

The 7 Energy Points & Your Chakras for Mental, Emotional and Physical Health



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If anyone told you to keep your *chakras* open and working in order to be healthy on a mental, emotional and physical level, I would take their advice seriously.

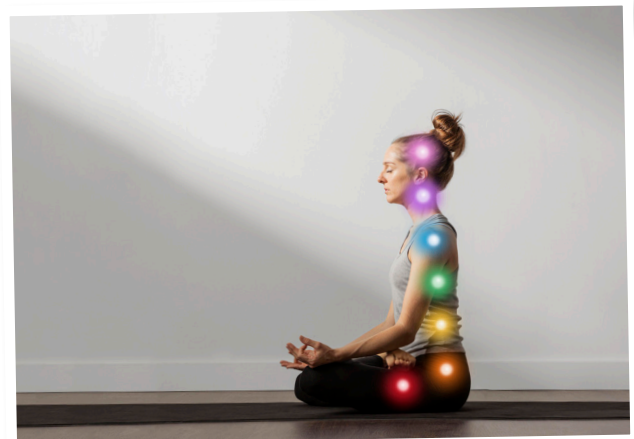
Before I get into my topic, I know many people may have an aversion to the word "*chakra*" and think they are going "against their own faith or religion" if they talk about energy centres or practise yoga." But this is totally wrong.

A "*chakra*" is a Sanskrit word which means wheel, disc of light or energy. Sanskrit is an ancient language and yoga is no more than a set of healthy beliefs and practices which help in leading a healthy life.

I had no clue what *chakras* were nor how important they were until I got into Holistic Studies. That was when I understood their role in my overall wellbeing. We have hundreds if not thousands of energy points all over our bodies and chances are you have already had some of them cleared if you've been to see an acupuncturist.

The seven energy points

Natural medicine and energy healers work with the energy centres along the body. Our seven main energy points exist



and start functioning from the moment we are conceived and up to our last breath:

1. Red: The first energy centre starts developing between the ages of 0 - 12 months and vibrates at the same frequency as the colour red

Benefits: On a mental level, this centre helps you feel safe, secure, loved, wanted and welcomed into this world. On a physical level, it looks after our full skeletal and muscular system.

2. Orange: The second energy centre develops between the ages of 6 - 24 months (yes, they all overlap) and the energy here vibrates at the same frequency as the colour orange

Benefits: On a mental level, this energy centre focuses on learning emotional boundaries, how to love yourself and have pleasure in your life. On a physical level it governs your reproductive organs.

3. Yellow: The third energy center develops between the ages of 18 months - 4 years and vibrates at the same frequency as the colour yellow. It nourishes your digestive system which is considered the engine of the body.

Benefits: On a mental level, it teaches us to believe in who we are as individuals and helps us feel empowered in order to manifest what we desire in life. On a physical level, it governs the whole digestive system.

4. Green: The fourth energy centre develops between the ages of 4 - 7 years and the energy vibrates at the same frequency as the colour green.

Benefits: On an emotional level, this centre focuses on learning about unconditional love, self-acceptance, and self-forgiveness for yourself as well as others. On a physical level, this energy center looks after the organs of the heart and lungs to name a few.

5. Turquoise: The fifth energy centre develops between the ages of 7 - 12 years and vibrates at the same frequency as the colour turquoise (light blue).

Benefits: On a mental level, it works on helping you find your voice and express your truth and love to others. This centre affects your throat, mouth, nose, ears and shoulders.

6. Indigo: The sixth energy centre develops throughout adolescence and vibrates at the same frequency as the colour indigo (royal blue). On a mental level, it strengthens



our intuition and insight. On a physical level, it helps us keep our eyes and brain healthy. It is through this energy centre that we get those 'aha' moments and say 'oh, I see what you mean', as we 'see' with our inner intuitive eye. This is the centre which is also known as our third eye.

7. Purple: The seventh centre (and certainly not the last in our reality but just for this article) vibrates at a much higher frequency and shows up either as purple or as white. This centre is your link to your spiritual beliefs and your connection to all that is God and creation.

Benefits: This energy centre has no specific time or age for growth, but continues opening until your last breath. For some people, this energy point may remain closed and dysfunctional throughout their lives. When this energy point is working well, you reach a higher level of understanding and acceptance of the world, life and the way things are. You get a clear picture of your life purpose.

The body organs in each centre are either enriched or devastated by your thoughts and words. So, if I, as an example, both think and speak words of disapproval and hatred to and about myself, I may end up creating cysts on my ovaries at some point in my life.

The deeper I get into the topic of the *chakras*, the better I understand the holistic beings that we are. If you found this topic interesting, then please look out for more on the individual *chakras* in my upcoming articles. I hope you can join me and the whole team from *Family Flavours* at our health and wellness retreats in 2024.



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