

## Chakra Timmins

Chakra Timmins - The chakras are centers of metaphysical or biophysical energy in the human body, this is according to Hindu tradition. Seven essential chakras are inside the body, but many consider that there are also lesser chakras positioned inside the body system. Some modern believers have drawn parallels between the key organs of the endocrine system and the chakra system.

The 7 important chakras are represented by a series of lotus flowers ascending the spine to the crown of the cranium. 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 a person becomes more spiritually aware, they become in touch with the higher chakras one by one. The lowest chakra relates to probably the most basic physical concerns, whilst the highest represents enlightenment.

The Root Chakra is claimed to be located at the base of the spinal column. It's considered to symbolize basic instincts, survival and feelings of security. The root chakra is associated with the element of earth and the colour red. It's visualized to be a 4 petal lotus.

The Sacral Chakra is alleged to live in the pelvis or the groin. It's associated to feelings, sexual energy and creativity. This chakra is associated with the element water and the colour orange and is symbolized by a six petal lotus flower.

In the area where the thorax plus the stomach meet is located the Solar Plexus chakra. It governs absorption, mental function as well as strength. The solar plexus chakra colour is yellow and its' component is fire. It is represented by a ten petal lotus.

The Heart Chakra is alleged to control empathy and love and is related to the chest region incorporating 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 said to self-expression, progress and communication. It's represented by a sixteen petal lotus and it is associated with the component of sound or life and the colour blue.

Another name for the Brow Chakra is the third eye. It controls perception and instinct and it represented by a two petal lotus. Its colour is indigo and it is connected to the component of light or time.

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