



# CHAKRAS

## *characteristics and healing modalities*

By Ellen Kohn

This is the first of a two part series on canine chakra systems. In this issue, we'll concentrate on the lower three chakras. In the next issue we'll focus on chakras four to seven. We'll also highlight specific crystals, essential oils, and flower essences that work on the energy field to regulate the chakras and support health.

Canine chakras are sensitive energy conductors that function in two ways. First, they receive cosmic energy, allowing its flow in and out of their sensors. This vital force enters our dogs' energy fields as subtle electromagnetic currents, which the chakras direct into the endocrines. The endocrines transfer energy into the bloodstream, neurological system and individual organs. Thus, chakras translate the energy that moves between spirit and body.

Secondly, each chakra stores information in its own power center. Sensitive to outside energy fields and emotions, chakras are directly affected by physical security and environmental factors. Thus, their functionality may be compromised, eventually manifesting as physical dis-ease, or emotional issues.

Chakras can be rebalanced using color, crystals, essential oils and flower essences, among others. However intention is key to releasing blocked energy and allowing new energy to come into the electromagnetic field, where healing can occur.

## THE ROOT CHAKRA

The first, or root chakra, is located at the base of the spine. It contains all of the programming needed for survival. The root chakra represents ownership of the body, feelings of comfort and safety, and grounding to Mother Earth. Self protection is closely linked to this chakra, as is the fight or flight response.

Dogs are intuitively connected to survival instincts; their drive to eat, play, sleep and take care of their physical needs is very innate and strong. Belonging to the pack is another characteristic of the root chakra, along with loyalty to humans. We know when our dogs feel safe and secure physically and emotionally, and we understand the bonding that occurs between us, indicating a well balanced root chakra.

An overactive root chakra may display as fears of abandonment and hunger. Aggressive behavior, nervousness and mania may be present. An underactive root chakra may manifest in apathy, depression, passivity and lethargy, resulting in fear of new situations, people or dogs. Lack of trust may be present, and your dog may exhibit physical problems in the low back, hips, feet or any other lower region of the body.

## CRYSTALS

The general explanation for how crystals impact healing is as follows: Crystals may be programmed to collect fragments or unfocused rays of energy, redirecting them into a unified energy force. When used with focused intention, crystals use the unified energy to match the dog's energetic matrix. Thus, it is a type of energetic alignment that occurs between the recipient and the crystal, allowing healing to occur.

Red and black stones are commonly used for root chakra repair. Some crystals can work with more than one chakra. Others, like the **Herkimmer Diamond**, can promote accelerated healing for all seven chakras.

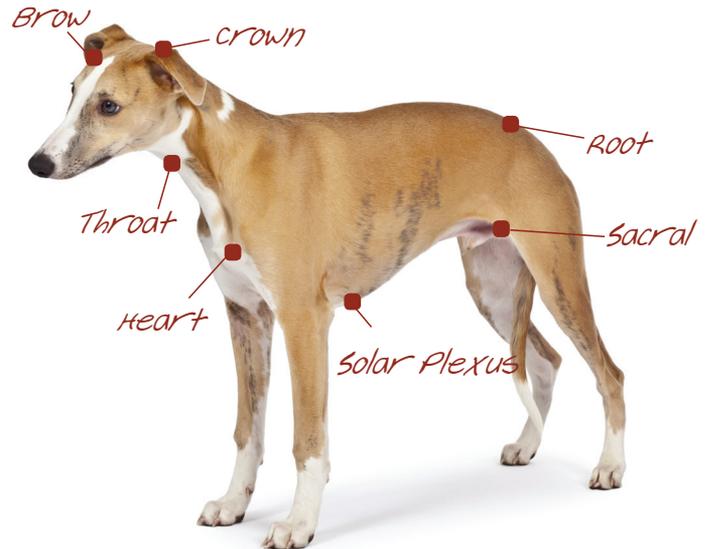
**Herkimmer Diamond** is a master healer because it amplifies the energy when used in conjunction with other crystals and stores emotions in its vibrational field. **Herkimmer** vibrates at a very high rate, signifying its ability to absorb unwanted energy, help other crystals work more efficiently, and do its work swiftly and without complication.

**Smokey Quartz** is an important crystal for grounding and calming, especially in traumatic situations. It's helpful when moving to a new home, for vet visits, and other changes that elicit fear. Grids of **Smokey Quartz** may be placed all around your dog's bed, or you can carry it with you to ground your dog (and you!) when needed.

