

Chakra energy work in Massage – What are chakras?

The word Chakra is derived from the Sanskrit meaning Wheel or circle or disk.

The earliest mention of chakra came from the ancient Indian text Rigveda and Yoga Upanishads, dating from about 1500 BC. The chakra refers to the seven energy centers in the body, located along the central line of the body between the base of the spine to the top of head. The function of the chakras is to receive, process and distribute energy in order to keep the spiritual, mental, emotional and physical health of the body in balance.

It is thought that by focusing on each of the chakras and meditating, helps open up these energy centers for spiritual development.

If a chakra is blocked, then energy gets blocked which affects our physical, emotional and spiritual health.

How you may ask?

Each chakra is associated with a color, a location, an element, an endocrine gland, a sense, a musical note, gem, essential oil and herb.

How is chakra work incorporated in Massage?

The core of this chakra work is intent.

When the Massage therapist's intent is to help the client in their healing process, then healing is facilitated through the massage. Effective massage therapists use the positive, helping intent as their guiding force while providing the service.

Hence Chakra work can be incorporated in any type of massage as long as the therapist has a helping intent.

A therapist utilizes multiple ways to open a blocked chakra and clear that chakra to help bring balance to the client's energy patterns.

The Therapist might place gemstones on the chakra locations to harmonize the client's energy while providing warm stone massage.

Let us look at the location, color, endocrine gland, musical note, essential oils, herbs, gem and element related to each chakra from the Base of spine to top of Head.

First Chakra – Root Chakra

Location: Pelvic Floor /perineum at the base of spine

Sanskrit name: Muladhara

Gland: Adrenals

Color: Red

Main Concern: Survival, Physical Needs

Body Part: Bones, Skeleton

Identity Intention: Physical, Self- Preservation

Element: Earth

Essential Oils: Cinnamon, garlic, sandalwood

Herb: Mug wort

Gem: Ruby

Sense: Smell

Musical Note: C

Second Chakra- Sacral Chakra

Location: Sacrum, 2 inches below the Navel

Sanskrit Name: Svadhisthana

Gland: Sex Glands

Color: Orange

Main Concern: Emotional Balance, Sexuality, Sensuality, Well-being, abundance

Body Part: Sex organs, Bladder, Womb, Prostate

Identity Intention: Emotional, Self-Gratification

Element: Water

Essential Oils: Jasmine, neroli, orange blossom

Herb: Cedar

Gem: Moonstone

Sense: Taste

Musical Note: D

Third Chakra – Solar Plexus Chakra

Location: Directly below the sternum and just Above the Navel

Sanskrit name: Manipura

Gland: Pancreas

Color: Yellow

Main Concern: Personal Power, Self- Worth, Self-Esteem, Confidence

Body Part: Digestive Tract, Muscles

Identity Intention: Ego, Self-definition

Element: Fire

Essential Oils: Lemon, grapefruit, juniper

Gem: Yellow Sapphire, topaz, citrine

Herb: Rosemary

Sense: Sight

Musical Note: E

Fourth Chakra – Heart Chakra

Location: Middle of Chest

Sanskrit name: Anahata

Gland: Thymus

Color: Green

Main Concern: Love and Relationships, unity, peace, purity and innocence.

Body Part: Heart, Chest, Lungs, Circulation

Identity Intention: Social, Self- acceptance

Element: Air

Essential Oils: Rose, carnation, lily of the valley

Gem: Emerald, rose quartz

Herb: lavender

Sense: Touch

Musical Note: F

Fifth Chakra – Throat Chakra

Location: Base of Neck

Sanskrit name: Vishudda

Gland: Thyroid

Color: Blue

Main Concern: Communication, Will, creativity, truthfulness, Integrity.

Body Part: Mouth, Throat, Ears

Identity Intention: Creative, Self-expression

Element: Ether

Essential Oils: Blue chamomile, gardenia, ylang-ylang

Gem: Blue Sapphire, Blue Pearl

Herb: Wintergreen

Sense: Hearing

Musical Note: G

Sixth Chakra – Third Eye Chakra

Location: Above and Between Eyebrows

Sanskrit name: Ajna

Gland: Pituitary

Color: Indigo

Main Concern: Intuition, Wisdom, Discernment, Knowledge, imagination

Body Part: Eyes

Identity Intention: Archetypal, Self- Reflection

Element: Light/ Telepathic Energy

Essential oils: Camphor, sweet pea

Gem: Lapis

Herb: sage

Sense: Sixth Sense

Musical Note: A

Seventh Chakra – Crown Chakra

Location: Top of Head

Sanskrit name: Sahasrara

Gland: Pineal

Color: Violet, Gold, White

Main Concern: Spirituality, enlightenment, grace, serenity

Body Part: Skin, Brain, Energy

Identity Intention: Universal, Self- Knowledge

Element: Thought/Cosmic

Essential oil: violet, lavender, lotus

Gem: Alexandrite

Herb: Frankincense, Myrrh

Sense: Beyond Self

Musical Note: B

Reference: Theory and Practice of Therapeutic Massage by Mark F. Beck.