

REIKI - AURAS AND CHAKRAS,

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PART I

The two oldest recorded healing systems both viewed the human body from a holistic and energetic approach, recognizing that the body includes the physical, mental, emotional and spiritual components. The auric field and chakra system come from the Ayurvedic Tradition and the meridian system comes from Traditional Chinese Medicine. Both of these systems map energy pathways in the human body and used this knowledge to assist the body in healing itself. It seems both of these systems of accessing the body's energies interconnect when we discuss healing the body from a holistic approach by addressing the physical, mental, emotional and spiritual components.

Aura (energy field)

The aura, which is Greek for breeze, surrounds every creature and everything in nature. Auras surround stones, animals, humans, plant life and even trees. Auras surround anything that has a vibration.

The aura is the protective atmosphere that surrounds and embraces us, filtering environmental information. The aura is said to have seven bands, each vibrating at a different frequency and each corresponding in energy with one of the seven chakras. It is believed that each auric band is attached to the body through the chakra that corresponds with it: the etheric body is related to the root chakra, the emotional body is related to the sacral chakra, the mental body is related to the solar plexus chakra, the astral body is related to the heart chakra, the spiritual etheric body is related to the throat chakra, the celestial body is related to the brow chakra and the ketheric body is related to the crown chakra.

The aura is our first energy interface and delivers information to the chakras, which in turn forwards the information to the meridian system, which transports it to our nervous system. The auric field holds the energy and location of the seven major chakras; the chakras are not directly on the physical body.

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