

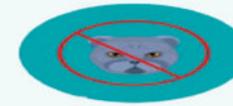
STATETIMES

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What are the 7 chakras in our body? Here is a complete breakdown

Chakra balancing is the process of reaching a place of balance between the spirit, body and health. It ensures that there is a harmonious flow of energy throughout the body. From focusing on the overall well being to feeling relaxed and grounded, each of the 7 main chakras is of unique importance. They start from the very end of your spinal cord and go all the way to the pinnacle of your head.

The word chakra literally means "wheel" in Sanskrit and symbolises the flow of energy in our body. The 7 chakras present in your body are actually energy centres and are known to regulate emotions. Their origin can be traced to early Hinduism and Buddhism and both of them talk about the shifting nature of chakras. According to the meditation practices, if the chakras ever become out of sync, they can negatively impact your physical, mental and spiritual health. Each of the chakras is associated with a particular body part and its proper functioning.

What is the location of the chakras?

It is important to become aware of the 7 chakras present in your body as it will help in detecting any deeply-rooted issues in the body before they come to the surface. Locating and analyzing the chakras can help in healing old emotional and physical wounds. Here is a look at the location of the 7 chakras in our body and their functions:

1. The root chakra

The root chakra is the first chakra of the body and is located in the base of the spine. Its role is to connect your mind, body and soul with the Earth. This chakra is feminine by nature and gives us the feeling of being close to the earth. It is known to keep us grounded and connected with the energy of the earth.

Colour of the chakra: Red

2. The sacral chakra

The sacral is located right below the belly button— three inches below the navel to be precise. This chakra is associated with the lymphatic system and is responsible for expressing emotions. It also helps you to get in touch with your sexual desires.

Colour of the chakra: Orange



3. The solar plexus chakra

The third chakra is located behind the naval region below the rib cage. It is associated with self-confidence, self-discipline and wisdom. This chakra is also responsible for the 'gut feeling'. For the uninitiated, gut feeling is getting a cue about something which isn't right for you.

Colour of the chakra: Yellow

4. The heart chakra

The fourth chakra is known as the heart chakra and is associated with love and compassion. It is located in the centre of the chest and not where the actual organ lies. This chakra is responsible for emotional healing and sound mental health.

Colour of the chakra: Green

5. The throat chakra

This chakra is associated with voicing your expressions and being creative. The throat chakra is located right above the heart and is responsible for expressing the truth and sharing your opinion with others.

Colour of the chakra: Blue

6. The third eye chakra

The sixth chakra is the third eye chakra, which loosely translates to "beyond wisdom". This chakra is responsible for garnering information about yourself and beyond the materialistic world. It is located in between eyebrows—the third eye.

Colour of the chakra: Indigo

7. The crown chakra

The seventh chakra is known to be responsible for the direct connection with the almighty and the conscious energy. This chakra is located on the top of your head and is associated with the Buddhist concept of achieving nirvana—which is simply not possible for humans. Trying to balance this chakra will help you gain insight into yourself and balance your other chakras. It is not possible to completely balance this chakra for a human.

Colour of the chakra: Violet

Zodiac signs with accurate sixth sense



Have you ever got a gut feeling about anything and it has proven to be right? Or have you ever felt strongly about a person's energy and that feeling has turned out to be true? If your instincts are usually right, then there is a high possibility that you might have been gifted with an accurate sixth sense. Although we all have some sort of sixth sense, some people have more accurate senses which could be because of their zodiac signs. According to astrology, the six zodiac signs mentioned below have a really strong sixth sense. Here are 6 zodiac signs listed by Ms Akkshitta, Numerologist and Healer, that have a sharp sixth sense.

Cancer

Cancerians tend to be very emotional in nature but they are the most intuitive zodiac sign out there. They have this ability to sense everyone's emotions, which helps make them aware of how the person actually is. They are likely to be more aware about people's qualities because of their high intuitive powers.

