

## 7 Human Chakra's

According to Buddhist/Hindu teaching all of the chakras should contribute to a human's well-being. Our instincts would join forces with our feelings and thinking. Some of our chakras are usually not open all the way (meaning, they operate just like when you were born), but some are over-active, or even near closed. If the chakras are not balanced, peace with the self cannot be achieved.

There are said to be seven main chakras in the human body and eight within the equine; four in our upper body, which govern our mental properties, and three in the lower body, which govern our instinctual properties. The following chart maps out the primary qualities of each *chakra*, its corresponding location in the body, color, physical and emotional realms of influence, and its greater significance.



*1<sup>st</sup> Chakra: The Muladhara (root chakra)*

*2<sup>nd</sup> Chakra: The Svadhithana (sacral chakra)*

*3<sup>rd</sup> Chakra: The Manipura (solar plexus chakra)*

*4<sup>th</sup> Chakra: The Anahata (heart chakra)*

*5<sup>th</sup> Chakra: The Visuddhi (throat chakra)*

*6<sup>th</sup> Chakra: The Ajna (third eye chakra)*

*7<sup>th</sup> Chakra: The Sahasrara (crown chakra)*

**The Root Chakra** (1<sup>st</sup> Chakra and is red). It is associated with the parts of our consciousness concerned with security, survival, or trust. For most people, this concerns the parts of their consciousness concerned with money, home, and job. When this chakra is in its clear state, the person is able to feel secure, be present in the here and now, and be grounded. When there is tension in this chakra, it is experienced as insecurity or fear. When there is more tension, it is experienced as a threat to survival.

Parts of the body controlled by the sacral plexus and this chakra include the skeleton system, the legs, and the elimination system. Symptoms in these parts of the body represent, therefore, tensions at the level of the Root Chakra, and we therefore know that the person is seeing the world through a perceptual filter of insecurity or fear. The adrenal glands are also associated with this chakra.

If one leg is affected, we can see whether it is the male leg or the female leg, and thus whether it has something to do with trust in a male or trust in a female. We can also see it as having something to do with trust in the will, or the aspects of trust in the foundations the emotional being, related to what was happening in the person's life at the time the symptom developed.

The physical sense of smell, and therefore the organ of the sense of smell, the nose, is associated with the Root Chakra. Symptoms at the level of the nose or affecting the sense of smell reflect tensions at the level of the Root Chakra.

Each chakra is associated with an element. The Root Chakra is associated with the element of earth, and reflects something about the person's association with the earth, or how they feel about being on the earth, which we call Mother Earth. This chakra is also associated with our relationship with our mother. When someone experiences a sense of separation from their mother, or not feeling loved by their mother, they cut off their roots and experience symptoms of tensions at the level of the Root Chakra until they can again open to accept their mother's love.

When a child comes into the world in the traditional family structure, the mother provides the nourishment and the father provides the direction. Thus, in the child's relationship with its mother, it makes certain decisions about the way things are. The relationship with the mother thus becomes a model for the person's relationship with everything that represents security - money, home, and job.

**The Sacral Chakra** (2<sup>nd</sup> Chakra and is orange). It is associated with the parts of our consciousness concerned with food and sex - the communication from the body to the person within it, about what the body wants or needs, and what it finds pleasurable. It also is related to what is happening in their consciousness about having children. When this chakra is in its clear state, the person is in touch with this communication, and listening to and responding appropriately to what the body wants and needs.

Parts of the body controlled by the lumbar plexus include the reproductive system and the abdomen, and the lumbar region of the back.

The sense of taste is associated with this chakra, as is the element of water. When someone does not have a clear relationship with water (swimming, for example, or being on a boat), this reflects their attitudes about the parts of their consciousness that this chakra represents.

Tensions on the will side or the emotional side of this chakra indicate tensions in the person's consciousness as conflicts between either the will or the emotions with what the person's body is asking for.

This chakra is associated with the sense of taste, and with appetite. It is also involved with the person's willingness to feel their emotions.

**The Navel or Solar Plexus Chakra** (3<sup>rd</sup> Chakra and is yellow). This chakra is associated with the parts of our consciousness having to do with perceptions of power, control, or freedom. In its clear state, it represents ease of being, and comfort with what is real for one's self - being comfortable with who you are.

Parts of the body associated with this chakra include the organs closest to the solar plexus - stomach, gall bladder, spleen, liver, etc. - as well as the skin as a system, the muscular system as a system, and

the face in general.

The physical sense associated with this chakra is the sense of sight. Anyone with impaired eyesight experiences tension at the level of their solar plexus chakra about the issues of power, control, or freedom. Nearsighted people also experience tensions at the level of the Root Chakra, and experience the world through a perceptual filter of fear or insecurity. Those who are farsighted experience tension also at the level of the throat chakra, and see the world through a perceptual filter of anger or guilt. Astigmatics see through the emotional perceptual filter of confusion.

