

An Introduction to the Aura and Chakra Anatomy System

By David Ellis

Introduction to the Aura and the Chakra System

One cannot discuss the Chakra System without some reference to the Aura or Auric System. So, we will briefly look at the Aura.

When looking at each of our seven Auric Fields and our seven in-body chakras, we will consider specific key indicators about each, so we can understand how to manage our energy.

Allow your imagination to explore and imagine a cord of Light, coming down from the heavens, from Source, and this cord of Light is plugged into the top of your head, your crown chakra. There is an energy charge associated with this cord of Light, not unlike when you plug a lamp into the wall socket of your home or office to power the lamp.

What is this cord of Light? What is this energy?

This is the cord of energy that connects us directly with Source. It is the energy of Life, our life force, prana, chi, or whatever name you choose to call our life energy. But this cord of energy or Light not only provides us with energy, but it also provides us with information and guidance. As physical human beings, our physical energy is powered by our diet, our food intake, but there is more to us than physical energy.

We can have a wonderful nutritious diet and still have no energy, or feel like we have no life force or feel drained. This is why it is so important that we are plugged in and connected to our cord of Light so that it can bring us the much-needed etheric energy.

As human beings, we are all governed by our Hearts, despite what mainstream media will have us believe. We are heart based, emotional beings, our true Light resides within our Heart, not in our heads. So, it is imperative that the energy flowing from Source is able to enter the Crown Chakra, through the plug and socket, if you will, and flow down the spiritual spine through the Third Eye Chakra, and the Throat Chakra into the Heart space where all information and guidance that is offered or provided is processed by our Heart.

In order to get a feel for this section of my writing, I want you to imagine or visualized that you are plugged in and connected to this cord of Light energy, imagine as this power begins to flow into the top of your head, your Crown Chakra, imagine the sensation that you might feel, the tingling, or energy surge, as the energy begins to flow, imagine that flow, uninterrupted, gently flow down into your Third Eye Chakra, then into your Throat Chakra and onward down your spiritual spine, shooting out through each of your Chakra's and igniting with the energies of your Aura.

A perfect energy flow occurs, from your Crown Chakra to your Root Chakra, with energies flowing out of the Chakras into the Aura and back into the next Chakra and so on. A perfect harmonious flow of Light and energy.

If we have a blockage in any of our Chakra, this can lead to disease and illness in the physical Body. The blocks can be caused by a trauma that has not been processed or resolved, for example, maybe as a child or younger person, you were abandoned or unloved. The consequence of the unresolved issue is a power or energy drain, oozing from the Heart Chakra down to the Root Chakra.

Imagine the energy input into your Etheric system is like a TV. The input is 220 volts. Now imagine that our daily energy requirements are 220 volts. Therefore, we need this level of energy to live, have fun, laugh, enjoy Life, work, educate and all the things we do with our lives and our physical existence.

Now imagine we had a trauma, just like the one I mentioned above, so we invest energy and time reliving that trauma, say we invest 50 volts in that, now we only have 170 volts to live, and say we spend another 30 volts remembering an incident where our Heart was broken, and another 20 volts remembering and grieving over a loved one.

Now we are down to 110 volts, half of what we need to survive, so what happens? We become ill as we do not have enough energy to maintain our physical beings.

By understanding the Anatomy of the Aura and Chakra system and the energy requirements we have, we can learn to manage our energy more effectively so that we become health and well in our thoughts, and therefore healthy and well in our physical bodies.

I hope you enjoy this introduction journey into The Aura and Chakra Anatomy

The Subtle Bodies



The Aura System arranged in seven subtle bodies, inclusive of our Physical Body. These are layers of electromagnetic energy in and around the physical Body, which create the auric body system or, as we refer to it, as our Aura. As the energies extend outward from the physical Body, each layer overlaps on the next. For example, our physical Body's next energy field is the emotional Body; the emotional Body then overlaps into the etheric Body.

