

## Chakra Owen Sound

Chakra Owen Sound - According to the Hindu tradition, the chakras are centers of biophysical or metaphysical energy inside the human body. There are 7 fundamental chakras, and many consider in addition lesser chakras situated inside the body. Several modern day believers have drawn parallels between the key organs of the endocrine system plus the chakra system.

A collection of lotus flowers ascending the spine to the crown of the skull symbolize the 7 essential chakras. Every chakra has an element, and an associated colour plus source of energy and each lotus has a particular amount of petals. As the chakras proceed from the lowest to the highest, they govern increasingly spiritual functions. As an individual becomes more spiritually aware, they get in contact with the upper chakras one by one. The bottom chakra connects with probably the most fundamental physical issues, whilst the highest represents enlightenment.

The Root Chakra is said to be positioned at the foot of the spine. It's thought to symbolize basic instincts, survival and emotions of security. The root chakra is associated with the element of earth and the colour red. It's regarded to be a 4 petal lotus.

The Sacral Chakra is said to reside in the pelvis or the groin. It is associated to emotions, sexual power and creativeness. This chakra is associated with the element water and the colour orange and is represented by a six petal lotus flower.

In the area where the thorax and the abdomen meet is positioned the Solar Plexus chakra. It governs absorption, psychological function as well as power. The solar plexus chakra colour is yellow and its' component is fire. It is symbolized by a 10 petal lotus.

The Heart Chakra is said to control empathy and fondness and is associated with the chest area incorporating the lungs. The heart chakra is related to the colour green and the component of air. Its lotus has 12 petals.

The Throat Chakra is related to self-expression, growth and communication. It's represented by a 16 petal lotus and is related to the component of sound or life and the colour blue.

Another name for the Brow Chakra is the third eye. It controls perception and instinct and it represented by a two petal lotus. Its colour is indigo and it is linked to the component of light or time.

The Crown Chakra is thought to characterize the head of religious awareness or to be the link to the divine. Symbolized as a violet or white lotus with a thousand petals, its related element is space or thought.