

The Chakra Project

How the healing power of energy
can transform your life

Georgia Coleridge



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You can double tap images and tables to increase their size. To return to the original view, just tap the cross in the top left-hand corner of the screen.

Introduction

The human body is absolutely amazing. It is a miracle that a bundle of tiny cells has all the genetic instructions to turn into a fully grown, walking, talking, self-sufficient adult. In one lifetime it's estimated that our body will, on average, take 672,768,000 breaths and our hearts will beat an astonishing 3,363,840,000 times. But this incredible body is not just a clever machine; we also get the chance to fall in love, laugh and cry; to think, invent and explore; to communicate with each other, dream and create; even to ponder on the nature of reality, our soul and the divine.

The remarkable energy that makes all these things possible is called the life force, qi or prana. If DNA is the physical blueprint, then you could say that prana is the energetic blueprint that underpins and organizes it all. It is there, in every cell of our body, and it extends outside our body, too, creating an energy field or aura around us.

The earth has an energy field as well, which grounds us. We are also designed to absorb energy from sunlight and certain other wavelengths of light.

We pick up on all sorts of energy, all the time, at a vibrational level. Some people are sceptical about the idea of auras because they cannot see them, but the energy around you can alter your mood, cause physical symptoms and even warn you

of danger. When you meet someone for the first time, you pick up many clues about them from their aura. You might click instantaneously or you might – for no obvious, logical reason – instinctively put up your guard. It is also your own energy field that reacts to places with a heavy, creepy atmosphere and tells you that you ought to leave.

You can also communicate energetically across long distances. Many people have had esoteric experiences that scientists really can't explain, such as thinking of a long-lost friend seconds before they telephone, or having the strong urge to contact someone you love at the very moment they are in danger.

What has all this got to do with chakras? In this book you will find out how chakras link our physical body with the energy around it. In this way, chakras affect every aspect of our lives. They are a reflection of our physical health, a guide to the deepest levels of our psyche, and our tools for spiritual growth and healing. They are both simple and profound, both practical and esoteric. Discovering more about them can radically change your life.



What are Chakras?

Chakras are the interface between our hardworking physical body and the energy around us. In electrical terms, they act like a transformer between the two. As you may know, your laptop can't be plugged straight into the mains without blowing its circuit. It needs a special cable, with a transformer, to convert the current into a form it can use. You can think of prana as the life-force energy that runs through us, like electricity. And chakras are the transformers that connect our solid, physical laptop selves with the energy of our nonsolid layers.

You can also think of chakras as windows, or portals, between your physical body and your energy body. When they are working well, windows do an essential job, letting light and fresh air flow in and out of a building. If you closed your windows permanently, blocking the light with heavy curtains and piles of junk, your rooms would feel heavy, sick and airless. But if you left them open permanently, your rooms would feel unprotected and uncomfortable especially during hurricanes or icy weather. Healthy chakras – like healthy windows – need a good clean occasionally, so that they can let the energy in and out. If your chakras are unhealthy and have become jammed wide open or stuck shut, then they might need a major overhaul. This book will show you how to detect an unhealthy chakra and heal it.



SPIRALS AND SYMBOLS

In the ancient Indian Vedic scriptures the word “chakra” translates as “wheel”. Chakras are usually depicted as spirals or circles of light. As they spin, chakras draw energy in and out of the body. Chakras connect the physical body with the emotional, mental and spiritual layers and can be visualized as many different discs or spirals stacked on top of one another. When they are spinning beautifully, energy flows.

Traditionally, each chakra can also be represented by a unique symbol known as a yantra. Based on lotus flowers, with different numbers of petals, they represent the qualities and associations of each chakra. You can see a simple version of these yantras at the beginning of each chapter.