As our energy fields extend outward from the physical Body, they become lighter and lighter as the physical Body is the energy bodies' densest Body.

The seven subtle bodies can be viewed as follows:

There are three physical energy bodies, three spiritual energy bodies and the bridge, the astral Body, the bridge between the lower and higher bodies. The lower three bodies process energies are dealing with the physical plane, whereas the upper three process energies from the spiritual planes.

Note: The distances described in the chapter are guidelines, as we can learn to pull in or push out our Auric Energy over time.

First Body (The Physical Body)

The Physical Body is dense in vibration.

The Second Body (The Etheric Body)

Although this Body co-exists in a different dimension, the etheric Body is identical to the physical Body in every aspect other than vibrating at a higher rate.

Third Body (The Emotional Body)

The emotional Body is associated with feelings. It is more fluid in nature.

Fourth Body (The Astral Body)

The Astral Body is the body bridge between the upper and lower planes of energy, not unlike the Heart Chakra, which is also the bridge between the upper and lower chakras.

Fifth Body (The Mental Body)

Our mental Body or mental energy field is the collection of thought vibrations, good and bad, our thoughts and the thoughts of others that surround us.

The Sixth Body (Celestial or Buddha or Nirvana Body)

This is the spiritual energy body where a person will feel bliss and spiritual awareness.

The Seventh Layer (The Ketheric or Causal Body)

This energy field is the connection to the Source.

The word Aura comes from the Greek word "Aura." Translated, it means air or breeze. It is defined as an invisible emanation or vapours or a particular atmosphere or quality that arises from and surrounds a person or thing.

The easiest way to describe it is an organic energy field permeating all living things. Scientifically and Aura is an Electromagnetic field of energy

The Chakra System

Chakra is tunnel-shaped spinning energy vortexes of authentic coloured light energy. The word Chakra comes from Sanskrit and means "wheels" or "discs." Chakras are vitally crucial for our physical health, emotional wellbeing and spiritual growth. Each Chakra is linked to specific organs and glands, and we must always consider this link or connection so that healing works holistically

