

Chakra Basics 101 . . .

. . . a quickie explanation of the major Chakras



There are seven main chakras. These chakras are energy centers along the spine located at major branchings of the human nervous system; they begin at the base of the spinal column and move upward to the top of the head. You won't find them on an x-ray, they are expressed in the subtle energy body.

These chakras, radiating wheel-like vortices, are believed to influence or even govern bodily functions in the region of the spine where they reside. Also, at these "life-force energy centers", we receive and transmit energy.

In order for the body to perform optimally, each chakra must perform in harmony with the others. Chakras above the heart are geared toward higher consciousness while those below the heart are more earthly in orientation. The heart chakra serves as a central balance and its energy combines beautifully with each of the others. For example, you want your heart tied in with your spirituality,

with your speaking, with your sexuality, and with your power. This synchronization enriches your life and allows you to radiate love in all that you do.

Each of these chakras are given a color, and for the purposes of this website, each chakra is also represented by a goddess. Each goddess represents the attributes of the chakra and the location in the body it governs. (See chart below)

The location of the chakra and the 'powers' attributed to it are many times quite obvious. For instance, the throat chakra deals with communication. "Cat got your tongue?" When we are not speaking up for ourselves, we have a diminished vibrancy in this chakra. If we do that often enough, this denial of life-force energy may start to affect us physically.

When you get to know the chakras and their areas of dominion, you will be able to see in which centers you have strengths and weaknesses. (Take the Goddess Quiz to discover your dominate goddess.) That's the great thing about the goddess and the Prayerful Meditation Candles; they let you see the attributes of each energy center and help you focus on the affirmative qualities you need to strengthen.

The seven primary chakras, location, color and goddess represented:

1. Base or Root Chakra, ovaries/prostate, red, Artemis
2. Sacral Chakra, tailbone, [the coccyx](#)), orange, Aphrodite
3. Solar Plexus Chakra, navel area, yellow, Athena
4. Heart Chakra, heart area, green, Demeter
5. Throat Chakra, throat and neck area, blue, Hera
6. Brow or Third Eye Chakra, pineal gland or third eye, indigo, Persphone
7. Crown Chakra, top of the head, violet, Hestia