THE SPIRALS OF NATURE

Chakras are usually portrayed as spirals – an incredibly powerful symbol of spiritual growth. Our planet is part of the great spiral galaxy known as the Milky Way. And there are countless beautiful spirals in nature: twining plants that spiral upward; the Fibonacci sequence of spirals in the centre of a sunflower; the spiral fractals of

- shells or of Romanesco broccoli...Spirals can bring
- together opposing forces and lead them toward a place
- of unity. Once you start working on your chakras you
- may begin to notice spirals everywhere.

COLOURS

Like a rainbow of light, each of the seven chakras is associated with a different colour: red, orange, yellow, green, blue, purple and a beautiful shining violet-white. Red is the slowest vibration and is connected with the base chakra between your legs. Violet-white is the highest colour vibration and is associated with the crown chakra at the top of your head. Between them, the other colours make up a beautiful rainbow bridge, connecting the earth and sky.

LOCATION

We have hundreds of chakras all over our body, including on the palms of our hands and the soles of our feet. In this book, we will focus on seven key chakras. The diagram opposite shows where these seven chakras can be found on your body.

ASSOCIATIONS

Each of the seven major chakras has different associations.

Of the lower chakras:

- 1 The base connects you to the earth and to your physical body.
- 2 The sacral is about physical pleasure and creativity.

3 The solar plexus is in charge of power.

Of the upper chakras:

4 The heart chakra is about love and compassion.

5 The throat expresses truth and communication.

6 The third eye is linked to intuition.

7 The crown is your connection with the divine.

Each chapter in this book will explore all these associations more deeply. The better you understand your chakras, the easier it is to look after them.

THE IMPORTANCE OF FLOW

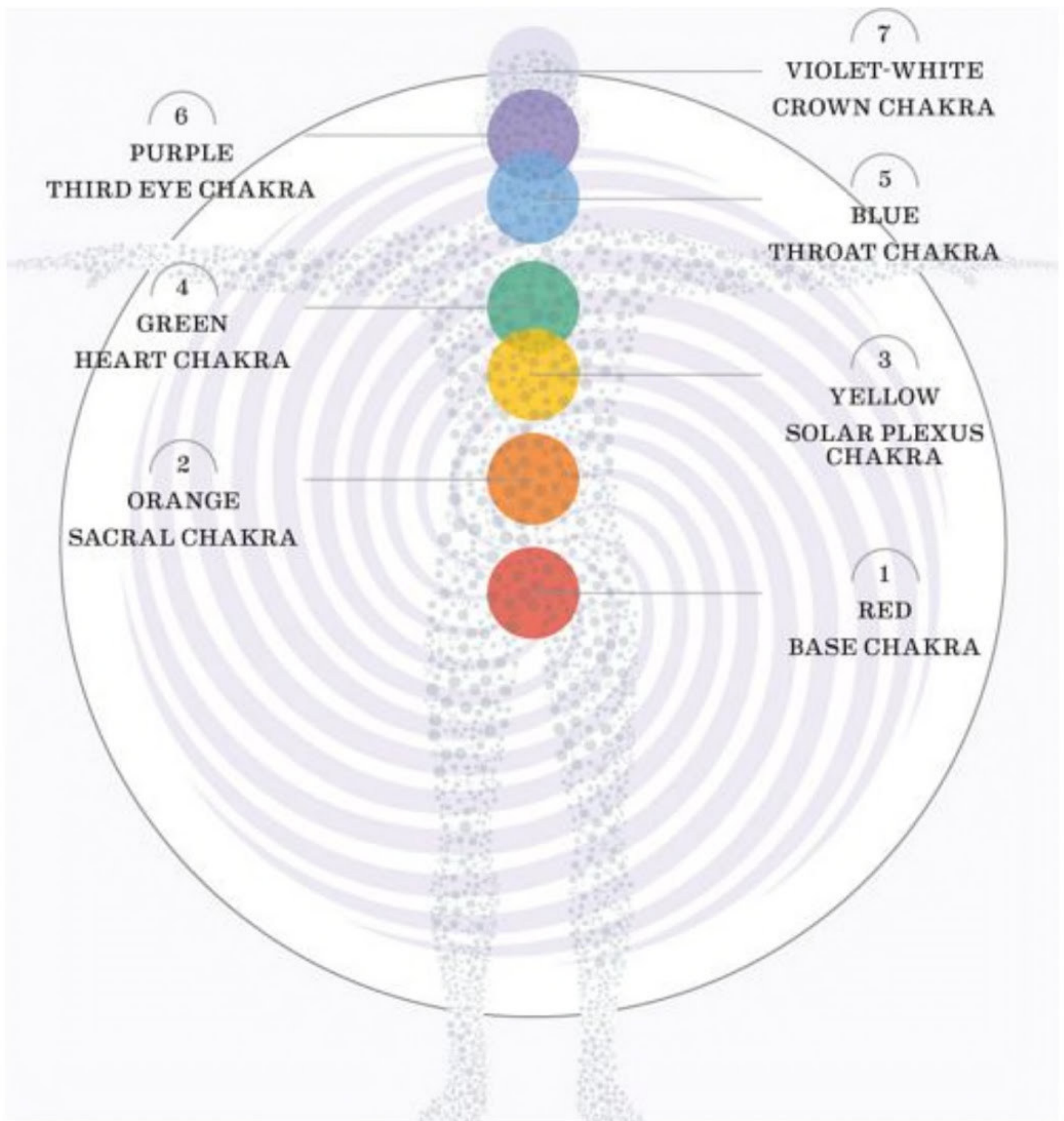
The flow of energy through our chakras goes in two different directions. Each individual chakra draws energy in and out of itself, connecting our body and auric field with the outside world. All the chakras are also connected together vertically, to nourish and support each other. For a deeper explanation of these horizontal and vertical flows see [Downward flow](#) and [Upward flow](#).