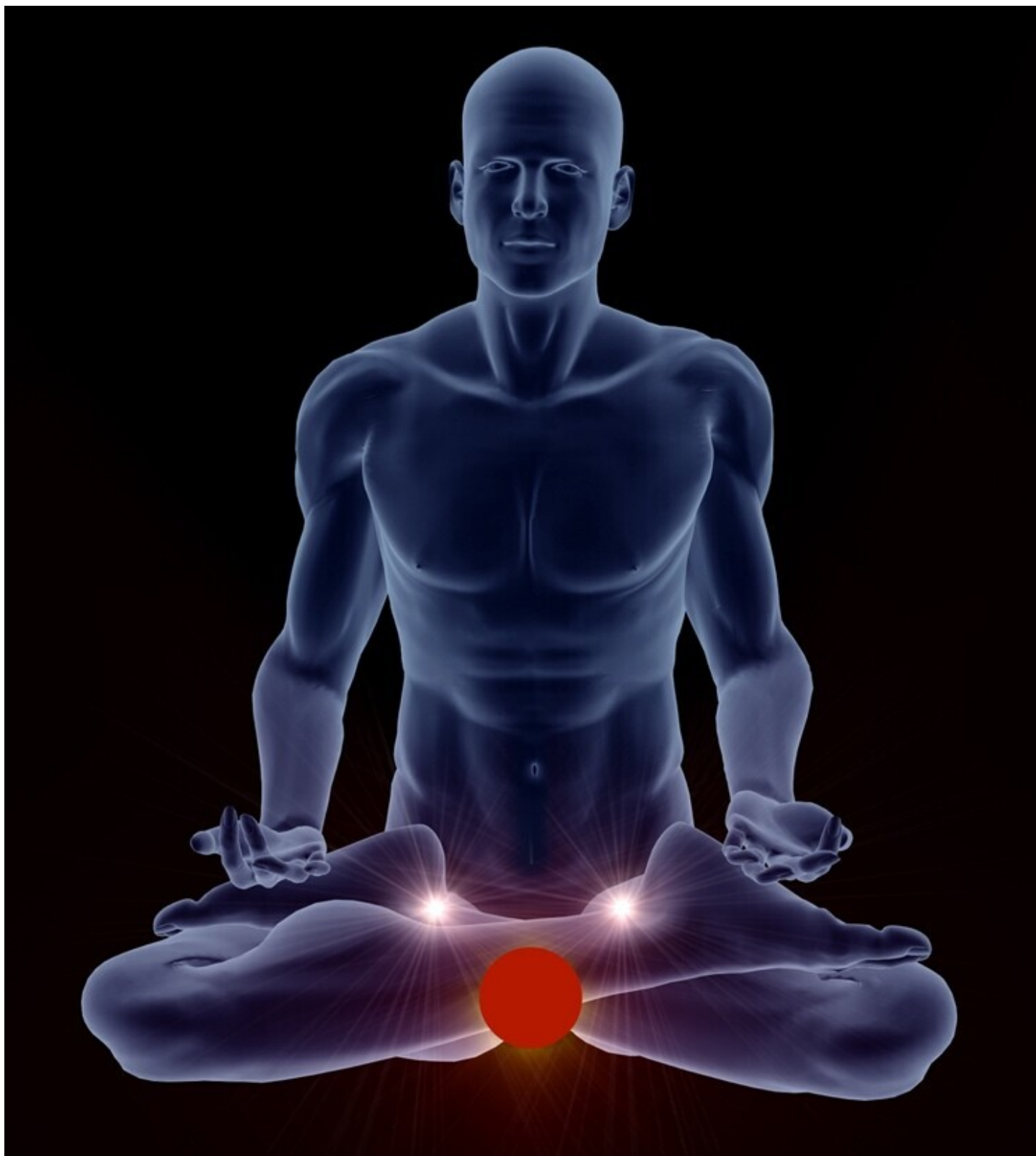
Chakra could be considered as energy reducers or step-down transformers of higher frequency subtle energies. The Chakra process this subtle energy and convert it into chemical, hormonal and cellular changes of the human Body. Each Chakra vibrates at a different vibrational frequency and Colour.

We have eight main "In Body" Chakra. However, in this workbook, we will discuss the primary seven, as the Thymus is a new chakra, which we will discuss later.

Location - Describes where the Chakra is located on the Body

Colour - The Colour that is typically associated with each Chakra. The Colour indicates the type of frequency affiliated with each Chakra. In general, the lower the Chakra is located within the Body, i.e., Chakra 1,2,3, the lower the tone or Colour of that Chakra. The lower the tone or Colour, the more earthly and human the expression is. For example; the strongest Chakra in the Body is the Root Chakra – Red, associated with tribal, family, belonging, anger, rage, etc.





First Chakra (The Root Chakra)

The first Chakra, the root chakra, located at the base of the spine, is critical to our survival. The root chakra is linked to basic survival instincts. It is connected with primal feeling and is the prime mover behind the flight-or-fight response.

The first Chakra receives its basic programming from our family.

Through this programming, we make decisions regarding our rights and will to survive.

Our earliest experiences are also recorded here, resulting in the awareness or repression of our most primal feelings.

