

What are chakras?

The Sanskrit word Chakra literally translates to wheel or disk. In yoga, meditation, and Ayurveda, this term refers to wheels of energy throughout the body. There are seven main chakras, which align the spine, starting from the base of the spine through to the crown of the head. To visualize a chakra in the body, imagine a swirling wheel of energy where matter and consciousness meet. This invisible energy, called Prana, is vital life force, which keeps us vibrant, healthy, and alive.

The Importance of the Main Chakras in the Body

These swirling wheels of energy correspond to massive nerve centers in the body. Each of the seven main chakras contains bundles of nerves and major organs as well as our psychological, emotional, and spiritual states of being. Since everything is moving, it's essential that our seven main chakras stay open, aligned, and fluid. If there is a blockage, energy cannot flow. Think of something as simple as your bathtub drain. If you allow too much hair to go into the drain, the bathtub will back up with water, stagnate and eventually bacteria and mold will grow. So is too with our bodies and the chakras. A bathtub is simple; it's physical so the fix is easy.

Keeping a chakra open is a bit more of a challenge, but not so difficult when you have awareness. Since mind, body, soul, and spirit are intimately connected, awareness of an imbalance in one area will help bring the others back into balance. Take for example, a wife, who has recently lost her husband. She develops acute bronchitis, which remains in the chest, and then gets chest pains each time she coughs. The whole heart chakra is affected in this case. If she realizes the connection between the loss and the bronchitis, healing will occur much faster if she honors the grieving process and treats that as well as the physical ailment.

Where are they located?





Root Chakra (Chakra 1 / Red) **Sanskrit Name - Muladhara**

Represents feeling 'rooted' or grounded, represent our foundation and stability

The Root chakra is your main power station and it is connected to your physical vitality and endurance, mental perseverance and it is the center that gives you your life's passion. The root center is also your connection to your existence.



Location: base of the spine / tailbone area

Emotional issues linked with this chakra: survival issues and all issues related to this , such as money, food, family, security and financial independence.

Developmental Stage: Womb to 12 months

Challenge: Fear

If this chakra is working optimally, you will feel: safe and secure in life; trust in the divine order of things and you will feel safe in life's ebbs and flows

If this chakra is out of balance, you might feel: worried about money, work, or other base issues in your life; focused on material possessions; the need to satisfy own wants and desires

Physical symptoms of imbalance might include: digestion problems; cold hands and feet; hip, leg and feet problems; frequent need to go to the bathroom, fatigue, depression

Issues to review are:

- Are you physically fit?
- Was there or is there currently any abuse (physical or verbal) in your life?
- Are you able to put your thoughts into action?
- Do you accomplish most of your goals?
- Are money and a home very important to you?
- Have you had any recent thoughts of self-destruction?

Ways to Heal This Chakra:

- Walk around barefoot as much as you can
- Eat red foods such as strawberries, tomatoes, red peppers (capsicums), beetroot and add spices to your diet
- See money as an energy exchange rather than survival mechanism
- Dance. Dance like nobody's watching
- Visualize red pouring into the area around your root chakra
- Ways to bring in the RED energy and boost your Root chakra power are:
- Incorporate physical activities such as an exercise program or yoga.
- Eat red foods and consume red drinks.

Use aromatherapy oils such as sandalwood, ylang ylang or juniper (consult a specially trained aromatherapist or aura counselor to find the right oils for your specific chakra needs). Note: Every therapeutic oil or essence has its own healing power that can help with specific issues relating to each chakra.

Stimulating music with deep beats such as drums or music that makes your body move like Latin American music. (Many metaphysical outlets have diversified selections of chakra music.)

Wear or carry red gemstones. Red stones would be Red Tiger's Eye, Garnet, Red Jasper or Ruby.

Bathe in the red color in your clothing, Color Bath™, decor, art, etc.

Essential Oils: Cedar, Clove, Myrrh, ylang ylang, sandalwood

Crystals: Bloodstone, Ruby, Garnet, Agate, Smoky Quartz, Hematite

SOUND: Lang (pronounced Lung)



Sacral Chakra (Chakra Two/Orange)

Sanskrit Name - Svadisthana

Represents creativity, sex and your ability to accept new relationships/situations into your life

The Second chakra is your sensing power station, connecting you to your feeling sensitivities. It is the center that allows you to live consciously, in the "now." The spleen center is also the link to your enthusiasm, happiness and joy—your inner-child.



