

# THE ENERGY BODY

Chakra systems are manifestations of life force energy / chi / prana

They are like portals, spirals of energy that shrink, block, open and expand. They govern organs.

Everything is energy, absolutely everything is energy, some energy is unseen and some energy is physical matter e.g. me, you, the table, the Earth etc.

Energy is also frequency

Emotions are also energy and frequency.

The energy body is always moving. Energy is always moving. It is always releasing energy or receiving energy

You have multiple energy fields around your body with the biggest one being your energetic aura field

Your energy is connected to the multi-dimensional self and the outside world

Your kundalini is located at the base of your energy body. We bring it up through the body in practices to purify the energy body and shields of energy and auric field

Chakras energy centers:

Chakras are energy centers of the body that govern certain areas and organs of the body. They are a bit like portals of energy; spiraling vortexes of energy. Each Chakra is very specific and has a specific vibration and role.

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Chakras release and absorb energy. When Chakras are out of alignment they don't release and absorb much energy, they shrink. Their vibration and patterning of the energy changes.

When a Chakra is out of balance it often shrinks and contracts. Affecting the area of the body it governs also.

Frequency of emotions are released from certain organs of the body, depending what emotion and the reasoning.

Example; when we feel confidence or joy, a certain frequency and vibration is released from the Solar plexus and the organs that are governed by the Solar Plexus.

When we feel insecure and unworthy, certain frequencies will be released and the Chakra may shrink and the organs energy may have stagnation and blocks or rapid rapid energy which creates like fire energy causing inflammation etc.

Energy – frequencies of emotions stay in the body in the cellular level of the body. This also connects to the unconscious mind – because the unconscious mind is the cellular body. Someone may shut them off from feeling a certain emotion as they may be disconnected to their body and their survival instincts kick in, but that doesn't mean the unconscious of the mind (the cellular body doesn't feel and release the frequency of the emotions) this is why when we go into energetic healings and releasing work we are able to feel and release what we didn't at the time of an event. (We will go into this deeper in the course)



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## **The 1st Chakra: Root Chakra – Red – Element: Earth**

All about needs – primitive needs, physical needs, financial needs, emotional needs, security, stability and safety, trust, primal energy, tribal energy

This space governs our Yoni, anus, most sexual organs, pineal gland, Pelvic floor, Spine, Legs, Feet, bones, colon, sciatic nerves,

Trauma that we can find here – terror, fear, loss of security, sense of safety is gone, needs not being met, when you don't feel you belong in your tribe (family & those around us)

The chakra that is affected most by multigenerational trauma & childhood.

Closed – survival was threatened / needs were not met

When u start healing root chakra it isn't going to be light and love, its facing fear and terror in the body and when needs haven't been met. When you start this process you may experience night terrors, feelings of fear etc.

Healing the terror, fear, and cores wounds. Bring grounding, safety, security, to yourself

## **The 2nd Chakra: Sacral Chakra – Orange – Element: water**

All about creation, creativity, senses, expression, sexual energy, relationships, power center; personal power, moving away out of survival into creativity and pleasure

This space governs womb, sexual organs, kidneys, bladder, appendix, colon, adrenal glands, large intestine

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Trauma that can be found here – shame, abandonment, powerlessness, loss of power,

Closed – We live in a collective where so many don't feel safe to truly express themselves and that connects to the blocked energy in suppression of expression, suppression of creativity and living in survival, shame for our senses, suppression of sexuality, shame of sexuality, loss of personal power, disconnect from intimate relationships

When you begin healing your Sacral Chakra you will work on healing the suppression of your authentic expression, the loss of control you experienced as a child, your suppression around sexuality, sensuality, passion, intimacy, where are you not allowing, where are you not allowing pleasure, where and why are you restricting yourself?

## **The 3rd Chakra: Solar Plexus Chakra – Yellow – Element: Fire**

All about personal power, identity, personality, ego, self-esteem, authenticity, self-worth, confidence, boundaries

This space governs the stomach, liver, large intestine, adrenal glands, pancreas, muscular system, skin & gallbladder

Trauma that can be found here – shame, not feeling seen, understood, heard, powerlessness, controlling energy, inauthenticity, lack of self-worth, lack of integrity, suppressed anger\

Closed – We don't feel seen, heard or understood, we feel we don't have power, we experienced pain or fear so we went over control, feel unworthy, feel insecure, feel not good enough, the need for validation, pain in relationships, lost sense of self



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When you begin healing your Solar plexus chakra, you will work on where the core wounds are of where you felt unworthy, not enough, not seen (child hood trauma) where you have felt your power was taken from you, where you have had to where a mask in fear of rejection, getting to the core of why you lost your confidence and why you don't feel enough.