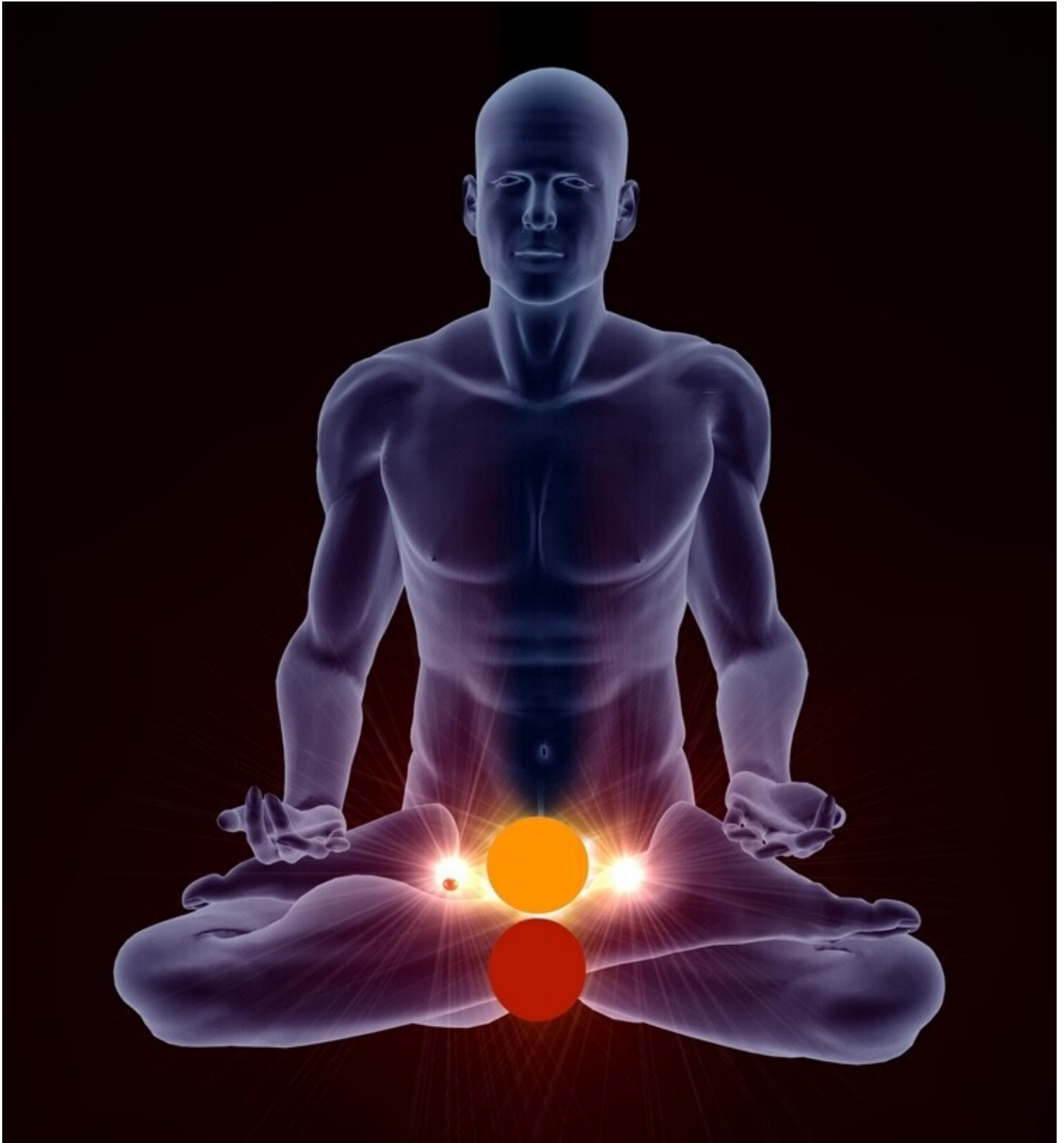
As we move through Life, this Chakra regulates our physical existence and needs, including issues surrounding sexuality and passion, and the

Quest for our most basic needs: Money. Housing. Food. Clothing, Love. The Root Chakra is about physical living, Life, passion, drive and sexual functionality, being human, and who we are on the planet.

Location- Base of Spine, genital area

Color- Red.

Crystal – Black Onyx, Garnet, Jet, Obsidian



Second Chakra (The Sacral Chakra)

Our second Chakra, located just below the navel, is the centre of our feelings and creativity. Through this Chakra, we begin to understand our interactions with the outer worlds. This Chakra is about productivity, creation, being productive, gestation.

