

## **CHAKRAS**

The chakras are the vehicle by which light or life force energy from our Creator gets distributed throughout our whole energy systems. When light from Divinity pours into each of us, it moves through seven main chakras or energy transformers into our energy systems. The chakras are not physical in nature but are part of our energy body.

Each chakra resonates to certain spiritual issues. The degree to which we have worked through the issues of a chakra is the degree to which the chakra is open and spins in health and balance, allowing for the smooth flow of energy through our system. If we are working on spiritual learning lessons related to the issues of a chakra, this chakra may be partially closed, wobbly and weak with less light moving through it than through our other chakras.

Our physical system is impacted negatively by blockages in our chakras. A blockage in a chakra means less electrical energy moving to the places in our bodies that have correspondences to that chakra. If we address the spiritual issues in our lives relating to the wobbly or blocked chakra, the flow of energy through the chakra can improve significantly. This positively impacts the related areas in our physical body.

Our spiritual evolution calls us to keep improving the quality and volume of light moving in our chakras so even if our chakras are functioning well, we will be called upon to help them function better. This means it is always helpful to understand the chakras and their links to certain spiritual issues and physical sites in the body.

On this page is a very simplified description of one of the seven main chakras of our energy systems. The first tablet briefly describes the spiritual challenges and evolutionary work of the chakra. I have noted how this chakra corresponds in location to our physical body. I have also indicated some spiritual issues related to the chakra and how these issues might manifest in your physical body. My list is not complete, but more of a jumping off point for more detailed conversations with your own energy system.

Specific Flower Essences hold vibrational frequencies that help with the spiritual issues of specific chakras. Working with specific Flower Essences may help rebalance, strengthen or unblock a chakra. The divine vibrational wisdom of some Flower Essences resonates very precisely with a particular chakra, while other Essences are linked to several chakras or are general practitioners supporting many chakras. On this page you will find Flower Essences with particularly strong vibrational ties to this specific chakra. Some Flower Essences appear on several chakra pages as they support the work of several chakras. The Alignment page offers Flower Essences that help align all the chakras into a co-ordinated expression of wellness and light.