

# Bio Energy Academy of Dublin



## The electrical fields

We have three electrical fields namely the, Chakras, meridian and the auric fields. Each field has its own system but they are all also interconnected.

## The Chakras

Chakras have become more well-known in Western societies. They are part of our energy system. Knowledge about them originated in India. They were first mentioned in the Vedas, ancient sacred texts of spiritual knowledge dating from 1500 to 1000 BC.

Chakra means “wheel” of energy. They are spinning disks of energy that should stay “open” and aligned. They correspond to bundles of nerves, major organs, and areas of our energetic body that affect our emotional and physical well-being.

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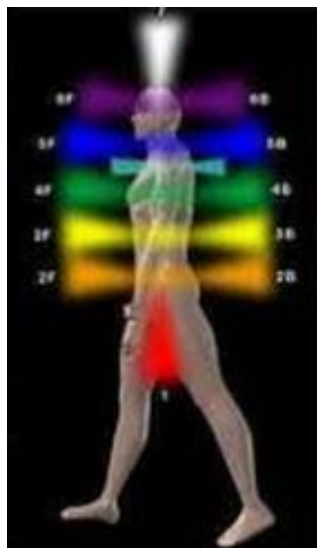
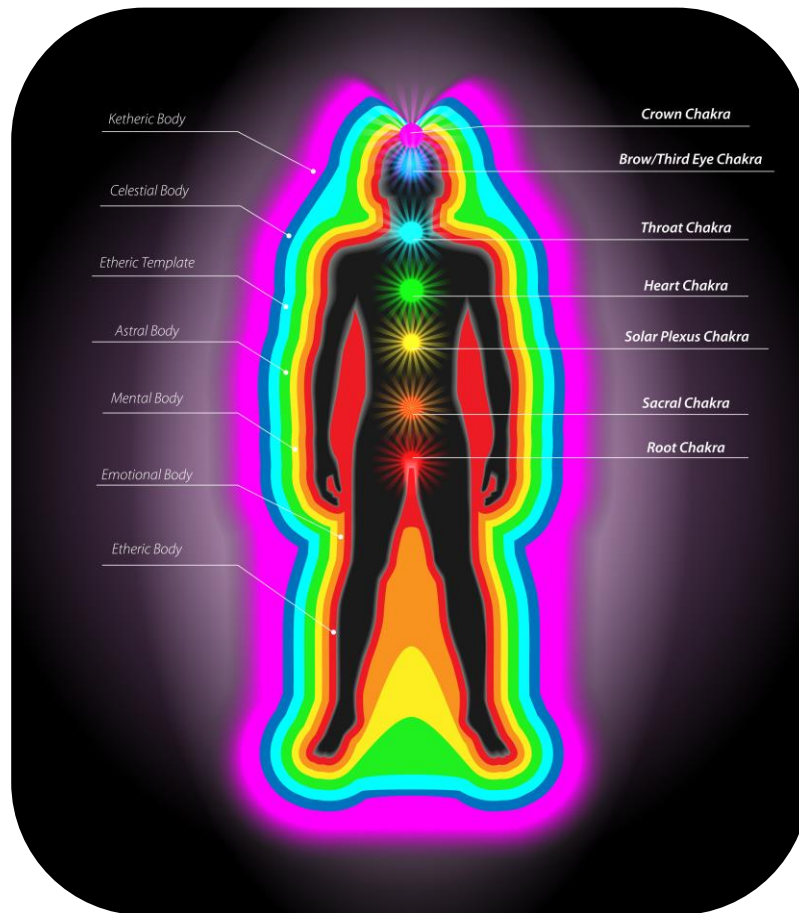
Chakras are circular vortexes of energy that are placed in seven different points on the body.

These chakras are responsible for distributing life energy, which is also known as Qi or Praana as well as other terms.

There are seven main chakras in the human body.

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## Chakras



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## Root Chakra



**Location:** The base of the spine, in the tailbone area

**Color:** Red

**Meaning:** Physical identity, stability, grounding

A blocked root chakra can manifest as physical issues like arthritis, constipation, and bladder or colon problems, or emotionally through feeling insecure about finances or our basic needs and well-being. When it's in alignment and open, we will feel grounded and secure, both physically and emotionally.

## Sacral Chakra



**Location:** Just below the bellybutton, just above the pubic bone

**Color:** Orange

**Meaning:** Sexuality, pleasure, creativity

Issues with this chakra can be seen via problems with the associated organs, like urinary tract infections, lower back pain, and impotency. Emotionally, this chakra is connected to our feelings of self-worth, and even more specifically, our self-worth around pleasure, sexuality, and creativity.

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## Solar Plexus Chakra



**Location:** The upper abdomen, in the stomach area

**Color:** Yellow

**Meaning:** Self-esteem, confidence

Blockages in the third chakra are often experienced through digestive issues like ulcers, heartburn, eating disorders, and indigestion. It's the chakra of our personal power. This means it's related to our self-esteem and self-confidence.

## Heart Chakra



**Location:** The center of the chest, just above the heart (the area called the "heart center" in some yoga classes)

**Color:** Green

**Meaning:** Love, compassion

Blocks in our heart chakra can manifest in our physical health through heart problems, asthma, and weight issues. But blocks are often seen even more clearly through people's actions.

People with heart chakra blocks often put others first, to their own detriment. It's the middle of the seven chakras, so it bridges the gap between our upper and lower chakras, and it also represents our ability to love and connect to others. When out of alignment, it can make us feel lonely, insecure, and isolated.

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## Throat Chakra



**Location:** The throat

**Color:** Blue

**Meaning:** Communication

As one would expect, this chakra is connected to our ability to communicate verbally. Voice and throat problems as well as any problems with everything surrounding that area, such as the teeth, gums, and mouth, can indicate a blockage. Blocks or misalignment can also be seen through dominating conversations, gossiping, speaking without thinking, and having trouble speaking your mind. When in alignment, you will speak and listen with compassion and feel confident when you speak because you know you are being true to yourself with your words.

## Third Eye Chakra



**Location:** Between the eyes, on the forehead, which is why it's also known as the "brow chakra"

**Color:** Indigo

**Meaning:** Intuition, imagination

Since this chakra is physically located on the head, blockages can manifest as headaches, issues with sight or concentration, and hearing problems. People who have trouble listening to reality (who seem to "know it all") or who are not in touch with their intuition may also have a block. When open and in alignment, it's thought that people will follow their intuition and be able to see the big picture.

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## Crown Chakra



**Location:** The very top of head

**Color:** Violet or white

**Meaning:** Awareness, intelligence

The crown chakra is linked to every other chakra (and therefore every organ in this system), and so it affects not just all of those organs, but also our brain and nervous system. It is considered the chakra of enlightenment and represents our connection to our life's purpose and spirituality. Those with a blocked crown chakra may seem narrow-minded, skeptical, or stubborn. When this chakra is open, it is thought to help keep all the other chakras open and to bring the person bliss and enlightenment.