Chakras do not actually exist as tangible objects in the physical body; they are actually structural energy patterns (or spiritual energy centres) of which are subconsciously held in specific locations as shone in figure 1 (see figure 1).

Figure 1 – The seven major chakra system

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the chakras could be perceived as innate naturally occurring entities in the form of structural energy patterns that are subconsciously held in position; for this rational a complete and precise explanation of the exact nature for each chakra is difficult to convey in words alone. However, the table below will provide an indication as to the fundamental characteristics and associations that each chakra tends to portray (see table 1).

Table 1 – **Fundamentals of characteristics the seven-chakra system**

N°:	COLOUR	Chakra	Γ/Φ	♯	Sense	Gland	Element/ Planet	Related body parts & Astro signs	Life Lesson	Foods	Emotional/Physical Dysfunction(s)
7	Violet/ White/ Gold	*Crown*	Φ	B	Spiritual Perfection	**Pineal**	Cosmic Energy Beyond self Uranus	**Left/Right hemisphere Cerebral cortex and the skin Aquarius**	Selflessness	**(None) Fasting**	Depression/obsession thinking/confusion Chronic exhaustion Epilepsy/Alzheimer's circulatory/varicose veins
6ab	Indigo	**Brow**	Φ	**A**	Visualisation Psychic Sight	**Pituitary**	Telepathic Energy Neptune Jupiter	**Eyes, skull base Sagittarius/Pisces**	Emotional intelligence	**(None) Fasting**	Nightmares/Learning difficulties/Hallucinations Neurological disturbances Poor vision/ Glaucoma Gout/liver/Calluses/ Eyesight hearing/spinal
5ab	Blue	**Throat**	Γ/Φ	**G**	Hearing sound Communi-cation	**Thyroid**	Ether Mercury	**Mouth/Throat/Ears Gemini/Virgo**	Personal Expression	**Fruit**	Perfectionism/Blocked emotional creative expressions/ Sore throat & neckache/Thyroid problem Tinnitus/Asthma/Acidic stomach/Arms/Arthritis
4ab	Green/ Pink	**Heart**	Γ	**F**	Touch Universal Love Empathy	**Thymus**	Air Venus	Heart/Lungs & **Circulation Libra/Taurus**	Forgiveness Compassion	**Veg-etables**	Mistrust/co-dependency Melancholic/ Shallow breathing/high blood pressure/Heart disease/ Cancer/Laryngitis/thyroid/ Kidneys/Mumps
3ab	Yellow	**Solar Plexus**	Γ	**E**	Sight Perception Projection of Self	**Pancreas**	Fire Mars/Sun	**Digestive system & Muscles Aries/Leo**	Self-esteem Self-confidence	**Complex carbo-hydrates**	Oversensitive to criticism Low self-esteem/Needs to be in control/ Stomach ulcers/Fatigue/Allergies Diabetes/Coronary/Spinal
ab	Orange	**Sacral**	Γ	**D2**	Taste/ Desire Sexual Energy	**Gonads Ovaries Testes**	Water Pluto	**Sex organs Bladder/Prostate Cancer/Scorpio**	Challenging Conditioned Motivations	**Liquids**	Unbalanced sex drive Instability/Feeling isolated Impotence/frigidity Bladder-prostate problems Lower back pain/Cancer of the Endocrine system
1	Red	**Root**	Γ	**C**	Smell/ Physical Vitality Survival.	**Adrenals**	Earth Saturn	**Bone/skeletal structure Capricorn**	Self-preservation	**Proteins Meats**	Mentally lethargic/Incapable of inner stillness/Osteoarthritis/Skin Teeth, bone, stomach broblems Gall bladder and spleen.

Philosophically, any system of healing that utilises the Chakra system functions upon the postulation that if the chakras are in harmonious balance with each other, this will manifest into good energetic balance, and the opposite would apply if chakras were unbalanced.

Thought = energy externally to the physiology in accordance to the Quantum field theory via Quantum Entanglements and Quantum tunnelling, the above structure is held via the subconscious as Thought = energy externally to the physiology, though utilising Quantum Atmospheric chromatography equipment it shall be possible to prove that Thought = energy externally to the physiology; the root of research is attaining to the Acoustics laboratories within various universities, yet to be achieved. Though Thought = energy externally to the physiology will be proven during the Quantum Science Renaissance.