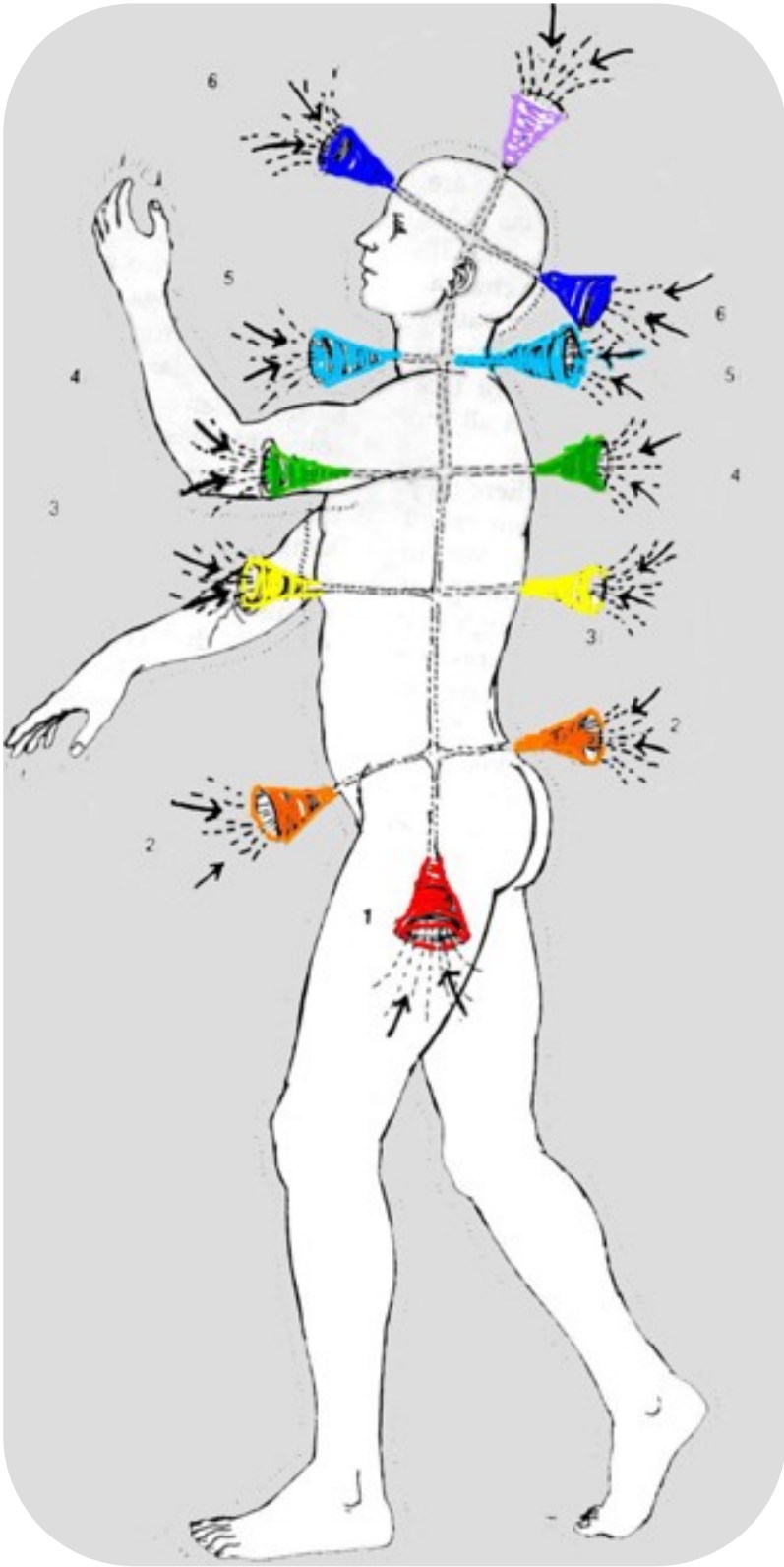


# BIO ENERGY ACADEMY OF DUBLIN

## Body Chakras



# Bio Energy Academy of Dublin

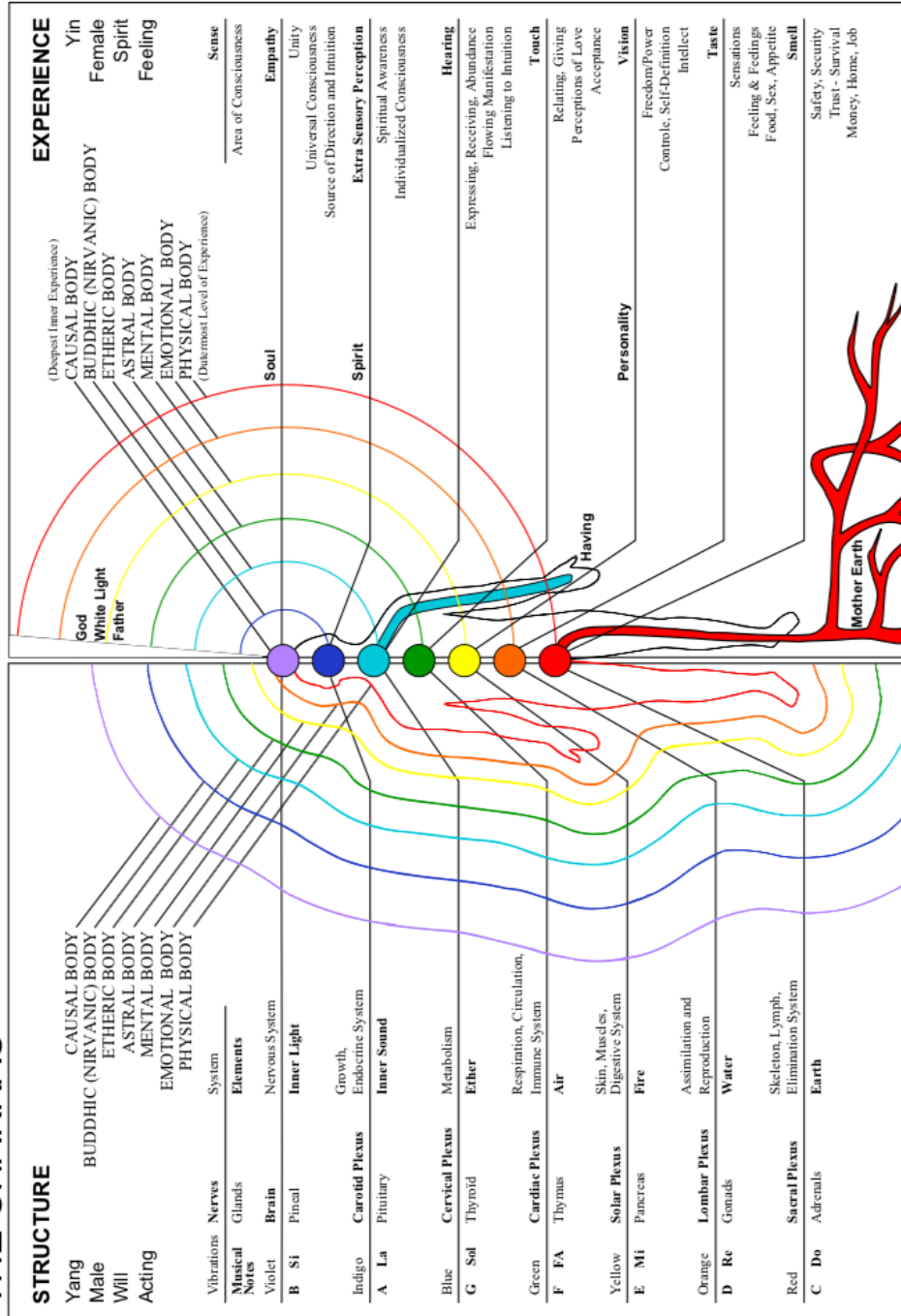
## Subtle Energy Systems of the Body



# BIO ENERGY ACADEMY OF DUBLIN

## The Chakras

### THE CHAKRAS



www.healer.ch The Body Mirror System ©1988 Martin Brofman Illustration and lay-out: Jørgen Højland

The Brofman Foundation for the Advancement of Healing

# THE CHAKRAS

**SAHASRARA**  
The seventh chakra

Cosmic consciousness,  
interior peace.

