

## **My What's Out of Balance!**

In Carolyn Myss', Ph.D. book, *Anatomy of the Spirit* she states, "Energy medicine is a holistic philosophy that teaches, 'I am responsible for the creation of my health. I therefore participated, at some level, in the creation of this illness. I can participate in the healing this illness by healing myself, which means simultaneously healing my emotional, psychological, physical and spiritual being.'"

Individuals, oftentimes, give away their power to another person, place, or thing at various times throughout the day. And on the opposing side individuals may acquire power from, or through, something or someone else. This is a form of dependency. One may think, unconsciously, "Alone I am nothing."

When is the last time you heard someone talking about a situation that they just can't seem to 'let go' of? Usually this situation is a negative situation. This situation probably reappears at the same time they are unconsciously conducting an intuitive diagnosis. That individual is identifying how they are 'losing' or 'surrendering' their power.

As we move further along in a paradigm shift towards energy medicine, I predict, with a fair amount of certainty, that within the next decade when people go to their doctor for a checkup they will be assessed for chakra imbalance. Well first of all many of you might just be thinking, "what's a chakra" and do I need to hire a mechanic?

The good thing is no mechanics are needed! Although, a good energy medicine practitioner will be able to provide the support required.

Our physical body basically does two things, maintains homeostasis (balance), and self-corrects or repairs, when an imbalance or ill health occurs. Simply put, this is what the body does 24/7. Although trust me, these are very intricate and exquisite processes.

We also have an energy system and that's where the chakras play a very important role. The word *chakra* means disk, wheel, or vortex. Chakras are energy stations, and the meridians are the energy transportation system.

The chakras are the subtle energy centers in the body, which both sustains and energizes our physical and spiritual bodies. Each major chakra in the human body is positioned at one of seven points from the base of your spine to the top of your head.

As an energy medicine practitioner if I know your chakras I know your history. I am able to connect with your vulnerabilities to illness, obstacles to your growth, and your soul's longings. Basically your chakras, encodes a slice of 'your story'.

The chakras reveal aspects of your personality and tell a story. If two chakras are energetically cut off from one another conflict ensues. For example, the classic conflict between head and heart. If your chakras are blocked they can keep you from moving forward in life. Since the chakra holds a 'window to your past', and 'your past' affects the future, when the energy block is released you have invited

them back to their natural state of vibration and frequency and it gives your entire energy system a boost and your life unfolds.

The chakras are our 'life force energy'. When a chakra is out of alignment or blocked life force energy cannot freely flow in and out. When the chakra system slows down, or is blocked, the physical body may suffer. Some examples that would cause the system to suffer would be: stress, beliefs incongruent with Truth, lack of exercise, and the inability to express emotion.

Each chakra is associated with particular organs, mental and emotional issues, and physical dysfunctions. The following is a very brief summary of Energy Anatomy and the spiritual life-lessons represented by the seven chakras taken from *Anatomy of the Spirit*, by Caroline Myss, Ph.D.

The first chakra, red:	lessons related to the material world
The second chakra, orange:	lessons related to sexuality, work, and physical desire
The third chakra, yellow:	lessons related to the ego, personality, and self-esteem
The fourth chakra, green:	lessons related to love, forgiveness, and compassion
The fifth chakra, blue:	lessons related to will and self-expression
The sixth chakra, indigo:	lessons related to mind, intuition, insight, and wisdom
The seventh chakra, violet:	lessons related to spirituality



