



# Understanding the Chakras for a Deeper Reiki Practice

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Each Reiki practitioner should devote some time to understanding the body's energy systems, specifically the chakras. Originating from the Sanskrit word "wheel" or "vortex", the chakras are swirling transformation centers, the master programs that govern our behavior, emotions, creativity, learning, and development by transmitting energy that coordinate the reception, integration, and transmission of life force energies.

**The chakras are located along the spine from the tailbone to the crown of the head.** They impact and govern the physical organs located near each chakra. Each chakra is attached to the spine and faces outward toward the front of the body. Chakras can become unbalanced in either a deficient or excessive manner. During a Reiki session, a practitioner can often sense differences in the body's energy, specifically in the area of each of the chakras. Sometimes the sense is a change in temperature, a dense or prickly feeling, or simply a subtle change in the sensation in the palms.



It is important to understand where the chakras are located, as well as how they behave, when detecting energy symptoms in a client. **Because the chakras are part of the body's high vibration energy center, they will be impacted by high vibration energy thoughts and beliefs.** Everyone carries negative thoughts and beliefs about themselves. Over time these negative thoughts and beliefs will begin to break down our body's energy systems, just as repeated exposure to harmful poisons and toxins such as ingesting heavy amounts of lead or nicotine will eventually begin to break down the physical body. The specific chakra that will be affected will depend upon the content of the negative thought or belief.

**Crystals and essential oils are tools that can be used to help strengthen the chakras.** For example, the Root chakra is concerned with basic matters of survival. A dense feeling around the Root chakra may suggest fear for physical well-being or distress around finances. Essential oils that are earthy such as **Patchouli** or **Sandalwood** can be diffused throughout the room during a Reiki session, triggering an olfactory response that influences memory and emotions, helping to clear stuck or stagnant energy and creating a sensation of stability and safety. **Tiger Eye** or **Red Jasper** are examples of crystals that are in harmony with the vibration of the Root chakra and can be used during a Reiki healing by placing them on, around, or near the body. Different stones will correspond to the vibration of the different chakras. These tools can be used to help foster conditions within the body that allow the body to begin or continue the healing process.

**There are physical exercises that can be done during a Reiki session that will also help support the chakras.** Frequently feelings of grief will settle in the Heart chakra. Physical side effects of this may manifest into heart disease, asthma, or pneumonia. Breathing exercises can clear and balance the Heart chakra, which will impact the health of the lungs. One effective technique is breathing through alternate nostrils. Close off the right nostril with the right hand, breathe deeply through the left nostril. Holding the breath at the top, release the right hand, and use the left hand to close the left nostril. Breathe out through the left nostril. Breaths should be deep and mindful. This simple exercise promotes deep relaxation and can be used at the beginning of a Reiki session to create an inner place of peace.

**Intention is a keystone of Reiki and affirmations are statements of intention.** Once a deficient or excessive chakra is identified affirmations can be used to reinforce an intention for each chakra. For example, when setting an intention before a Reiki session to clear the Root chakra an affirmation such as *“I am immersed in abundance”* or *“My needs are always met”* affirms the power and influence of the Root chakra. When working with the Heart chakra through the effects of grief, avow the intention of mending with the affirmation *“All past hurts are released into the Universe”* or *“Love and compassion for myself and others release me from past wounds”*.

These instruments are just a sampling of the many ways to enrich a Reiki practice, but knowledge of the chakras is key. The chakras are vibrant spheres of life force energy. They are the information exchange centers of the body – physical, emotional, and spiritual. **Understanding the characteristics and meaning of each of the chakras is essential for a balanced, resilient Reiki practice.** An intimate awareness of the chakras, and the tools that support them, will enhance the practice of Reiki by assisting others in moving deeper into discovery of the self, leading to an improvement in physical health and an enriched life.