**AJNA**

The sixth chakra  
aum

**Jnana yoga**  
Recognizing and accepting destiny,  
confidence in one's own intuition.

**WISHUDDHA**

The fifth chakra  
ham  
ether

**Mantra yoga**  
Transformation of energy through  
words and images.

**ANAHATA**

The fourth chakra  
yam  
air

**Bhakti yoga**  
Love, vitality,  
being one with nature.

**MANIPURA**

The third chakra  
ram  
fire

**Hatha, Karma  
and Raja yogas**  
Firmness and organizational talent.

**SWADHISHTHANA**

The second chakra  
vam  
water

**Tantra yoga**  
Ease in relationship, pleasure  
in physical contact.

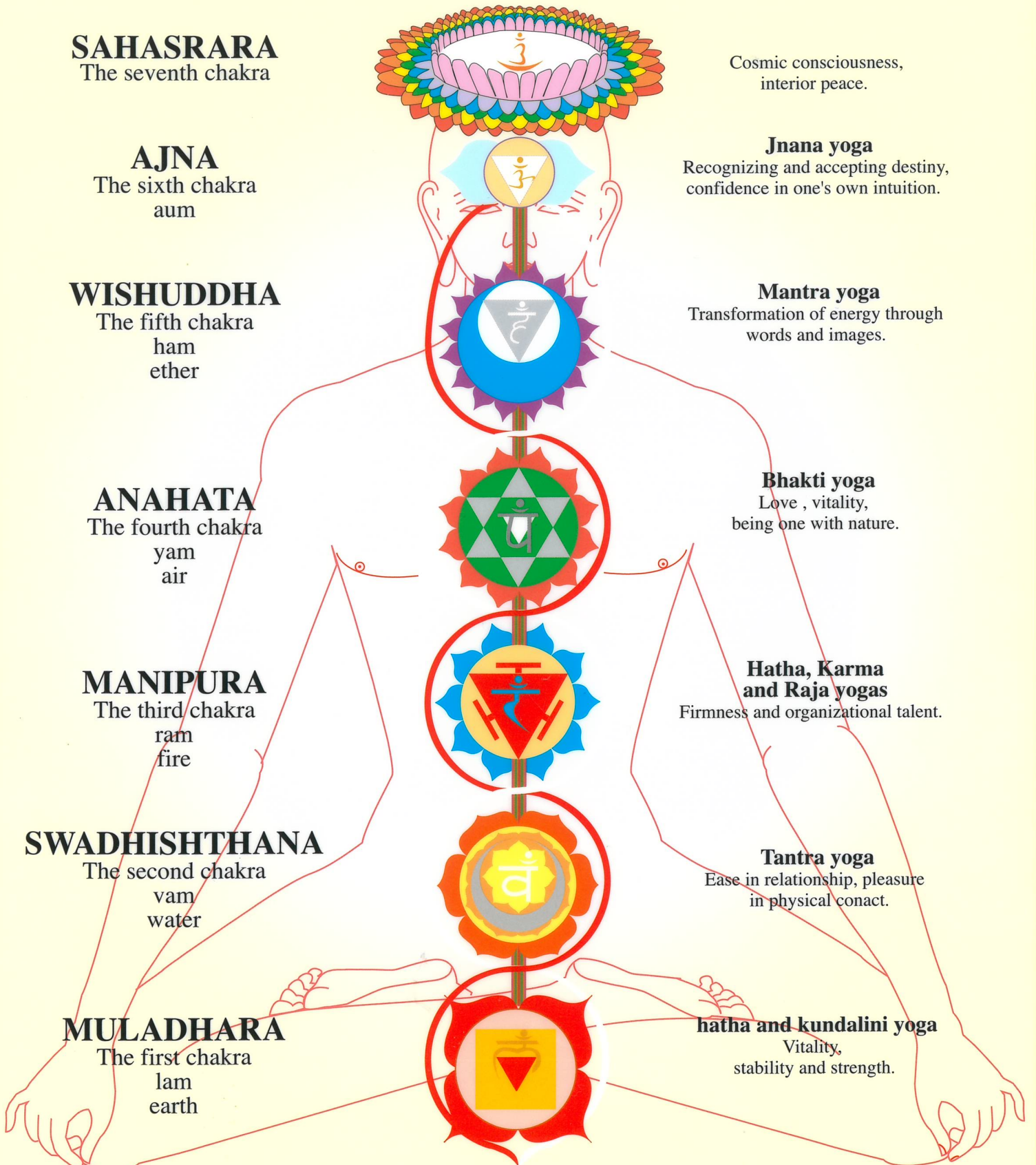
**MULADHARA**

The first chakra  
lam  
earth

**hatha and kundalini yoga**  
Vitality,  
stability and strength.

name  
order  
root mantra  
element

typical yoga,  
characteristics



# The seven chakras, the energy centers of the body

## Seventh chakra: Sahasrarar, the crown chakra

Connection with the highest truth, spirituality and meditation belong to this chakra. Imbalance expresses itself in fear of, or resistance to, the realization of spiritual possibilities, a clinging to that which is material and in a lack of spiritual energy. Radiating creative drive and spiritual unity are sure signs of an open seventh chakra. It is located at the back of the two fontanel, at the top of the head.

## Sixth chakra: Ajna, the third eye

Understanding, insight, reflection and occult knowledge are key words for this chakra. Pessimism, a confused mind and shutting one's eyes to the lessons of life show that the chakra is out of balance. Clear-sightedness, intuition and premonition demonstrate its openness. The center of the sixth chakra lies somewhat above the point where the two eyebrows meet. Its area extends from the inner corner of the eye to the center of the forehead.