Libra

Popularly known for their balanced approach, people of this zodiac sign notice everything. There is simply no way you could fool them. These people are so mindful of their own emotions and circumstances surrounding them that it has almost become second nature for them to play detective and be skeptical when it comes to others as well.

Scorpio

It's next to impossible to fool a Scorpio. They have severe trust issues which make them question every single person they encounter. Their quality of doubting every person they have ever met, has only helped them in having a stronger sense of intuition.

Pisces

This is another sign, for which intuition goes hand in hand with creativity. It is one of the most intuitive zodiac signs. People of this zodiac sign are also very thoughtful so they can easily spot intimations of trouble way before anyone else can.

Gemini

These people are popular as socialisers. They have a tendency to speak intimately to various people in their lives because of which they have the ability to read people like an open book. They are good at knowing people and their characteristics after meeting them.

Sagittarius

People of this zodiac sign are known for their immense wisdom and hunger for knowledge. This is because they are very wise and hence, they find it quite easy to understand the basics of any given situation. They are excellent in evaluating people, so even though they are very social in nature, you will never see them hanging around with just anybody. They are very specific about the people they want to hangout with. So next time when you have a strong intuition, you would know why you have it.

Aries, Taurus, Leo, Virgo, Capricorn and Aquarius can make sense of what is happening, gauging their atmosphere but their sixth is not that sharp.

Simple ways to build confidence in kids

From the day they start developing a personality, kids exhibit a number of traits. However, there is one such trait which easily comes to just few. This trait is confidence!

Some kids need extra push to be confident in their life. Raising a child as a confident person needs extra effort from parents. While kid raising definitely needs more attention and comes with innumerable challenges, raising a confident kid needs more inputs than that.

Confidence instills positivity in the kid

The need to develop confidence is because a confident kid can be positive in life. Nothing can deter a confident kid. Nothing can shake the integrity of someone who is super positive in life.

As parents you know how tough it is to face life when it comes with its lows and downs. In those moments of crisis, confidence is what would help a child sail through happily.

Apart from this, confidence helps the child in deciding career, in carving a place in society, in creating a presence in the workspace and in building a reputation in life.

Building confidence is a gradual process

Only saying "you are doing great" or "you are the best" will not help your child be confident. In order to build confidence you have to put in efforts regularly. Developing confidence is a gradual process.

Always remember, when dealing with kids take baby steps each time. A giant leap may seem easier for you but in order to make the child understand you have to take the pace in their speed.

Appreciations and compliments work wonder; but do not overdo it.

Words of encouragement have the power to even move mountains. Always appreciate your child for their achievements. Praise them for their strengths and encourage them for their weaknesses.

But be cautious that you do not overdo it. Too much appreciation might develop an arrogant attitude in the child instead of confidence. The child may get depend-

ent on words of appreciation and would require it frequently to validate himself or herself.

Narrate to them stories of bravery

As much as life experiences, kids also need to be told about stories and narrations. Folk tales and stories of confidence, narrations where evidence of confidence has helped someone should be told to kids. You can also tell kids stories of ancestors who stood up to bad doings and evils of the societies and fought against it bravely.

Important points to note

These points will help you in the process of building confidence while raising kids: not use harsh and rude criticism for others

Even when there is a competition, talk positive about the opponent

Praise your child, but within limit

Teach the child about kindness

Teach the child about donation and givings

Talk about strengths; give suggestions on weaknesses

Give them small tasks every now and then

Include them in discussions and listen to their suggestion

Teach them finance

Keep them away from blank confidence

Confidence goes blank when it is perceived as a trait to exert dominance over others. When you see your child adopting dishonest means to show superior over other kids, you should know that your teaching of confidence has backfired.

In the classroom when a child starts getting into unhealthy competition, it should be realised that the confidence has gone wrong.

In such cases, parents need to make the child understand the importance of confidence in the life of an individual and also make them realise that confidence in no way should be used to gain power over others. Confidence is a reflection of self strength, it is not a means to overpower someone. It does not represent the stature of an individual, it represents the presence of mind.