Feelings originating here are

Generally "softer" than a feeling stemming from the first Chakra, the healthiest way to work them out is through creative or emotive expression. Regarding physical

Processes it is linked to the intestines, abdominal organs, and reproductive system.

Location - Between Pubic bone and navel

Colour – Orange

Crystals – Carnelian, Orange Calcite, Tigers Iron





Third Chakra (Solar Plexus Chakra)

The third Chakra is highly complex. Known as the "power centre, or knowing centre," it is a storage house for the judgments, opinions, and beliefs we have gathered about ourselves and the world. These judgments, in turn, affect our self-esteem and self-confidence. It is this Chakra that we "feel"

the knowing, that gut feeling in our stomach, that butterfly sensation, always being directed by the truth

Location - Just above the navel

Colour – Yellow

Crystals – Citrine, Tigers Eye, Yellow Calcite





Fourth Chakra (The Heart Chakra)

I am My Heart

I am Life

I am Light

I AM LOVE

The Heart is the centre of the human Body, the melting pot for the divine energy of the crown following down through the spiritual spine to the Heart Chakra. The Heart is love, compassion and is the centre from where all else flows. Indeed, all our decisions would be prosperous and authentic if they were to be made by the Heart, the centre of relationships, love, and compassion and Life itself.

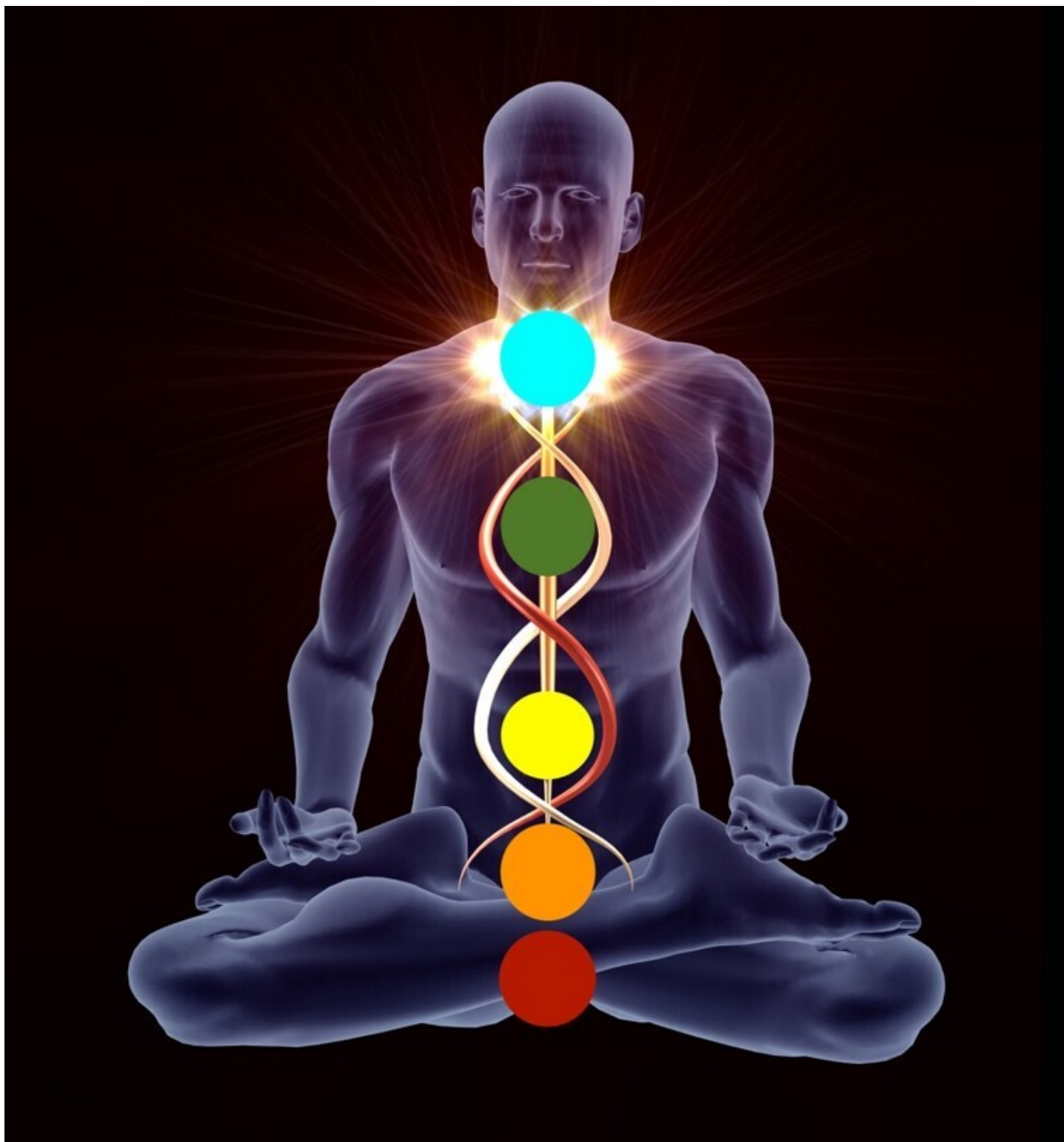
Our success depends upon evolving our hearts. At birth, the Heart is green, indicating an inborn healing ability and energy. During our adolescent and adulthood years, it should be seen as pink, as the white (Spirit) colour of the crown merge with the red (Life) colour of the first Chakra, forming the bridge. As we progress through our lives we aim to achieve

