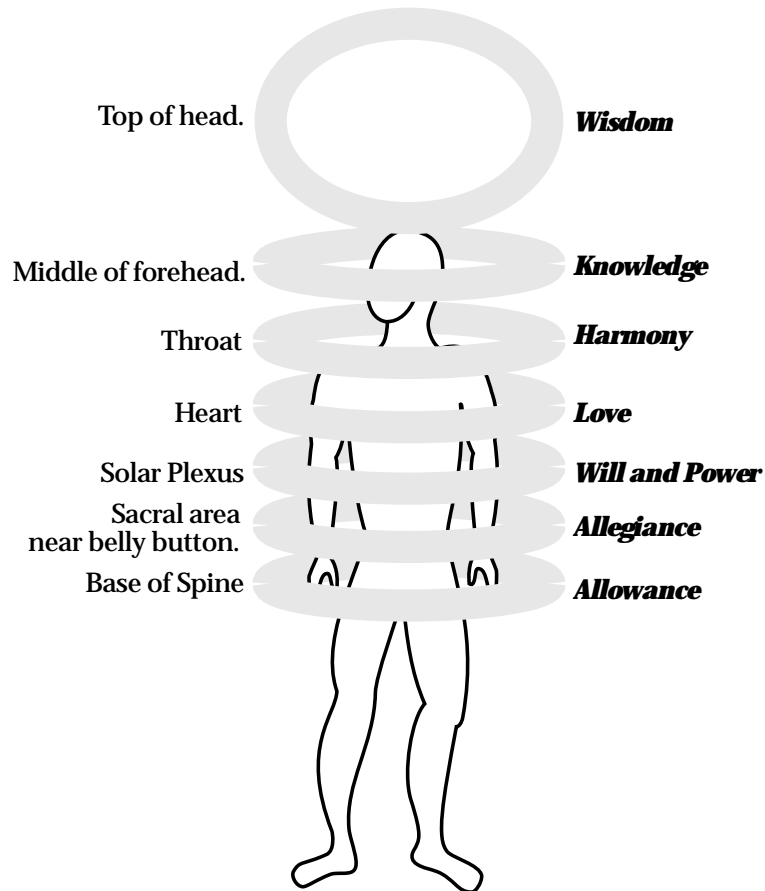


The Energies

Each of the chakras has an energy associated with it and each energy has a character or nature about it. We have divided our discussion of the energies into three areas. The first part has to do with the emotional nature of the energy. The second section deals with the extremes of those emotions and the third area relates to which cells within our bodies responds to each energy.

There are seven chakric points or energy centers. The energies that resonate to these points are vast and difficult to name at best but we have assigned each a name and function. Check out the chart to see the relationship between them.

The Energies



The Energies and their 'jobs'.

Allowance begins the flow and the focus for creation.

Allegiance gives the steps toward that focus.

Will and Power provides the self-control to take the steps.

Love discerns your true participation.

Harmony gives a broader view of the creation.

Knowledge contains all that has been in the past.

Wisdom shows all that may be in the future.

Allowance

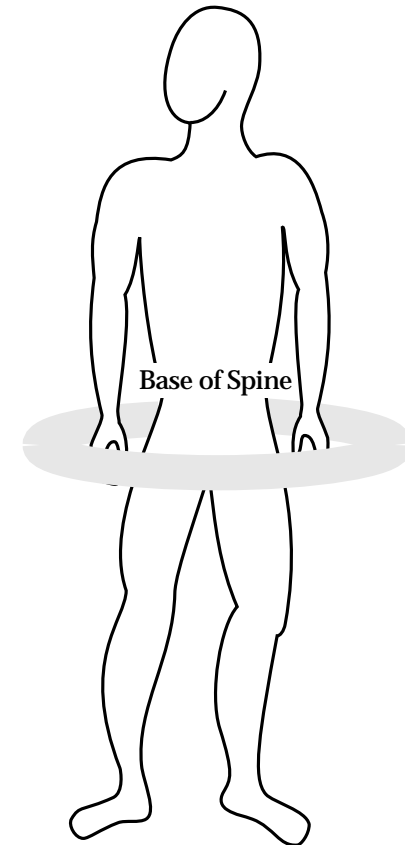
The first chakra point is located at the base of the spine and the emotional energy that corresponds to that area is called Allowance. Allowance is the first energy to respond to our creativity. It says, “Yes, great idea! I will allow it,” or, “No way, I will not allow it.” It selects and focuses into the things you will and will not create. It provides the flow and the initial focus for any creation.

Emotions

In our emotional world Allowance is the place where we can allow too much or too little. Allowance is also the energy where we can begin to let go of judgment. Judgement of right and wrong and blame others or blame of yourself.

Extremes

If we are too allowing we can get scattered and unfocused. This is easy to imagine and we have all experienced this. If we are not allowing enough we can become judgmental, rigid and unforgiving. Maybe you have felt this disturbance in someone (or yourself) who has been very judgmental of others. Someone



The Tool

who will not 'allow' others to live as they choose. Or the other extreme may look like someone who allows too much in their life — not setting any limits.

The Body

In the physical body Allowance resonates to the organs that digest and utilize the food we eat. The kidneys, liver, intestines and stomach. What this means is that the cells that are located in these organs resonate to the energy of Allowance.