

## Chakra Stratford

Chakra Stratford - The chakras are areas of metaphysical or biophysical energy inside the human body, this is based on the Hindu tradition. 7 central chakras are inside the body, but many imagine that there are additionally minor chakras located inside the body system. Some modern day believers have drawn parallels between the major organs of the endocrine system plus the chakra system.

The 7 important chakras are delineated by a collection of lotus flowers ascending the spine to the crown of the head. Each chakra has a related colour, component and source of energy and each lotus has a particular number of petals. As the chakras progress from the bottom to the highest, they govern more and more spiritual functions. As an individual becomes more spiritually conscious, they get in touch with the upper chakras one by one. The bottom chakra connects with the most basic physical issues, whilst the highest represents enlightenment.

At the foot of the spine is the Root Chakra. It's considered that it stands for survival, primary instincts, and feelings of security. The root chakra is related to the component of earth and the colour red. It's seen as a 4 petal lotus.

On the pelvis locates the Sacral Chakra. It is associated with creativity, emotions and sexual energy. This chakra is related to the element water and the colour orange and is typified by a 6 petal lotus flower.

In the area where the thorax plus the stomach meet is located the Solar Plexus chakra. It governs absorption, mental function and energy. The solar plexus chakra colour is yellow and its' component is fire. It's typified by a 10 petal lotus.

The Heart Chakra governs friendship and sympathy and it is linked with the chest area involving the lungs. The heart chakra is said to the colour green and the element of air. Its lotus has 12 petals.

The Throat Chakra is related to self-expression, growth and interaction. It is represented by a 16 petal lotus and is associated with the element of sound or life and the colour blue.

The Brow Chakra is as well referred to as the third eye. It is represented by a 2 petal lotus and said to govern perception and instinct. Its colour is indigo and it's connected to the element of light or time.

The Crown Chakra is thought to be the connection to the divine or to signify the top of religious awareness. Represented as a violet or white lotus having a thousand petals, its related element is space or thought.