Tuning into Energy: an exercise

Your hands are a great place to start to feel the kind of energy that flows through your chakras. You may be surprised at how effective this simple exercise is:

- Rub your hands together briskly and flex your fingers a few times.

- Hold your hands together in front of you, as though you are praying. Then slowly draw them apart.
- Bring your hands back together. As you do so, you will start to feel the energy between them. It might feel like the push of two magnets, repelling each other, or like a ball of energy you can cup between your hands.
- Draw your hands wider apart, then bring them together again. The energy will feel wider and bigger.
- Keep doing this and see how far apart you can go.



How to Use This Book

We'll start with an overall chakra health check, using a couple of different approaches to tune into your chakras and explore them. You will start to get a sense of where your chakras are in your body, how they feel and whether there are any particular areas to work on.

Then we'll focus on each of the seven main chakras in turn and get to know them better. They are each associated with a different beautiful rainbow colour, so it is easy to remember which one is which. Each chakra also has unique characteristics, so you will get a clear sense of how they look, feel and affect you in different ways.

When individual chakras are balanced they regulate the energy that comes in and out of your body, so that you feel healthy and energized but not overloaded. When all your chakras are balanced they work well together, like all the instruments in an orchestra, perfectly in harmony. But if any of your chakras is over- or under-active, it's like an orchestra with some instruments playing out of tune. Instead of harmony, there is cacophony. Your whole system can be under strain.

Should you find, when working through this book, that any of your chakras are unbalanced, there are plenty of suggestions to bring them back into harmony, including ways to strengthen and clear them (by removing stuck old energy from other

people or from your past), as well as ways to protect them during a normal busy day. There are all sorts of different approaches, which range from practical suggestions you can try at home or work, to energy techniques like breathing exercises and visualizations.

Finally, I'll show you ways to bring everything together so that you can work on all chakras together and deepen your connection. This process can be inspiring and energizing.

When I first started working on my own chakras I suddenly became much more aware of the beautiful shapes and colours they represent. The world seemed more exciting and colourful: I noticed beautiful fresh fruit and vegetables, flowers and spiral shapes all over the place. Energy really does flow where your thought goes.

