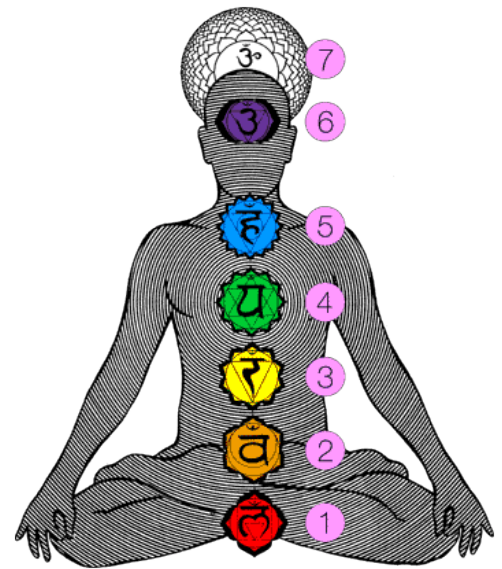


Energy Healing and the Chakras

Michelle Porter, Author

Chakra is an ancient Sanskrit word meaning “wheel” or “vortice”. The chakras are a group of energy wheels that span the length of the spine. These chakras take in and put out energy. We are all energetic beings. Everything in and around our world is comprised of electromagnetic energy, varying in vibration and frequency. We all feel and respond to this energy in every moment.



Energy healing is a type of healing involving an energy healing practitioner and is usually done in an office or spa like setting. The client usually lays on a massage table, fully clothed, while the energy practitioner works with the energy of each chakra, guiding it back into balance. Each chakra houses four aspects – the emotional, spiritual, mental, and physical.

During an energy healing session, the client could experience a release of emotion, physical sensations, or a need to talk about a current challenge they may be experiencing. With energy constantly in motion, it is important and quite helpful to address current challenges that could be restricting the healthy flow of energy throughout the chakra system.

A typical chakra balancing session lasts 60 – 90 minutes and most people report clarity and a deep sense of peace and relaxation.

Each Chakra is listed below with an explanation of each of the four aspects and includes the color association.

First chakra is located at the base of the spine and is known as the “root” or “muladhara” chakra.

- **Emotional-** This chakra determines our basic feelings of safety and survival.
- **Mental-** Energy is focused on to obtain and maintain what one needs to be safe and secure.
- **Physical-** Relates to the adrenal glands and the fight or flight response. Also connected to the intestines and healthy elimination of bodily waste.
- **Spiritual-** To experience connection with the earth and belonging to the whole.
- **Color-** Red

Second chakra is located two to three inches below the navel and is known as the “pelvic” or “swadisthana” chakra.

- **Emotional-** Relates to how we are able to connect in relationship with others.
- **Mental-** Energy is focused on creating in every way imaginable.
- **Physical-** Relates to the sexual, reproductive organs, and bladder.
- **Spiritual-** To expand and express creativity.
- **Color-** Orange

Third chakra is located two to three inches above the navel and is known as the “solar plexus” or “manipuraka”.

- **Emotional-** This is the self esteem chakra. How you assess your worth and how you feel you are seen by others.
- **Mental-** Relates to the work one does as a career. How one seeks status.

- **Physical-** Relates to the small intestine, kidneys, pancreas, gallbladder, and liver.
- **Spiritual-** Connecting to God- All that is- and knowing there is no separation.
- **Color-** Yellow

Fourth chakra is located at the heart center and is known as the “heart chakra” or “anahatha” chakra.

- **Emotional-** feelings of love, beauty, attachment, and loss.
- **Mental-** Relates to figuring out how to experience the love we want and how to stay connected with others.
- **Physical-** Relates to the heart, lungs, arms, hands, and thymus gland.
- **Spiritual-** The realization that we are always connected to universal love and light and as we begin to focus on that light within we no longer fear a loss of connection.
- **Color-** Green

Fifth chakra is located in the throat and is known as the “throat” or “Visudda chakra.”

- **Emotional-** The ability to express feelings and to hear another’s.
- **Mental-** The practice of using language to communicate effectively.
- **Physical-** Relates to the throat, vocal chords, and ears.
- **Spiritual-** To deeply understand and be understood on a soul level.
- **Color-** Blue

Sixth chakra is located just above the eyes between the brows and is known as the “third eye” or “Ajana” chakra.

- **Emotional-** “seeing” with detachment from ego.
- **Mental-** The ability to perceive all knowledge housed within.
- **Physical-** Relates to the eyes and brain.
- **Spiritual-** Achieving peace through clarity of the One Mind.
- **Color-** Indigo

Seventh chakra is located on top of the head where the soft spot was at birth and is know as the “crown” or “sahasrara” chakra.

- **Emotional-** Surrender to a higher consciousness.
- **Mental-** Integration of the whole person; emotional, physical, mental, and spiritual.
- **Physical-** relates to the pineal gland and hypothalamus.
- **Spiritual-** Experiencing true bliss and transcendence.
- **Color-** White or silver

When seeking balance in one’s life, it is essential to remember that intention is a powerful tool for change. Where we place our focus is where our energy gets directed, which is like shining a spotlight on whatever “it” may be. Staying mindful of our thoughts and creating positive intentions for a more balanced life; in all facets, is a powerful step toward living the life you desire.

**Happiness and peace is your birthright.
Know this and live it right now in this moment.**

Michelle Porter is a graduate of The School of Enlightened Healing and holds a Master's Degree in Marriage and Family Therapy. She is available for energy sessions at The Move Studio ,Mondays, Tuesdays, and Wednesdays. Thursday appointments are available at LeSoleil Beauty Spa located inside The Fremont at 1520 E. Bates, just north of the Fremont and Republic Rd. intersection.

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