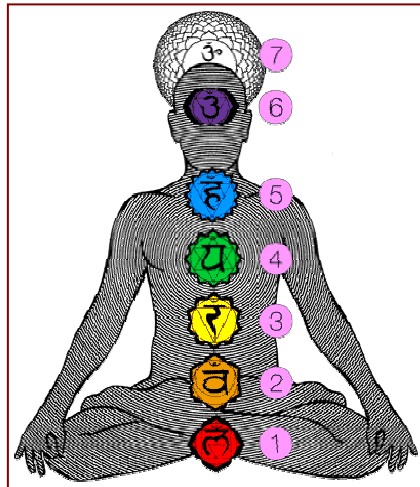


SkyDancing Tantra® Teachings



Lesson Handout:

Chakras – The Seven Energy Centers of the Body



Chakra is a Sanskrit word meaning wheel, or vortex, and it refers to the seven energy centers in our bodies of which our consciousness, our energy system, is composed. These chakras, or energy centers, function as pumps or valves, regulating the flow of energy through our energy system.

The chakras are not physical. They are aspects of consciousness in the same way that the auras are aspects of consciousness. The chakras are more dense than the auras, but not as dense as the physical body. They interact with the physical body through two major vehicles, the endocrine system and the nervous system.

Each of the seven chakras is associated with one of the seven endocrine glands, and also with a group of nerves called a plexus. Thus, each chakra can be associated with particular parts of the body and particular functions within the body controlled by that plexus or

that endocrine gland associated with that chakra. In addition the chakras also correlate to levels of consciousness, archetypal elements, developmental stages of life, colors, sounds, body functions, and more.

Below is a brief description of the seven chakras located in the body.

Chakra/Location	Color	Endocrine Gland	Ecstatic Quality
1) Root <i>Attributes:</i> Connection to the earth. Foundation. Groundedness. Belonging. Being enough. Abundance. Birth, life, survival, aliveness. Sexuality, desire, pleasure.	Red	Sexual Glands	Abundance/Orgasm
2) Lower Belly <i>Attributes:</i> Center of balance, movement, gravity. Equilibrium. Being centered. Vitality. Fluidity, flow. Healthy, strong, relaxed body. Abundant energy.	Orange	Adrenal Glands	Balance/Flow
3) Solar Plexus <i>Attributes:</i> Personal power, charisma, self assurance. Self esteem. Courage. Will. Determination. Clear choices. Manifesting in the world. Cheerfulness, radiance. Expansion.	Yellow	Pancreas	Power/Manifestation
4) Heart (center) <i>Attributes:</i> Desire to merge, melt, surrender. Empathy, compassion. Generosity. Trust. Forgiveness. Passion to share love, joy, laughter. Playful child. Freshness, creativity.	Green	Thymus	Love/Compassion
5) Throat <i>Attributes:</i> Truth, authentic self expression, communication. Assertion. Creative expression. Inspiration. Giving voice to the heart.	Blue	Thyroid	Truth/Creativity
6) Third Eye <i>Attributes:</i> Global vision, clarity. Insight. Clear direction. Intuition, imagination, inner vision. Understanding directly without reason or logic.	Violet	Pituitary	Insight/Intuition
7) Crown <i>Attributes:</i> Bridge between matter & spirit. Spaciousness, illumination, awakening, transcendence. Contentment, harmony, equanimity, neutrality. Realms of the soul — peace, silence, wonder.	White	Pineal	Connection/Transcendence