

## Our Chakras

### The Major Chakras - see SH1 sheets for more detail

<b>Crown</b>	Our spiritual connection, unified, self-aware, peaceful & contented and fulfilled,
<b>Brow</b>	Clear thinking, ability to balance logical and creative thinking, higher guidance.
<b>Throat</b>	Self-expression, effective communication; gives the security that allows adventure.
<b>Heart</b>	The centre for love, empathy and compassion, seeing the good in everyone.
<b>Solar Plexus</b>	A sense of your place in the world, respect of self and others; growth & self-fulfilment.
<b>Sacral</b>	Conceptual centre, clear emotional understanding and response, power balance.
<b>Base</b>	Identification and ownership, standing up for and enjoying self.
<b>Root</b>	Grounding, firm foundations, physical body and sexuality, self-nurture.

### The Regulating Chakras - See SH2 sheets for more detail

#### The Central Regulating Chakras

<b>Third Eye</b>	Vision:, trust, perception, foresight, intuition, good judgement, psychic abilities.
<b>Thymus</b>	Self-Love: Protection/immune function, where all energy meridians of the body link.
<b>Tardis</b>	Self-Progress: Soul Journey, Karmic connector, life lessons, growth in consciousness.
<b>Hearth</b>	Inner Flame: "I am", "I can", aspirations, dreamtime, formulation and direction.
<b>Spirit Level</b>	Self-Balance: Balance, well centred, energy distribution through the body systems.

#### Bilateral Regulating Chakras

<b>Ears</b>	Radar: pick up the right messages to maintain stability.
<b>Pacemaker, Left of thymus</b>	Smoothing vibrations: tunes your vibration to your circumstances.
<b>Regulator, Right of thymus</b>	Energy flow rate: Works with the pacemaker to ensure that there is a constant, smooth flow of energy through the body, whatever its vibrational rate.
<b>Hands</b>	Capability: our ability to handle life situations. Transformers: balance and transform energies of the body.
<b>Feet</b>	Catalysts: grounding, stability, adaptation, development and ability to move forward.

### The Vital Chakras and Zen Chakras

The vital chakras are stores of energy that generate the essential aspects of who you are. The primary essence of you that needs to be nourished and protected. is held in the Spleen chakra and the other vital chakras are derived from this. They are all on the left side of the body and there are a symmetrical set of chakras on the right of the body, the Zen chakras that are carried forward.

<b>Spleen</b>	<b>Identification, Self Worth:</b> your primary essence, when balanced, nourished and protected it leads to a strong sense of who you are, your capabilities and your needs.
<b>Temple</b>	<b>Equilibrium, Self Balance:</b> balance of brain hemispheres, enables you to walk your own straight path with inner strength and stability and keep a balanced outlook.
<b>Heart</b>	<b>Rhythm, Self Empowerment:</b> enables living in harmony with your natural rhythm.
<b>Abdomen</b>	<b>Enabling, Self Sufficient:</b> self reliance and self-trust, move through life with confidence.
<b>Thigh</b>	<b>Being, Self Harmony:</b> enables life harmony life and adaptability and enjoyment of life.
<b>Shin</b>	<b>Doing, Self Motivation:</b> enables you to put things into practice and respond appropriately.
<b>Fingers</b>	<b>Capability, Self Help:</b> able to manage your life and the situations that you encounter.
<b>Toes</b>	<b>Success, Self Determination:</b> allow you to create new opportunities and future promise.

**Zen Chakras** - Symmetrically on the right side, draw on the vital chakras to form our soul memory.

## The Balancing Chakras

The Balancing Chakras are stabilising chakras at either side of every Sensory and Regulating Chakra. Other Balancing Chakras, sited on the major joints of the body, allow us to absorb shocks and imbalances of energy when the need arises. They have energy pathways both across the body and through from front to back, therefore both directions may need to be corrected to be clear and fully functioning. They are shown as triangular symbols on the figure of The Larger Chakra Map in your working menu. This shows how their position enables them to act as stabilisers to the Major and Regulating Chakras.

With people who have multiple difficult food intolerances I used to find that there were several Balancing Chakras that needed to be stabilised. If this was done, together with healing the associated central chakra and other patterns, they could then tolerate a full range of foods.

## The Chakras in Hands and Feet

The **Alethiometer** is in the left palm. It is the truth meter and reflects the distortions of belief and understanding that the person has absorbed. By correcting this chakra, you bring the person closer to a true understanding and course of action in their life.

The **Remembral** is in the right palm and this is where you can correct past memories and fears of the future that adversely influence their present actions.

The **Compass** is in the left foot and this is where you help to set them on a new and better path. When you heal this chakra there is a real sense of a brighter future and not getting into the same old difficulties and life problems.

The **Inspirometer** is in the right foot and it is here that the client breathes in new life, ideas and higher consciousness. After healing this chakra they can feel inspired in many areas of their life and they also feel that they can inspire others.

## The Alignment Chakras

This is the final set of chakras that we shall identify in the foundation courses of Spectrum Healing. There are many alignment chakras above both the crown and below the feet. They are used to align different aspects of the energies of a person, through the different levels of the subtle bodies. The distances of the chakras from the body may vary considerably from the average values given below.

### The initial eight alignment chakras

<u>Position</u>	<u>Name</u>	<u>Alignment of</u>
~ 4" above crown:	Transformation Point	Matter, Transmutation
~ 12" above crown:	Transpersonal Point	Connection to Soul or Karmic Energies
~ 40" above crown:	Transfiguration Point	Spiritual Energies & Patternings
~ 4" below feet:	Transcursion Point	Direction and future change
~ 12" below feet:	Transpiration Point	Exuding/Replenishing by Sensory Means
~ 18" below feet:	Transcendental Point	Beliefs & Understandings and progress
~ 40" below feet:	Transcognitive Point	Different Levels of Consciousness