Location: lower abdomen about 2 inches below the navel

Emotional issues linked with this chakra: sense of pleasure, enjoyment, abundance, sexuality

Developmental Stage: 6 months – 2 years

Challenge: Guilt

If this chakra is working optimally, you will feel: abundant, pleasurable, creative and able to enjoy sex in your life, no trouble expressing emotions or connecting with others

If this chakra is out of balance, you might feel: unable to take pleasure from life or sex, cannot handle emotions or feelings, suppressing natural needs

Physical symptoms of imbalance might include: lower back pain; menstrual troubles; irritable bowel syndrome; ovarian cysts; prostate or testicular issues, eating issues, substance abuse, allergies

Issues to review are:

- Are you emotionally stable or do your emotions go from one extreme to another?
- Do you try to hide or control your feelings?
- Is your inner child still alive, enthusiastic and uninhibited?
- Can you think outside of the box or is your creative perception restricted?
- Are your sexual relationships mutual and respectful, and can you be totally comfortable with your partner with no limitations such as frigidity or impotence?
- Do you feel disconnected from reality and do you have a difficult living in the present moment?

Ways to bring in the ORANGE energy and boost your Spleen chakra power are:

- Hot aromatic baths. Water aerobics. Deep tissue massage. Emotional movies. Cooking classes. Embracing sensation (such as different food tastes).
- Eat orange foods and consume orange drinks.
- Use aromatherapy oils such as Melissa, Orange, Mandarin, Neroli, Tangerine.
- Music with a bounce or that flows (running water, thunderstorms, etc.). Harp.
- Wear or carry an orange gemstone or copper piece. Orange stones would be Coral or Carnelian.
- Bathe in the orange color in your clothing, decor, art, etc.

Ways to Heal This Chakra:

Eat orange-colored foods, such as carrots, oranges and capsicums

Be gentle and kind to yourself

Have a long bath with lots of gorgeous bath oil and candles

Celebrate the little achievements in life

Visualize orange pouring into this chakra

Essential Oils: Sandalwood, Ylang Ylang

Crystals: Moonstone, Carnelian

SOUND: Vang (pronounced vung)



emits optimism and confidence.

Solar Plexus (Chakra Three / Yellow) **Sanskrit Name - Manipura**

Represents confidence, thoughts and feelings, and our ability to be in control of our lives

The Yellow chakra is your mental awareness, which connects you to your mind power. It is the center that governs your ability to learn and comprehend. The solar plexus center is known to govern your ego and your will power. It is the sun center that



Location: upper abdomen/stomach area

Emotional issues linked with this chakra: self-confidence, self-esteem, positive mental attitudes and thoughts, self-worth

Developmental Stage: 18-42 months

Challenge: Shame

If this chakra is working optimally, you will feel: confident, optimistic, whole and calm, acceptance of self and others

If this chakra is out of balance, you might feel: low self-worth, pessimism, no trust in natural flow, need for material security

Physical symptoms of imbalance might include: liver and pancreas problems, gluten intolerance, gall stones, diabetes

Issues to review are:

- Are you too flexible and are your focus and concentration abilities poor?
- Do you lack confidence that you are overly concerned with what other people think?
- Are your thoughts clouded so that you have a difficult time making decisions?
- Do you take on too much responsibility because you think you know best?
- . Are you a perfectionist and prefer to do things yourself?
- Are you afraid to be alone?

Ways to Heal This Chakra:

- Get outside into the sun
- Eat yellow foods, such as corn
- Drink camomile tea
- Be aware of who you spend time with (make sure they love and appreciate you)
- Pay attention to sel-talk – what you are telling yourself about yourself
- Visualize yellow pouring into this chakra

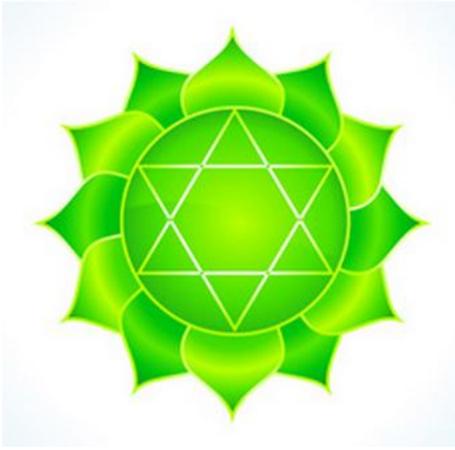
Ways to bring in the YELLOW energy and boost your Solar Plexus chakra power are:

- Taking classes, reading informative books, doing mind puzzles. Developing one's photographic memory. Sunshine. Detoxification programs.
- Eat yellow foods and consume yellow beverages.
- Use aromatherapy oils such as Rosemary, Lemon, Grapefruit, Bergamot.
- Music that is mentally stimulating such as chimes. Reed and Horn Instruments.
- Wear or carry a yellow gemstone or something gold. Yellow stones would be Citrine, Amber, Topaz.
- Bathe in the yellow color in your clothing, Color Bath™, decor, art, etc.

