

# Chakra Labyrinth

This “Chakra” Labyrinth is a 7-Circuit Chartres-style Labyrinth unlike any other Labyrinth. What makes it unique is it incorporates the colors associated with the individual charkas; red - root (survival), orange - sacral (sex), yellow - solar plexus (power), green - heart (love), blue - throat (communication), indigo - brow (imagination), and violet - crown (spirituality). While it is unique, it can still be walked like any other Labyrinth.

Chakras, from the Sanskrit language translate as *wheel* or *disk* and can be thought of as spheres of energy radiating from the central nerve ganglia (meridian) of the spinal column.

The seven major chakras are arranged vertically from the base of the spine to the top of the head, centered through the middle of the body.

Numerous correspondences have been made with chakras. Archetypally they represent the elemental forces of earth, water, fire, air, sound, light, and thought. Other correspondences have been attributed; such as sounds, deities, gemstones, herbs, oils, planetary influences, or colors.

Psychologically, chakras correspond to major areas of our lives; survival, sex, power, love, communication, imagination, and spirituality.

One experience with this Chakra Labyrinth is the “Law of Liberation”. Starting with the root (red) chakra; ideas, notions, and actions are all part of our human survival. As we progress through the Labyrinth, we move those ideas along, giving them power, accepting and nurturing them, communicating with others, expanding them, and finally releasing them (through the top of our head) as we enter the center of the Labyrinth.

The waypoints along the Labyrinth path allow the participant an opportunity to stop and reflect during the walk. Within the center of the Labyrinth gives us time to go within and hear the still small voice of the Divine.

As we depart the center of the Chakra Labyrinth, we experience the “Law of Manifestation”; bringing what we learn from the center into our imagination, down through our body giving it voice, feeling it within our heart, acting upon the idea or guidance through power and finally making it part of ourselves as it completes the journey though our body as we exit the Labyrinth.

Whichever way you choose to walk the Chakra Labyrinth is the right way.

Adapted from:  
“The Sevenfold Journey”  
“Reclaiming Mind, Body & Spirit  
Through the Chakra’s” by  
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