

CHAKRA CARDS



Instruction Booklet

CHAKRA CARDS
'Reveal the Hidden'

This is the start of a
beautiful relationship
between yourself
and your
chakra cards.



INSTRUCTIONS
CHAKRA CARDS
'Reveal the Hidden'

Introduction

'Chakra' is a Sanskrit word meaning 'wheel' and denotes a centre of subtle energy. In traditional Indian paintings they are often depicted as flowers.

These amazing cards will enhance your personal development through gaining a practical understanding of your or another's, chakras. Using them can reveal the energetic 'health', thereby informing how to proceed to restore any imbalances.



For most practical purposes, the principal seven chakras align with the human body's nerve centres, glands and Prana energy.

This pack is special as it includes a chakra positioned between the heart and throat which is sometimes called the 'higher heart' and we have named, the 'lunar plexus'.

It corresponds and balances the 'solar plexus' chakra on the other side of the heart. Including it is sympathetic for the rising Aquarius energy of this time and it is associated with the moon, wave energy and all things Divinely feminine.



Let Us Begin

In these instructions the person making the reading is referred to as 'the practitioner' and the person receiving the reading as 'the subject'.

Methods for consequent work on the subject's energetic imbalances revealed by the cards, are widely available.

What are Chakra Cards?

In each pack there are eight suits, each representing one of the main chakras. The 'suits' are equivalent to the diamonds, hearts, clubs and spades in traditional playing cards. In each suit there are seven cards describing the seven aspects of each chakra. This makes fifty six cards in the pack plus one 'Trifinity' card. All of this will become clear as you read on and examine the cards.



The Eight Chakra Suits

Each suit is represented by a color and sacred diagram of the chakra., based on ancient archetypes. With regular use, you will become comfortable with the names of the eight chakras and their 'aspects' or unique qualities. To help you remember, there is a 'prompt' word on each card which summarises these qualities.

1. Root or Base Chakra – positioned between the anus and genitals and opening downward - element Earth – colour, red – archetype; 'All is One'

The main function of this chakra is 'grounding', as in the way that an electrical circuit is 'earthed'.

The issues that it represents are procreation and sensuality at a personal level; community and environment at the general level.



2. Sacral Chakra – positioned at the upper part of the sacrum below the navel – element Water – colour, orange – archetype; 'Honour One Another'.

The main function of this chakra is energy generation and transmission.

The issues that it represents are power, originality and growth at a personal level; evolution and acceptance at the general level.

3. Solar Plexus Chakra – positioned between navel and the base of the sternum element Fire – colour, yellow – archetype; 'Honour Oneself'

The main function of this chakra is absorbing solar and subtle energy into the body and controlling bodily functions.



It represents honesty to oneself. 'Honouring oneself' is the best example of personal integrity an individual can make to society.

4. Heart Chakra – positioned in the centre of the chest on the lower sternum – element Air
- colour, green – archetype; 'Love is Divine Power'.

The main function of this chakra is knowing the Divine, leading to love of the Divine.

The issues that it represents are inspiration, correction and exploration at a personal level;
universal love as expressed and seen in beauty, at the general level.



5. Lunar Plexus Chakra – positioned at the top of the sternum – colour, aquamarine – archetype; 'Knowledge of Certainty.' This chakra balances the solar plexus on the other side of the heart and is sometimes called the 'upper heart' chakra.

It represents our capacity to 'feel' truth as inspiration without thought. As a metaphor it brings 'light' and 'reflection' as does Earth's moon at night. It is a seat of emotionally 'knowing'; a place we raise a hand to when shocked or pleasantly surprised.



6. Throat Chakra – positioned between the collar bone and the larynx in the neck – colour, light blue – archetype; 'Surrender to the Divine'

This chakra is as a bridge between the physical and spiritual worlds, raising consciousness through the activation of the chakras.

The issues that it represents are self-expression, communication and will at a personal level; and Divine inspiration at the general level.

7. Brow Chakra – positioned in the centre of the brow – colour, deep blue – archetype; 'Seek only Truth'.

The main function of this chakra is understanding through psychic exploration.

The issues it represents are gaining wisdom through psychic insight at a personal level; and 'pure living' at a general level.



8. Crown Chakra – positioned at the top of the head – colour, violet – archetype; 'Live in the Present!'

The main function of this chakra is the revelation of wisdom through being exclusively centred in the present moment.

