

CHAKRAS

characteristics and healing modalities part 2

By Ellen Kohn



This is the second of a two part series on canine chakra systems. In this issue, we'll concentrate 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 it to 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 HEART CHAKRA

The heart chakra holds sacred all the dimensions of love: forgiveness, compassion, connection and acceptance of self and others. The inner self resides here, forming a gateway that bridges our innermost feelings to the outside world. Heart-space love is generated and then shared cosmically when our heart is open and connected. The heart chakra is connected to the thymus gland, heart, circulatory system and the lungs.

When the heart chakra is imbalanced from abuse, wounding or lack of early nurturing, your dog may be lonely, oversensitive, and easily offended. She may also seem aloof or detached, masking insecurity and inadequacy. Relationship problems and anger may ensue. Trusting, secure dogs exhibit strong heart chakra messages of unconditional love. These messages are important to overall health; the heart chakra is the conduit for energy flowing from the three lower chakras discussed in part one of this article (November-December 2013 issue), connecting to the three upper chakras we'll explore below.

CRYSTALS

Malachite is a supreme conductor of love for self and others, transmuting safety, forgiveness, hope, harmony, kindness and gentleness. **Malachite** assists healing with heart and lung problems, addressing colds, flu, fever and stress induced conditions.

Rose Quartz has a gentle and loving vibration for opening and healing the heart chakra by easing anger, fear, guilt, grief and resentment. Placing **Rose Quartz** on the heart chakra brings peaceful comfort, while helping to erase wounded emotions. Soothing during an emotional crisis, **Rose Quartz** is the quintessential heart healer.

Emerald works with the heart chakra to open it up to higher energies coming in from the third eye and crown chakras, working on physical illnesses such as diabetes and rheumatism. **Emerald** can help with recovery from physical and emotional issues and help attract true friendship and love.

Ruby's deep red color sparks the will to live; it enables new beginnings and healthier emotional connections to others. **Ruby** reveals the true nature of love, emphasizing divine love within all of us.

Peridot is useful for liver, gallbladder, pancreas, spleen, heart and lung ailments and the principal crystal recommended for cancer treatment. It helps improve self worth, and boosts relationships.

Green Tourmaline brings peace and calm to the heart and nervous system. It's a supreme heart chakra crystal that encourages strength and vitality, clears the aura and removes blockages.

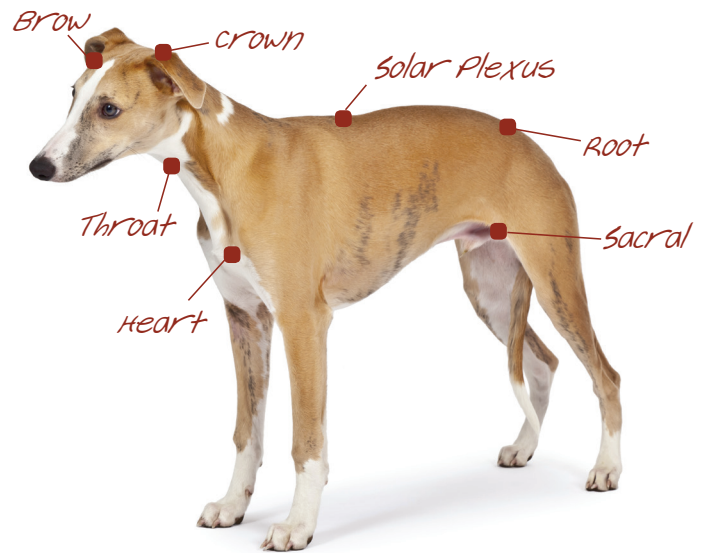
FLOWER ESSENCES

Chicory is useful for dogs who love their owners so much that they become overly possessive and caring. **Chicory** helps release this tense bond, creating more flow in our relationships.

The remedy used for intolerance and criticism is **Beech**. **Beech** brings self acceptance and understanding in relationships, while increasing tolerance for challenging situations.

Red Chestnut helps alleviate worry for others. Dogs may take on our concerns, which creates anxiety. **Red Chestnut** brings peace of mind and balance back into the heart center.

The Canine Chakras



Impatiens is another heart chakra remedy that assists in bringing more tolerance and patience back into the heart. It works on emotional/mental blocks when your dog is feeling frustrated or hurried.