## Fifth chakra: Wisuddha, the throat chakra

Expression, speaking and intuitive knowledge are central to this chakra. Signs of difficulty include trouble in coming into contact with others, not being able to give form to creativity, being somewhere else than where one really is, "swallowing" too much from one's environment, trying to explain things only with reason and/or reduce them to techniques. Truthful expression of oneself, wisdom and logic, for example in education, show that the chakra is open and balanced. The fifth chakra is centered at the bottom of the throat, encompassing the upper part of the sternum and the whole throat at the front, the two uppermost thoracic vertebrae and all the cervical vertebrae at the back.

## Fourth chakra: Anahata, the heart chakra

This chakra is the connecting point between the lower three chakras - the tangible world, the body - and the upper three chakras - the mental and spiritual world, the mind. Love, dedication, unification and self-realization are the principal aspects of this chakra. Lack of balance expresses itself in self-doubt, problematic emotional life, problems with friendships and relationships, suspicion, struggle between body and mind. Openness, spontaneity, cordiality and warmth characterize its balance. It is located between the nipples. The area extends from a point one and a half inches under the sternum to slightly under the depression of the throat. On the spinal column it lies between the 9th and the 3rd thoracic vertebrae.

## Third chakra: Manipura, the solar plexus

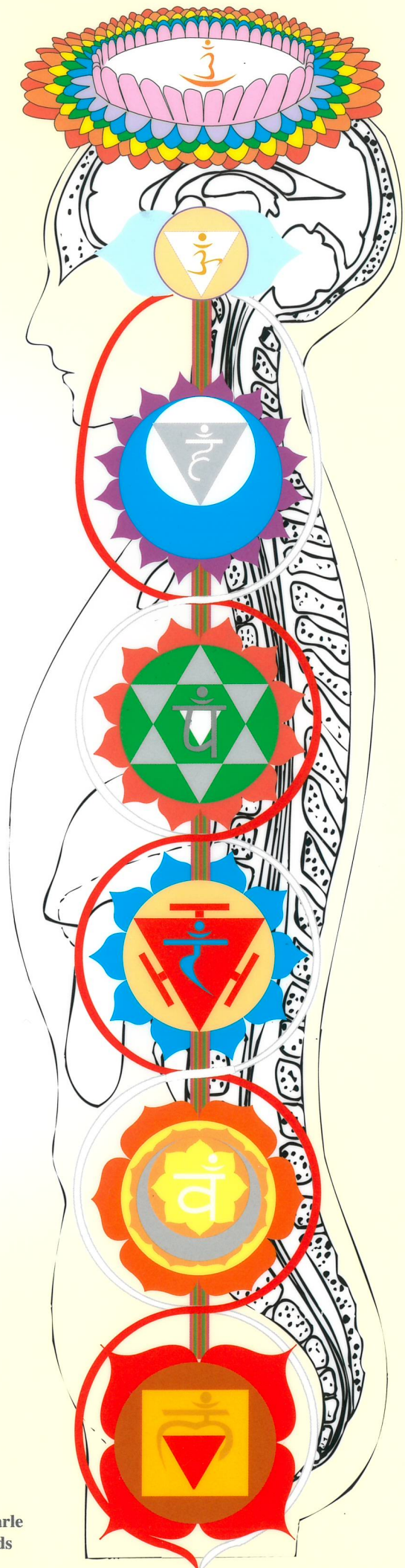
The link between self and world, the impulse to form giving, the relation between thinking and feeling are the main aspects of this chakra. The need to assert oneself, stubbornness and rebelliousness signify a lack of balance. When open and balanced the third chakra gives ability to lead and organize, and a natural authority. This chakra is found at the level of the stomach. This area is often called the solar plexus. The related vertebrae are from the 2nd lumbar up to the 10th thoracic.

