



SUN TRIBE
Awakening
THE JOURNEY DRUM



CHAKRA MEANINGS



The chakras are the energy centres of the body where we receive energetic information from the universe.

The chakra holds this energetic information and then it translates into physical information that informs the body about life experience.

Clearing your chakras helps the energy system to release blocked energy before it gets into the body.

There are many more chakras but we are only looking into seven in the body



FIRST CHAKRA

This is the colour red. It is located at the base of the spine, near the tailbone.

It connects us to mother earth and our tribe. This is where we hold the beliefs we have learned from our family and society. When this chakra is locked we are stuck in the belief systems of our tribe, it can limit us in insecurity and fear of others and the world.

When this chakra is cleared we can be open to the world and the belief system that we can be supported by others no matter who they are. We can be open to the belief that we are unique and special and that who we are is perfect even if we have different belief systems to our family and society. we are open and accepting of all especially ourselves.





SECOND CHAKRA

This is the colour orange. This is located four fingers below the navel. This is our centre of creativity and passions.

This is where our feelings and emotions live energetically and our self-esteem and sense of how we are loved or unloved also reside here.

Our anger clogs this chakra, as does our fear or being physically or emotionally in danger.

When we clear it, we open ourselves up to creativity and romantic intimacy. It is connected with our adrenal glands and the state of fight or flight.





THIRD CHAKRA

This is the colour yellow. This is located in the solar plexus and is associated with the body's physical energy level.

This is where the world comes to us energetically and is our seat of personal power. This is where you feel into things, gut instinct or feel gutted when hurt by someone.

Clearing this chakra allows us to be successful in the world, have good relationships with others, and be clear about who we are and how we want to express ourselves.





FOURTH CHAKRA

This is the colour green and pink. this is located in the centre of the chest and is associated with the heart.

This is where we experience love for all people and creatures, for rocks and waterfalls and all that is beautiful in nature. The heart chakra is the central point in our physical energy system, as there are three chakras below it and three above it.

When we clear this area, we rid ourselves of egotism and open ourselves up to our greatest capacity for intimacy.





FIFTH CHAKRA

This is the colour sky blue. it is at the hollow of the throat and is our psychic centre. This is our centre of communication.

Speaking our truth and speaking our emotions when we need to. When this area is clogged we fixate on our own group or tribe and our own opinions.

When we cleanse it, we recognise our connection to others. We become better communicators and are open to gaining knowledge by listening to people even when we may not agree with them





SIXTH CHAKRA

This is the colour indigo blue. It is located in the middle of the forehead. It is where we experience our relationship to everything and everyone, along with our awareness that we are eternal beings.

This is where we "see" internally, it is connected with our belief system and so we see what we believe. It is our internal movie and our capacity to read energy in this world.

When this chakra is clogged we do not pay attention to our intuition and are limited in our openness to see the world for what it really is. When this chakra is open we can see with our hearts and understand where others are coming from. We are open to seeing new things and gaining new understandings of the world. When the first tall ships landed in South America the first people who could see them were the shamans, their belief systems were open to experiencing new things. The ships were so foreign to the locals that they could not see the ships, it was too out of their comfort zone.





SEVENTH CHAKRA

This is the colour violet. It is located at the very top of the head on the crown. This is where the energy of our soul moves into and through the body. It is our doorway to heaven, connecting us to the stars.

This is where inspiration arrives into the body. When we clear this centre it allows us to be open to inspiration.

We have a knowing that we are connected to everything and are open to receiving divine inspiration. When this chakra is closed we ignore our inspiration and tend to explain it away as a silly idea.