**Rhodolite Garnet** is another important healing crystal that can help repair the chakras after shock or trauma, regenerating the aura. It will assist in removing the invisible or energetic imprint of any wound, allowing your dog to restore energy to the body part that's been traumatized.

**Obsidian and Hematite** are protective crystals, shielding negativity and absorbing environmental toxins. **Obsidian** draws out mental stress, clearing the mind and dissolving emotional blockages and ancient traumas. Both **Hematite** and **Obsidian** assist in grounding, promoting qualities of compassion and strength.

## The Canine Chakras



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## FLOWER ESSENCES

Flower essences are another way to balance subtle energy imbalances. They may be administered in your dog's water, in his mouth or on his head or ears. Sprays may be made for the home environment, bedding and car. If the remedy isn't needed, it won't cause any harm.

Sometimes you may see an emotional reaction to flower essences, but this can be a sign that the remedy is working on a deep level to release blocked energy in that chakra. You'll see when the reaction lessens, and may consider adding another remedy to the mix.

There are two Bach Flower essences that work specifically with root chakra fears. **Mimulus** can be used when your dog has specific fears that can be identified, and **Aspen** is called for when the anxiety is more general and reassurance is needed overall. **Red Chestnut** is also useful when he's worried about you or the family.

**Rock Rose** is used for terror of any type, and **Cherry Plum** is indicated to help bring control to an overly stressed or aggressive dog. Despair, lack of vitality and exhaustion may be remedied by using **Gorse** for hope, **Sweet Chestnut** for consolation, **Oak** for strength, and **Olive** for rejuvenation.

## ESSENTIAL OILS

Essential oils can also help our dogs align to the earth's energies, bringing a sense of physical security and belonging. Grounding oils include **Sandalwood**, **Cypress**, **Vetiver**, **Cedarwood**, and **Rosewood**.

**Frankincense**, **Clary Sage**, **Geranium**, **Rose**, **Melissa**, **Vetiver**, **Patchouli**, and **Ylang Ylang** can work with feelings of isolation, fear and depression. **Lavender**, a supreme healer, has numerous benefits for all of the chakras and can be calming, uplifting or encouraging.

Oils can be used directly on a bandana placed around your dog's neck, diluted in carrier oil, or offered as "smell." When your dog chooses the oil, it will enter the dura sleeve of his neurological system, immediately reaching his emotions. Several oils may be blended to address multiple issues.

## THE SACRAL CHAKRA

The second, or sacral chakra, is located three fingers below or behind the navel. It relates to emotions, sexuality and self awareness. The kidneys, bladder, pelvic area and lower vertebrae are located here. Personal identity is associated with the sacral chakra, as well as the duality of yin/yang, the contractive/expansive nature of one's canine personality.

The sacral chakra is also the seat of clairsentience, or empathy, sensing the emotions of others. Like all of the seven chakras, it vibrates sensitively to emotional states, ranging from happiness and exuberance to fear and anxiety. Thus, this chakra can also be blocked by basic survival fears.

**Chakras can be rebalanced using color, crystals, essential oils and flower essences, among others. However intention is key to releasing blocked energy and allowing new energy to come into the electromagnetic field, where healing can occur.**

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A balanced sacral chakra reflects good polarity between the male/female aspects of self, emotional self awareness, and ability to stay emotionally centered. An overactive second chakra can produce compulsive behavior, frustration and tension. Repressed feelings, self deprivation, depression and apathy may result from an underactive second chakra.

## CRYSTALS

Orange is the color typically associated with the sacral chakra. **Carnelian, Citrine, Fluorite, Malachite** and **Moonstone** are some of the main choices for crystal healing. **Carnelian** is a highly evolved crystal healer, enhancing confidence and the will to live. **Carnelian's** warm orange color vitalizes the physical, emotional and mental bodies.

**Citrine** is another wonderful quartz crystal for emotional balancing, especially for overwhelming situations. It helps puppies understand their training.

**Fluorite** has the unique ability to aid both the physical and emotional planes, including enhanced nutrient assimilation from food. **Fluorite** also balances the intuitive and rational sides of the brain, helping dogs to bridge the emotional and physical demands from training, agility or competition.

