

## Chakra Halifax

Chakra Halifax - The chakras are centers of metaphysical or biophysical energy inside the human body, this is based on the Hindu tradition. 7 vital chakras are inside the body, but many imagine that there are additionally minor chakras positioned in the body system. Some modern believers have drawn parallels between the major organs of the endocrine system and the chakra system.

The seven important chakras are delineated by a collection of lotus flowers ascending the spine to the crown of the cranium. Every chakra has a related colour, component and source of energy and every lotus has a specific amount of petals. As the chakras proceed from the bottom to the highest, they govern increasingly spiritual functions. As a person gets extra spiritually aware, they get in touch with the upper chakras one by one. The bottom chakra connects with essentially the most basic physical issues, while the highest represents enlightenment.

At the base of the spine is the Root Chakra. It is imagined that it represents survival, primary instincts, and emotions of security. The root chakra is associated with the component of earth and the colour red. It's regarded as a four petal lotus.

On the pelvis sits the Sacral Chakra. It's associated with resourcefulness, feelings plus sexual power. This chakra is related to the element water and the colour orange and is symbolized by a six petal lotus flower.

The Solar Plexus chakra is situated in the region where the thorax and the stomach meet up. It governs mental function, energy and digestion. The solar plexus chakra colour is yellow and its' component is fire. It's typified by a 10 petal lotus.

The Heart Chakra governs friendship and compassion and it is linked with the chest area incorporating the lungs. The heart chakra is said to the colour green and the element of air. Its lotus has 12 petals.

The Throat Chakra is related to self-expression, progress and interaction. It is typified by a sixteen petal lotus and it is related to the element of sound or life and the colour blue.

Another name for the Brow Chakra is the third eye. It governs perception and intuition and it represented by a two petal lotus. Its colour is indigo and it's linked to the component of light or time.

The Crown Chakra is thought to signify the head of spiritual awareness or to be the connection to the divine. Represented as a violet or white lotus having a thousand petals, its related element is space or inspiration.