

#4 Spiritual Energy Centers

Among the best tools to evolve the spirit are the energy centers known as chakras. Chakra, an ancient sanskrit term meaning “wheel of light,” describes a complex human energy system of awareness. The seven chakra centers are associated with specific areas of the physical body. These are: Survival, located at the base of the spine and extending down the legs to the feet; Sensation, in the genitalia; Power, in the region of the navel; Love, around the heart and radiating out the arms to the hands; Self expression, located in the throat area; Wisdom, located at the forehead and the Spiritual center, which is located at the top of the head.

Our chakra energies extend out from our bodies, with the first and seventh expanding to connect top with bottom, bottom with top. Each chakra is equally important to our energy flow and vitality, and each affects all the others. The individual chakras are not actually separate at all; rather, they collectively represent seven aspects of the whole self. They combine with each other individually, opening and closing as we encounter other energies and situations in the course of our lives. Issues that reside in each center are accumulated or released as we become aware of their presence. When we are in relationship to another, our chakras and the chakras of the other person can combine and compound feelings in a relationship.

Development of the chakras means focusing on the emotional, spiritual and physical concepts each represents. Developing one chakra while neglecting others only creates an imbalance, weakening overall strength. The goal is to have all seven chakras open, balanced and integrated. An open chakra indicates growth and understanding represented by that center. Our higher needs are realized as the lower chakras are actualizing. Each of the centers is a kind of virtue; the seven together are a system of deepening our understanding of ourselves and our relationships. The chakras are the virtues of our spirit.

The following descriptions provide some attributes of each chakra center. Please recognize that this is only a brief synopsis. The saints and sages of the past spent lifetimes studying these seven energy centers.

Spiritual Energy Centers

Spiritual Center

I believe... Location: above the head
cosmic consciousness, prayer, meditation, faith, sense of oneness, higher self,
centered, universal truths, make a difference, guidance, reverence

Thinking Center

I understand... Location: brain

wisdom, self-understanding, integrity & discernment, enlightened self-interest, solving problems, intuition, perception, inspiration, creativity, concentration, vision, intelligence

Communication Center

I speak... Location: throat
speaking the truth, being honest with self, turning inward, self-expression, openness,
inner voice, sound, exchanging information, feedback

Emotional Center

I care... Location: chest, arms & hands
self-esteem, sympathy, compassion, empathy, acceptance, caring, romance, love,
intimacy, respect, belonging, sense of humor

Power Center

I act... Location: belly & spine
self-confidence, strength, empowerment, courage, leadership, responsibility,
assertiveness, discipline, livelihood, money, possessions, control, mastery

Sensation Center

I feel... Location: senses & pelvis
smell, sight, taste, touch & hearing, pleasure, fun, play, desires, movement, procreation,
pregnancy, sensuality, sexuality, elimination, passions

Survival Center

I live... Location: legs & base of spine
will to live, protection, sustainability, fear, stability, instinct to avoid pain, safety, health,
illness, hunting, gathering, putting down roots, home, earth, nature, air, water, food,
sleep, shelter, warmth