

Chakra Basics

Fundamentals of Spiritual Growth

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Preface

This book is designed to teach more about the basic and fundamental uses of chakras, more about yourself, and more about living a conscious life.

If you have chosen this book to further your understanding about Chakras then you are aware that we are more than what we see in the mirror. We are multi-dimensional beings consisting of Body, Mind, and Spirit (or Soul).

The body is the physical shell for the soul and the mind. It acts from automatic responses signaled by the Mind or Central Nervous System (CNS). For example, as we learn to walk, we put one foot in front of the other until the body acquires the necessary skill and can use muscle memory to walk without thinking about it.

The mind can be classified as the brain or CNS – that part of us that experiences events and catalogues the emotional or thought reactions. The mind is like a computer. Life experiences, as well as the response to that experience, are programmed into the computer. We respond to these life experiences and events with automatic reactions (thoughts and feelings) for most of our lives. Each thought and feeling affects the energy of the chakras.

The spirit or soul is inside the physical shell of our body; however, it accesses the mind and all emotional and physical responses. The spirit is that part of us that has always lived – it has lived before and will continue to live forever. It is eternal. It is pure energy which cannot be destroyed or created; however, it can be affected by negative thought processes which cause disease and pain in the body. When the soul leaves the body, it retains the mind and body memories.

As you read and study about Chakras, you will discover how to better integrate the energy of body, mind, and soul into a more productive life-path.

A sound soul lives in a sound mind and body.

~~ Soul Eater

Introduction

The simple definition of chakras is “*the energy wheels* of the body.” The word Chakra (pronounced Shock-Ruh) actually comes from Sanskrit (the primary language of Hinduism and Buddhism) and means “wheels” or “turning.”

The wheels are constantly turning and supplying energy to our entire being. It is through the chakras that we receive and download Universal wisdom and intelligence which is consistently flowing into us from the source. This connection to the divine is always there but if we pollute our energy with negativity and pessimism the flow of information can become restricted and blocked. When this flow of wisdom is stunted, it is because our chakras have become clouded, darkened, or stagnated by the energy of our own negative thoughts and emotions and the negativity of the people around us.

Consider a clear stream that flows unhampered to the ocean. The water is clean and fresh. It flows joyfully along its path every day. One day, someone decides to dump his or her garbage on the banks of

this little stream. Then more people dump their garbage there. Eventually the fresh water becomes dirty. Over time, the rains and other natural events push the garbage out into the stream, and it becomes blocked. The fresh, clear water no longer has a free path to the ocean; it has in effect, become dammed-up with debris and garbage.

The same example can be applied to the chakras. The energy wheels are affected by the thoughts we hold closest, the thoughts we focus on most often, and the thoughts of others who influence us. An old saying that can be applied to the chakras as well as our daily lives is, “If you lay down with dogs you will get up with fleas.”

Thoughts become things; choose the good ones.

~~ Mike Dooley

It has been designed that we find strength and understanding from these energy vortices. The chakras are our clear and open channel or pathway with the divine. If the chakras become damaged or hindered by the garbage and debris of negativity, the pathway becomes like a clogged drain or polluted stream. This book will teach you how to reopen that channel.

A few things to keep in mind:

- Traditional Christian religious beliefs do not teach or encourage the study of chakras; however, Christian doctrine doesn't prohibit their study either.

- When we desire more knowledge and spiritual awareness, the chakras begin to play a major role in awakening and fulfilling that desire.
- The chakras are our gifts. Unless we unwrap a gift and take it out of the box, it remains a mystery; it is unusable. Opening up the box and examining the gift is also insufficient. We must begin to utilize the gift(s) in order to realize the full potential and benefits.
- This book teaches how to use these gifts. As we work through each level of the chakras, we grow exponentially compared to a life of only studying texts and doctrines; we open to receive the enlightenment that has been supplied to us.
- Please use the notations and footnotes as referenced. Sometimes they are definitions and sometimes they provide additional insight or information that should be utilized.
- Chakra-work closely resembles self-analysis. As you work with the individual chakra, it will open to you; it opens your understanding and recall of past events and issues associated with that area, whether these issues have been resolved or not.
- The lists of thought patterns, physical indications, and healthy chakras are general and not inclusive – there are many situations that can cause the chakras to become

imbalanced and blocked. These sections are merely to help you find the pattern.

