

Seven Chakras

By Gretchen Stelter

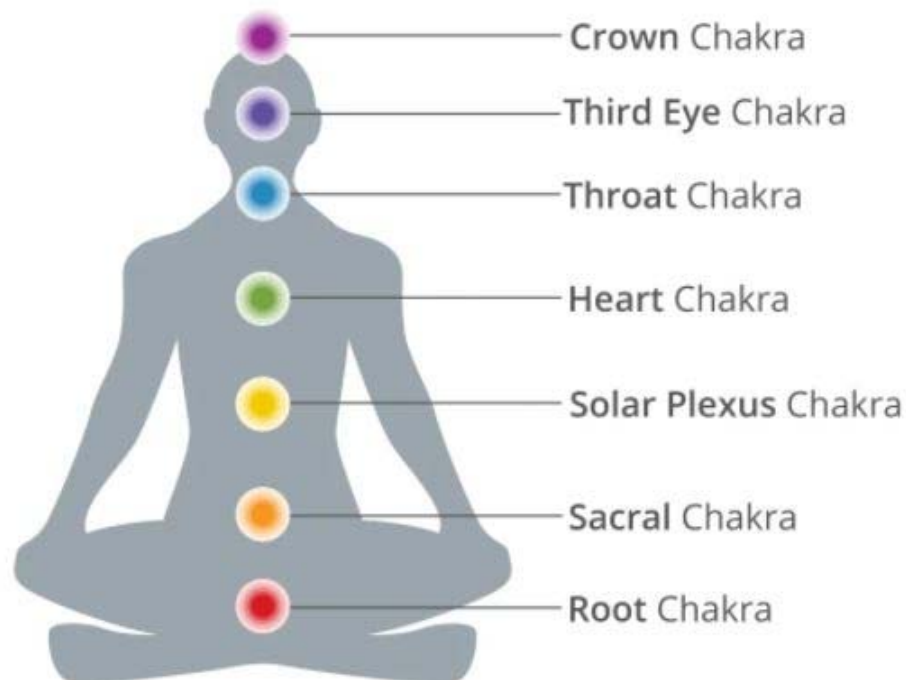
Chakra (cakra in Sanskrit) means “wheel” and refers to energy points in your body. They are thought to be spinning disks of energy that should stay “open” and aligned, as they correspond to bundles of nerves, major organs, and areas of our energetic body that affect our emotional and physical well-being.

Some say there are 114 different chakras, but there are seven main chakras that run along your spine. These are the chakras that most of us are referring to when we talk about them. Each of these seven main chakras has a corresponding number, name, color, specific area of the spine from the sacrum to the crown of the head, and health focus.

The benefits of Tai Chi are increased relaxation, mindfulness, balance, increased energy, flow, softness, presence, harmony, and the continuous cultivation of internal power.

Internal energy is present in all life, but blockages can occur and frequently do. These exercises serve to assist with encouraging the flow of the internal energy through the meridian energy network which leads to increased wellbeing and relaxation, which in turn reduces stress and removes tension.

People carry a significant amount of tension in the body so practicing Tai Chi and Qi Gong can help greatly in undoing some of this negative tension.



Root Chakra

Location: The base of the spine in the tailbone area

Color: Red

Meaning: Physical identity, stability, grounding

Sacral Chakra

Location: Just below the bellybutton, just above the pubic bone

Color: Orange

Meaning: Sexuality, pleasure, creativity

Solar Plexus Chakra

Location: The upper abdomen, in the stomach area

Color: Yellow

Meaning: Self-esteem, confidence

Heart Chakra

Location: The center of the chest, just above the heart (the area called the "heart center" in some yoga classes)

Color: Green

Meaning: Love, compassion

Throat Chakra

Location: The throat

Color: Blue

Meaning: Communication

Third Eye Chakra

Location: Between the eyes, on the forehead, which is why it's also known as the "brow chakra"

Color: Indigo

Meaning: Intuition, imagination

Crown Chakra

Location: The very top of head

Color: Violet or white

Meaning: Awareness, intelligence