By the end of the book your chakras will almost certainly be spinning more cleanly and your energy flowing better, both upward and downward. When you feel connected and all your chakras are working together, in a balanced way, you'll find it easier to evolve spiritually; you'll also breeze through the day-to-day challenges of being human.

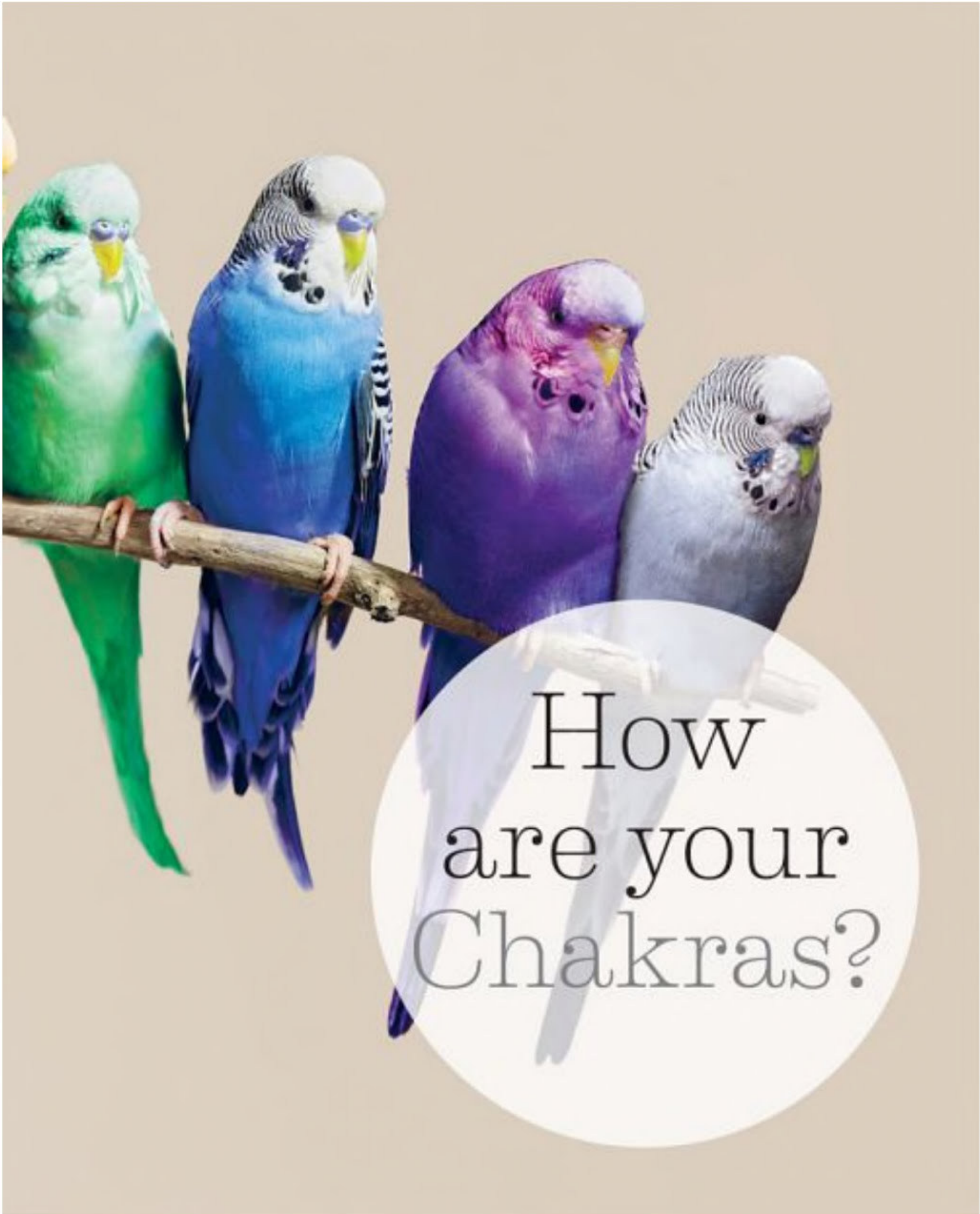
A Note on Visualizations

If you have never done any energy work before, you might wonder whether the exercises in this book will work for you. Let me assure you that they definitely can. Try this little experiment now:

