

## Chakra St. John's

Chakra St. John's - The chakras are centers of metaphysical or biophysical energy inside the body system, this is based on the Hindu custom. 7 essential chakras are in the body, but many imagine that there are additionally minor chakras positioned in the body. Several modern believers have drawn parallels between the key organs of the endocrine system plus the chakra system.

A series of lotus flowers ascending the spine to the crown of the skull signify the seven essential chakras. Every chakra has an element, plus an associated colour plus mine of energy and each lotus has a specific amount of petals. As the chakras progress from the lowest to the highest, they govern more and more spiritual functions. As an individual becomes extra spiritually aware, they become in contact with the upper chakras one by one. The bottom chakra relates to probably the most primary physical issues, while the highest represents enlightenment.

At the base of the spinal column is the Root Chakra. It is considered that it stands for survival, primary instincts, and feelings of security. The root chakra is associated with the component of earth and the colour red. It is regarded as a 4 petal lotus.

The Sacral Chakra is said to live in the pelvis or the groin. It's related to emotions, sexual power and creativeness. This chakra is related to the element water and the colour orange and is represented by a six petal lotus flower.

The Solar Plexus chakra is positioned in the area 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 typified by a 10 petal lotus.

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

communication, Self-expression, growth are all connected to the Throat Chakra. It's delineated by a 16 petal lotus and it is associated with the component of sound or life and the colour blue.

Another name for the Brow Chakra is the third eye. It controls perception and instinct and it represented by a two petal lotus. Its colour is indigo and it is related to the component of light or time.

The Crown Chakra is considered to characterize the top of religious consciousness or to be the link to the divine. Represented as a violet or white lotus with a thousand petals, its related component is space or inspiration.