The issues it represents at a personal level are, being, cosmic consciousness and giving of oneself to others. At a general level it represents universal consciousness and connection with Divinity; in which ever way you envisage Divinity to be.



The Seven Qualities of Each Chakra

These seven qualities are divided into
'physical' and 'mind';
Four physical qualities

Physical qualities

Earth

Water

Fire

Air

Three mind qualities

Emotion

Intellect

Spirit



These qualities are fundamental references during a reading.
For simplicity and clarity, consider each of these in turn. With use you will begin to know them with referring to notes.

An Earth Card

This quality of a chakra is governed by the planet Earth and 'earth', as in soil or a sandy beach.

It relates to much how the subject is metaphorically 'grounded' in daily life. Do they have their 'feet on the ground'?

The energy from this chakra connects the person with the earth and everyday affairs. These are important as they provide a supporting foundation for the higher energy activities.



A Water Card

This quality of a chakra is relates to the circumstances necessary for growth. It must be dynamic like a river whilst nurturing growth in the same way that a field is irrigated.

A Fire Card

This quality of a chakra is governed by fire and relates to processes that produce change; in the way that fire creates energetic and chemical alteration in matter. This chakra quality relates to cyclic processes such as the seasons in nature. Heat can produce positive transformational changes as well as destructive processes as in a 'wild fire'.



An Air Card

This quality of a chakra is governed by air and relates to the need of the body for oxygen to produce energy. Air must be kept pure to have the most beneficial effect. The heart chakra must be healthy and nourished as it provides the link between the 'physical' elements described above.

An Intellect Card

This quality of a chakra is governed by the mind and represents the power of rational thought, imagination and consciousness. It is an important tool for understanding in the physical, emotional, intuitive and spiritual aspects of oneself. It can bring about change wherever the power of mind is directed.



Emotion Card

This quality of a chakra is governed by feeling consciousness and represents the power of making the right choices in life through feeling. It includes both negative and positive feelings.

Spirit Card

This quality of a chakra is governed by spiritual consciousness; that is outside of the influence of personal ego. It represents that part of ourselves that has surrendered to a higher purpose.



The Prompt Words on the Cards

Each card displays a 'prompt word', which precisely expresses the meaning of the card. For instance, if we take the 'Earth' card of the Root chakra, the key word is 'seed'. The practitioner contemplates this word in the context of the other selected cards or as a card on its own. This will reveal an explanation of the meaning of the card based on the chakra and the specific quality of that chakra.

The Mystery Card - 'Trifinity'

The Trifinity symbol card is designed to represent the mystery of both of the archetypes; Trinity and Infinity. The Trinity is an ancient archetype in which duality is transcended by their product; such as the 'middle way' as in Mahayana Buddhism. In Western culture the 'Ven Diagram' is a tool expressing the same philosophical truth.

Infinity is the archetype reminding us that the Multiverse and everything in it, and beyond it, is incomprehensible and unreachable.



Making a Chakra Card Reading

The Setting for the Reading

The place where the reading takes place should be quiet and free from distractions. The reader may choose to make adjustments to the environment such as mood lighting, aromas and ionised or fresh air, fine views and soft music. The intention is to elevate the reading as something special; which it is!

Very personal observations may be revealed in a reading session. The practitioner must reassure the subject that reading is strictly confidential and any record treated as such.

Even if the subject is uncertain about the reading, at least they have been challenged, and this may lead to insight later.



Some Suggested Chakra Card Spreads

It is essential to check the pack is shuffled thoroughly. In each reading the unique selection and sequence of the cards will indicate the present 'health' of each chakra. Like the porridge of the famous 'Three Bears', they will be either too cold, too hot or just right!

The process of selecting some cards to read now begins. The practitioner will use one of the 'spreads' described below or any other they feel appropriate.



The Eight Card Spread

Place the cards, flat and face down, in the shape of a 'fan'. The subject is invited to select eight cards, handing each to the practitioner, who then places them face down, in a horizontal line from left to right. The cards can be turned so that the prompt word is at the bottom of each card to make easier reading.

The remaining pack is put on one side and will not be used again in this reading.

The selected cards are turned over, face up, by the practitioner

who then arranges the cards in order of the eight chakras. As a memory prompt, this order is shown on the reverse of each card.



Cards are now examined and considered in turn. Whichever spread is used, the next process is described below under the title, 'Interpretation of Each Card in Turn.' Explore as thoroughly and sensitively in your own time. The aim is to build an overall interpretation from the individual using the context of each card in the spread.