- Imagine picking up a very juicy, fresh lemon. Imagine how good it smells. Now imagine cutting it in half, bringing it up to your mouth, and slowly, slowly biting into it, letting the juice run over your tongue.
- Is your mouth watering just thinking about it?







How
are your
Chakras?

A Chakra Health Check

We are going to start by scanning all your chakras, because these portals are crammed with information. A western doctor might take your blood pressure or listen to your chest with a stethoscope. A Chinese doctor might feel your pulses or look at your tongue. Either way, they are looking for clues about your health, so that they can diagnose and prescribe treatment.

As a healer, I am always looking for clues about my clients' energy, so I tune into each layer of their chakras with my hands. If their energy feels good, their physical health is likely to be good too. But if any part of their energy field feels toxic or suppressed, this can affect their immune system. Chakras work as a complete energy system: if just one of them is out of kilter, it can interrupt the energy flow of the whole system. But if you can find and fix it, then you can boost overall health and feel vibrant and fully alive.

Some of my clients' chakras feel blocked and heavy; others feel underpowered and faint, as though they have lost their glow. But holding my hand over a healthy chakra is a delight: when a chakra is spinning beautifully, it feels light and sparkly, like dust particles dancing in a beam of sunlight, or that wonderful feeling in the spring when you can sense that the sap is rising in the trees, the leaves are unfurling and the blossom is coming out.

When something good or bad has happened to clients in between sessions, it shows up in their chakras. And as we work on the chakras, week by week, their energy feels clearer. Even major life problems, or family issues that seemed overwhelming at our first session can be tackled, dismantled, healed and released, layer by layer.

It's easy for me to find patches of energy that need healing in my client's chakras. Under my hands they feel dense and out of place – like a heap of dirty washing in the middle of a perfectly tidy room. Why haven't they noticed for themselves? Sometimes it takes conscious effort. When you live with your own energy every day, you get used to it. Like a fish swimming in the ocean, your own body and energy field feel normal.

There are also parts that we don't want to feel: the shadows; the sharks cruising below the waterline of our conscious mind; old emotional wounds; painful family history; low-level physical pain. Most of us – consciously or unconsciously – block it all out, so that we can simply get on with our lives. But suppressing all these shadows can take a great deal of energy, like bicycling very hard with your brakes on – far more energy, in fact, than facing up to an issue and healing it. Physically, we may end up with rock-hard shoulders, stomach ulcers or insomnia. On an energetic level, chakras become distorted or blocked, which can make us feel dull and sluggish.

Over the next few pages, I'll take you through some simple visualizations to help you connect with your chakra energy. Try them with an open mind. There is no right or wrong way to explore your chakras. If you are more comfortable with words

than images, you may find the detailed descriptions of your chakras at the beginning of each chapter are more helpful.



Assessing your Own Chakras

Here is a good place to start looking at your own chakras.

The [Spiritual MRI Scan](#) and [Lighthouse Meditation](#) are two different techniques that can give you information, either visually or as a feeling in your body. Try one – or both – of them and you will find a method that will suit you.

You might find it helpful to record and play back these techniques (or get someone else to read them out loud), so that you can close your eyes, relax and immerse yourself fully.

TECHNIQUE 1

If you go for a full MRI scan in hospital, you lie inside a gleaming white tube, which scans your body from top to toe, using magnetic resonance. This is the spiritual version, that you can do comfortably at home. You may be surprised by how much you see or feel.