- Although there are many chakras throughout the body, this book will expand on the seven major chakras that form a vertical line from the top of your head to the base of the spine.
- You will work with each chakra, one at a time, as you read through the book. At the end, in the last few chapters, you will use all of the information together in new activities. Working through the book as designed will allow you to easily accomplish the activities.
- In essence, you are teaching yourself from the information in this book; it is similar to a correspondence course. I am your instructor through this book, but because I am not physically present as you do the work, I have presented the chakra-work and exercises in a way that you can do it alone if you follow the directions.
- Be sure to have a notebook and pen handy so you can make notes as you read about each chakra.
- Make the practices at the end of the chapters a morning ritual; do them every day.

I urge you to put in the effort and time to do the work as it is presented in this book. You will find many self-help tips and suggestions in the chapters. Doing the exercises in the order presented will

provide you with a strong foundation for spiritual growth and reconnect you to the power and force of the Chakras—Your Connection to the Divine Source.

Love and light,

Chariss

1 | The Root Chakra



The first of the seven major chakras discussed in this book is the Root Chakra. The Root Chakra is the color red and signifies the very basics in life. The gemstones most often associated with the root chakra are either the ruby or the garnet. Ruby is said to bring light to dark places and enhance unity. Garnet inspires passion, personal success, stability, and empowerment.

When we think of the root chakra, it is helpful to think of the roots of an oak tree that dig deep into the earth to reach the food and sustenance it requires. Like the roots of the tree, the root chakra is concerned with sustenance and the basics of surviving -- food, shelter, and clothing. The work we choose provides the means for these basics so is included in the issues of the root chakra. Although, these are the fundamental concerns we have, the root also plays an active role in our place in family and community.

The root chakra is located at the very lowest part of our torso -- that part of us that touches the earth when we sit on the ground in lotus position³. When

we work with the root chakra we are directing our attention to the place of our individual beginnings, also called our root beginnings⁴.

Our individual beginnings include:

- Our birth family – the original family we were born or adopted into, the beliefs that were passed down to us from our ancestors, and the world view we have gathered from our inheritance and original family
- Our experiences as young children in the birth family and in elementary school; the interactions we had with peers – how we were perceived and how we perceived ourselves in the group setting
- Our birth family's character or reputation and how they were perceived in the extended family and in the community

The root chakra filters and integrates these inherited beliefs and experiences into energy. For example, if our family had the reputation of being hard workers, that belief is held in the root chakra and will fulfill itself in our life, too. If there was abuse in our original family and throughout past generations, that belief is held in the root chakra also. These beliefs are difficult, but not impossible, to overcome because they go back for many generations.

It is critical to understand our beginning so that we can begin to see ourselves with love and

acceptance. Love and acceptance heals the energy of the chakras. And in love, we better understand ourselves and the purpose of our lives.

Keep in mind that the beliefs handed down to us and held in the root chakra may or may not be true. The root chakra is not concerned about the truthfulness of the beliefs; its purpose is to supply energy to our body systems and work with the information it has been given. It is usually much later in life that we begin to question these inherited beliefs. Questioning our beliefs enables us to correct any negative energy in the root chakra and replace it with positive energy.

Some examples of thought patterns that block the root chakra energy:

- Excessive worry -- about finances, money, or security – this includes job and mortgage security
- Fear – about our physical safety and/or having our basic needs of food, shelter, and clothing met – this also includes the fear of losing what we have
- Obsessions – anything that completely occupies the mind -- this includes refusing to let go of the past and excessive preoccupation with future experiences and thoughts of what if things had been different
- Refusal to accept things as they are – holding onto old ideas, old grievances, and reliving

the past; also includes wanting things to be different, daydreaming about how things could or should have been; not living in the present with acceptance

- Trying to please our parents or family at the expense of our own happiness
- Feeling as if we can never get our parent's or family's approval at any price
- Rejecting all ties and communications with other family members
- Cutting-off emotional ties with our roots – family, hometown, high school friends and reunions, and history
- Frequently relocating – this includes the belief that the pasture is greener on the other side
- Rebelling against all family or community teachings – this includes the belief that all of these teachings are bad without having weighed each one with care

Some physical indications that the root chakra energy is blocked:

- Colon and bowel problems – constipation can signify holding onto old ideas or grievances; diarrhea can signify giving up too easily, letting go without considering all the possibilities; and irritable bowel syndrome can indicate vacillating between the two

- Energy flow problems – too little energy keeps us from accomplishing daily tasks or routines; too much energy can prevent us from accomplishing anything because we are bouncing around from idea to idea without the ability to finish anything; and mixed energy or rebounding between having too much and too little energy can suggest vacillating between the two
- Organizational problems -- disorganized and cluttered workspace in home and office environments block energy flow; overflowing closets, hoarding, cluttered kitchen counters, floors, and desks all imply root chakra blockages
- Inability to form lasting relationships
- Gobbling -- this includes eating and drinking too fast, but also refers to devouring relationships with others by using and abusing people then moving on without concern for their welfare

A healthy root chakra allows for the following:

- An adequate diet for strength and energy
- Adequate time for rest and exercise
- A home that is safe, pleasing, and uncluttered
- A love and openness for family and friends
- A tie to community and/or neighborhoods
- A satisfying and rewarding work

- A solid and believable worldview
- An ease and peace with and from life
- The ability to form lasting relationships whether intimate, casual, or professional
- The ability to set and keep an appropriate schedule allowing for work, rest, nourishment, play, and love

We can think of the root chakra as governing our childhood from birth to the approximate age of 10. This is the time when we struggle to learn a delicate balance in order to fit with our original family and to those with whom we are closely associated. At this stage of our development, we want desperately to be accepted as part of the larger group – primarily our family.

We learn by example and by experience what is considered acceptable behavior in most situations. We learn from our parents to have both a public and private face. For example, we learn what we can and cannot do when in public, what our parents will allow us to get away with, and what makes them proud or will embarrass them.

Some of us learned the lessons by way of example and others learned when our parents administered a quick, sharp slap to the bottom or thigh. Still others were taught these lessons by brutal and excessive force. No matter how we learned, these experiences are a large part of our root chakra issues today; they are embedded in our core beliefs.

While we lived and learned in our birth family, we accepted the teachings of our parents as the word of God. How could we not see them in such a manner? The nourishment we received, both emotional and physical, came from them. They were bigger and stronger and we wanted to believe everything they told us even if it didn't make sense; even when our own personal totality -- body, mind, and soul -- disagreed with the things we were taught.

As a young child we saw the world around us with purity and light. Our chakras were open and working near perfectly, especially the third-eye chakra. For example, with a flawlessly working third-eye chakra, we saw our spiritual companions and those of our parents and siblings. We knew they were real but as time passed we discovered that it was more acceptable not to see these beings; that others did not see them. Wanting to fit-in and be agreeable, we stopped seeing with our third-eye.

Another example is the pure and unequivocal joy we felt streaming from our lower chakras. Happiness was total but so was sadness. We expressed ourselves freely and with abandon. We laughed freely. We cried easily. We felt as if we could be or do anything, even fly. We jumped and danced to the warmth of these emotions; we felt no fear. But as part of our training and indoctrination, these gods who watched over us imparted their fears -- "don't, you might get hurt, stop." As a result, we became cautious and fearful; we stopped doing and

being our truest life-form for fear that something would hurt us or get us.

These were the lessons we learned. This is not to place blame on our parents or caregivers. They only taught us what they knew and the way they had been taught. They only imparted the wisdom of their ancestors. They passed their world view on to us as it had been passed on to them.

As we grew and attended school we had a new set of influences from teachers and peers. We listened and were concerned about what others our own age thought of us. Our first influence outside the home and family was powerful and it added to insights about our personal lives and our reputation and character. For example, it might have been on the school playground that we first discovered what others thought about our family and our status in the community.

This information has become a major part of our belief system and is deeply embedded in our root chakras even now. Any insecurities, self-doubts, or embarrassments that happened during this young age are surely still with us today. These influences have impacted our adult life in major and minor ways.

Working with our root chakra, we have an opportunity to break the negative cycles that were ingrained in our beginnings. We can reevaluate the beliefs and indoctrination that was passed down from our ancestors. The first step to change is to

become aware of the root chakra issues. Now we have an opportunity to remove these influences.

As you work through the exercise below, be open to something different. Working with the root chakra will allow you to boldly declare:

I know where I came from!



