

Chakras

Chakras are energy centres located in the human body and in Sanskrit, means 'spinning wheel'. They are spiritual energy centres, which means that energy can ebb and flow. The chakras link the physical body, the ethereal body, the emotional body and the mental body. Each chakra (energy centre) is responsible for a particular area in our bodies and chakras resonate to a particular colour and this is represented in our aura. Auras clearly show our thoughts, emotions and aspirations. If we can raise our awareness to the highest energy available to us in each of the chakras, this will also show in our auras. The Rainbow Angels are here to help us achieve this. Each of us is connected to the higher realms and the Sanskrit term for this is antakarana, which means 'Rainbow Bridge'. The Rainbow Angels help us to connect with the power of colour and it's healing qualities. These beautiful Angels, link to the planet Venus and represent beauty, harmony, happiness and peace. Ask these healing Angels to bring in wonderful coloured rays of light to heal and restore. Below are some of the qualities that are connected with the seven major chakras and some ideas for bringing these colours into your everyday life.

Base Chakra (Life)

Chakra – Base of Spine

Angels of Fire and Mars

Red Ray – 'New beginnings'

Courage, Survival, Passion, Power, Fire and Drive

Good for tiredness and lethargy

Physically: Eases stiff joints

Mentally: Gives courage and strength

Emotionally: Passion and excitement

Food: Peppers, apples, strawberries, tomatoes

Flowers: Roses

Sacral Chakra (Health)

Chakra – 2" below Naval

Angels of Mercury

Orange Ray – 'New Horizons'

Self-confidence, Purposeful, Vitality, Warm-hearted.

Orange moves on - it is the colour of divorce!

Physically: Gut instincts

Mentally: Removes inhibitions

Emotionally: Lifts grief & loss

Food: Oranges, carrots, apricots

Flowers: Marigold and Lilies

Solar Plexis Chakra (Intellect)

Chakra – 3" above Naval

Angels of Air

Yellow Ray – 'Inner Strength'

Self-esteem, Communication, Clarity, Optimism, Joy.

Good for menopausal flushes and other hormonal problems

Physically: Gets rid of toxins

Mentally: Clears away negative thinking

Emotionally: Lifts depression

Food: Peppers, bananas, lemons, melons

Flowers: Daffodils and Sunflowers

Heart Chakra (Balance)

Chakra – Centre of Chest

Angels of Forests & Mountains

Green Ray - 'Inner Harmony'

Abundance, Love, Healing, Harmony, Nurturing, Growth.

Green is prosperous, especially in business – 'the good life'

Physically: Green is a tonic, Clears headaches

Mentally: Aids memory

Emotionally: Good for shock

Food: Apples, Kiwi, peas, beans, salad

Flowers: Herbs and foliage

Throat Chakra (Communication)

Chakra – Centre of throat

Angels of Water

Blue Ray - 'Spirit of Truth'

Expression, Tranquillity, Reflective, Wisdoms, Truth.

Blue brings rest – it cools, calms and slows down

Physically: Throat infections are related to not speaking out

Mentally: Clears away fears of moving on

Emotionally: Brings peace

Food: Blueberries

Flowers: Iris and Muscari

Brow Chakra (Higher Knowledge)

Chakra – Centre of forehead

Angels of the Midnight Sky

Indigo Ray – 'Spiritual Master'

Intuition, Imagination. Integrity, Inspiration, Knowledge, Power.

Indigo unravels the unknown – the Third Eye for inner vision

Physically: The strongest colour painkiller

Mentally: Pushes you to review your life

Emotionally: Cures deep hurt

Food: Grapes, prunes Blackberries

Flowers: Anemone

Crown Chakra (Higher Consciousness)

Chakra – Top of Head

Angels of Jupiter

Violet Ray – 'Spirit of Mercy'

Visionary, Noble, Service, Artistic, Enlightenment.

Seeing and hearing without using the physical senses

Physically: Immune system

Mentally: Too much purple can be depressing

Emotionally: Psychic perception

Food: Aubergines, figs broccoli, cabbage

Flowers: Lavender and Eustoma