

Chakras: tools for developing self-awareness

by Nanci Trivellato

Each of us has an energetic field that encases our body and internal organs. This energy, called bioenergy or chi, is responsible for life as it fulfils our need for subtle energy. The vortexes existing in this energetic field are called chakras. The chakras act as points of connection between our physical and non-physical (astral, extraphysical) bodies, enabling energies to flow from one of these vehicles of manifestation to the other. They are the means by which we absorb energy from and externalise energy to the environment, and exchange energy with others; therefore, they form the core system through which we sustain our energy levels, vitality and health.

Unfortunately, most individuals, even those who have some theoretical knowledge of chakras and bioenergies, do not clearly perceive the processes taking place in their chakras and are therefore unable to discern whether the sensations or reactions they experience stem from an energetic problem or from some other source.

Considering that our chakras are the energetic 'devices' through which we exchange and maintain our bioenergetic level and that the energies of our chakras can vary in quality, to have awareness of what is going on in our chakras is vital to our wellbeing.

Our set of chakras comprises the energetic body and the aura, the second being a reflex of the energies of the energetic body per se. Our energetic body or aura is made up of thousands of chakras. Different schools of thought acknowledge and study a different number of chakras. In terms of our practical manifestation in this life, it is essential that we understand and are able to sense the ten key chakras mentioned further on in this article.

If an individual learns to consciously distinguish and master his energies, it is possible for him to rid himself of intrusive energies and to balance the amount of energy in each of his chakras. Nonetheless, as most people are neither aware of nor able to control their energies, their main method of replenishing their energies is via the separation of their non-physical and physical bodies, a process that occurs every night during sleep. In other words, even on an unconscious level, we experience a type of semi astral projection (out-of-body experience) during certain phases of our sleep. This results in an increase in the amount of energies we absorb from the extraphysical dimension; fulfilling, therefore, our need for subtle energy.

In cases in which an individual is not absorbing energies properly during the night due either to energetic blockages or to the pattern of the energies surrounding him or established in his bedroom, he may wake up feeling physically and mentally rested, but not revitalised in terms of energies. In some conditions, the individual may also feel drained during the day due to a loss of energy (from the whole energetic body or from one particular chakra).

We often hear people talking about the chakras as if they were separate organs, each acting independently of the others. However, the chakras operate collectively. This is why sometimes we feel well and vitalized while at other times we feel depleted or drained energetically as a whole, without one specific chakra being responsible for the condition.

Nonetheless, even though the chakras are interconnected and affect one another, each chakra carries out a specific function, working in harmony with the physical body. For this reason, energetic equilibrium is a vital component of physical health and well-being. An imbalance in one's chakras can have physical repercussions. Some of the repercussions most commonly noticed in everyday life are those related to emotions, energetic blockages or the activation of one's energies. For example, an accumulation of energy that is emotional in nature in the heartchakra may cause a person to feel pressure in the chest, tachycardia or shortness of breath. Obviously, we should always verify first if our sensations have physical causes. Once this is done and when we can be sure that the sensations do not originate from the physical body, we should consider the possibility of there being an energetic or chakral cause. Another example is when individuals experience an uncomfortable block in their throat (usually followed by pressure, heat or an aching sensation) even though no physical cause is known for this condition. This may be the result of an energetic blockage in their laryngochakra, a condition sometimes caused by intense shock.

The trials and traumas of past lives can also cause blockages in the chakras which may result in physical problems. Conversely, the individual's physical condition influences his or her energetic condition.

Our attitude, intentions, thoughts, ideas, feelings and emotions also have repercussions on the chakras, both positive and negative. In deepening our self-awareness and improving our overall attitude we affect the quality of our chakras' energy. Similarly, if we can sense our chakras and identify the quality of the energy of each, it helps us to increase our self-knowledge and to identify the characteristics of our personality that we may need to improve.

So, chakras can show us where our strong and weak points lie, where there are blockages, and how we may be repressing information related to our past (either from this life or previous lives). The chakras can also be used to help us better understand how we couple energetically (both consciously and unconsciously) with physical and non-physical people, some of whom are balanced and some of whom are not. Energetic coupling is the result of a more intense exchange of energy with physical or non-physical individuals and this can greatly affect a person's condition, depending on the nature of the energy absorbed. With sufficient knowledge of chakras we can identify the type of energy and the chakra responsible for triggering the coupling, and can then work on the points that are producing the non-desirable couplings and reinforce those that increase our connection with more evolved consciousnesses.

The ideal way to research the chakras is through the conscious out-of-body experience (OBE) because this experience allows us to perceive the energetic and non-physical reality that surrounds us. It also allows us to actually see our chakras and the energetic connections between them and non-physical beings. We can also see which chakras are blocked or activated and in some cases are able to understand why they are like that. Research on chakras should also involve observations of medical aspects related to physical, psychological and mental conditions. Clairvoyance is another useful tool for researching chakras but is less profound and effective than the out-of-body experience, which allows direct observation of the reality from a subtler perspective.