Spiritual MRI Scan

- Get some plain paper and pens or pencils. Draw a simple outline of your body and mark the location of the seven main chakras (you can use the diagram *opposite* as a guide).

- Lie down and close your eyes. Take some long, slow breaths. Imagine that a big beam of light is sweeping down your body like a spotlight, scanning you bit by bit, from the top of your head right down to the soles of your feet.
- As you imagine the light moving through you, be aware of images or sensations in each part of your body. If you are a visual person, you may see colours, shapes or patches of light and shadow with your inner eye. If you are more sensory (a feeler), you may notice areas of tingling, tightness, lightness, heaviness, soreness or changes of temperature.
- Keep breathing slowly and evenly. Scan yourself a second time, slightly more slowly, and see if you notice anything else.
- When you open your eyes, mark anything that you noticed on your drawing.



Light the candle. Notice how the yellow light glows. Look around, taking notice of how the room looks and feels. Stay here for a few more minutes before ascending the ladder again to the next floor.

- You are now on the **FOURTH** floor. In the middle of the room is a **GREEN** candle, in a green holder, and a box of matches. Light the candle. Notice how the green light glows. Look around, taking notice of how the room looks and feels. Stay here for a few more minutes before ascending to the next floor.
- You are now on the **FIFTH** floor. In the middle of the room is a **BLUE** candle, in a blue holder, and a box of matches. Light the candle. Notice how the blue light glows. Look around, taking notice of how the room looks and feels. Stay here for a few more minutes before ascending to the next floor.
- You are now on the **SIXTH** floor. In the middle of the room is a **PURPLE** candle, in a purple holder, and a box of matches. Light the candle. Notice how the purple light glows. Look around, taking notice of how the room looks and feels. Stay here for a few more minutes before ascending to the next floor.
- You are now on the **SEVENTH** floor. This room is different from the others. It is the top of the lighthouse – the ceiling is made of glass. In the middle of the room is a pure **WHITE** candle, in a white holder, and a box of matches. Light the candle. Notice how the pure white light glows. Look around, taking notice of how the room looks and feels. How about the glass ceiling: how much light can come in?

- Perhaps you hadn't seen it before, but on one side of this room is the door to a lift, which goes slowly and gently down the outside of the building. Step into it and notice as, very slowly, it takes you down past the purple, blue, green, yellow and orange floors to the red floor. Step out of the lift onto the grass. Climb the path up the hill, back to where you started.
- Open your eyes. Make a note of anything you noticed in each of the rooms.

Some of the things you saw may be easy to interpret. Others may have a symbolic message that might require a little time until their meaning becomes clear to you.

The first time I did this visualization, my orange room looked like an L-shaped room in my grandfather's house. It was cluttered with toys, including my mother's old wooden rocking horse. The message was that I needed to clear family energy in the sacral chakra, both from my own childhood and from my mother's.



How to Proceed?

Now that you are beginning to have a sense of your chakras, read the following seven chakra chapters for lots of ideas, exercises and pictures to inspire you further.

Starting at the base chakra, we will explore each chakra one by one. The better you know these energy portals, the easier you will find it to strengthen and heal them. Chakras work on so many different levels that this process can be powerful and life-changing.

You might find that you simply start noticing a lot more of those gorgeous chakra colours – it is amazing how beautiful the world is, once you start looking. If you like, take photos and post them on Instagram #ChakraProject. I would love to see them.

If your lower chakras need attention, you might decide to start moving your body more, by walking, dancing or taking up a yoga class. You might start eating more fresh, colourful food or powering through clutter and your “to do” lists.

If your heart requires attention, now is the time to clean up old wounds and blocks, nourish and protect it and change your vibration, so that you can both give and receive love.

If your upper chakras need attention, you might decide to visit

a healer, clean up your energy field, take up singing lessons or set aside time for meditation.

