

USING YOUR CHAKRAS

In our Reiki classes, we teach that energy flows in and out of your chakras and that you should be keeping them in good shape for the flow to be smooth – but it's much more than that!

While energy is always leaving each of the chakras, as it does, it creates an experience that we call emotion.

Energy in motion = emotion

These feelings are actually something that we're used to but just haven't thought enough about. For example, when you become angry, you may feel a tightness in your chest (heart chakra). When you think about someone you love you could feel a sexual attraction (sacral chakra) or when you are worried you may feel butterflies or a queeziness (solar plexus chakra).

So, we're used to knowing what it feels like to affect these chakras with emotions. How can you use that to benefit yourself?

The first step is acknowledging the feelings. When positive emotions like love and trust leave your energy system, they do so in brilliant light. When it leaves in fear and doubt, it's a less pleasing experience and it's dark. When we scan people during a Reiki treatment, we can often feel these blockages. Others may actually be able to see the different intensities of light.

We know that certain situations cause great emotional pain. The loss of a loved one can wreak havoc on our bodies and spirit. The deepest cause of every physical dysfunction is energy leaving our energy systems in fear and doubt. So, knowing we have these blockages and that they let you know that they're there by the way you feel, is important – but what now?

When you're aware of these feelings and understand the effect on your energy system, you can begin to experience each moment of your life to a degree that you never thought possible. You begin to move from a person who just experiences each day to a person who feels and benefits from each moment. Spiritual growth and the development of yourself as a being of energy require you to be aware of these feelings. Taking a step to not just knowing about your chakras but to actually start working with them changes the way you relate to the world.

Once we recognize this, then we can have an impact on how we function. Just as the foundation of physical illnesses can be traced to this emotional release over a long period of time, our reaction to other things that cause us to fear can be recognized immediately. Emotional awareness is preventive medicine.

Once we realize what is happening and then limit our reactions, we start to overcome our negative emotions.

1. Recognize the feeling
2. Acknowledge the emotion
3. Feel it
4. Change it

You change the reaction by working with it – here's a simple example. How often have you looked at a beautiful sunrise or sunset and said, "isn't that nice." What exactly does that mean? Usually it's no more than a few seconds of appreciation and then you carry on with whatever you're doing. Sad – because it could be so much more!

If you looked at the sunset and then felt it – yeah – actually felt it, you can imagine how wonderful that would be. Well, since you already know that you can feel intensely negative emotions leaving through your chakras, there's no reason that you can't also feel the positive ones. We just have to learn to acknowledge them and concentrate on them.

When that occurs and we can sense our emotions moving through our energy centres, we experience the event to a maximum. See the sunrise and feel the effect on your chakras. You'll be amazed at the sensations and of how you truly haven't experienced beautiful events to their fullest.

Practice scanning.

Scan your body and allow yourself to experience what sensations you're feeling near each energy centre, beginning at the crown and moving down to your base chakra. If you don't feel anything at one chakra, move to the next. Then start over. Are the feelings pleasant or uncomfortable?

Practice this a couple of times a day. The goal is to do it continually, making it a normal part of functioning.

For those that wish to expand themselves spiritually or psychically or positively, this task opens up doors that were before unimagined.

Chakra Clearing

I like taking baths. Yeah I know – most guys take showers, but I light candles (not only for the mood but guides and angels can see in "natural" light), talk with my guides, ask for some direction and help and then think about nothing important.

It's also my time to cleanse my chakras.

If we could see our chakras (now that would really be great) we'd want to make sure that they're kept healthy. If we saw them twisted or static or discoloured, then we'd do something about that. It's hard to want to work with something unless you can see or feel it. It's like your lungs. You pretty well take them for granted until you get the flu and you start hacking.

Working with your chakras can give you a balance that you thought that you'd never have. If they're balanced, you'll feel better. If you feel better, then it's easier to get through the day and handle all the craziness that may occur.

So, at bath time I cleanse them. I use salt!

Salt has been used to cleanse things for centuries. We can also use it to clear crystals and pendulums, but we can also use it to cleanse our chakras. Makes sense!

All you have to do is put some in your bath. Epsom salts, kosher salt and rock salt is fine. Salt from the dead sea is great. Table salt is not – it has iodine and is too processed!

Put some in the water (ask for guidance as to how much) and then enjoy the bath. Immerse yourself in the water and, if you want and can manage, turn over once.

It kind of seems like cheating it's so easy!