, ability to meet challenges, feeling of peace, balance and inner harmony, warm personality

Problems: Digestive and metabolic disorders. Feelings of powerlessness. Mixing up love and power needs. Addiction to caffeine. Overwork, perfectionism, over-critical, prejudice leading to hate. Organs: Liver - anger/Spleen defence issues/Stomach - swallowing others opinions/Gallbladder - resentment/Pancreas - inability to take in the sweetness of life/Adrenals - hold beliefs about reactions to perceived danger/Kidneys - perceptions regarding childhood needs.

For Good Health: Eat 5-6 small balanced meals a day. A structured exercise program.

Affirmations:

- I accept myself completely
- My personal power is growing stronger everyday
- I can do whatever I choose to do

# SVADHISHTHANA

## Sacral Chakra - Swadhisthana

### Happiness · Confidence · Resourcefulness

Sound: Notes "D"

Colour: Orange

Location: Lower abdomen

Physical Component: Pelvic area, sex organs, fluid functions, kidney and bladder

Glands: Testicles and ovaries

Emotional Component: Guilt

Purpose: Feelings of self and others

Our Source Of: Feelings (in our body) and our awareness of them. Creative abilities. Birthing and gestation of babies, ideas, projects, businesses.

Connect To: Water elements and water animals (including lizards). How we express ourselves and create in the world. Absorbing and interpreting others' feelings. Making self judgements. Ability to take in life energy to feel and create.

Energy Type: Chi energy.

Physical Expression: Feeling and expressing our feelings through the appropriate physical medium such as crying, screaming, laughing.

# SVADHISHTANA

## Sacral Chakra - Swadhisthana

### Happiness · Confidence · Resourcefulness

Psychic Expression: Feeling sympathy, Experience our own or another persons feelings for the purpose of understanding and clearing self-destructive beliefs. Helps us dissect feelings mixed with thoughts eg. I am angry, therefore I am bad.

Intuitive Expression: Uses empathy to learn a soul lesson and help integrate the soul more fully into the body. Experiencing our soul's feelings as it fully integrates into the body.

Positive: graceful movement, ability to experience pleasure, ability to change, being creative, enthusiasm for life, nurturing self and others

Problems: "Itis" issues eg. colitis. Appendix, kidney fertility, PMS, ovaries, uterine. Issues from stored, stuck or unexpressed emotions from self or others. Creative blocks. Overeating carbohydrates. Addicted to shopping.

For Good Health: Monitor breadstuffs, low GI foods, soothing exercise such as Tai Chi or yoga, swimming.

Affirmations:

- I open myself to others naturally
- Creative and sexual energy has the ability to create and transform
- I love myself exactly as I am right now

# MULADHARA

## Root Chakra - Muladhara

### Vitality · Courage · Self Confidence

Sound: note "C"

Colour: Red

Location: Base of spine

Physical Body Component: Spinal column, legs, feet, bones, teeth, large intestine

Glands: Adrenals

Emotional Component: Fear

Purpose: Our roots including family values, beliefs and heritage.

Original feelings about ourselves. Feelings about our right to exist, to occupy space, to be loved, to get our needs met. Programming affecting our basic needs eg. Money, sex, love, food, air, water, housing, material energy for achieving life purpose.

Our Source Of: Existence on the physical plane, the will to live. Passion, raw, primal feelings including rage, terror and joy. Material for achieving life purpose. Fundamental programming about what we deserve in and out of life.

Connect To: Images of a serpent, dragon or holy fire. Relates to how we put ourselves out into the world and how successful we are at surviving. How able we are to receive material assistance and keep our "will to live" alive.

# MULADHARA

## **Root Chakra - Muladhara** **Vitality · Courage · Self Confidence**

Energy Type: Recipient for the Kundalini. Fire energy from inside and outside ourselves. Raw earth energy feeding our life force and assuring survival.

Physical Expression: Communicate physical and emotional needs through real-life sensory impressions eg. Aches and pains, touch, smell, vibration, movement, feelings. May involve getting sick to become aware of a problem.

Psychic Expression: Mental needs through physical sympathy. Registration of physical and feeling-based sensations from sources that are perceived as not there eg. Others physical pains, smells, nausea, touches, vibrations. Psychometry uses this chakra.

Intuitive Expression: Receive or send physical sensations that make us look at a soul or spiritual issue. Experiencing an imaginary reality, as if we are really there eg. Such as guided meditation. Usually involve a higher learning and call for a significant change in lifestyle. Positive: good health, well grounded, vitality, stability, prosperity, feeling of safety and security

# MULADHARA

## Root Chakra - Muladhara

### Vitality · Courage · Self Confidence

Problems: root area for addictions. Nervous disorders, urinary tract, rectal, circularity, skin, reproductive, headaches. Family dysfunction. Gender role confusion. Childhood issues. Issues around basic needs. Addictions of alcohol, hard drugs, sex, gambling.

For Good Health: Eat three balanced meals a day. Plenty of water. B vitamins and minerals. Daily exercise.

Affirmations:

- I am rooted in life and in myself
- I am stable, safe and secure
- I love my body and trust in its wisdom

# The Conscious Mystic Collective

## CHAKRAS

Use this as a quick guide or a launching point for your own in-depth exploration of the chakras.

Remember to build your own relationship with the chakras to create a rapport and connection needed to bring healing to any situation.

The chakra system was first discovered through visualisation and connection to the Spiritual realms. They are not static and your experiences will give confidence to any consultation, either with yourself or with others.

With love,  
Vicki Haspels

#### Sources:

Chakra Healing by Sue and Simon Lilly

The Complete Book Of Chakra Healing by Cindi Dale

Sound Essence Healing by Evelyn Mulders

Hands Of Light by Barbara Brennan

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