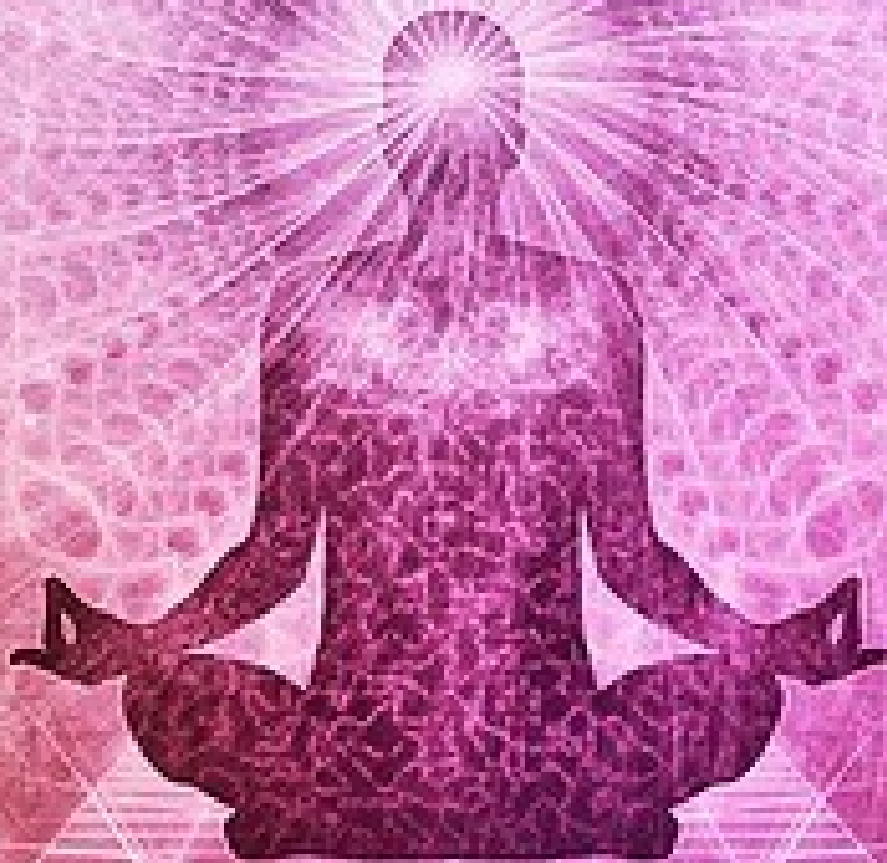


# Reiki and the Chakras



Petra Nicoll

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Through my practice and teaching Reiki, I have noticed many Master teachers skipping over or not really teaching about Chakras. They either gloss over them completely and/or give little to no information about them. As Reiki practitioners, we are working a lot (if not completely) with the subtle body. Within this subtle body are the Chakras. They are not only connected to a person's spiritual and/or emotional health but physical health as well. In my Reiki classes, it is a subject that is very much covered.

Learning about and working with Chakras can be very useful to the practitioner and the client. It helps the practitioner connect more deeply with the clients being, and very helpful to the client to continue any work they may have. There are several ways the client can continue working with the chakras once they leave. I feel it is vital for all sides.

As far as working with clients, I have worked with many clients, where I will see or feel a color connected to an ailment. For instance, I will see "red" in their knee and I will hear or feel "fear". This is connected to their Root chakra. I will then not only work on the knee but that chakra as well. It is a very powerful way to work with not only the subtle body but the physical body as well.

You don't have to see the chakras in order to work with them – just as Reiki flows to places we can't see, its no matter. This practice works with in person clients as well as distance healing clients.

Here are the locations and some basic feelings and imbalances associated with each chakra. These are the ones I am most connected with, however there are many ways to work with them as well as books and articles about their various meanings. However, I suggest not making it too complicated, and just allowing yourself to connect to these centers and see what you feel.

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## Root Chakra

**Location:** Base of the spine/genitals (also affects the legs, knees, and feet)

**Color:** Red

Some of the common feelings and signs of an imbalanced Root Chakra:

- Feeling ungrounded or unsettled (whirly)
- Lower back pain
- Tired
- Overwhelmed by Fear
- Feeling unsupported in life
- Living in the past
- Lack of direction
- Aggressive behavior
- Recklessness and carelessness
- Shame and guilt

## Sacral Chakra

**Location:** Below naval/reproductive area (sometimes affects the hips)

**Color:** Orange

Some of the common feelings and signs of an imbalanced Sacral Chakra:

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- Unable to “go with the flow”
- Feeling unworthy/worthless; not good enough/not enough
- Hormone imbalance
- Mood swings
- Cold and distant behavior; extreme detachment from others
- Lack of focus on what one wants in life
- Lack of desire; apathy
- Lack of creativity
- Sexual repression or overly sexual
- Overly needy; clingy
- Lack of confidence in relationships

## Solar Plexus Chakra

**Location:** Above naval/below ribs (also affects the whole stomach area)

**Color:** Yellow

Some of the common symptoms/signs of an imbalanced Solar Plexus Chakra:

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- Low self-esteem
- Lack of personal power/strength
- Inability to set or maintain boundaries
- Codependency
- Lack of self-control
- Depression or anxiety
- Addiction
- Stomach issues
- Difficulty gaining or losing weight

## Heart Chakra

**Location:** Center of chest (affects breast area and arms as well)

**Color:** Green or Pink

Some of the common feelings and signs of an imbalanced Heart Chakra:

- Childhood trauma
- Grief
- Sadness
- Loss
- Over-loving to the point of suffocation
- Jealousy
- Abandonment
- Anger
- Bitterness

## Throat Chakra

**Location:** Center of throat (also affects the face, jaw, teeth and neck)

**Color:** Blue

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Some of the common feelings/signs of an imbalanced Throat Chakra:

- Fear of speaking or not speaking up for yourself
- Inability to express or be in your authentic self
- Inability to express thoughts
- Shyness
- Inconsistency in speech and actions
- Social anxiety
- Stubbornness
- Detachment

## Third Eye Chakra

**Location:** Center of eyebrows (affects upper and around the head as well)

**Color:** Violet or Indigo

Some of the common feelings and signs of an imbalanced Third Eye Chakra:

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- Over-thinking
- Volatility
- Issues with self-reflection
- An inability to look at one's own fears
- Inability to have an open mind
- Day-dream often and live in a world with exaggerated imagination
- Lack of connection to intuitive knowing

## Crown Chakra

Location: Top of the head

Color: White

Some of the common symptoms/signs of a blocked and an imbalanced Crown Chakra:



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- Lack of spiritual and divine connection
- Sleep disturbances or nightmares
- Depression
- Hallucinations
- Memory disorders
- Over-intellectualization
- Neglecting physical needs, over imaginative
- Mental confusion
- Bored
- Disconnection from earthly matters
- Frustration

When you start implementing the connection to the chakras, it may be hard at first to “see” the colors. You may just feel drawn to certain areas of the body where the chakras are most powerful (as listed above). Just use your intuition to guide you. As you practice, the connection to these energy centers will become more powerful and as everything, your connection to them will evolve. I promise!

*Petra Nicoll is a Usui, Tibetan and Reiki Master teacher and Emotional Energy Coach as well as an Intuitive Healer, Teacher, Spiritual Guide, Certified Yoga teacher, **Writer** and life long seeker. In love with teaching and sharing her gifts, she teaches classes and workshops on Reiki, Meditation, Chakras, Essential Oils, Emotional Energy Coach.*

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