

The Chakras

The Chakra System is a complex network made up of 7 major energy centers. These 7 chakras are responsible for receiving, assimilating and giving out energy. They each have a specific focus and when in balance with each other, harmony in the body can be achieved.

However, most of us have imbalances or blockages in our chakras. Some chakras may store excessive energy while others are deficient, some may be both excessive and deficient, just in different ways. While one chakra is deficient, another may be compensating by being excessive. As mentioned above, the chakra system is complex. Having a basic understanding, may help guide you during your purchase of a Bliss Body Soul Mala.

Here is a brief overview of the Chakra System, their common names along with their Sanskrit name.

The First Chakra is called the Root Chakra (Muladhara). The Root Chakra sits at the base of the spine and is responsible for our feelings of survival and grounding. It is your foundation from which everything else comes from. The masculine part of the root chakra, digs and roots down into the earth making you stable, while the feminine parts draw nutrients up from the earth to feed and sustain the rest of the body. If one is experiencing a deficiency he/she may be underweight, malnourished, ungrounded or flighty. The opposite, if one is excessive, he/she may experience being overweight, or sluggish.

The Second Chakra is called the Sacral Chakra (Svadhithana). The Sacral Chakra sits in the pelvic area and is responsible for sexuality and emotions. It is here that we experience sensation and feeling, either pleasurable or uncomfortable. When we experience sensation and emotion we are connecting our bodies to the outside world and further into our higher consciousness. When one is in balance, fluidity and flexibility can be experienced, emotionally and in the body. If an excess of energy is present we can experience feelings of guilt or over-indulgent behaviors. A deficiency can leave one feeling numb and rigid.

The Third Chakra is called the Solar Plexus (Manipura). The Solar Plexus is in the abdomen and is our power center. In the first chakra we created stability by grounding down into the earth, the second chakra gets the energy moving and flowing like water, helping us release emotion and become more flexible in our bodies. Now it is the job of the solar plexus to store and use that energy, building fire which is its element. This is where our will comes from and if in excess can cause us to be aggressive in nature, dominating or controlling. If there is a deficiency, there can be low self-esteem and passiveness.

The Fourth Chakra is the Heart Chakra (Anahata). The Heart Chakra has the element of air and is the midway point in the chakra system. With 3 below and 3 above, the heart chakra, is the center of our being, everything pointing back to love. The heart chakra focuses on love and relationships, our ability to break down walls and allow space in our hearts to experience joy, radiant love and self-acceptance. Excessive traits are co-dependence, narcissism, needy behavior, while a deficiency may show up as shyness, loneliness, feelings of isolation and bitterness.

The Fifth Chakra is the Throat Chakra (Vissudha). Communication is the central focus of the throat chakra, sound being its element. With an open heart in the fourth chakra, the element of air is essential to create sound. Not only does it involve the throat which is obvious, it also includes the shoulders, neck, tongue and ears. The words that we speak or listen intently to, seek resonance, understanding, harmony and truth. Sound has a purifying effect on the body making us feel lighter. When someone is excessive in the throat chakra they can be loud, overly talkative and not able to listen intently. If someone is deficient they may carry fear in speaking at all.

The Sixth Chakra is the Third Eye Chakra (Ajna). The Third Eye Chakra sits in between the eye brows and is the focus of our intuition and imagination. Light is the element of the third chakra, allowing us to see into ourselves and receive our own wisdom. In order to do that, we come to a place of stillness. It is in our stillness and ability to see that we can view our perception about ourselves, our world and the lives we'd like to live. A deficient sixth chakra can leave us in denial or with poor memory/vision. An overactive third eye can make someone delusional or have difficulty concentrating.

The Seventh Chakra is the Crown Chakra (Sahasrara). The Crown Chakra is at the top of the head and its element is consciousness. It is an awareness of: being rooted in the earth, experiencing our emotions, our vitality, the openness of our heart, living our truth, changing our perception of our abilities, and finally connecting to Universe. It is wholeness. One with an excessive crown chakra may be overly intellectual or have a spiritual addiction. A deficient crown chakra could be the cause of learning difficulties, disconnection or depression.