

## Chakra Kingston

Chakra Kingston - 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 believe in additional lesser chakras situated within the body. Several modern believers have drawn parallels between the major organs of the endocrine system and the chakra system.

The seven important chakras are delineated by a collection of lotus flowers climbing up the spine to the crown of the head. Each chakra has an associated colour, component and source of energy and each lotus has a specific number of petals. As the chakras progress from the bottom to the highest, they govern more and more spiritual functions. As an individual becomes more spiritually conscious, they become in contact with the upper chakras one by one. The bottom chakra connects with the most primary physical issues, whilst the highest represents enlightenment.

The Root Chakra is claimed to be positioned at the foot of the spine. It is considered to symbolize basic instincts, survival and feelings of security. The root chakra is related to the component of earth and the colour red. It is seen to be a 4 petal lotus.

The Sacral Chakra is alleged to reside in the pelvis or the groin. It is associated to emotions, sexual power and creativeness. This chakra is associated with the element water and the colour orange and is represented by a 6 petal lotus flower.

The Solar Plexus chakra is situated inside the region where the thorax and the stomach meet. It governs psychological function, power and digestion. The solar plexus chakra colour is yellow and its' element is fire. It's represented by a ten petal lotus.

The Heart Chakra is claimed to control concern and fondness and it is related to the chest area including the lungs. The heart chakra is said to the colour green and the component of air. Its lotus has twelve petals.

communication, Self-expression, growth are all related to the Throat Chakra. It is represented by a 16 petal lotus and is associated with the component of sound or existence and the colour blue.

Another name for the Brow Chakra is the third eye. It controls perception and intuition and it symbolized by a 2 petal lotus. Its colour is indigo and it's connected to the element of light or time.

The Crown Chakra is thought to signify the head of religious consciousness or to be the connection to the divine. Represented as a violet or white lotus having a thousand petals, its related component is space or inspiration.