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**The Centre of our Existence!**

**By Joseph Ghabi**

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The Centre of Our Existence!

Most of us have heard talk or have read something about the seven centers of energies that we refer to as Chakras. I do believe these are very important centres of our being in terms of our energy field, our aura, and most of all our own balance that can manifest into our physical body.

So what can we do about these energies and how can we balance these centres? You don't need a high level of schooling but perhaps only a few small tips that can enhance your association with the different levels of these Chakras.

These Chakras are usually associated with colors. Not simply to distinguish them, or identify them from each other, but because colors on their own play on our emotional psyche. I personally work with nine chakras instead of seven. I will go through the nine charkas and explain their characteristics. The characteristics of the Chakras, having worked with them for many years through my meditation and healing, are represented as follows: We will start from the bottom up.

The Root Chakra is the first Chakra located on the base of the spine, and its color is "Red" and its secondary color is "Black". Its characteristics are a grounding to the earth plane existence in a body. It holds the basic needs of stability, security, and survival. In our body, Root Chakra body parts include the hips, legs, rectum, kidneys, bones, colon, and lower back. Any red or black gemstones will help heal and balance this Chakra. Recommended gemstones: Garnet, Ruby as red, and smoky quartz and obsidian for black.

The Belly Chakra is the second Chakra located in the abdomen, and its color is "Orange". Its characteristics are our sexuality, self-esteem, our own personal power, and power of the world. This Chakra accesses the lower level of the emotional body and houses one's unhealed inner child. Inner child here are where the images of both this life, and past life traumas, are stored. The ability to let go of old emotions is based in this Chakra. This is a very powerful chakra. In our body, Belly Chakra body parts include the ovaries, vagina, genitals, uterus, lumbar spine, kidneys, bladder, and large intestine.

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Any orange gemstones will heal and balance this Chakra. Recommended gemstones: Carnelian (help in pregnancy), and Coral.

The Solar Plexus Chakra is the third Chakra located in the stomach, and its color is "Yellow". Its characteristics are the conscious and rational mind. Our self-confidence, personal power, and intuition is manifested here. Business, math sense, and material learning ability are focused here as well as self-empowerment and our will. Our inner child as part of our Soul is housed there and that can help to bring us our survival tools. Solar Plexus body parts include the stomach, bladder, pancreas, small intestine, liver, and gall bladder. Any yellow gemstones will heal and balance this Chakra. Recommended gemstones: Citrine or Yellow Sapphire.

The Heart Chakra is the fourth Chakra located in the heart, and its color is either "Green" and as

secondary color "Pink" pending on the persona state of mind. Pink will represent earthly love and that the person is looking for love. Green is more universal and unconditional love for self and for humanity as a mean of compassion. Its characteristics are that it is very important to give and receive love. It is about the ability to love yourself and others. Heart Chakra body parts are the heart, circulatory system, lungs, shoulder and the upper back. Any color of pink or green gemstones will heal and balance this Chakra. Recommended gemstones: Modalvite and Malachite for the Green, and Pink Crystal Quartz and Kunzite for the Pink color.

The Throat Chakra is the fifth Chakra located in the throat, and its color is "Light Blue". Its characteristics are expression, hearing (include psychic hearing), receiving others, communication, and creativity. It holds the blueprint of the physical body. Possibility for change, transformation and healing are located here, including healing one's future verses the past, through karmic release. The throat can store our anger, and what we need to let go of. Throat Chakra body parts include the throat, neck, jaw, teeth, ears, hearing, and the thyroid gland. Any light blue gemstones will heal and balance this Chakra. Recommended gemstones: Aquamarine, Blue Tourmaline or Turquoise.

The Third Eye Chakra is the sixth Chakra located between our brows, and its color is "Indigo". Its characteristics are where we see beyond physical realities into the psychic realm, for understanding of the non-physical truth. It is defined as the place of the Goddess Within. Third eye Chakra body parts include the eyes, face, and brain. Any indigo gemstones will heal and balance this Chakra. Recommended gemstones: Azurite and Sapphire.

The Crown Chakra is the seventh Chakra located on top of our head, and its color is "Violet". Its characteristics are that it is the first point where the Soul enters into the body at birth through its return journey into this plane. It is defined as the place of the Goddess herself. Crown Chakra body parts include the spine and nervous systems. Any violet gemstones will heal and balance this Chakra. Recommended gemstones: Amethyst and Serenite.

The Connection Point Chakra as I call it is the eighth Chakra located few inches from the crown Chakra and its color is "Clear or White". This is where communication with your guides and loved ones will take place and bring clarity to your link to guidance and peace. It is beyond our physical body and rarely has any effect on us. Any white or clear stone will heal and balance this Chakra. Recommended

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gemstones: White and Clear Quartz.

Oneness with the source Chakra as I call it, is the ninth Chakra located a few feet higher than the Connection Point Chakra and its color is "Gold". This is the level on which the soul works. The experience on meditating on this will differ for each of us as individuals because our experiences on a soul level are unique to each, every one of us for our own evolution at a soul level. It is a very high and strong Chakra, and it may be uncomfortable for some people. It will take some practice to get use to its energy. I never used any Gemstone for this Chakra but it is essential to have balanced the complete Chakra for it to work properly. You can use a mixture of the eight Gemstones from the different Chakra's to heal and balance it.

I personally use the last two Chakras, but they are not necessary when first starting to use your Chakras when you start meditating. Once you become familiar with your centre points and try to tap into their energies then those Chakras can offer you some benefit and they will have their effect on you.

Chakras are a very important part of our life and we may accept this or not. It is a personal choice.

Whatever your preference is on the subject, you will feel its effect in your daily life.

Joseph Ghabi's early career began rather 'technically' with a Bachelor of Science in Electrical Engineering and a Master of Science in Computer Science. Always intrigued by spiritual phenomena, Joseph's spiritual life began rather early in life. At the age of eight he discovered his clairvoyance. Joseph is a natural medium presently teaching meditation, numerology and healing.

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**By C. Bailey-Lloyd/Lady Camelot**

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by C. Bailey–Lloyd

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