## Second chakra: Swadhisthana, the sex chakra

Intimacy, relationships and creativity are the key words for this chakra. Pleasure, flowing and wave-like movements, trade and exchange are also typical. Jealousy, uninhibited desire, fear of one's sexuality, anxiety about intimacy, lack of creative energy are manifestations of imbalance. On the other hand, the ability to share, harmony in relationships, easy physical contact, fluid movements and attractiveness show that the chakra is open. The second chakra is located between the pubic bone and the navel. The upper part of the sacrum up to the 2nd lumbar vertebra is the associated part of the spinal column.

## First chakra: Muladhara: the root chakra

The material, physical being, "daring to be" and survival belong to the first chakra. It is also associated with eating, drinking, security, money and work. In its most primitive form this chakra is expressed in fighting and martial arts, noise, violence, accumulation of possessions for their own sake, judging others without nuance, dichotomous good and bad thinking. When it is blocked, one does not have both feet on the ground; there is fear, exhaustion, difficulty in dealing with physical reality. When the energy circulates freely, one enjoys mental and physical stability and a seemingly endless capacity for work. One displays reliability and radiance. The first chakra is between the anus and the genitals. The coccyx up to the lower part of the sacrum is the corresponding portion of the spinal column.



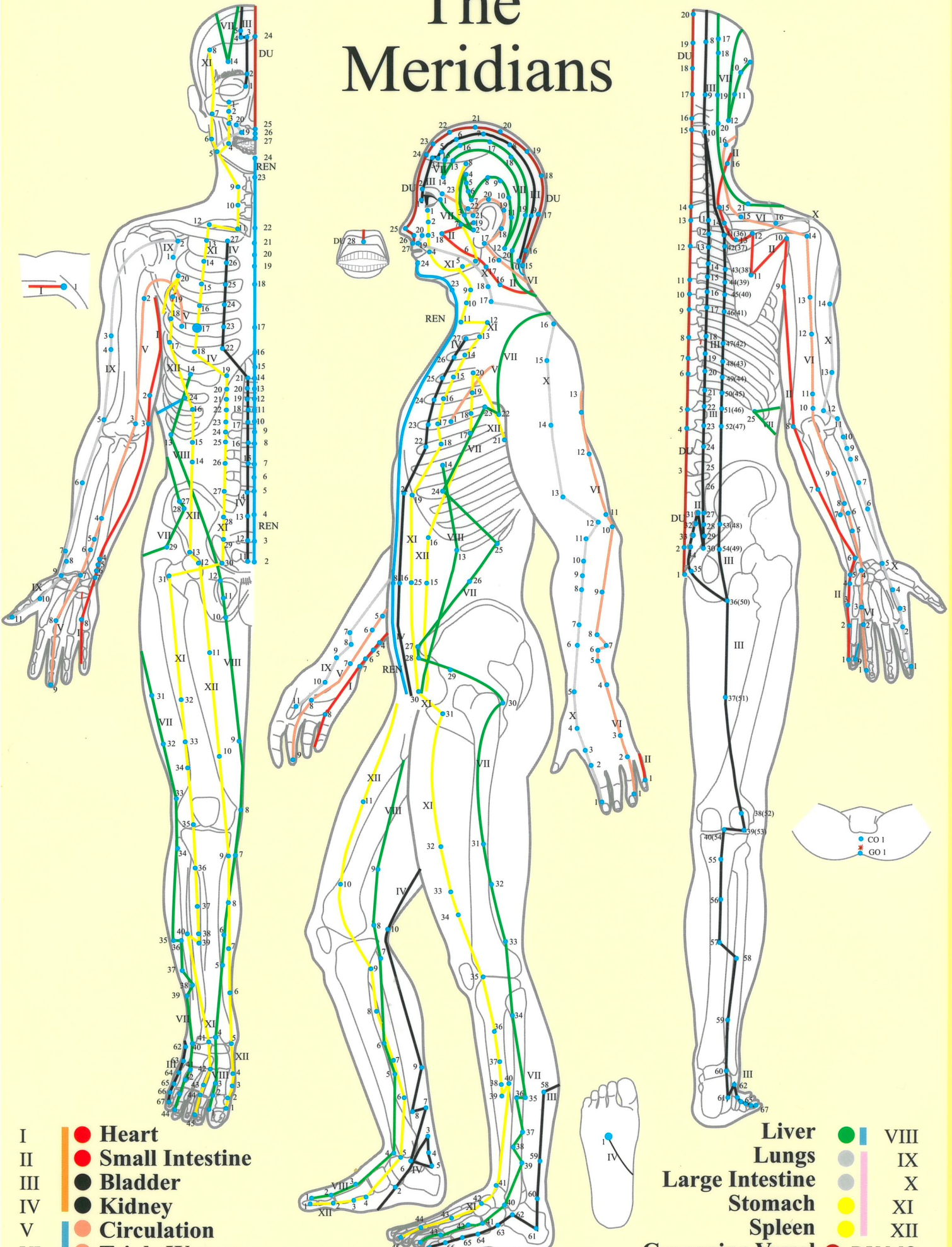