Gold in the Heart, the Colour of universal love.

Location - Chest

Color- Green, pink, gold

Crystals – Green Aventurine, Rose Quartz, Malachite



Fifth Chakra (The throat Chakra)

We express what we think, feel, see, desire, detest through the fifth Chakra. Using this Chakra, we say "yes" or "no" to Life's options. Of great physical importance, this Chakra allows us to share the information we are receiving from the invisible self.

Its physical presence involves the throat and auditory processes.

Location-Throat

Colour – Blue

Crystals – Blue Agate, Lapis Lazuli, Sodalite





Sixth Chakra (The Third Eye)

Through the sixth Chakra, we have that sixth sense ability to see the spirit world or the visual representation of those now passed from this realm. This Chakra, also called the "third eye," is our visual centre.

Through it, we obtain direct input and information from Source, our spirit guides and angels.

Linked to the pituitary gland, this centre regulates many of our hormonal aspects

Location - Brow

Colour - Indigo or Violet

Crystals – Amethyst, Charoite, Sugilite





Seventh Chakra (The Crown Chakra)

Connected to the pineal gland, cerebral cortex, and our higher chakras, this Chakra regulates many in and out of body functions. Currents of energy are taken into the Body through a stream entering the crown chakra.

The "psychic centre" for higher knowing receives the spiritual energies and guidance necessary to activate our purpose. Because it is connected to higher planes, the seventh Chakra is seen as the centre of our divinity, the place through which we know our unity with the Divine Source and all other spiritual beings exist.

Location - The crown (the baby's soft spot)

