



## Introduction to The Chakras

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Introduction  
 Root  
 Sacral  
 Solar Plexus  
 Heart  
 Throat  
 Third Eye  
 Crown

-----  
 Kundalini  
 Chakra Overview  
 Meditation  
 Aroma Therapy  
 Earth Chakras  
 Aura Exercises

-----  
 Reading Room  
 Metaphysical Links

-----  
 Contact  
 Home

The energy of the body is a very dynamic system. The oriental system of medicine is the most common form of energy healing. The Chinese revealed energy patterns in the human body. These patterns or regions of the skin became sensitized when there was impairment in the organ's functions. Organ function and skin points were mapped very diligently by the ancient culture. Only in our modern world have scientists been able to actually detect the subtle energies the body emanates. Japanese hospitals are using a sophisticated diagnostic tools premised on the energy flow within the body.

Acupuncture actually stimulates healing power by allowing the body's circuitry to be opened. To begin understanding this in Western terms we need to accept the interchangeable nature of matter, energy, mind and body. Energy Physics (astronomy/science links) defines the law of how matter and energy are really the same thing. In many spiritual beliefs and practices the view of the body and spirit is One. Matter is just a denser form of spirit, but it is still spirit. Einstein showed that mass and energy are not merely equivalent, but interchangeable. The laws of atoms define the body *and* the Universe.

If you find the topic of body/spirit and mass/energy interesting, the section on [Physics and Consciousness](#) may interest you, just click the link for a new window.

Another link here shows the connection and study of matter/energy/information and heart energy [The Heart's Code](#) by Dr. Paul Pearsall.

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*In the Eastern world, medicine is looked at emotionally and spiritually and treats the cause, whereas the Western world views medicine as mechanical and treats the symptoms. The two worlds are slowly merging as technological advances are made.*

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The body is a very special energy being. The Chakras are the main power points on the body that relates to the Chinese healing art of acupuncture. Many ancient cultures knew of these power points so they are assuredly not new. Each power point has a particular function corresponding to the mind and body. Learning to attune to these points will help you physically, emotionally and spiritually. The better you become at listening to you body, the healthier you will be in all areas of you life.

One way of "listening" to the body is noticing how sounds - music

effects us. We have been around music since our conception...the drumming of the mother's beating heart. Music and rhythms are life itself and is found throughout nature and our world. When one hears a beautiful melody it stirs and quiets the soul. Whether it be via musical instruments, singing, chanting or humming, the body and mind harmonizes and the energy system becomes stabilized as each cell responds the notes and resonates with it's primal force. There are some links regarding the field of Vibrational Medicine listed under the [Metaphysical Links](#) if you care to follow up on that aspect.

Another property that helps in "listening" to our body is through the sense of smell. Many clinical studies have been done to show the relationship our sense of smell has on our emotional well being and dictates our behavior . Certain aromas will stimulate, revive and calm our minds such as peppermint- invigorates, lavender-relaxation, chamomile-soothing. We can choose to apply fragrances by diffusers, candles and teas to set an ambience for any occasion. Aromatherapy is a delightful way to help one calm and center the mind so the body can repair, heal and expand its energy.

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You will find information here regarding the individual chakras and their dynamic properties, an example of a meditative technique with some aromatherapy information, an explanation of the kundalini along with the earth chakra points and links to other realms of thinking. The Chakra Overview is summarizing the entire site, enhancing what is learned from the individual chakra pages.

After many student requests and healing inquiries, a section on Auras will be added in the near future. I'm in the process of writing the pages so please check back! In the meantime, there is much to explore within these Chakra walls.

***Love and Light on your Sacred Journey into the Self!***

[Introduction](#) | [Root](#) | [Sacral](#) | [Solar Plexus](#) | [Heart](#) | [Throat](#) | [Third Eye](#) | [Crown](#) | [Kundalini](#)  
| [Chakra Overview](#)  
[Meditation](#) | [Aroma Therapy](#) | [Earth Chakras](#) | [Aura Exercises](#) | [Reading Room](#) |  
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