You can start your chakra journey anywhere you like. Maybe you feel strongly inspired to jump straight to one particular chakra – perhaps one that already feels comfortable, or the one that you think is giving you the most trouble.

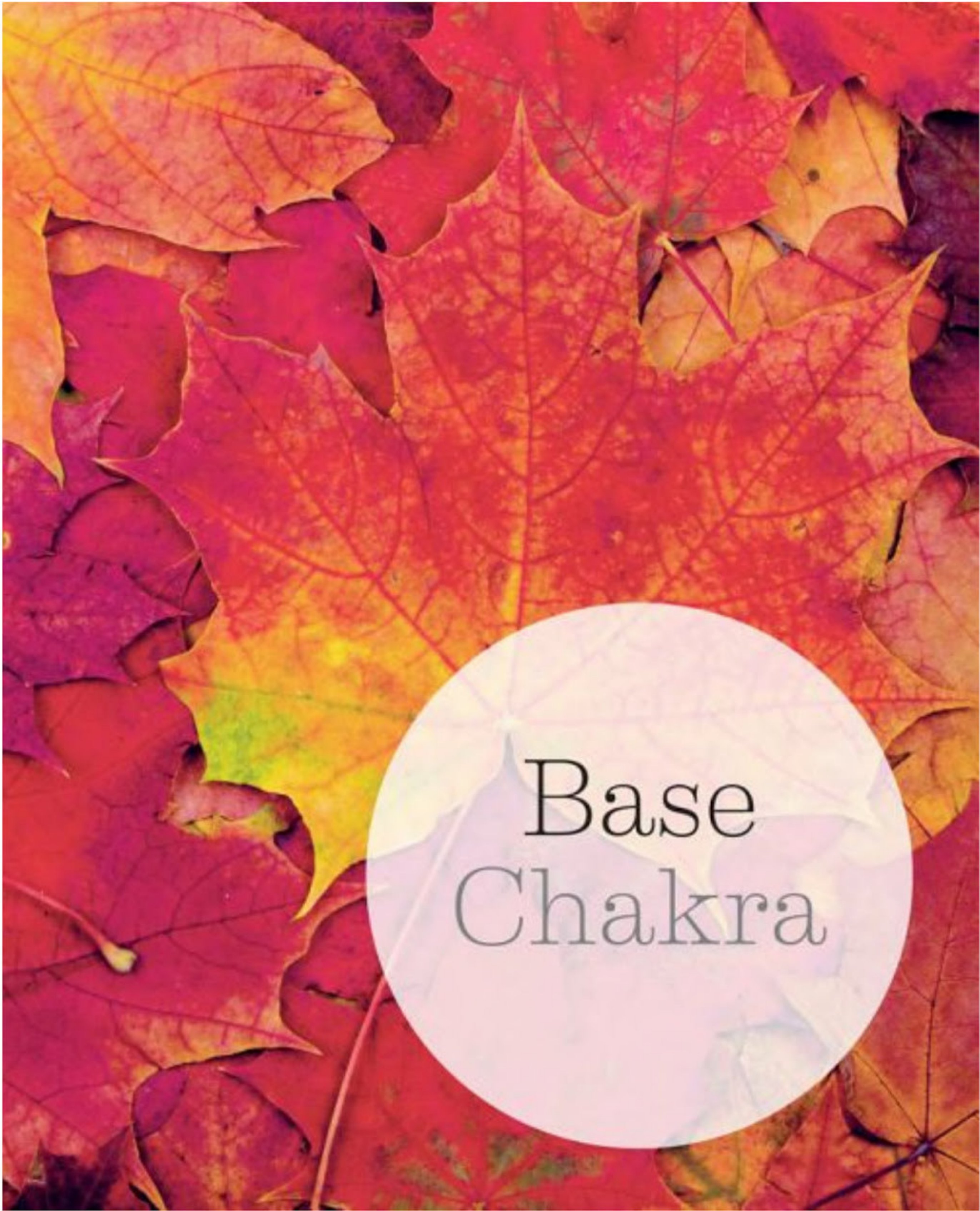
But for most people it feels solid and reassuring to start at the red base chakra and work upward to the crown (so this is how this book is arranged). This is like making sure that you construct really solid foundations before you build the rest of your house. If you are aiming to build a lighthouse with a very powerful beam, then good foundations are essential.