If the 'Trifinity' card appears, this may represent what the rest of the cards are saying and reaching a deeper, more profound understanding. The 'Trinity' archetype that it represents, fuses together the duality of opposites into a deeper understanding.



The Flower Spread

As before, the reader should present the shuffled cards to the subject vertically aligned and face down before asking them to select eight cards. Each card is placed face down in the shape of a flower; six in a circle, one in the centre and one as a 'stalk' below.

The centre card will have most significance and is placed first. The other six cards are then placed clockwise starting at the top. The 'stalk' card indicates how the subject may be 'grounded' and connected with their source of sustenance. Again, each card is be considered on it's own and in relation to the adjacent cards. It might be the centre card describes the chakra in which the subject is most 'centred' or is 'dominant' and the petals as receptors and emitters of the pranic energy of the subject.



Chakra Quality Card Spread

In this spread, the cards are categorised according to their chakra aspect or quality, rather than the chakra suit, although this is still important.

The cards are shuffled and fanned out face down. The subject carefully selects cards randomly and hands them to the practitioner who turns them over and places them face down and horizontally in the following order;

Earth, Water, Fire, Air, Intellect, Emotion, Spirit – from left to right.

There is no fixed number of cards to select. Cards are continued to be chosen and placed until there is one of each aspect. When more than one card of each quality is selected, these are placed above or below the one already there.



In this way there may be four 'intellect' cards on the table and fewer for the other aspects. The practitioner may decide to just review this particular quality in detail, referring to the varied chakra suits represented. If no card is selected then this has a significance and a space can be left between the other cards to show this.

The Interpretation of Each Card in Turn

There are three possible ways the cards have meaning which are listed below:

1. Just one chakra card in any of the multiple spreads means that this chakra is balanced.

A person with all their chakras open and balanced will have selected one card from each suit. This is an unlikely outcome but not impossible! Having one chakra not represented in the spread provides a valuable insight as it indicates that the subject has healthy chakras, except that one.



2. If all of the seven 'aspect' cards of this chakra are not chosen in a multiple card reading, the chakra is under active:

This indicates that the subject has a chakra which is in need of invigoration. There may be something blocking the flow of energy from within and /or without. Remedial action is discussed below.

3. If more than one 'aspect' card of a chakra is chosen - this chakra is over active.

'Over active' may mean a pathway that has too strong an influence on the subjects energetic 'health' and is a source of pranic energy loss. For instance, in this position the Earth card of the Root Chakra is 'seed'. This may imply that the subject has a metaphorical compulsion and their energy is doing down into the earth, rather than energising vertical growth as is the nature of seeds.



Interpretations benefit from the practitioner's worldly wisdom combined with whatever 'the Universe' wishes to add! The cards provide a vehicle and confidence to the practitioner for an intuitive and overall positive, interpretation.

There are no right or wrong interpretations and the subject will usually be in agreement when a insightful interpretation is given. Occasionally, the subject may disagree. This is to be expected when delving into the 'unknown' and unconscious. The practitioner takes an impartial and non-judgemental view as readings will be personal.

If the subject wishes to monitor how they have changed over time, then a further reading may be arranged.



A Daily Reading

A practitioner or subject may wish to use the cards each day. Shuffling and then selecting a single card with intention, provides a stimulating and unique message on which to reflect during the day.

Recording Readings

Whether making readings for yourself or others, it is useful to make a record. To ensure confidentiality, it is advisable that records should be retained by the subject, not the practitioner. A photograph and/or audio recording is a simple method of recording the reading for future reference. If a series of readings is being undertaken over time, a development may be observed which can be discussed between the practitioner and subject.



Thank you for purchasing Chakra Cards!

Further information can be found at the originators website; www.chakracard.com

The books below are also highly recommended;

The Chakra Bible by Patricia Mercer
Published by Octopus Books.

The Anatomy of the Spirit
by Caroline Myss PhD
Published by Bantam Books.

Thanks and credit is given to
Dr. Caroline Myss whose insights in her book inspired the creation of these cards and in particular the archetypes associated with each card; excepting the 'lunar plexus'.

Important Legal Disclaimer;

Chakra cards are intended to be used for entertainment purposes only. The originator, manufacturer, vendor and any agents thereof, accept no responsibility for any advice or instruction assumed from use of the cards whether self administered or given by third parties. This includes any action upon which may be claimed to have resulted in mental, emotional or physical harm, distress or loss of property, alleged to result from use of the Chakra cards either directly or indirectly by any party.