Although we have thousands of chakras, only the main chakras have produced consistent research results. Let's take a look at the most important ones:

Solechakras: these are the chakras, or energetic centres, in the soles of our feet. One of the functions of these chakras is to absorb the energy from the earth. This energy is related to our physical vitality. We tend to absorb more of this type of energy when we are in contact with nature, such as when we walk in a park or a peaceful place, or when we come into direct contact with the soil. Synonyms: double solechakra, plantchakras, pre-kundalini.

Sexchakra: this chakra is related to our sexual energies and receives energy directly from the solechakras. The sexchakra distributes energy to all the other chakras, maintaining the vitality and health of the holochakra (energetic body). Regular, healthy sexual activity is beneficial to our energies as it generates an energetic intensification which is an important factor in maintaining the healthy condition of our energies as a whole. The person in an unbalanced condition of lack of sexual fulfilment may experience unpleasant energetic couplings with physical and non-physical individuals. Synonyms: basic chakra, genital chakra, kundalini, muladhara, radical chakra, root chakra, svadhishthana.

Umbilicochakra: this chakra, located approximately one inch above the bellybutton, is connected to our survival instincts and general instinctive emotionality. This is why we sometimes feel pressure in the abdomen when we face danger, experience fear or are worried. A sedentary lifestyle, digestive problems or a constant state of anxiety or insecurity can cause blockages in this chakra. Synonyms: gut brain, manipura, solar plexus chakra, umbilical chakra.

Spleno-chakra: as its name suggests, this chakra is located near the spleen. It is involved in the process of absorption of non-physical or cosmic energy during a lucid projection or out-of-body experience. A deep devitalisation (profound lack of fulfilment or sadness inside one's self) can have repercussions on this chakra. El Tibetan Buddhism considers that this chakra is connected to the sexchakra. Synonyms: sacral chakra, spleen chakra, third chakra.

Cardiochakra: is located between the lungs and is related to less instinctive emotions such as compassion and resentment. It absorbs energy from the air or prana. In general, the cardiochakra is more sensitive in women than men. An imbalance or blockage in this chakra can sometimes manifest as a sensation of heaviness or pressure in the chest despite there being no known physiological cause. Regular affectivity, physical contact with the people we are close to and a love of life helps to maintain a healthy cardiochakra. Synonyms: anahata, fourth chakra heartchakra, lung chakra, thoracic chakra.

Palmchakras: are located in the palms of our hands and are directly related to the pulmonary plexus and the cardiac plexus. They are used to direct energy, allowing us to energize environments or people in a focused way. Palmchakras are also related to our perception of energy, that is, we use them to identify areas where pockets of energy (which may be either balanced or unbalanced), have accumulated. It is important to understand that we can donate energy via any of our chakras, however, due to our habit of using our hands to perform work, it is usually easier for most of us to direct and donate our energy with our hands. Nevertheless, we should avoid being conditioned to direct our energies only with our palmchakras.

Laryngochakra: is located in the throat and is connected with the pharyngeal plexus. It is directly related to communicability and self-expression. Lack of energetic strength or personal self-defence, and certain emotions can all affect the functioning of the laryngochakra. This is why we sometimes feel a knot in our throats when we are under intense pressure. Synonyms: cervical chakra, fifth chakra, laryngeal chakra, larynx, throatchakra, vishuddha.

Nucalchakra: positioned at the back of the head in the cerebellum region, the nucal chakra is related to communication with non-physical consciousnesses (individuals who have passed away). Sometimes we experience various sensations in this chakra when such consciousnesses are present. People who exhibit greater energetic sensitivity and who have an aptitude for mediumship usually have a more activated or sensitive nucal chakra. Synonyms: cerebellum chakra, umeral chakra.

Frontochakra: located in the forehead between the eyebrows, the frontochakra, also known as the third eye, is responsible for clairvoyance and is related to our lucidity outside the physical body. It is possible to develop the frontochakra through exercises with bioenergy and through the use of concentration and rationality. A well-developed frontochakra allows for the amplification of extrasensorial perceptions in general and greatly facilitates the lucid projection. Some people experience sensations of pulsation, movement, contractions, etc. in the forehead due to the activation of the frontochakra. Synonyms: ajna, brow chakra, frontal chakra, head chakra, pineal chakra, sixth chakra, third eye.

Coronalchakra: situated on the top of the head and related to the pituitary gland, the crownchakra faces upwards. When activated, the crownchakra stimulates all the other chakras, however this is only possible through the conscious development of the energy of the other chakras. Certain exercises and techniques with bioenergy can help to expand this and other chakras. The phenomena of retrocognition (recall of past lives) or precognition (forecast of future events or lives) are related to the combined functions of the coronalchakra and the frontochakra. The recollection of out-of-body experiences is also related to these chakras. Synonyms: crownchakra, sahasrara, seventh chakra.

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