Holly is known as the remedy for unconditional love. **Holly** addresses the anger, revenge, jealousy and hatred that evoke negative or oversensitive behaviors. It's said that holly (derived from the word holy) carries divine vibrations and that's how love enters and heals the heart center.

Star of Bethlehem, one of the flowers in Rescue Remedy, is a supreme essence for trauma and grief. It's comforting and soothing, and brings softness into the heart to replace sadness and pain.

ESSENTIAL OILS

Rose is a primary essential oil that works directly on the heart chakra. It works on a deep level of self love, hope, and compassion.

Palma Rosa lifts depression, removing anxiety and anger. It also has antiseptic, anti-viral and antibacterial properties. **Violet Absolute** addresses grief and loss with its deep, comforting aroma.

Lemon and **Neroli** work to balance the heart chakra by increasing a sense of security through their light, citrus scents. They quell fear, inviting love, hope and joy. **Bergamot** is very soothing, while **Hyacinth** and **Black Spruce** promote forgiveness. **Tuberose** and **Roman Chamomile** encourage compassion. **Allspice** cultivates self love and allows the expression of one's heart truth. **Sandalwood** enhances security while bridging the heart chakra's connection with the root and sacral chakras. **Cypress**, **Grapefruit** and **Cinnamon** are supreme for circulation, which is associated with the physical heart.

Ravensara oil can release confusion from the heart and clear grief that gets stuck in the lungs. It encourages hope and joy, helping your dog let go of anxiety and tension.

THE THROAT CHAKRA

The throat chakra is located at the cleft of the throat. This fifth chakra controls the thyroid gland, voice, esophagus, neck and lower jaw. It's the seat of clairaudient and creative channels, and the communication center. Our dogs' ability to communicate clearly is central to our relationships with them. A closed throat chakra may present as a timid, submissive dog who fears self expression, or result in thyroid problems; your noisy dog who tunes you out may also be imbalanced.

CRYSTALS

Blue Lace Agate is a calming and gentle crystal that assists with communication and emotional stability.

Turquoise is a protective stone and aids in speaking up, enhanced creativity, and courage.

Angelite helps your dog connect to her angels and guides, engendering spiritual connection and healing. **Angelite** can help heal the throat and thymus and combat infection.

Blue Kyanite prompts confidence to speak the truth and works with yin/yang, or male/female balancing.

Amazonite balances all of the chakras and provides the courage to live and speak your truth.

Azurite is helpful for expressing feelings and thoughts, while **Aquamarine** dissolves the stress that accompanies blocked communication, working on all of the chakras to open the energy flow and increase spiritual communication.

FLOWER ESSENCES

Agrimony helps the throat chakra by releasing suppressed emotions that can be buried under a smiling disposition. Some dogs avoid conflict, resulting in built up emotions later on. **Cerato** works on self-doubt, boosting your dog's reliance on his own judgment, to trust his instincts rather than others. **Larch** is known for its ability to increase confidence and enhances confidence in vocalizing what is needed. **Mimulus** addresses the anxiety felt from shyness or self doubt. It soothes your dog in social settings, new training situations or overcoming insecurities. **Vervain** is handy for the reactive dog who frantically barks and can be unsettled in new situations. It helps your dog unwind, taking the edge off excessively vocal behavior.

ESSENTIAL OILS

Myrrh, Lavender and **Neroli** help your dog with listening. **Lavender** brings calm, helping him let go of the need to talk incessantly. **Geranium** assists with deeper communication. **Tuberose** calms and soothes while **Fennel** supports greater confidence, courage and motivation. **Ylang Ylang, Black Pepper, Ginger, Rosewood** and **Neroli** all instill courage. **Jasmine** gently removes the fear that sometimes accompanies self expression. **Allspice's** warming fragrance also encourages self expression.



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THE BROW CHAKRA

Located at the brow or forehead, the brow chakra is connected to the pineal gland, the brain and the eyes. It represents clairvoyance, the ability to see mental image pictures, neutrality and spiritual connection. Also known as the third eye, it's the center of intuition, intellect, personal magnetism and light. Creativity and inspiration combine here; psychic abilities and gifts are part of this chakra. When healthy and balanced, the sixth chakra removes negative and selfish attitudes and facilitates intuition and wisdom. When imbalanced, your dog may be aimless and unfocused, searching for his goal or purpose in life.

CRYSTALS

Lapis Lazuli soothes and freshens the spirit while emitting protective energy. **Lapis** allows psychic gifts to come forth by removing mental debris.