The endocrine gland associated with the Solar Plexus Chakra is the pancreas. We can say that diabetics are keeping sweetness from themselves. When someone gets too close with sweetness, they feel threatened in their power to be who they are, and an emotion comes up to create a safe distance again. The emotion is anger. Diabetes is associated with suppressed anger.

The element associated with this chakra is fire, and the person's relationship with the sun says something about their relationship with the parts of their consciousness associated with the Solar Plexus Chakra.

**The Heart Chakra** (4<sup>th</sup> Chakra and is green). This chakra is associated with the parts of the consciousness concerned with relationships and our perceptions of love. The relationships we speak of here are with those people closest to our heart - partners, parents, siblings, children.

The parts of the body associated with this chakra include the heart and lungs, and the blood circulatory system as a system. This chakra is also associated with the thymus gland, which controls the immune system.

The physical sense associated with this chakra is the sense of touch, in its aspect of relating to the person inside the body. For example, a massage given to someone with no sensitivity to what the person is feeling inside would be an example of the sensation we associate with the Abdominal Chakra, but when the masseur seems to have a sense of what the person inside the body is experiencing, then it includes the aspect of relating we associate with the Heart Chakra. When someone experiences extreme sensitivity about being touched, we would ask what was happening at the level of the Heart Chakra.

This chakra is associated with the element of air. When someone has difficulty with air, with breathing (asthma, emphysema, tuberculosis, etc.), we say that their relationship with air reflects their relationship with love - difficulty letting it in, or letting it out, for example.

**The Throat Chakra** (5<sup>th</sup> Chakra and is light blue). This chakra is associated with the parts of the consciousness concerned with expressing and receiving. Expressing can be in the form of communicating what one wants and what one feels, or it can be artistic expression, as an artist painting, a dancer dancing, a musician playing music, using a form for expressing and bringing to the outside what was within. Expression is related to receiving, as, "Ask, and ye shall receive."

The throat chakra is associated with abundance, and with the state of consciousness called, "grace," where it seems that what you want for you is also what God, or the universe, wants for you. Accepting what the abundant universe offers you requires a sense of unconditionally receiving.

This chakra is also associated with listening to one's intuition, and flowing in a particular way where it

seems that the Universe supports you in all that you do. It is the first level of consciousness from which one perceives another level of intelligence functioning, and one's interaction with this other level of intelligence.

Parts of the body associated with this chakra include the throat, shoulders, and arms and hands, and the thyroid gland.

The sense of hearing is associated with this chakra, and the element of ether, the most subtle physical element, corresponding to what we find in deep space. The ether is the crossover between the physical and the spiritual dimensions. Someone looking at the world through this chakra watches the manifestation of their goals. The Will Arm represents manifesting what you want, and the Feeling Arm represents manifesting what makes you happy. Hopefully, the two point to the same thing. Blue is the color associated with this chakra.

**The Third Eye or Brow Chakra** (6<sup>th</sup> Chakra and is blue). This chakra is associated with the parts of the consciousness concerned with the spiritual view, and the home of the Spirit, the Being within. This level of consciousness is associated with what western traditions call the unconscious or subconscious, the part of our consciousness that directs our actions and our life. From this level we are aware of the motivations behind our actions. We can watch our outer theater from an inner point of view.

This chakra is associated with the carotid plexus, and the nerves on each side of the face, and the pituitary gland. Headaches in the temples or center of the forehead are associated with tensions at this level. This chakra controls the entire endocrine system as a system, and the process of growth.

The Brow chakra, also known as the Third Eye, is associated with extra sensory perception (ESP), the set of all inner senses that correspond to the outer senses, which together comprise spirit-to-spirit communication. The element associated with this chakra is a vibration known as the Inner Sound, the sound that one hears in their ears that does not depend upon something in the physical world. Some consider it a pathological condition. In some of the eastern traditions the ability to hear this is considered a necessary prerequisite to further spiritual growth.

**The Crown Chakra** (7<sup>th</sup> Chakra and is violet). This chakra is associated with the parts of the consciousness concerned with unity or separation, and just as the Root Chakra showed our connection with Mother Earth, this chakra shows our connection with Our Father. At first, it is associated with our connection with our biological father. This becomes the model for our relationship with authority, and this becomes the model for our relationship with God and Higher Self. When there is a sense of separation from our biological father, the person closes this chakra, and the effect on the consciousness is a sense of isolation and aloneness, being in a shell, and difficult to make contact with those outside the shell.

The person feels as if they are hiding from a Higher Self, or hiding from themselves, not seeing what is true for them in the deepest part of their consciousness, the part we call the soul.

This chakra is also associated with a sense of direction.

The parts of the body controlled by this chakra are the pineal gland, the brain, and the entire nervous system as a system.

**WARNING:** don't use this meditation for the Crown Chakra if your Root Chakra is not strong or open. Before dealing with this last chakra, you need a strong "foundation" first, which the Root exercises, we provide here at Rider Horsemanship, will present to you.