**Moonstone** is excellent for stabilizing emotions. **Malachite** can be used to dispel unwanted and compulsive behaviors. It can also be effective in training; it lessens stress and tension and strengthens the body/mind.

## ESSENTIAL OILS

**Geranium** brings a sense of security and calm. It works on the emotions by relaxing the mind, centering and strengthening the core while working on the spleen and pancreas. **Patchouli, Bergamot** and **Sandalwood** are useful for recalibrating yin-yang energies, while **Rosemary** is good for focus, depression and

fatigue. **Clary Sage, Fennel, Jasmine, Neroli** and **Rose** are mood enhancers, uplifting and refreshing negative energy.

**Basil, Chamomile, Eucalyptus, Clary Sage, Juniper** and **Rosemary** may be blended with carrier oils for use as anti-inflammatory and anti-spasmodic purposes, such as backache and muscle relief.

## FLOWER ESSENCES

**White Chestnut** brings focus and clarity when your dog seems uninterested or apathetic. **Wild Rose** is also useful for apathy, renewing joy and happiness in his relationships. **Agrimony** will encourage your dog to display his true emotions, rather than hide them internally.

**Crab Apple** assists in removing emotional and physical toxins, including feelings of shame and abandonment. Dogs who are angry, aggressive, jealous and needy might benefit from **Holly. Impatiens** is an important remedy to bring calm and patience to those who have nervous, tense energy and pain.

The hyperactive dog might benefit from **Vervain** to bring relaxation and balance to his overenthusiastic barking, while **Walnut** is a good emotional stabilizer for those dogs learning about boundaries and protection. Dogs who are prone to mood swings and gloom could use a dose of **Mustard** to bring back serenity, joy and stability.

## SOLAR PLEXUS CHAKRA

The third, or solar plexus chakra, relates to how we manifest our personal power. Located just below the rib cage, it is the center of focus, decision, volition and willpower. The solar plexus chakra controls the adrenals, stomach, liver, gall bladder and the digestive system. When this chakra is balanced, your dog will exude confidence, focus and commitment to his job. Stomach ulcers, digestive disorders, diabetes, low vitality, chronic fatigue and allergies are physical signs of an imbalanced third chakra.

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An overactive solar plexus chakra may result in an angry, bossy style, impatience and inflexibility in relationships. An underactive solar plexus chakra may show passivity, lack of concentration, and general oblivion. Self esteem is low, relationships may be strained, and your dog just might be depressed overall.

## CRYSTALS

The color associated with the solar plexus chakra is yellow. Yellow is the symbol of the mind, intellect, high intelligence and wisdom. It is a positive magnetic vibration that acts as an equalizer for irritable conditions of the nervous system.

All the yellow stones - **Topaz, Citrine, Yellow Zircon, Amber** - are used with the solar plexus chakra. Amber offers strength and protection, calming and pacifying your dog's emotions. **Topaz** strengthens the will, and revitalizes your dog's energy field. **Ametrine**, a blend of **Citrine** and **Amethyst**, works on removing negative thoughts while increasing his personal power and clarity. **Ametrine** can also assist with digestive issues, immune system imbalance, fatigue and lethargy.

## ESSENTIAL OILS

Essential oils that assist solar plexus chakra emotional issues include **Basil, Chamomile, Lavender, Cypress, Geranium, Bergamot, Jasmine** and **Rose**.

Oils that work with digestive problems include **Peppermint, Lemon, Ginger, Cardamom, Fennel, Bergamot** and **Rosemary**.

**Helichrysum, Myrrh, Rosewood, Neroli, Rose** and **Lavender** are among those which help us know our life's purpose and manifest that "soul" destiny into physical form. It is the manifestation space that's so important to solar plexus balance.

## FLOWER ESSENCES

**Larch** is useful for building the dog's confidence. **Wild Oat** brings a renewed sense of purpose, while defining his talents and usefulness. **Chestnut Bud** is excellent for breaking old patterns and **Cerato** can help replace inattentive and distracted behaviors with a stronger and more certain attitude. **Vine** can help with domineering and bossy dogs that need to be in charge, helping them become more patient and understanding.

This overview of crystals, flower essences and essential oils that work with the first three chakras serves as a starting point for dog owners wishing to delve more deeply into healing modalities that work on the subtle energy bodies. There is a wealth of information available and resources for finding these tools are quite accessible. The methods are safe, gentle and effective, so be encouraged to try them out. Have fun, and you'll see results! 🐾



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