

Chakra Meditation

Energy

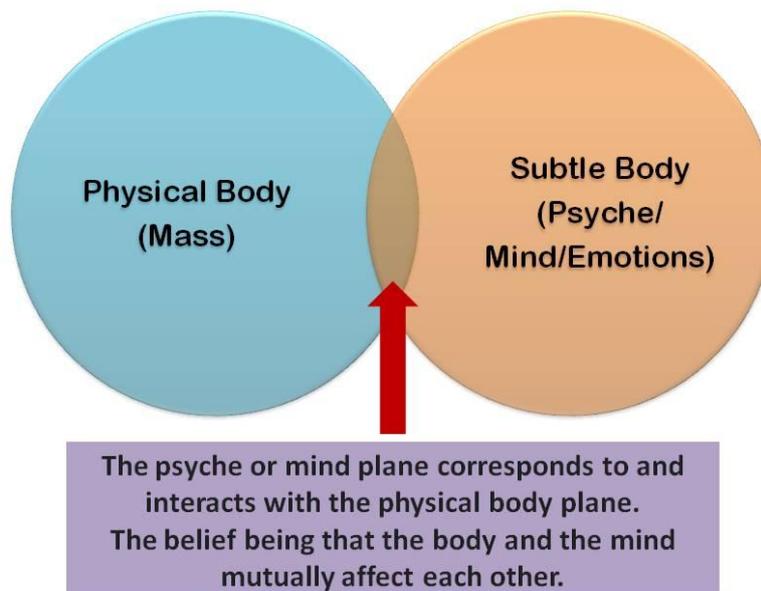
You are energy. All living things are created by and comprised of energy. In fact, humans tend to give up as thinking of themselves as part of the universe or nature. That the universal energies suddenly stop at the outside of our bodies and we are not subject to nature's natural energetic flow.

Fact is that Prana (universal energy) or Chi influences all our actions and behaviours, determining our health, career opportunities, relationships, and more.

Chakra healing is the intentional practice of connecting with our stored energy, so we may understand how our past is influencing the present and the future.

What is a chakra?

The word 'chakra' comes from the ancient Sanskrit word for 'wheel'. Chakras are thought to be spinning discs or wheels of energy centres throughout the body. There are thought to be as many as 114 all over the body with 7 main chakras running along the length of the spine. Eastern philosophy taught the health of the body and mind was dependent upon the effective functioning of these chakras.



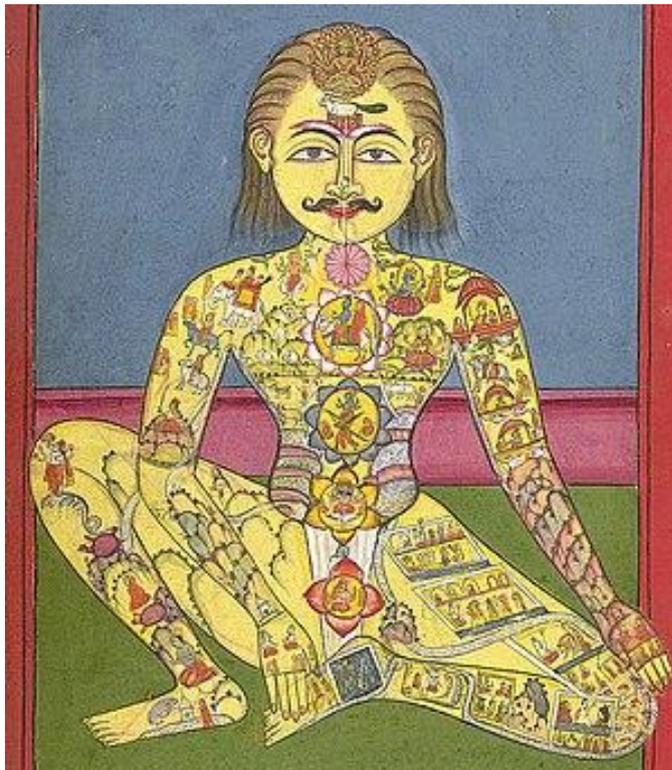
Chakras store the energy of thoughts, feelings, memories, experiences, and actions (like a mobile phone battery). They influence and direct our present and future mindset, behaviour, emotional health, and actions. The life force in each chakra can be processed, transmuted and released so that we consciously manifest what we want to call in, rather than experience more of the same.

The ability of your energy centres to function optimally is what keeps you psychologically, emotionally, physically, and spiritually balanced. *Prana* (universal energy) influences our actions and behaviours, determining our health, career opportunities and relationships.

History of chakras

The chakra system originated in India between 1500 and 500 BC in an ancient text called the Vedas. Knowledge of the chakra system was passed down through an oral tradition by the Indo-European peoples, also called the Aryan people.

The modern Western chakra system arose from multiple sources, starting in the 1880s, followed by Sir [John Woodroffe](#)'s 1919 book *The Serpent Power*, and [Charles W. Leadbeater](#)'s 1927 book *The Chakras*, which introduced the [seven rainbow colours](#) for the chakras.



Sapta Chakra, an 1899 manuscript (left) illustrates the esoteric correspondence(s) between subtle energy and Tibetan psycho-physiology.^[1]

New Age Author, Psychologist and Scholar Anodea Judith, resonated with the idea and wrote about the chakras, expanding upon the older texts and making the knowledge more accessible and introducing the familiar 7 chakras and their associations that we know today.