

Find Inner Peace Through Your Chakras

Identifying what chakra is should be the first step in completely understanding the chakra meditation. The human body has vital points of energy that are used consciously or unconsciously and greatly influence the experiences that happen in our lives. The term "chakra" is used to mean these critical points.

Chakras are found in different parts of the body. All seven of these influence the areas where each of them is located and each has its own distinctive property.

A chakra located at the base of the spine is the Root Chakra. This chakra is known to have an effect on the health, structure and safety of a person. This particular chakra, also known as the coccyx, and traditionally known as muladhara, is associated with how one's body links to the material world. It is also related to a red-colored circle surrounded by four golden petals.

The Naval Chakra or svadisthana, a fundamental point located in the lower abdomen, is associated with the feelings of love, passion, sexuality as well as pleasure. People experiencing positive feelings would send feedback to this chakra, which is associated with the orange color.

Positioned just above the navel and below the chest, the Solar Plexus Chakra is a vital point influencing one's force and willpower. This chakra is where our sense of authority, discipline and self-control converge. The color yellow is linked with this chakra.

The Heart Chakra or the anahata can be found at the middle of one's chest. Love and understanding are the focus of this chakra, as well as the feelings resulting from these sensations. The color green is related to the Heart Chakra.

A critical point located in the throat area is called the Throat Chakra or vishuddha. Connected to one's communication, this chakra is also associated with the sky-blue color.

The Brow Chakra or the anja is a vital point located on the forehead, just above the eyes. This chakra is associated with our sensitivity outside the physical sphere and is known to the Buddhists as the region of the "Third Eye." This clairvoyance-related focus point is associated with the color indigo as well.

The central point on top of the head which is known as the Crown Chakra or sahasrara is unsurprisingly concerned with the mind and spirit. This chakra focuses on one's consciousness and the items relating to the High Self is also associated with the color violet.

Practicing the Chakra meditation can stimulate your vital energy points which can lead to side effects. Too much mental energy may not be wise to people who have less physical activity. Chakra meditation should be done with appropriate guidance from an expert. Otherwise possible personality problems may occur due to improper chakra meditation practice.