

## Chakra Abbotsford

Chakra Abbotsford - The chakras are centers of metaphysical or biophysical energy inside the body system, this is according to Hindu custom. Seven essential chakras are inside the body, but many imagine that there are also minor chakras located in the body. Some modern believers have drawn parallels between the key organs of the endocrine system and the chakra system.

A collection of lotus flowers ascending the spine to the crown of the head characterize the 7 essential chakras. Each chakra has an element, and an associated colour plus mine of energy and every lotus has a specific number of petals. As the chakras advance from the lowest to the highest, they govern increasingly spiritual functions. As an individual gets extra spiritually conscious, they become in touch with the higher chakras one by one. The lowest chakra relates to probably the most primary physical concerns, while the highest represents enlightenment.

At the foot of the spine is the Root Chakra. It is imagined that it stands for survival, primary instincts, and emotions of security. The root chakra is related to the component of earth and the colour red. It is seen to be a four petal lotus.

The Sacral Chakra is said to live in the pelvis or the groin. It is associated to feelings, sexual power and creativeness. This chakra is associated with the element water and the colour orange and is typified by a 6 petal lotus flower.

In the region where the thorax plus the stomach meet is located the Solar Plexus chakra. It governs absorption, mental function as well as power. The solar plexus chakra colour is yellow and its' element is fire. It's typified by a 10 petal lotus.

The Heart Chakra is said to govern sympathy and love and is associated with the chest region including the lungs. The heart chakra is related to the colour green and the component of air. Its lotus has twelve petals.

The Throat Chakra is said to self-expression, growth and communication. It is delineated by a 16 petal lotus and is related to the element of sound or life and the colour blue.

The Brow Chakra is as well referred to as the third eye. It is represented by a 2 petal lotus and said to govern perception and insight. Its colour is indigo and it is linked to the component of light or time.

The Crown Chakra is considered to represent the top of spiritual awareness or to be the link to the divine. Represented as a violet or white lotus with a thousand petals, its related element is space or thought.