

The Little Book of Chakras

Balance your subtle energy for
health, vitality, and harmony



Patricia Mercier

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Introduction

The Sanskrit word “chakra” translates as “wheel” or “disk.” Knowledge of chakras stems from the Upanishads (sacred Sanskrit texts), dating from 600 B.C.E., as well as having been transmitted orally by guru to student. Chakras are energetic centers in the subtle body, comprised of the mind and vital energies. They are depicted as lotus blossoms of color that progress from the Base Chakra to the Crown Chakra, with resonances that are similar to the colored light of rainbows.

The lotus is the national flower of India; it grows in muddy rivers, pushes up through the waters, blossoms in sunlight, seeds, and recycles itself, in much the same way we do. We are born in ignorance of our life-path, push through the emotions and setbacks that we encounter, and eventually flower in the full spirit of our excellence and potential, before passing on to the unknown.

In this book you will find practical ways to care for and nourish your chakras. Each activity takes just five or ten minutes to fit into your busy day on a regular basis.

Yoga and mindful exercise, coupled with self-improvement and relaxation techniques, have become popular in recent times because mind, body, and that essence sometimes called Spirit are intimately connected. This little book shares the energy teachings and wisdom that link these elements together.

I invite you to come on an exploration with me and to deepen your potential of personal development and mindfulness. By becoming aware of your chakras, you will learn to fully relax, heighten your consciousness, and improve your health and wellness.



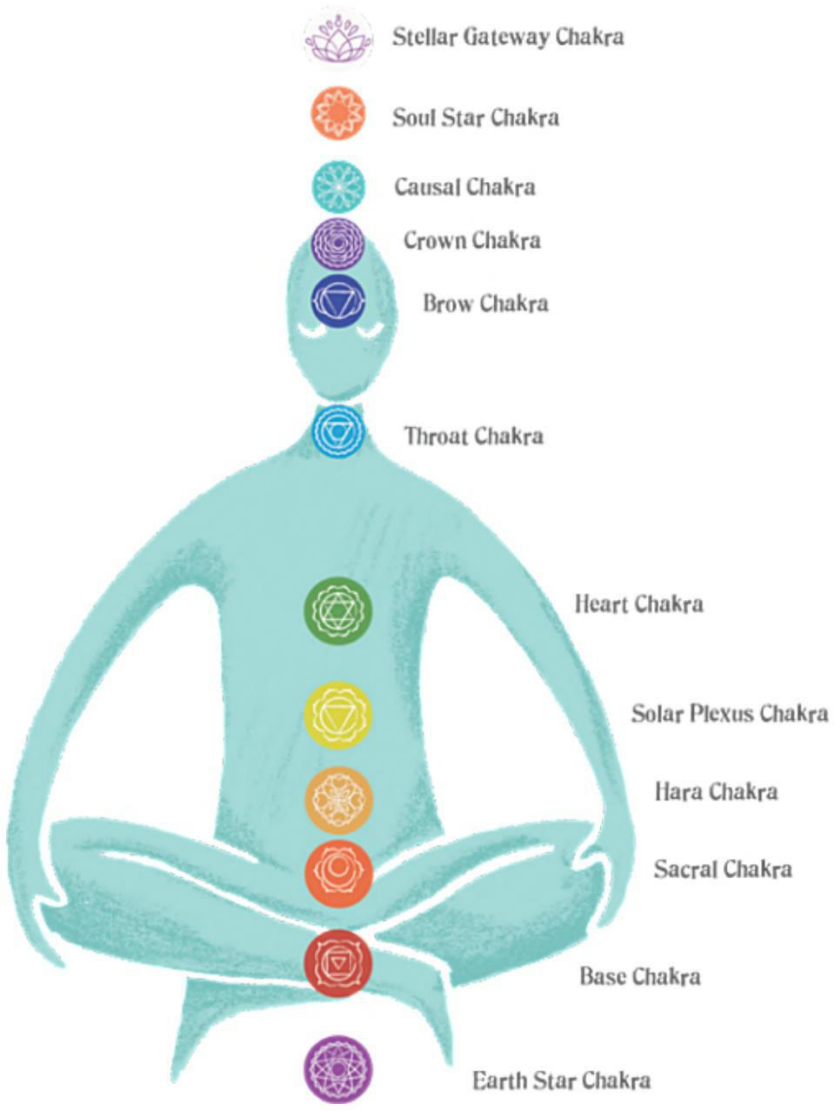
What are Chakras?

