

## Chakra Charlottetown

Chakra Charlottetown - According to the Hindu tradition, the chakras are centers of biophysical or metaphysical energy in the human body. There are 7 fundamental chakras, and many believe in additional minor chakras located within the body. Some modern day believers have drawn parallels between the main organs of the endocrine system and the chakra system.

A series of lotus flowers moving up the spine to the crown of the skull characterize the seven foremost chakras. Every chakra has an element, and a related colour plus source of energy and each lotus has a specific number of petals. As the chakras proceed from the lowest to the highest, they govern more and more spiritual functions. As an individual gets more spiritually aware, they become in contact with the higher chakras one by one. The bottom chakra connects with probably the most primary physical issues, whilst the highest represents enlightenment.

The Root Chakra is claimed to be positioned at the foot of the spinal column. It's considered to represent basic instincts, survival and feelings of safety. The root chakra is related to the element of earth and the colour red. It is regarded as a four petal lotus.

On the pelvis locates the Sacral Chakra. It's associated with resourcefulness, feelings and sexual energy. This chakra is related to the element water and the colour orange and is symbolized by a 6 petal lotus flower.

The Solar Plexus chakra is located in the region where the thorax and the abdomen meet up. It governs psychological function, energy and digestion. The solar plexus chakra colour is yellow and its' element is fire. It is represented by a ten petal lotus.

The Heart Chakra governs love and compassion and it's linked with the chest region incorporating the lungs. The heart chakra is said to the colour green and the element of air. Its lotus has 12 petals.

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

Another name for the Brow Chakra is the third eye. It governs perception and intuition and it represented by a two petal lotus. Its colour is indigo and it is connected to the element of light or time.

The Crown Chakra is thought to be the link to the divine or to represent the head of religious consciousness. Represented as a violet or white lotus with a thousand petals, its associated element is space or thought.