Colour White or Violet

Crystals – Clear Quartz, Howlite, White Apophyllite



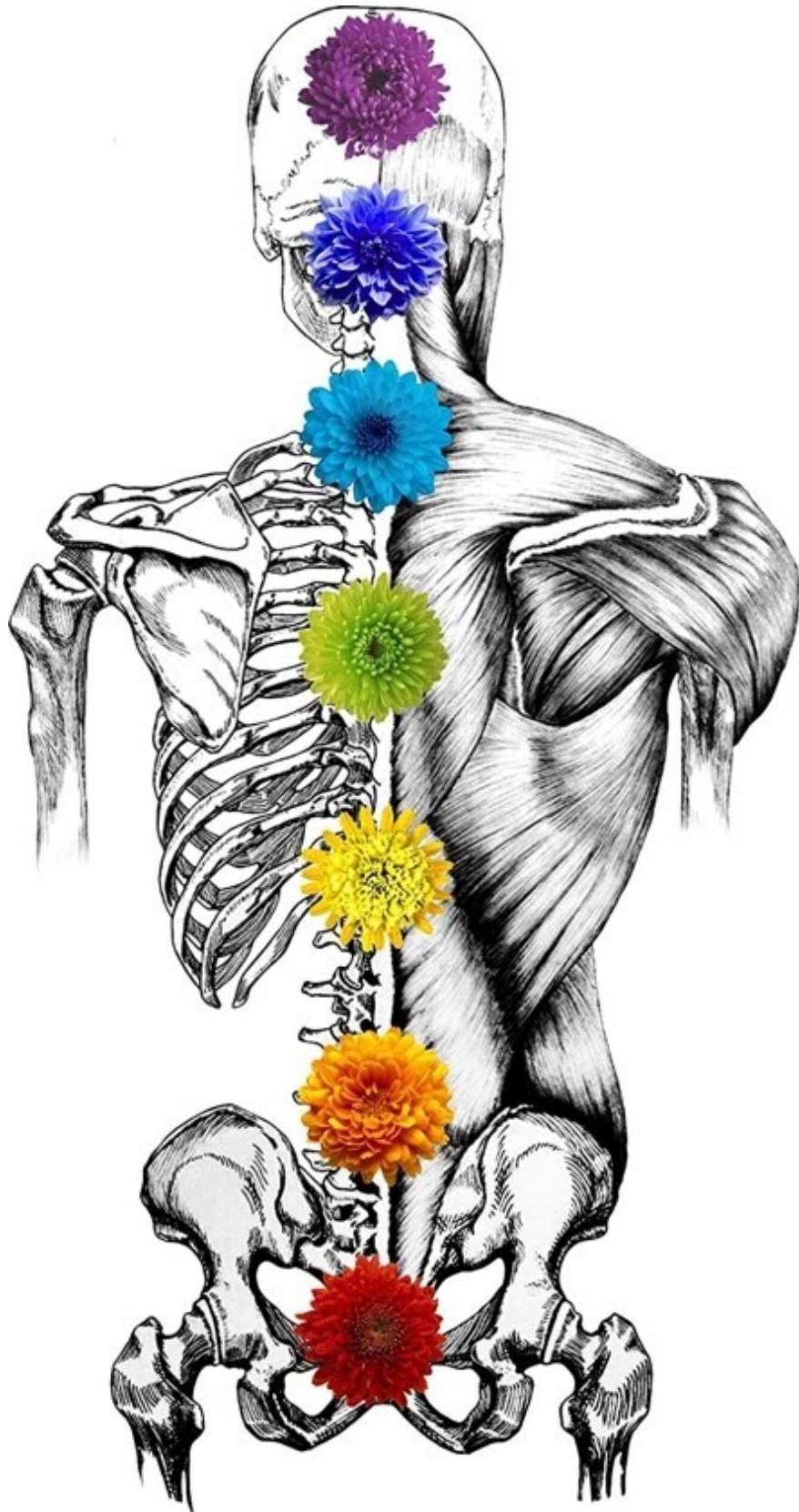
Gaining Access to Our Human Chakras

Ways of experiencing the human chakras are multi-fold. Many of us rely on our intuition to find these centres. We might be able to psychically see, hear, or feel (hands-on or through the "knowing sense") these energy centres. A few people can actually see the chakras with their physical eyes. Studies at UCLA have produced audiotaped sounds of these energy centres. The Aura and the Chakra can be seen by using an imaging system that records the Electromagnetic energy around and through the Body

Using a pendulum, one can find the chakras using pendulums, devices made of crystal or wood or metal hung on a chain. To use a pendulum, pause and hold the pendulum, be silent, and after a moment, says, I am "your name", I am my Heart. In your mind, ask your guide to allow the divine energy to flow through you and the pendulum. The tester hangs the pendulum over one of the subject's chakras. The subject is usually as surprised as the tester to find the pendulum acquires a life of its own, moving with the frequency and directional flow of the Chakra.