Sodalite can enhance creativity while calming the oversensitive dog. Working on insight, sodalite guides your dog on his path. It balances the lymphatic system, protects from geopathic stress, and helps improve communication.

Celestine is directly bonded to the angelic realm. It also reduces stress and anxiety, while promoting clear thoughts and ideas. An excellent detox crystal, it works on a subtle level to calm the excitable and strong willed dog.

Pietersite is grounding, while clarifying thoughts and intuition.

Cavansite works on psychic development while protecting your dog from absorbing negativity.

FLOWER ESSENCES

Chestnut Bud removes ineffective learning patterns, opening new pathways for the soul. **Wild Oat** and **Clematis** give direction and purpose to the dreamy and spacy dog. **Honeysuckle** helps him stay in the present moment rather than trapped in the past. **Hornbeam** works with the creative energies, helping to motivate the unenthusiastic dog to learn something new. Likewise, **Scleranthus** will help the indecisive one find some inspiration and direction.

ESSENTIAL OILS

Frankincense, **Myrrh** and **Lemon** help refresh the brow chakra while stimulating intuition and spiritual connection. **Lemon** lifts depression, increases clarity of thought, and boosts concentration. **Peppermint** and **Sweet Basil** improve focus and **Rosemary** wakes the mind, while relieving mental strain and exhaustion. **Vetiver** is a grounding essence. Along with **Clary Sage** and **Helichrysum**, it can be used to calm emotions. **Violet Absolute** encourages independence and acceptance of change.

THE CROWN CHAKRA

The crown chakra is the apex of spirituality, and our connection to Source. While the lower chakras keep us grounded, enliven our personal power and creativity and bring us spiritual information, the crown chakra beckons us to access collective consciousness. The brain and pituitary gland are located here.

When balanced, the crown chakra provides a purity of information that encompasses our whole being; this is a state of bliss, trust,

enlightenment and freedom to be ourselves in complete acceptance and joy. A happy and comfortable dog stays in life's flow and takes everything in stride. When imbalanced, your dog may be disconnected, lost and seeking connection.

CRYSTALS

Pacifying and soothing, **Amethyst** lifts grief, reduces oversensitivity, and protects and cleanses the aura. It benefits the immune system, stomach, liver, hormones, and endocrines. **Amethyst** boosts other crystals for physical healing and cancer.

Labradorite is magical, bridging intuition and intellect. It removes auric blockages while regulating energy flows between the aura and the chakras. **Sugilite** is a protective stone, increasing mental strength while releasing negative emotions. **Blue Lace Agate** is associated with movement, grace and spiritual ascension. **Ametrine**, a combination of **Amethyst** and **Citrine**, balances the crown chakra by dispersing negativity from the aura and filling voids with pure light energy. **Charoite** connects spiritual experiences with the physical reality, making it easier to move forward in life, cleanse old patterns, and create new opportunities.

FLOWER REMEDIES

Water Violet helps the loner who relishes the connection to others if given a chance. This dog might enjoy the emotional boost of belonging to the pack.

Gorse brings hope when your dog is ready to give up. It reminds us that support is available when we need it.

Olive's key word is rejuvenation; it lifts life's burdens, reminding our dogs that they can rest and refresh.

Elm is for support, teaching us that we are never alone, that guidance and connection can assist us when we ask. The reassurance that comes from **Aspen** brings comfort from fear or anxiety. **Sweet Chestnut** removes despair and hopelessness, bringing consolation. **Wild Rose** renews enthusiasm and connection back to life due to apathy or disinterest. **White Chestnut** brings tranquility to the overactive mind, helping your dog be still.

ESSENTIAL OILS

Angelica connects directly with the angelic realm, offering a sense of protection and guidance. **Chamomile** lifts depression and recharges the aura, offering greater happiness.

Cinnamon improves brain function while **Frankincense**, **Violet Leaf Absolute** and **Jasmine** are calming and reassuring. Neroli brings relief from despair. **Sandalwood** encourages deep meditative states. **Spikenard** is a spiritual oil due to its deep grounding and calming properties. Its sedative action is similar to **Valerian**, a highly effective oil for soothing the spirit and relaxing the mind. **Vetiver** is also balancing and grounding so it's useful for both calming and stimulating effects on the nervous system. It also has the capacity to rejuvenate the body and mind. 🐾



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