A Note on Intention

As you can see from the [lemon exercise](#), energy flows where thought goes. Sometimes you only need to think about something and extraordinary things can start happening on a physical level (your mouth waters), on an emotional level (for example, when you think about someone you love) and, of course, your thoughts affect you all the time on an intellectual and spiritual level, too. This is why the exercises in this book can be extremely powerful if you approach them with intention.

Intention is a tool which can super-charge everything you do. It means setting up a particular thought or attitude in your mind. When you do, the universe often





Base
Chakra



Ancient Sanskrit name	Muladhara (meaning: the root)
Commonly known as	Base chakra, root chakra, red chakra
Number	One, the first chakra
Location	Base of the spine, the perineum
Associations	Survival; the physical body; roots; connection to the earth, your body and your tribe
Related organs	Bones and skeleton, base of the spine, legs, feet, the large intestine, genitals
Sense	Smell
Element	Earth
Age	0-7 and 50-56
When in balance	Feeling grounded, satisfied and comfortable in your own skin; physically full of energy and in good health; living a stable life
When weak or damaged	Feeling spacey, ungrounded, anxious and unsatisfied; physically ill or weak; problems with the feet, legs, knees and/or bones, including sciatica; lower digestion issues, such as constipation and haemorrhoids
When over-developed	Being set in your ways; feeling physically stiff; hoarding; emotionally vulnerable to unexpected events

Symbol/yantra	A four-petalled lotus; the square in the middle represents the earth
Phrases	I am, I survive, I am safe, I have enough, I am grounded
Crystals	Try black, brown or red crystals, such as ruby, garnet and haematite, for grounding and protection

I am Grounded

The base chakra is the wonderful, solid foundation for all the other chakras. Located at the base of the spine, in the perineum, it points downward, connecting us to the earth. A tall tree needs **STRONG ROOTS** to grow properly, while a tall building needs **DEEP FOUNDATIONS** to keep it stable. Our energy system is just the same: for strength, stability and the chance to soar spiritually, we need a solid base. The base chakra's other name is the root chakra, and when it is working well it keeps us grounded to the earth, so that our energetic roots can support and nourish us and keep us safe through the storms of life.

This is the most physical of all the chakras. This red chakra isn't about high ideals, deep thoughts or meditation; its main function is the **SURVIVAL OF OUR PHYSICAL BODY**. It takes us back to basics – to our ancestral, primeval needs: finding enough to eat and a safe shelter; maintaining the physical energy to hunt or forage; gathering and storing food and fuel for the winter; and staying on good terms with the rest of our tribe (because we wouldn't survive on our own).

Though we are no longer hunter-gatherers, these

not to move back to continental Europe.

The energy in her base chakra felt very faint, as though it hadn't really developed properly. Energetically, she didn't have good, healthy roots. Although change had felt uncomfortable during her childhood, it also felt normal for her. I did some inner-child work with her, healing incidents when she had been uprooted to different houses, countries and schools, and she practised grounding exercises (for details of both of these, see [1](#) and [2](#)).

My recommendations were practical ones – about creating roots for herself now. At a basic level, I suggested that she would feel better if she scrubbed her room, painted the walls and hired an industrial carpet-cleaning machine. A walk every day would help to clear her head and connect her with her body. Jane wouldn't be able to compete financially with her law-school friends, but a temporary job (however lowly) would bring in more money, until she qualified. This helped to lift Jane's mild depression and she completed her degree.

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