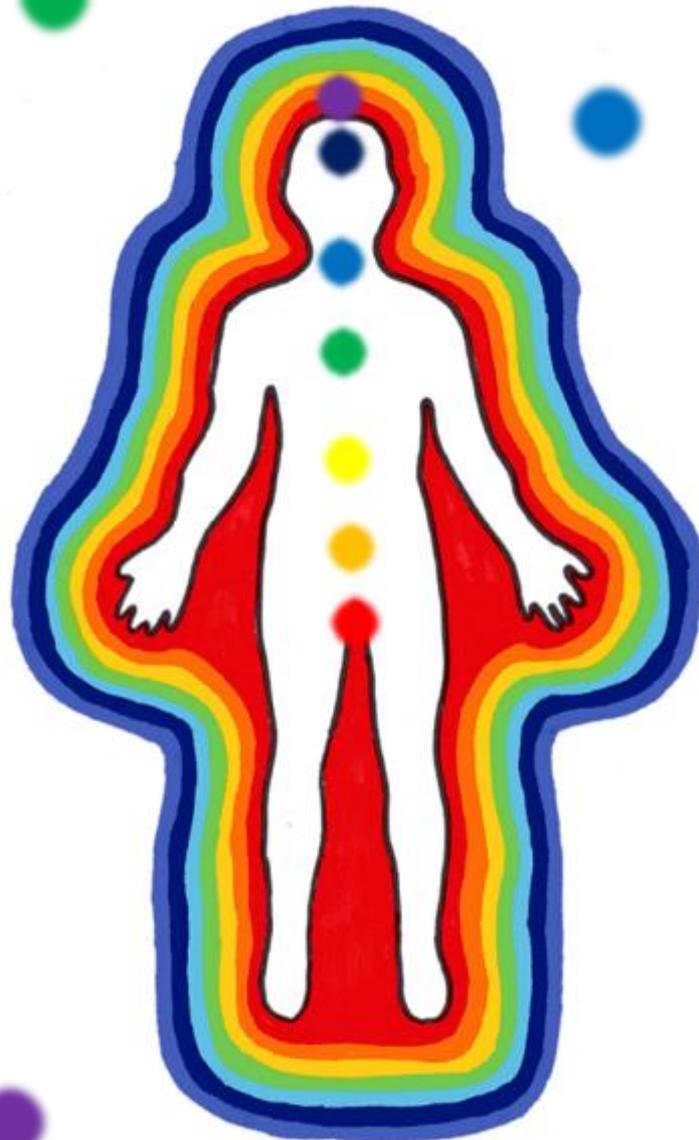


Tranquilitie

Mind | Body | Soul

Energy Rejuvenation Chakras & Auras



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Your Chakras

Chakras are your body's energy centres, whirling wheels of energy, constantly spinning and vibrating.

There are 7 main chakras located from the base of the spine to the top of the head, each one having its own function.