## **The 4th Chakra: Heart Chakra – Green – Element: Air**

The Heart Chakra is the center Chakra. It is the Center as it is the in between of the Spiritual dimensions (which the upper Chakras represent and the more unseen Chakras – the connection to the higher realms and beneath the heart chakra are more about the physical, human experience, grounded chakra,

All about love, compassion, emotional safety, relationships, relating, gratitude, joy, kindness, connection & unification. It's the Chakra that is connected to

This Chakra governs the heart, the circulatory system, the lungs, arms, hands, breasts and lymph system

The Heart is actually the organ that communicates the messages to the brain. This really impacts us on how we see & react to the world.

This is why mental illness is actually emotional, pain of the heart chakra. It is

Trauma that can be found here – grief, hurt, heart break, sadness, rejection, self-hate

Emotions builds actual walls around the actual organ of the heart. (See Dr Bradley Nelsons work for he really goes into this)

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Closed – when we have been through a loss, feel a sense of disconnection, didn't receive the intimacy or emotional connection especially as a child, didn't receive love or feel it, feel a deep sense of self hatred, events where you experienced pain

When you begin healing the heart chakra you will need to go back to the pain and events to where you experienced the pain. You will need to somatically go into the body or prompt yourself and ask yourself what pain, hurt or heartbreak are you still holding onto. You will need to go into why you may find it hard to express emotions and can you begin to express them. Getting into the core of self-hatred or resentment, release it and find layers of forgiveness. Self-love and remember self-love is not self care. (Our whole training is self-love because you are going internally)

## **The 5th Chakra - Throat Chakra – Blue – Element: Ether**

Purity – expression – purification

The Throat Chakra is all connected with truth and purity. Purity and truth is one. Its about expression of truth. Its connected with connection. Your own personal truth – integrity. Your own expression. It is also connected to not feeling/being heard as it connects to your truth that your expressing isn't being received. Also not hearing others.

Governs – throat, thyroid, ears, nose, jaw, neck, mouth, tongue,

Trauma – not feeling heard, feeling yourself out of integrity so vibrating in shame/guilt, in denial of truth, suppressing expression and communicating truth



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When you begin healing & opening your Throat Chakra, you will work through your fears of expression, your fears around truth, where did you not feel heard? Are you acting out of integrity? E.g. lying, gossiping, complaining, cheating. Are you carrying shame around where you acted out of integrity and out of your truth in the past? Where are you shrinking your expression still?

## **The 6th Chakra – Third Eye Chakra – Green – Element: Light (everything)**

The eye that sees between the veils, the seeing to higher dimensions, your intuition.

Clarity, intuition, focusing, concentrating, clairvoyance, expand out awareness, see views that are different to our own truth. Seeing the bigger picture. Seeing beyond the physical

Governs the eyes, the parasythmic nervous system, the skull, the head

Trauma – feeling closed minded, not wanting to see the bigger picture, suppressed imagination, lost faith, no faith

## **The 7th Chakra – The Crown Chakra – Purple – Element: the Divine (nothingness)**

Intuitive knowing, clarity, enlightenment, devotion, trust, inspiration, eternal knowing

The Crown Chakra governs the brain , pituitary gland and nervous system

Closed – not connected to faith, not wanting to see the bigger picture, question your belief systems, be open minded

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## Practices & when in Service

Chakra visualization you can do with yourself or a client – Breathe and tune into each energetic part of the body with your hands over the Chakra sending life force to it whilst visualizing the Chakra opening with the color of the Chakra, almost blossoming like a flower open,

Something you can do is ask your client to visualize each Chakra, how do they see and feel it? You can aspect with the Chakra – ask the client to tune into is it closed, open, shrunk etc. – what do they see?

What does it say?

Or you can scan the body and intuitively feel.