

Chakra Saskatoon

Chakra Saskatoon - According to the Hindu tradition, the chakras are areas of biophysical or metaphysical energy in the human body. There are seven fundamental chakras, and many suppose in additional minor chakras located inside the body system. Some modern believers have drawn parallels between the main organs of the endocrine system and the chakra system.

The 7 main chakras are delineated by a series of lotus flowers climbing up the spine to the crown of the cranium. Each chakra has a related colour, component and source of energy and every lotus has a selected number of petals. As the chakras proceed from the bottom to the highest, they govern more and more spiritual functions. As an individual becomes extra spiritually conscious, they become in contact with the upper chakras one by one. The lowest chakra relates to essentially the most basic physical issues, while the highest represents enlightenment.

The Root Chakra is said to be situated at the foot of the spine. It's considered to represent fundamental instincts, survival and feelings of safety. The root chakra is associated with the component of earth and the colour red. It's visualized to be a four petal lotus.

On the pelvis locates the Sacral Chakra. It's related to inventiveness, emotions as well as sexual power. This chakra is associated with the element water and the colour orange and is typified by a six petal lotus flower.

The Solar Plexus chakra is situated inside the area where the thorax and the stomach meet. It governs mental function, energy and digestion. The solar plexus chakra colour is yellow and its' element is fire. It is typified by a ten petal lotus.

The Heart Chakra controls love and empathy and it is connected with the chest region incorporating the lungs. The heart chakra is said to the colour green and the component of air. Its lotus has twelve petals.

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

Another name for the Brow Chakra is the third eye. It controls perception and instinct and it symbolized by a two petal lotus. Its colour is indigo and it's linked to the element of light or time.

The Crown Chakra is imagined to be the connection to the divine or to symbolize the head of religious knowledge. Represented as a violet or white lotus with a thousand petals, its associated component is space or thought.