An example of chakra analysis for the purpose of healing would be, if you have cirrhosis of the liver, you can deduce you have issues in your third Chakra. Knowing that the solar plexus contains the liver, you can examine the functions of the third Chakra is the seat of self-esteem and personal power; perhaps you are angry with men for being judged as a child and need to examine your self-esteem in regard to these judgments.

Chakra energy can be as complicated or as simple as we make it. The most reliable method for working with this energy and information is to listen to our intuition, that deep, quiet voice within us that knows, sees, and is.



About the Author

Meet David Ellis

David was a successful Hospitality entrepreneur in his late thirties when he realized there was something missing from his Life. A calling or yearning to help other people, which was alien to him as his career had been very much involved in the hospitality industry since he had left school at the age of fifteen. The feelings grew stronger, and the need to resolve this growing void within grew like a hunger.

David recalls being in his office one day on Dawson Street, in Dublin, when he had this strange urge to go visit Waterstones Book Store, a shop, only a few meters from his office, yet he had never been in the store as David was not a book lover. He recalls being so drawn to buying a book called "The Power of crystals' by Michael Gienger. That was in 1992 and today, thirty years later, David still has this book and explains that it was the catalyst of change, although, at the time, he was unaware the affect the book would take.

David began to read the book and found it so complicated, he put it down and did not open it again for another six years. It was then he realised the power of Crystals.

In those six years, he came across a course in

Colour Therapy and was intrigued by the concept of energy, and the effects Colour could have on the body and mind, and so he began to study this modality of healing and in 1998, became a Colour Therapist. This was the doorway, the opening to learning a whole new dynamic of living, understanding and career. David realised this was only the tip of the ice berg and perused course after course, learning and absorbing like a sponge for knowledge into the world of energy healing.

When he became a therapist, he continued his business entrepreneurship, but says, nothing interested him as much anymore as the human energy field.

Using his life experience and academic learning, he began his practice as a Colour Therapist, he helped clients to reduce stress in their lives, to find harmony and balance between career and family, and he educated his clients on the importance of paying attention to the present, and the awesomeness of nature.

David went on to study Stress Management, Crystal Therapy, and REIKI and used those modalities in his work, but he felt he lacked mind skills and so he went on to study Counselling, Cognitive Behavioural Therapy, Neuro-Linguistic Programming, and Hypnotherapy.

David opened the Atlantis Institute in 2008, where he wrote his own course work and delivered courses in Colour Therapy, Crystal Therapy and Aura and Chakra Anatomy. He continues to facilitate courses online at www.AtlantisInstitute.org

He subsequently moved to Spain, where he continues his work as an author and course provider.

He has written a number of books on Crystals, Colour and Stress Management and [many articles on Energy Healing and the Mind](#).

His motto is:

"If I have no honour or integrity – then I have nothing".

Links

You can watch Free Videos on Crystals on the link below

<https://www.atlantisinstitute.org/resources/?type=videos>

Learn to become a Colour or Crystal Therapist on the link below

<https://www.atlantisinstitute.org/holistic-courses-begin-your-journey-here-into-the-holistic-world/>

An Introduction to the Aura and Chakra System

An understanding of the Energy flow within our Aura and Chakra system is of paramount importance if we want a life of optimum health and wellbeing.

In this book, we explore the energy origination and flow within the Chakra system and briefly identify the purpose of the Aura and its levels and the Chakra system.

If we have a blockage in any of our Chakra, this can lead to disease and illness in the physical Body. The blocks can be caused by childhood or adolescent trauma, emotional trauma in adulthood, grief, sadness, pain, and a host of other emotional issues including stress.

As human beings, we are all governed by our Hearts, despite what mainstream media will have us believe. We are Heart based, emotional beings, our true Light resides within our Heart, not in our heads. So, it is imperative that the energy flowing from Source is able to enter the Heart Chakra through the Crown Chakra,

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