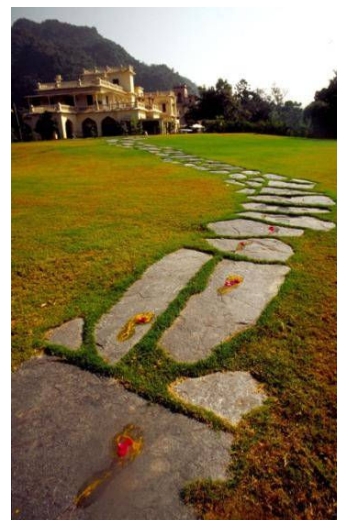


HARMONY AND THE CHAKRAS

"The whole world, as we experience it visually, comes to us through the mystic realm of colour". Hans Hoffman

Has anyone every paused for a moment to imagine a black and white world. Monochromatic, grey, pale? The mind pulls back at the thought – but what one doesn't realise is that even black and white are colours, monochromatic is a colour, as is grey – what then would the absence of colour be like?

Colours affect us strongly, we are often what we wear, our moods are governed by the colours we see, our personas made up from the colours we know. The perfect balance of the spectrum dictates what we are and who we become. Yoga tells us that the energy centres in our bodies, the Chakras, echo the colours of the spectrum, and all Yogic exercises and Pranayama are aimed at perfecting and maintaining balance within those energy centres that unify and control our bodies, their rythm and their wellbeing. Here is a look at how colour effects and coordinates our beings.



SAHASRARA – ENDLESS POSSIBILITIES: The Crown Chakra, also known as the 7th Chakra, is located above the head; this chakra links the individual and universal and is associated with the pineal gland, brain and central nervous system. It ensures a connection to universal sources of energy and with the world as a whole. A balanced crown chakra allows for expanded awareness on an emotional level.

Some signs that the Crown Chakra is out of balance are:

- Co-ordination difficulties
- Poor balance and clumsiness
- An attempt to stop new thoughts (in self or others)
- Lack of spiritual exploration.

Violet or Purple is the colours associated with this Chakra.

AJNA – THE KNOWEDGE OF BEING: The Third eye chakra or the 6th Chakra is located between the eyes and is linked to intelligence and psychic power. It is associated with the pituitary gland, eyes, nose, ears and skeletal system. This chakra is directly related to the senses of sight and hearing and deals with perception. Balancing this chakra can help remove confusion or indecision and increase the ability to see clearly and make important distinctions.

Some signs that the Third Eye Chakra is out of balance are:

- Jumping to conclusions
- Confusion
- Indecision
- Inability to see the bigger picture in life.

Indigo is the colour associated with this Chakra.

VISUDDHA – THE EXPANSION OF CREATIVITY: The Throat Chakra, also known as the 5th Chakra, is associated with creativity, self-expression and the search for truth. The Throat chakra is connected with the thyroid gland, upper lungs and respiratory system. The throat chakra allows us to communicate our thoughts and feelings and brings out the inner truth.

Some signs that the Throat Chakra is out of balance are:

- Difficulty expressing oneself
- Poor learning ability
- Habitual lying
- Fear, doubt, uncertainty

The colour associated with the Throat Chakra is Blue.

ANAHATA – HEALING & COMPASSION: The Heart Chakra is the 4th one. Located near the centre of the breastbone or sternum, this chakra represents higher consciousness and love. The Heart chakra is associated with the heart, thymus gland, lower lung and circulatory system and acts as the balance point for all the chakras. It governs our relationships and how we interact with other people. A balanced heart chakra is expressed in acceptance of self and others, personal values and ethics, following one's unique direction in life.

Some signs that the Heart Chakra is out of balance are:

- Lack of self discipline
- Difficulty in relationships
- An attempt to live vicariously through another
- Dependence on someone else for your happiness

The colour associated with the Heart Chakra, is Green.

MANIPURA – TRANSFORMATION OF BEING: The 3rd or Solar Plexus Chakra - Located midway between the rib cage and the navel, this balances the sense of identity. The Solar plexus chakra is associated with the pancreas, liver, gall bladder, spleen, digestive system and nervous system. The solar plexus chakra is associated with the fire element because fire provides warmth and comfort, but also can cause fear and terror. This chakra spans a wide emotional area.

Some signs that the Solar Plexus Chakra is out of balance are:

- Difficulty concentrating
- Poor ability to make decisions or judge a situation accurately
- A feeling that you are more important than other people
- Trouble taking action or getting things done

The colour associated with the solar plexus chakra is Yellow.

SVADHISHTANA – DWELLING PLACE OF THE SELF: The Sacral Chakra - Located at the genitals, this chakra monitors sexuality and reproduction. Sacral chakra is associated with reproductive organs, stomach and colon. The colour associated with the sacral chakra is Orange. Orange symbolizes energy. It is a combination of red (for personality) and yellow (for wisdom). Orange integrates these to help us overcome anger and develop self control

MULADHARA – THE BEGINNING OF AWARENESS: The Base or 1st chakra, is located at the base of the spine and groin area, this is the animal or base nature. It is also taste and smell. The Base chakra is associated with adrenals, kidneys, muscles and arterial blood; it links us to the physical world, solidity and support - especially to the physical body and is the foundation of energy. The Base Root Chakra manifests strongly in the motivation to ensure personal survival by way of food, rest, and sexual expression. Spiritually, the base chakra has to do with protection of individual integrity. It is an energy centre that provides a solid ground from which to establish our equilibrium in order to ascend to higher awareness.

Some signs that the Base Chakra is out of balance are:

- Restlessness
- Lack of energy
- Loss of interest in the real world or practical survival
- Volatile emotions
- Obsession with one thing
- Selfishness

The colour Red is associated with the base Chakra and symbolises energy, vigour and strength.

Ananda – In The Himalayas,
The Palace Estate,
Narendra Nagar,
Tehri Garhwal,
Uttaranchal 249175, India
www.anandaspa.com
email sales@anandaspa.com
Sales office Phone Number 91 11 2656 8888
Fax No. 91 11 2656 9999

