

CHAKRAS AND MORE

My aura sets an example of a healthy person's aura. Mine is light, transparent, has a shape of an egg. The yellow color characterizes a creative, good-natured, intelligent and an optimistic person. Thus, a person having such an aura is able to help others.



All his chakras are harmonious and balanced. Chakras are rapidly rotating energy centers. Our energy body comprises seven primary and lots of secondary chakras. Each of them radiates a specific light of one of the rainbow colors. If we look at my aura, we'll see that it contains all the spectrum colors. This once again proves our unity with the Universe, the Space. A human being is a micro space, an integral part of the Macro space.

Each of the seven chakras is responsible for definite life aspects and situations.

The first chakra **MULADHARA**, or the root chakra, is located at the bottom of the spine. It radiates red light. The main goal of this chakra is survival. It supplies the rectum and the locomotor apparatus with energy. It means that the energy supply decrease in this chakra provokes the diseases of the corresponding body parts.

At the emotional level this chakra is responsible for bravery and persistence, at the sensory - for smell. It also influences a lot teeth, nails and brains. This chakra plays the leading part in the struggle for survival.

The second chakra **SWADHISTHANA**, or the sacred chakra, is located at the sacrum level, about 2 inches below the navel. It radiates orange light, feeds the

intestines, kidneys and the genitourinary system. This chakra belongs to the water elements and, thus, corresponds to all the fluid functions of the body.

It stands for sexuality, creativity and emotional balance. The energy misbalance in this sphere can cause such illnesses as arthritis. Scarce energy supply in Swadhisthana arouses irritability, despondency and touchiness. Excessive stimulation of the chakra leads to aggression and despotism.

The third chakra **MANIPURA**, or the solar plexus chakra, is located in the solar plexus area. It radiates yellow light. The chakra controls vision and the digestion system; it feeds the liver and spleen.

The chakra predetermines the person's sensitivity, and at the emotional level ensures self-confidence, self-respect and optimism. However, unfair and immoral actions can cause the accumulation of aggression and negative emotions in the chakra. Excessive stimulation of the chakra turns a person into a fussy and demanding workaholic. The energy deficit in the chakra makes a person self-unconfident, shy and indecisive.

The fourth chakra **ANAHATA**, or the heart chakra, is located at the heart level in the middle of the thorax. It radiates green light and is responsible for love, harmony in relationships and compassion. It controls the sense of touch. It feeds the cardiovascular system, thorax, spine and arms.

At the emotional level the chakra responds for compassion, self-respect and respect for others. Excessive stimulation of this chakra makes people choosy, overpowering and naughty.

The fifth chakra **VISHUDDHA**, or the neck chakra, is located at the throat level and radiates blue light. This energy center is a kind of an idea conductor from the upper chakra to the four lower ones. The chakra is responsible for the sound and serves the speech center controlling communication and self-expression. It feeds the respiration and hearing systems, throat and skin.

At the emotional level the chakra inspires new ideas, love and mutual understanding. Excessive stimulation of this chakra makes people self-assured, arrogant and domineering. Due to a lack of the chakra stimulation a person becomes a weak and irresponsible liar.

The sixth chakra **AJNA**, or the third eye chakra, is located at the forehead level, between the brows. It radiates dark blue light. The chakra controls the mind and manages other energy centers. It feeds the head and is also connected with the bladder and intestine meridians.

At the emotional level the chakra increases the person's environmental awareness and forms his spirituality. Ajna determines intuition, including the ability for

empathy, sympathy and compassion. Excessive stimulation of this chakra makes a person haughty, authoritarian, dogmatic and overpowering. Poor stimulation of Ajna turns him to a shy and timid loser.

The seventh chakra **SAHASRARA**, or the crown chakra, is usually depicted as a lotus flower with a thousand petals. It is located in the top of the head, manages the most powerful body vibrations and radiates violet light. Sometimes in the portraits of highly spiritual people it looks like a halo.

This chakra supports the balance between the person's outer shell and his spirit. It feeds the brains. Excessive stimulation of this chakra makes people irritable, depressed and intolerable. Poor stimulation provokes the sense of loneliness, loss of desire to communicate with others and of zest for life.

When a person comes to my sessions, I check if there is some hex or curse, i.e. negative energy sent to the person by his with or without purpose by his enemy. I see it like a dark shadow behind the person. In this case the chakras lose their luster, their energy rotation is slow, and sometimes chakras may be even fractured by the negative vibration. There appear fate problems, health deteriorates and the dreams break.

If the aura, i.e. our energy shell is not cleaned up on time, the fate problems become more serious and will be passed over to the children as a karmic heritage. Karma is a cause-effect connection, or a Fate itself. Often a daughter repeats her mother's fate, while a son – his fathers'. It is caused by the karmic dirt which comes from the parents to the children. Do not look for the guilty ones, do not send curses to the offender, and do not convict yourself or the Fate in all the sins. Otherwise, you will attract even more karmic dirt. You should better pray and teach your children to pray.

As for me I like very much the prayer of the Holy Optin Old Men. But I a little paraphrased it, to make it easier to memorize. I hope God will forgive me. As God enables us to make poems to memorize things, he wants it so; I am just a tool in His hands. The PRAYER goes as follows:

Let me meet this day with peace in my soul,
Show me now all the things that the day will unroll.
Thy Will controls all, let me follow its flow,
Thy Will is Holy, it could not be more so.

Dear God, please support me and show me the way,
Teach me how to behave in the course of the day.
Let me accept any news that may come,
And to the desire to judge not succumb.

Teach me to be calm, and stand proud and tall;

It's easier to live knowing you control all.
Take control of my words and my actions, and steer
Both the words and the deeds to a better frontier.

So no action of mine would make me repent,
Assure me that you oversee any event
Teach me to behave with honor and reason
And refrain from mistreatment, dishonesty, treason.

So as to never offend or annoy,
Teach me how to act, so I won't disappoint.
My God, give me strength to live through the day,
So I'll know how to shoulder its weight, and not sway.

Let Thy will flow through me, directing the way.
Teach me, I ask you, to worship, to pray,
Teach me to hope, to believe, to forgive,
Teach me to hope, to bless, and to LIVE!

AMEN

This prayer possesses a great energy power, and it would be great to read it 3 times a day. It is also very helpful to attend the extrasensory sessions where a specialist cleans the aura, the Fate. If your intuition brings you to me, I will be happy to help.

After the energy cleaning and balancing of your energy field, you will be able to defend yourself and protect from the unfriendly energy intrusion.

You may read in detail about the defense technique in the article **About the Fish Era, Healing, Aura and Much More** which you may find on this very website.

God Bless you!
Peace to your home!

With Love and Respect,
Tatiana Trofimowa