NOTE: I recommend that you read the Step 1 exercise several times to become very familiar with it. You might find it extremely helpful to read the directions into a recording device and play it back during the exercise. We will use Step 1 as an opener for all the work we do now and in the remaining chapters. In fact, it is an excellent tool to use every day, twice a day. Please do all the steps in each chapter's exercise and in order.



Look at the diagram and focus your attention at the base of the image on the red energy wheel. The

root chakra is red, beautiful, and strong. It signifies everything we have just covered in this chapter.

A Root Chakra Exercise

Step 1 – Preparation: Balance, Shield-Up, White Light

1. Sit on the floor in the lotus position shown in the diagram. If you are unable to take this position due to physical limitations, the next best choice is to sit on a cushion with ankles crossed. If neither of these options is practical for you, then sit in a chair with your back straight and legs slightly parted.
2. Visualize a white beam of light about four-inches in diameter coming down from the Universe and entering the top of your head. The beam of light travels down your spine to the bottom of your tailbone. We will use the term “balance” for this part of the exercise.
3. Next, visualize that this light while staying in the column of your spine also expands into a protective shield around you from the top of your head to the soles of your feet. You are cocooned in white light. We will use the term “Shield-up” for this part of the exercise.
4. As you feel the warmth of this energy in your spine and all around you, ask for this same divine substance of white light to fall on you from above like a shower or

waterfall. We will use the term “White Light” for this part of the exercise.

Tips:

- When you begin to work with white light, it might be helpful to boost your visualization by standing under the shower with the water running directly on the top of your head. This is how the white light enters into your crown chakra.
- When visualizing, eyes can be open or closed.
- When sitting in the lotus position, it is preferable that your root (that place on your body below the perineum) is actually as close as possible to the ground or floor.

Step 2 – Root Chakra Work

1. Find the red root chakra on the image provided for Step 1. Now focus your intention on the red energy of your own root chakra. See the white light surrounding it in love, warmth, and acceptance. The white light is healing energy, divine energy.
2. As you focus on the root chakra, you will be impressed with its color and clarity. Is the red clear and bright or is it dull? Do you notice that the red color is cloudy? Does it have darker shades mixed in with the red? Is it ruby red, barn red, or candy

apple red? Make mental notes of what you sense.

3. If thoughts or memories come to you of childhood look at them closely with love rather than judgment or blame. You may remember a time when you were harmed by an adult or another child. This painful time may have been simply because you belonged to a particular family, church, or organization. You may have been harmed because of who your parents were and it had nothing to do with you. You may remember a time that you harmed someone else. You may remember that your parents harmed you. You may remember a time that you learned you could not depend on your parents to protect you. Do not judge these memories or thoughts. Just look at them; experience them again.
4. After you have spent a few moments revisiting the thoughts or memories, consciously send white light as a blessing to the situations or memories that have come to your attention as you continue to focus on the root chakra.
5. Bless each memory and each event or situation that you are reminded of from the past. Learn to bless everything for

“what you bless, blesses you and what you curse, curses you.”

6. After blessing each memory or event, let it go.
7. Now, ask the white light to fill the root chakra with healing and love. Take a few moments to feel the warmth and love as it surrounds the root chakra.
8. Spend at least a week on this exercise. When the color of the root chakra is clear and bright, you are ready to continue to Chapter 2, The Sacral Chakra.

Note: Many times we have experienced a situation or circumstance without feeling it. We were there, our bodies were there, but our minds blocked the feeling or emotional pain. As we look back on the circumstance now it might seem as if it happened to someone else or that it is happening to us for the first time. As the feeling of the situations come back, feel it and experience it. You were much younger then, but now you are older and wiser. You can handle it. Allow yourself to experience it fully now and then simply let it go.

About the Author

Award-winning author, Chariss K. Walker, M.Msc., writes both fiction and nonfiction books with a metaphysical and spiritual component. Her fiction expresses a visionary/metaphysical message that illustrates growth in a character's consciousness while utilizing a paranormal aspect. Her nonfiction books share insight, hope, and inspiration. Even though Chariss writes dark-fiction about insanely dark topics, such as sexual abuse, incest, pedophilia, sexual assault, and other inappropriate dinner conversation, there is always an essential question of the abstract nature that gives a reader increasing awareness and perception. All of her books are sold worldwide in eBook, paperback, and many are in large print.

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