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# The Meridians



- I Heart
- II Small Intestine
- III Bladder
- IV Kidney
- V Circulation
- VI Triple Warmer
- VII Gallbladder

- Liver VIII
- Lungs IX
- Large Intestine X
- Stomach XI
- Spleen XII
- Governing Vessel DU MO
- Conception Vessel REN MO

# THE CHAKRAS

## Energy centres of the body

### SAHASRARA

location:  
above the crown of the head.

### AJNA

location on the body:  
between and slightly above the eyebrows.  
location in the body:  
caudal part of 3rd ventricle,  
pituitary gland.

### VISHUDDHA

location on the body: throat.  
location in the body: 4th cervical vertebra,  
thyroid and parathyroid glands.

### ANAHATA

location on the body: middle of the chest.  
location in the body:  
ninth and tenth thoracic vertebrae,  
thymus.

### MANIPURA

location on the body: navel.  
location in the body:  
4th lumbar vert., pancreas.

### SWADHISHTHANA

location on the body: genitals.  
location in the body:  
4th sacral vert., gonads.

### MULADHARA

location on the body: perineum.  
location in the body:  
coccyx, adrenal glands.

The Sahasrara chakra is the seat of enlightenment and pure being. Balance and harmony in this chakra lead to a deep experience of one's spirituality, cosmic consciousness and the feeling of inner peace, serenity and plenitude.

It is in the Ajna chakra that the future reveals itself. There resides our ability for extrasensory perception, visions and their understanding. Confidence in our intuition is the source of insight and acceptance of fate.

