

# **Eclectic Energies**

# **About the Chakras**

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*From the website at  
[www.eclecticenergies.com](http://www.eclecticenergies.com)*

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## **About this text**

This text has been authored by Ewald Berkers (the Netherlands).

It was originally published on the website [www.eclecticenergies.com](http://www.eclecticenergies.com).

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# Introduction to the chakras

What chakras are and their psychological properties.

Chakras are centers of energy, located on the midline of the body. There are seven of them, and they govern our psychological properties. The chakras located on the lower part of our body are our instinctual side, the highest ones our mental side.



The chakras can have various levels of activity. When they're "open," they're considered operative in a normal fashion.

Ideally, all chakras would contribute to our being. Our instincts would work together with our feelings and thinking. However, this is usually not the case. Some chakras are not open enough (being under-active), and to compensate, other chakras are over-active. The ideal state is where the chakras are balanced. To find out what the state of your chakras is, do the chakra test on the website.

There exist lots of techniques to balance the chakras. Mostly techniques to open chakras are used. It makes no sense to try to make over-active chakras less active, as they are compensating for other chakras. To restore the compensation they'd be over-active again in no time. To stop them from compensating, the chakras they are compensating for must be opened.

## ■ 1 - Root chakra

The Root chakra is about being physically there and feeling at home in situations. If it is open, you feel grounded, stable and secure. You don't unnecessarily distrust people. You feel present in the here and now and connected to your physical body. You feel you have sufficient territory.

If you tend to be fearful or nervous, your Root chakra is probably under-active. You'd easily feel unwelcome.

If this chakra is over-active, you may be very materialistic and greedy. You're probably obsessed with being secure and resist change.

## ■ 2 - Sacral chakra

The Sacral chakra is about feeling and sexuality. When it is open, your feelings flow freely, and are expressed without you being over-emotional. You are open to intimacy and you can be passionate and lively. You have no problems dealing with your sexuality.

If you tend to be stiff and unemotional or have a "poker face," the Sacral chakra is under-active. You're not very open to people.

If this chakra is over-active, you tend to be emotional all the time. You'll feel emotionally attached to people and you can be very sexual.

### ■ 3 - Navel chakra

The Navel chakra is about asserting yourself in a group. When it is open, you feel in control and you have sufficient self esteem.

When the Navel chakra is under-active, you tend to be passive and indecisive. You're probably timid and don't get what you want.

If this chakra is over-active, you are domineering and probably even aggressive.

### ■ 4 - Heart chakra

The Heart chakra is about love, kindness and affection. When it is open, you are compassionate and friendly, and you work at harmonious relationships.

When your Heart chakra is under-active, you are cold and distant.

If this chakra is over-active, you are suffocating people with your love and your love probably has quite selfish reasons.

### ■ 5 - Throat chakra

The Throat chakra is about self-expression and talking. When it is open, you have no problems expressing yourself, and you might be doing so as an artist.

When this chakra is under-active, you tend not to speak much, and you probably are introverted and shy. Not speaking the truth may block this chakra.

If this chakra is over-active, you tend to speak too much, usually to domineer and keep people at a distance. You're a bad listener if this is the case.

### ■ 6 - Third Eye chakra

The Third Eye chakra is about insight and visualisation. When it is open, you have a good intuition. You may tend to fantasize.

If it is under-active, you're not very good at thinking for yourself, and you may tend to rely on authorities. You may be rigid in your thinking, relying on beliefs too much. You might even get confused easily.

If this chakra is over-active, you may live in a world of fantasy too much. In excessive cases hallucinations are possible.

## ■ 7 - Crown chakra

The Crown chakra is about wisdom and being one with the world. When this chakra is open, you are unprejudiced and quite aware of the world and yourself.

If it is under-active, you're not very aware of spirituality. You're probably quite rigid in your thinking.

If this chakra is over-active, you are probably intellectualizing things too much. You may be addicted to spirituality and are probably ignoring your bodily needs.

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## Chakra Test

**Take the chakra test on the website to find out how open each of your chakras is.**

The questionnaire consists of 56 questions, to which you can answer "not at all" through "definitely." Try to be as honest as possible about yourself, as this will get you the most accurate results.

Next to a list indicating whether each chakra is under-active, open or over-active, the test results consist of a graph displaying the activity of each chakra.

The chakra test is at:

[www.electicenergies.com/chakras/chakratest.php](http://www.electicenergies.com/chakras/chakratest.php)

The chakra test is also available as software for installation on a Windows computer.

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