

## Aura and Chakra Basics

We have physical bodies, which we see in the physical world (also known as *ordinary reality*). We also have *subtle* or **energy bodies**, which include the aura and chakra system. Energy bodies are visible to shamanic healers in the spirit realm (aka *non-ordinary reality*). Other types of energy healers and psychics may also see auras or chakras in ordinary and/or non-ordinary reality.

Our **aura** (usually referred to in the singular) is actually several layers of luminous energy bubbles that surround and protect us. Our primary aura color reveals characteristics of our personality, similar to the way astrological signs generally describe us. Aura health includes the aura's color, thickness, texture, and structural integrity. Life experiences and interactions with other people can leave scratches, dents, cracks, and other markings on the aura. This is normal wear-and-tear, so our aura benefits from frequent energy healing.

**Chakras** (Sanskrit for *wheel*) are spinning vortexes of energy located along our spinal column (chakras 1-7) and emanating from our physical bodies (chakras 8+). Our life force energy (also known as *chi*, *ki*, and *prana*) flows through channels (Sanskrit: *nadis*) within the chakra system.

Each chakra is associated with a particular color and sound (among other correlations). A chakra's sound is a single syllable called a *bija* (Sanskrit for *seed*). The *bija*'s vibration activates the energy in its associated chakra. There's a wealth of online information dedicated to chakras and chakra health, so I summarize descriptions of the first seven chakras here:

- **First chakra:** This energy center, also known as the *root* chakra, is located at the base of the spine. It corresponds to the color red and vibration *lam*. The root chakra represents what grounds us and provides a sense of safety and stability in our lives, including our family and embedded values and beliefs.
- **Second chakra:** Located in the lower abdomen, the *sacral* chakra appears orange and is activated by the syllable *vam*. This chakra is related to personal expression through sensuality and creativity.
- **Third chakra:** The *solar plexus* chakra is found just above the naval. It's associated with yellow and the vibration *ram*. The third chakra is the power center related to how we see ourselves and our place in the world, including our will, purpose, power, and self-esteem.



- **Fourth chakra:** As the name suggests, the *heart* chakra is located in the center of the chest. Corresponding to the colors green and pink and the syllable *yam*, this chakra is connected to acceptance and love for self and others. It also represents our innermost dreams.
- **Fifth chakra:** The throat chakra is found in our neck. Its color is blue, and its vibration is *ham*. This chakra is associated with communication, expression, and truth.
- **Sixth chakra:** Also known as our *third eye*, this chakra is located in the center of the forehead. It appears purple (or indigo) and is activated by the vibration *am* (some people use *om*). This chakra represents our ‘third sight,’ expressed through intuitive and psychic abilities.
- **Seventh chakra:** The *crown* chakra is located just above the top our head. Its primary color is white (some people see this chakra as light violet), and its seed syllable is *om* (or *aum*). The crown chakra represents our connection to Spirit and higher states of consciousness.

As an energy *vortex*, each chakra should spin, and life force energy should flow freely between the chakras without spilling over. Stagnant life force energy and blockages in the chakra system result in illness or other life challenges. A chakra’s color(s) varies with health. Shamanic practitioners may also see, hear, or intuit messages associated with the chakras (e.g., a tiny person located in the root chakra and beating on the top of the chakra lets me know that energy is not flowing from that energy center to the second chakra).

