

Chakra Winnipeg

Chakra Winnipeg - Based to the Hindu tradition, the chakras are centers of biophysical or metaphysical energy inside the human body. There are seven basic chakras, and many suppose in additional minor chakras located inside the body system. Several modern believers have drawn parallels between the main organs of the endocrine system plus the chakra system.

The 7 important chakras are delineated by a series of lotus flowers climbing up the spine to the crown of the cranium. Every chakra has an associated colour, component and source of energy and each lotus has a selected amount of petals. As the chakras progress from the lowest to the highest, they govern increasingly spiritual functions. As a person gets extra spiritually conscious, they become in touch with the higher chakras one by one. The bottom chakra connects with probably the most primary physical issues, while the highest represents enlightenment.

The Root Chakra is said to be located at the base of the spine. It's considered to represent fundamental instincts, survival and feelings of safety. The root chakra is related to the element of earth and the colour red. It is seen as a 4 petal lotus.

The Sacral Chakra is said to reside in the pelvis or the groin. It is associated to feelings, sexual energy and creativity. This chakra is associated with the element water and the colour orange and is symbolized by a 6 petal lotus flower.

In the area where the thorax plus the abdomen meet is situated the Solar Plexus chakra. It governs digestion, psychological function as well as energy. The solar plexus chakra colour is yellow and its' component is fire. It is symbolized by a 10 petal lotus.

The Heart Chakra is said to govern compassion and love and is associated with the chest area including the lungs. The heart chakra is related to the colour green and the component of air. Its lotus has twelve petals.

The Throat Chakra is said to self-expression, growth and interaction. It's delineated by a 16 petal lotus and is related to the element of sound or life and the colour blue.

The Brow Chakra is also known as the third eye. It is symbolized by a 2 petal lotus and mentioned to govern notion and intuition. Its colour is indigo and it is linked to the component of light or time.

The Crown Chakra is imagined to be the link to the divine or to symbolize the pinnacle of spiritual consciousness. Represented as a violet or white lotus with a thousand petals, its related element is space or inspiration.