<b>Chakra</b>	<b>Organs</b>	<b>Mental, Emotional Issues</b>	<b>Physical Dysfunctions</b>
1	Physical body support Base of spine Legs, bones Feet Rectum Immune System	Physical family and group safety and security Ability to provide for life's necessities Ability to stand up for self Feeling at home Social and familial law and order	Chronic lower back pain  Sciatica Varicose veins Rectal tumors/cancer Depression Immune-related disorders
2	Sexual organs Large intestine Lower vertebrae Pelvis Appendix Bladder Hip area	Blame and guilt Money and sex Power and control Creativity Ethics and honor in relationships	Chronic lower back pain Sciatica Ob/Gyn problems Pelvic/low back pain Sexual potency Urinary problems
3	Abdomen Stomach Upper intestines Liver, gallbladder Kidney, pancreas Adrenal glands Spleen Middle spine	Trust Fear and intimidation Self-esteem, self-confidence, and self-respect Care of oneself and others Responsibility for making decisions Sensitivity to criticism Personal honor	Arthritis Gastric or duodenal ulcers Colon /intestinal problems Pancreatitis/diabetes Indigestion, chronic or acute Anorexia or bulimia Liver dysfunction Hepatitis Adrenal dysfunction
4	Heart and circulatory system Lungs Shoulders and arms Ribs/breasts Diaphragm Thymus gland	Love and hatred Resentment and bitterness Grief and anger Self-centeredness Loneliness and commitment Forgiveness and compassion Hope and trust	Congestive heart failure Myocardial infarction Mitral valve prolapse Cardiomegaly Asthma/allergy Lung cancer Bronchial pneumonia Upper back, shoulder Breast cancer
5	Throat Thyroid Trachea Neck vertebrae Mouth Teeth and gums Esophagus Parathyroid Hypothalamus	Choice and strength of will Personal expression Following one's dream Using personal power to create Addiction Judgement and criticism Faith and knowledge Capacity to make decisions	Raspy throat Chronic sore throat Mouth ulcers Gum difficulties TMJ Scoliosis Laryngitis Swollen glands Thyroid problems
6	Brain Nervous system Eyes, ears Nose Pineal gland Pituitary gland	Self-evaluation Truth Intellectual abilities Feelings of adequacy Openness to the ideas of others Ability to learn from experience Emotional intelligence	Brain tumor/hemorrhage/stroke Neurological disturbances Blindness/deafness Full spinal difficulties Learning disabilities Seizures
7	Muscular system Skeletal system Skin	Ability to trust life Values, ethics, and courage Humanitarianism Selflessness Ability to see the larger pattern Faith and inspiration Spirituality and devotion	Energetic disorders Mystical depression Chronic exhaustion that is not linked to a physical disorder Extreme sensitivity to light, sound, and other environmental factors

\* Here are some examples from Samatha Pennala that may help put the chakra system in perspective.

#### Chakra 1

When underactive, you tend to be overly dependent on others and have a difficult time making money and taking care of yourself. When overactive, tend to take care of everyone else, but yourself.

#### Chakra 2

When in balance, we feel emotionally comfortable with who we are. When underactive, we feel cut off from our feelings, depressed, lonely, and find it difficult to access our creative energy. When overactive, we tend to over-compensate, do things in excess or develop addictive behaviors...may also take on other's emotional issues or try too hard to please, rather than seeking self-approval.

#### Chakra 3

When balanced, we are focused and able to move forward on our goals. If overactive, we are willful, controlling, and even manipulative. When underactive, we are low in energy, lack clear thinking and can't get moving on projects.

#### Chakra 4

When balanced, we are secure, confident and use our power to empower others and create good. If underactive, we are insecure, lack confidence, and are disconnected to our spiritual purpose. When overactive, we over-identify with the problems of others and are very "scattered" with no personal center to ground us.

#### Chakra 5

When balanced, we are capable of comfortably asserting ourselves and expressing ourselves creatively, responsibly, and with ease. If underactive, we tend to withhold and repress ourselves creatively or emotionally. When overactive, we can be rigid and overly authoritative.

#### Chakra 6

When balanced, we are open to intuitive information and in touch with our psychic senses. If underactive, we doubt our own self-knowing and tend to seek the opinions of others, rather than trusting ourselves. When overactive, we over-rely on our intuition, losing touch with the real world. We are late, "spacey", ungrounded, and disconnected from our bodies.

#### Chakra 7

When balanced, we have a clear sense of who we are and of our path. If underactive, we are not in control of our lives, and have lost a sense of higher purpose or spirituality. When overactive, we feel all-powerful and feel we have the right to control other people's lives. This can make us self-delusional, oppressive, and tyrannical.

Per Jane Alexander, Author of *Balance Your Chakras for Health and Harmony*, "The chakras are precise monitors of our physical and mental well-being. Each is said to spin at a different frequency and when each chakra spins at its perfect frequency the systems of the body radiate health; emotions are centered and balanced and we enjoy optimum health and a deep sense of peace. It's a little like tuning into a radio station; if you're on the wrong frequency the sound is distorted and unpleasant; once you hit the right frequency it becomes clear as a bell. However with all the

stresses and strains of modern life it is easy for the charkas to fall out of frequency. When this happens we either fall prey to illnesses, feel under par, or we lose our emotional equilibrium.”

### **Happy spinning!!!**

**Mary Kraemer, RN** is a speaker, consultant, and author specializing in the area of health and wellness for over 20 years. Her areas of expertise lie in holistic integration and energy exchange. Mary is the author of 'Healing is an Inside Job' and she utilizes that principle as she supports her clients during their personal journey. She combines Western medicine and Eastern philosophies by empowering others to discover how to accelerate your body's rate of healing, recovery, and attraction. Mary travels the nation speaking on such topics as mind-body-energy integration for healing, stress management, and self empowerment strategies.  
[www.healthwellnessandyou.com](http://www.healthwellnessandyou.com)    [www.healingisaninsidejob.com](http://www.healingisaninsidejob.com)