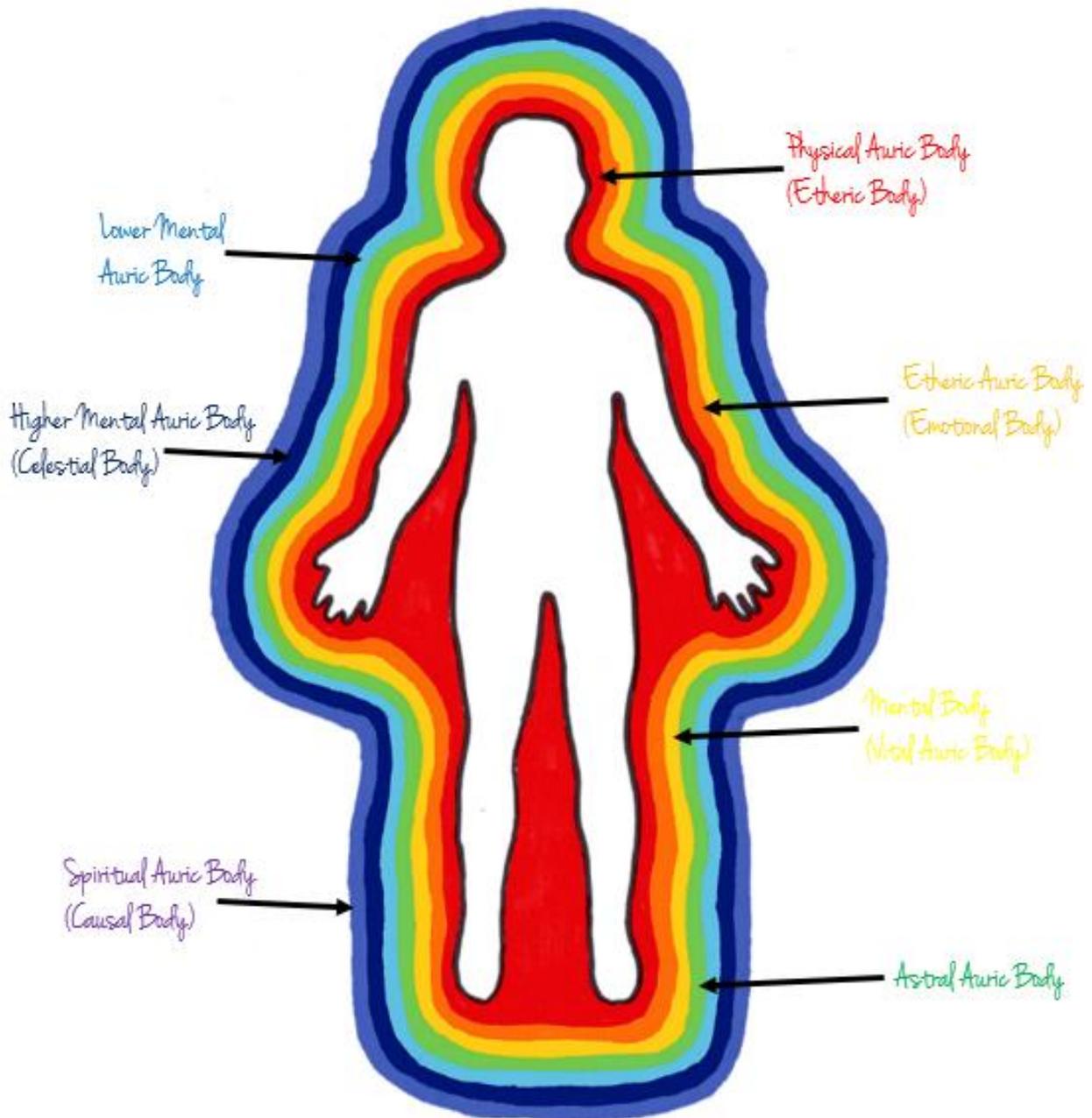
Each chakra is represented by a colour of the rainbow. Red, orange, yellow, green, blue, indigo and violet.

The energy that the chakras take in is distributed around the body. When balanced they operate like cogs in a well-oiled machine and help your body run smoothly. Free flowing energy through the chakras from the crown at the top of the head to the base at the bottom of the spine is vital and helps us achieve a wonderful sense of peace, balance, optimism and natural invigoration.

Simply, a healthy chakra leads to healthy mind and body.

Your Chakras	Throat Chakra
Symbol	
Colour	Blue
Element	Sky, sound
Where you feel it	Throat, neck, shoulders, collar bone area
Your Body Parts	Respiratory system, throat, neck, shoulders, thyroid
Your Needs	To speak your truth, to be heard
Balanced State	Be expressive, able to speak your truth, to communicate clearly
Unbalanced State	Colds, stiff neck, throat difficulties, shoulder tension, thyroid difficulties
Sanskrit term / Function	Vishuddha - 'Pure purification' Communication, creativity, speak your truth, reasoning, self-expression, resonance (clarity)

Your Aura



The auric field is a powerful vibration, a magnetic energy light force that surrounds every living form on this planet. The aura that surrounds the human body reflects the colour of the chakras and consists of seven levels or layers. Each one of the subtle bodies that exist around the physical body has its own unique frequency. They are interrelated, and affect one another and the person's feelings, emotions, thinking, behaviour, and health as well. Therefore a state of imbalance in one of the bodies leads to a state of imbalance in the others.

The auric 'egg' which is made up of particles of energy and contains the blueprint of our soul radiates out from the body approximately 1 - 2 feet (1 metre on average) on all sides. It extends above the head and below the feet into the ground.

The aura is made up of seven layers, the physical auric field being closest to the physical body, the outer six auric fields being levels of mental, astral, spiritual, celestial energy and attainment.