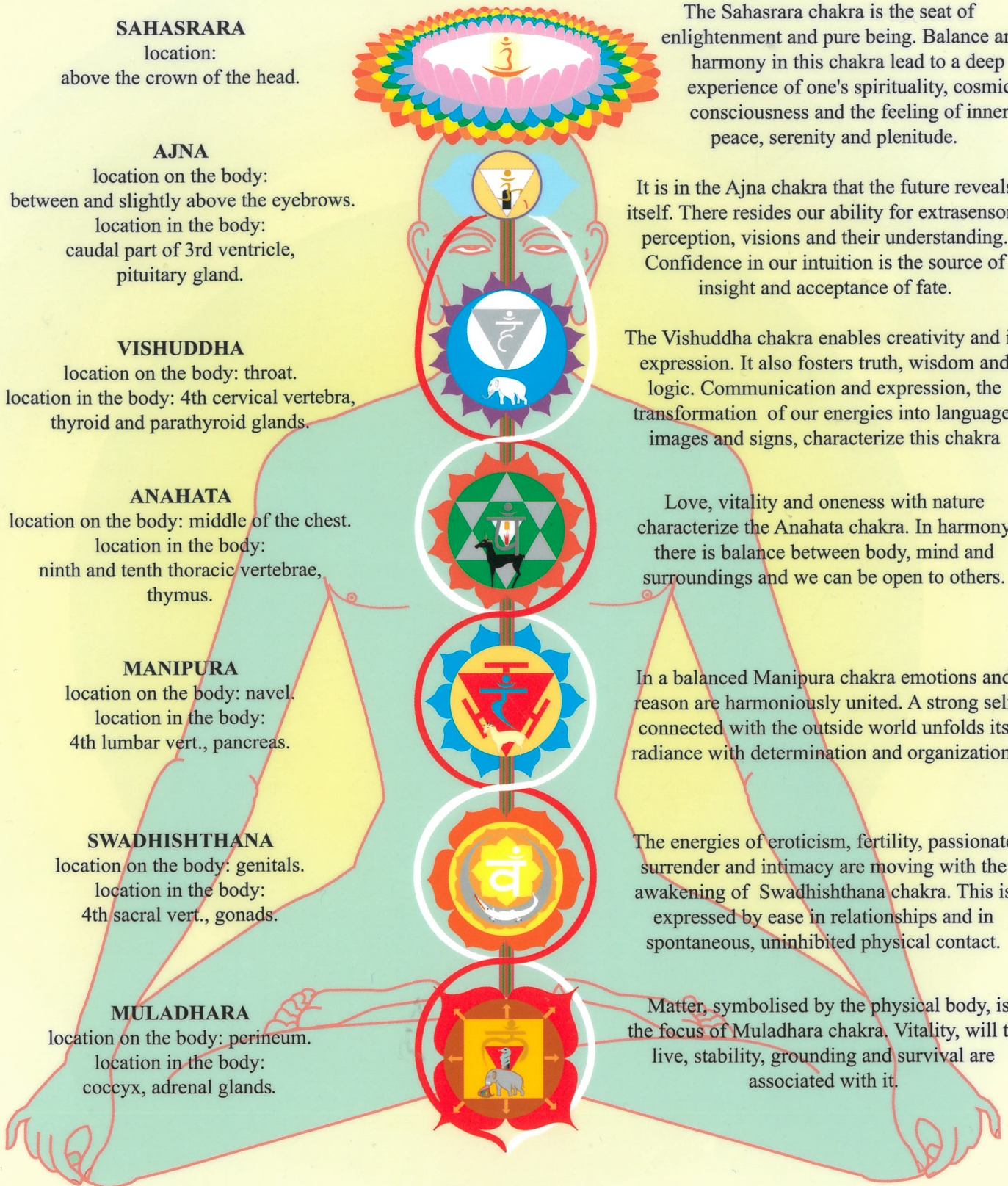
The Vishuddha chakra enables creativity and its expression. It also fosters truth, wisdom and logic. Communication and expression, the transformation of our energies into language, images and signs, characterize this chakra.

Love, vitality and oneness with nature characterize the Anahata chakra. In harmony there is balance between body, mind and surroundings and we can be open to others.

In a balanced Manipura chakra emotions and reason are harmoniously united. A strong self connected with the outside world unfolds its radiance with determination and organization.

The energies of eroticism, fertility, passionate surrender and intimacy are moving with the awakening of Swadhishtana chakra. This is expressed by ease in relationships and in spontaneous, uninhibited physical contact.

Matter, symbolised by the physical body, is the focus of Muladhara chakra. Vitality, will to live, stability, grounding and survival are associated with it.



## THE CHAKRAS, THEIR CHARACTERISTICS, ASSOCIATIONS AND REFLEX ZONES