

Understanding Energy, Chakras, and Reiki

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Chakras are areas in the body that take in energy from outside the body, process that energy internally and express it back out again.

There are seven major chakras whose locations correspond to seven central nerve ganglia branching out from the spinal column. Each of these nerve bundles influences the subtle energy body as well as the physical body. These areas exist within the subtle body or the hidden field of energy that carries your urges, emotions, habits, as well as the imprints of all that has happened to you. They could be looked at as seven rooms that are within your temple, your body. They house the energy and organize the elements of energy as they flow through your body. Currents of energy flow upward and downward, as well as horizontal in our body. As we exchange energy with the world outside the body, we engage in the horizontal currents of expression and reception.

The downward current begins in consciousness and descends toward the ground. It starts at the crown of the head; thoughts form and become denser and more specific with each step downward until they manifest on the physical plane. You might have an idea, then form your idea into images, talk about it to your friends, and give it your energy until you manifest a finished product. If your energy is blocked, you may have lots of ideas, talk about them with your friends, but somehow they never come to completion.

The upward current, begins at the ground and rises through the body step by step toward ever more awareness, gaining increasing freedom from the imitations of the physical world with each step. It allows us to wake up new possibilities, and liberate ourselves from constricting or compulsive behaviors. If this energy current is blocked, you may not be able to liberate, which means you are limited by constricting or destructive patterns such as health problems, addictions, or compulsive activities.

As these two currents pass each other they mix together and create the vortices known as chakras. In the higher chakras we have a great deal of freedom and little substance, more flexibility and imagination. In the lower chakras, we have less freedoms we have structures and form things we can see and touch.

In addition to the vertical currents there are two horizontal ones: the currents of reception and expression. You receive energy from those around you in the form of information, emotions, love, and touch. You express what's inside of you such as, your thought, creativity, or your love. If these currents are blocked you may have compromised social interactions, or difficulty receiving and expressing one or more of the chakra-related aspects.

When life hands out it troubles as we know it does for all of us, we find ways to cope with them. In terms of energy dynamics there are two main ways of coping with such difficulties. You can increase your energy in order to deal with the problem, or decrease your energy in order to get away from the

problem. This is an adaptation of the basic fight or flight response, which is programmed into our survival instincts.

Examples of increasing your energy would be creating a fever to combat bacteria, gathering your buddies to help fight a bully, or staying up all night to study for a test. Decreasing your energy is a way of trying to get away from a threat – dissociating to minimize the pain, running from the bully, or simply deciding not to care what happens on the test: perhaps not showing up at all. As you engage in to these defenses they become hard wired into your chakra system, meaning they exhibit their patterns unconsciously, whether or not these patterns really work for you.

When used repeatedly over time these coping strategies create either excessive or deficient chakra imbalances. If you habitually increase your energy, you may find yourself overcompensating for some injury, fixating on something so that it becomes too important, or creating an excessive behavior in a particular chakra. Deficient chakras are created by habitual patterns of avoidance. Typically some of your chakras take the lead and become excessive, while other chakras retreat and become deficient. It is also possible to create both excessive and deficient characteristics within a single chakra.

For example if you didn't receive enough love or attention growing up, you might have adapted by creating behaviors to bring yourself to the center of attention, such as surrounding yourself with friends all the time. This would be an excessive response to a wound in the heart chakra. Yet another person with the same wound might become a loner and avoid social interactions as much as possible, thereby becoming deficient in the heart chakra. Others might surround themselves with people yet feel very alone, exhibiting characteristics of both excessiveness and deficiency.

Up, down, in, out, excess, deficiency; these are all aspects that need to be balanced as you examine the energy body running through your chakra system. If you can express but not receive, you are likely to become depleted, leading to deficiency. If you experience stress over time, but do not release or express it appropriately, you can become excessive. If the manifesting current becomes blocked, then you might find yourself living in your head and ignoring your body, having wonderful ideas but never finishing your projects. If the liberating current is blocked, you might find yourself repeating unconscious, compulsive habits without understanding why certain patterns persist. If you are excessive or deficient, then you get stuck in attachment or avoidance, which can block any of these currents, as well as the chakra themselves.

If you are reading this, and you are finding glimpses of yourself more than likely you are suffering from being out of balance, a blockage in your energy field, or damaged chakra's. Damage can occur in your energy field or in your chakras. With a short consultation we can determine if you need to have a Reiki session, chakra work, or both forms of treatment.

Reference: Chakra Balancing by Anodea Judith

