

The Chakras



A chakra is an energy centre within the pranic body each associated with a specific psycho- emotional function, glandular/ physiological correspondence, and symbolic element.

Chakras are described as vortices or wheels of subtle energy. Traditional texts describe them symbolically:

A spinning field of prana. The most well known chakras are centered along the midline of the body in the largest energy channel called the sushumna nadi.

Often visualized / drawn as a multi-petaled lotus, where petals represent vibrational qualities

How a chakra works

A chakra is essentially an energy-processing hub. The classical idea is that prana flows through thousands of nadis (energy channels), and chakras are the junction points where these streams meet, interact, and regulate one another.

A chakra functions by:

a. Receiving energy

It takes in inputs from:

- the environment
- the emotional field
- internal physiological signals
- breath and prana movement

b. Interpreting the energy

Each chakra processes the energetic information associated with a type of human experience: survival, emotion, identity, connection, etc.

c. Distributing energy

Chakras send processed energy outward through the nadis to:

- organ
- glandular system
- emotional/mental patterns
- physical tissues



d. Regulating flow

Chakras modulate:

- intensity
- direction
- quality (coherence vs. chaos)

This determines whether prana flows smoothly or becomes stagnated or erratic.

What a chakra governs

A chakra governs three territories simultaneously:

a. Physical territory

Each chakra corresponds to:

- * specific nerve plexuses
- * endocrine glands
- * major organs / organ systems
- * specific muscles, joints, and bones

b. Emotional territory

Each chakra regulates a category of emotional experiences, for example:

- safety
- intimacy
- identity
- compassion
- truth
- intuition
- transcendence

Balanced energy feels like coherence; imbalanced energy feels like emotional dysregulation.

c. Psychological territory

Chakras shape:

- beliefs
- reactive patterns
- personality tendencies
- sense of self



d. Spiritual territory

Chakras symbolize stages of awareness or consciousness evolution. They serve as maps for:

- inner development
- perception expansion
- states of unity or separation

The traditional seven

- Root (Muladhara) - safety, grounding, stability, security, sense of place in the world - Red
- Sacral (Svadhithana) - creativity, emotional flow, sensuality, joy, duality - Orange
- Solar Plexus (Manipura) - personal power, will, ego - Yellow
- Heart (Anahata) - compassion, connection, collaboration, appreciation, love, forgiveness - Green
- Throat (Vishuddha) - expression, truth - Blue
- Third Eye (Ajna) - intuition, clarity, visualization, foresight - Indigo / purple
- Crown (Sahasrara) - connection to higher consciousness - Violet / White

Practices linked to balancing chakras include breathwork, meditation, mantra, visualization, movement, and reflective emotional work.

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