## The 7 Human Chakras:

| Chakra                  | Location  | Function/ Purpose  | Signs of Imbalance   | Body Areas Governed   | Gemstones |
|-------------------------|---|--|--|---|-----------|
| <b>Crown</b>            | Top of head   | <p>Shiva/ Consciousness, intelligence / Bliss of Divine Wisdom</p> <p>Connected to the spirit. This chakra represents the highest level of consciousness and enlightenment. It is the connective center to spirit. This center integrates all the chakras with their respective qualities. Mastering the lower vibrational aspects of our being we reside in the full awareness that we are spiritual beings living a human existence</p>                    | <p>Excessive: cult leader, ego maniac.</p> <p>Deficient: no spiritual inspiration/aspiration</p>   | Brain, pituitary gland, skin, spine, central and autonomic nervous system, cranio-sacral system | Pearl     |
| <b>Third Eye (Brow)</b> | Centre of forehead, just above the eyes             | <p>Knowingness / Intuition / Perception<br/>Self Mastery, wisdom, imagination</p> <p>Acceptance of self. The seat of intuition and direct spiritual vision; it is here that we visualize things through our "third eye" of intuitive knowledge. The opening of the third-eye corresponds with spiritual awakening. It is the chakra of forgiveness and compassion.</p>   | <p>Excessive: overly intellectual; overly analytical.</p> <p>Deficient: unclear thought; deluded. Headaches, bad eyes, distant/distracted</p>  | Head in general, pineal gland, natural body rhythms, higher mental self                         | Diamond   |
| <b>Throat</b>           | Throat, thyroid, upper lungs, arms, digestive track | <p>Communication / Creativity<br/>Sound / Intuition / Synthesis<br/>Self expression / Desire to speak and hear the truth</p> <p>The center for communication, self-expression and creativity. This is where the inner voice of one's truth is expressed. It is the chakra of diplomacy, of pure relationships with others, and of playful detachment. Speaking with a knowledge of our interconnectivity through Spirit reflects mastery of this energy.</p> | <p>Excessive: willful, controlling, judgmental, hurtful speech</p> <p>Deficient: lacking faith, unable to creatively express, silent child</p> | Throat, mouth, teeth, jaws  | Sapphirre |
| <b>Heart</b>            | Center of chest                                     | <p>Compassion / Love / open-hearted<br/>desire for self-acceptance<br/>balance emotions, harmony,<br/>place of integration.</p> <p>The center of real, unconditional affection, spiritual growth, compassion, devotion and love. It is the bridge connecting the lower and higher energies of our being and is the place where resides our Spirit, our true Self, free and independent.</p>  | <p>Excessive: inappropriate emotional expression; poor emotional boundaries</p> <p>Deficient: ruthless, no heart, can't feel emotions</p>      | Thymus, heart, liver, lungs, blood circulation  | Ruby      |

|                        |                    |   |   |  |          |
|------------------------|--------------------|---|---|--|----------|
| <b>Solar Plexus</b>    | Middle of the back | <p>Personal power/sense of self</p> <p>Will / Power / Joy / Motivation<br/>self-esteem transformation, identification / mastery<br/>will over your own light<br/>power in relationship with others<br/>vitality, energy<br/>standing steady in your own self<br/>desire to express individuality</p> <p>Located at the center of the body it is the place where physical energy is distributed. It is the center for unrefined emotions and personal power. It is the center that gives us the sense of complete satisfaction and contentment. Our creativity is fueled by our power of will.</p> | <p>Excessive: egotistical, self-absorbed; ambitious self-driven warrior, desire to take control<br/>Deficient: poor self-worth; sensitive servant; feels disliked; martyr; needing to "do" all the time</p> | Pancreas, stomach, liver, gall-bladder               | Emerald  |
| <b>Sacral (Spleen)</b> | Below naval        | <p>sexuality, emotion, relationships / Sexuality / Empathy, Pleasure / Well-being connection, delight<br/>emotions, feeling, polarity, change</p>   | <p>Excessive: manipulative, controlling, lustful, addictive<br/>Deficient: co-dependent, martyr, submissive, doesn't feel anything, shut down</p>   | Gonads and reproductive organs, legs                 | Amethyst |
| <b>Root</b>            | Base of spine      | <p>Shakti / Manifestation<br/>Survival / Grounding / Stability<br/>gravitation drawing into a point<br/>trust, survival, self preservation<br/>root support, desire to be in the physical world.</p> <p>The seat of physical vitality and the fundamental urge to survive. It regulates those mechanism which keep the physical body alive. It is the chakra whose main aspect is innocence.</p>  | <p>Excessive: overly possessive; fearful parent.<br/>Deficient: homeless; ungrounded; victim</p>  | Suprarenal glands, prostate, Kidneys, bladder, spine | Coral    |