The chakras are vortices of subtle energy within the human aura—an electromagnetic field of varying vibrational frequencies often called our Luminous Body. Traditionally there are seven principal chakras—the Base Chakra, the Sacral Chakra, the Solar Plexus Chakra, the Heart Chakra, the Throat Chakra, the Brow Chakra, and the Crown Chakra—with a number of minor chakras also being mentioned in sacred texts originating in India.

In this book we are focusing on the seven main chakras, plus the newly developing chakras. These “higher-energy” chakras are the Earth Star and Hara Chakras and the celestial trio of the Causal, Soul Star, and Stellar Gateway Chakras.

Through these chakras flows incoming information that is of great benefit to our health, especially in stimulating and fine-tuning the actions of the endocrine glands and major body organs. These glands produce hormones, which in turn affect the whole body, ideally bringing about a balanced state of health and mind. Mystics and yogis (those who are proficient at yoga) know that without the flow of subtle chakra energies, which are not as yet scientifically explained, we could not live. They are our vital links to the

“Web of Life on Earth”, drawing sustenance from a great cosmic energy field that enervates our personal auric field, chakras, and physical body.



By bridging traditional practice and cutting-edge research, this book shows that you do not have to practice super-difficult yoga asanas (postures) or lengthy meditations. It makes sense to love and care for your chakras in an accessible and regular way—as an “energy medicine”—to realize your full potential and express it in the world. Simple steps to clear the clutter from your mind and home, and to tune into what the natural world and your body are telling you, can increase vital pranic energy, our life-force. Ways to calm or tonify yourself through gentle movement, relaxation techniques, [crystals](#), and [essential oils](#) can all help to bring the chakras, mind, and body into balance, by boosting levels of the life-force, prana.

In addition, because urban areas are becoming increasingly chemically and electromagnetically toxic, you can help to reduce the stresses this causes to the body by choosing to live mindfully.

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Base Chakra: Grounding

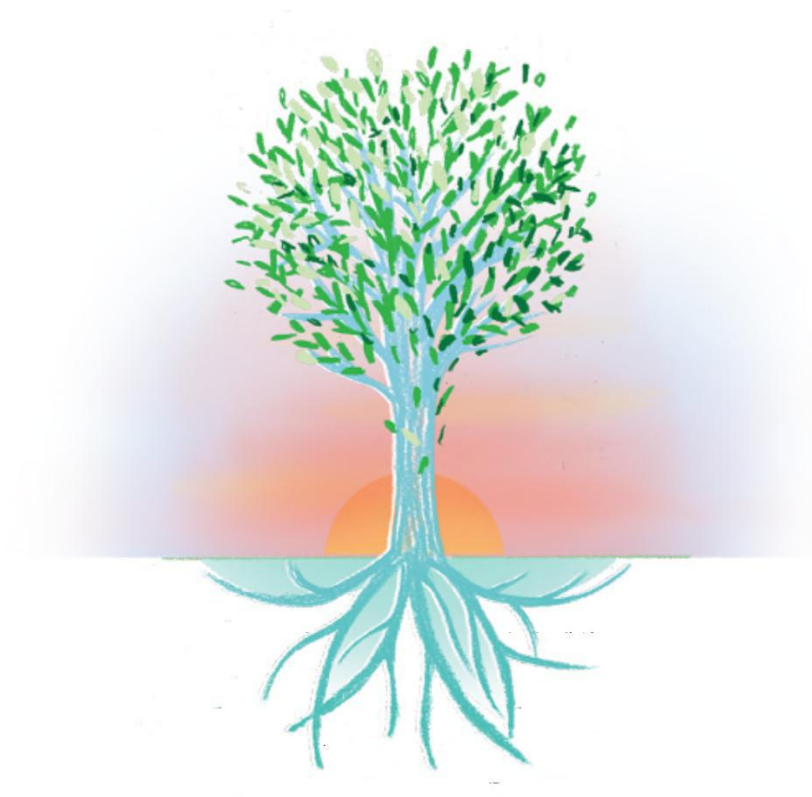


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Located within the aura (our unique energy field), near the perineum, the Base Chakra establishes us upon the Earth, as it is very active in the first seven years of life, conveying into the body all the delicate energies and cosmic encodements required for growth. As we develop beyond puberty, this chakra stimulates the endocrine glands of the sexual organs, channeling energies into our reproductive system. It is closely connected with the Earth Star Chakra.



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