Essential Oils: Camomile, lemon

Crystals: Tiger's Eye, Amber, Citrine

SOUND: Rang (pronounced Rung)



Heart Chakra (Chakra 4/ Green)

Sanskrit Name – Anahata

Represents our ability to love and be loved, to enjoy what we love

The Green chakra is your heart power station, connecting you to your emotions. It is the center that allows you to love and give unconditionally. The heart center governs your relationships. It is the energy center that integrates one's physical reality to one's spiritual connection.



Location: centre of chest, just above the heart

Emotional issues linked with this chakra: joy, love, compassion, inner peace

Developmental Stage: 3.5 - 7 years

Challenge: Grief

If this chakra is working optimally, you will feel: loving, joyous, peaceful, whole, accepting, balance

If this chakra is out of balance, you might feel: unable to love, unable to be generous, unable to follow your passions, unable to accept love given by others, the need to look for rewards

Physical symptoms of imbalance might include: heart problems, allergies, immune diseases, passivity, immune system disorders

Issues to review are:

- Do you accept yourself for who you are or do you lack self-love?
- . Do you feel that you are not worthy of living life fully or do you feel stifled (feel a lack of freedom in your life)?
- Are you indecisive because you can't make up your mind?
- Do you have a hard time saying "no" to people?
- Do you have a fear of being rejected or abandoned?
- Are you envious and jealous of what other people have?

Ways to Heal This Chakra:

- Schedule in regular time to do something you love, just for you, and commit to it- don't make excuses!
- Listen and speak to others with an open heart
- Follow your dreams and desires
- Eat green foods, such as leafy greens, green apples and avocados; drink green tea and green smoothies/juices
- Visualize green pouring into this chakra

Ways to bring in the GREEN energy and boost your Heart chakra power are:

- Nature hikes. Spending time with family or friends. Surrounding yourself with plants. Gardening. Taking self-love courses. Reading romantic novels or watching romantic movies. Candlelight dinners.
- Eat green foods and consume green drinks.
- Use aromatherapy oils such as Eucalyptus, Pine, Tea Tree, Spearmint, Cedarwood.
- Music that has the sounds of nature.
- Bathe in the green color in your clothing, Color Bath™, decor, art, etc.

Essential Oils: Rose, Bergamot, Eucalyptus, Pine

Crystals: Emerald, Green Jade, Rose Quartz, Aventurine, Malachite, Peridot

SOUND: Yang (pronounced Yung)



Throat Chakra (Chakra 5/ Blue)

Sanskrit Name - *Visuddha*

Represents our ability to communicate clearly and to speak our truth

The Blue chakra is your communication power station. It is the center that handles incoming and outgoing messages. It is through this center that we voice our opinions and our truths.



Location: the throat

Emotional issues linked with this chakra: communication, self-expression, expressing your truth, creativity

Developmental Stage: 7 – 12 years

Challenge: Lies

If this chakra is working optimally, you will feel: heard, able to articulate your own ideas, thoughts and feelings; able to trust your 'inner voice', comfortable in both silence and expression

If this chakra is out of balance, you might feel: unable to speak up about things that matter to you, unable to express opinions to authority figures, unable to believe in your creativity, fearful of being judged or rejected, afraid of silence

Physical symptoms of imbalance might include: thyroid problems, mouth ulcers, persistent sore throats or throat infections, asthma

Issues to review are:

- Are you able to express yourself and your beliefs (voice your inner truth)?
- Do you have the ability to trust others without doubt?
- Do you have good organization and planning skills?
- Are you able to free yourself of old family values, beliefs and commitments especially regarding their relationship to responsibility?
- Are you concerned with financial security and having nice possessions?
- Are you shy and have difficulty communicating yourself or are you too talkative?

Ways to Heal This Chakra:

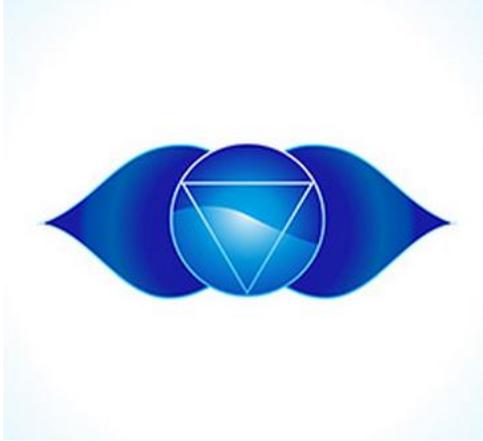
- Sing wherever and whenever you can- in the shower, in your car, while you're drying your hair.
- Be open and honest with what is really happening within you.
- Be willing to say no
- Look closely at authority – what is it reflecting to you
- Visualize blue pouring into this chakra

Ways to bring in the BLUE energy and boost your throat chakra power are:

- Singing (in the shower) and toning. Poetry, stamp or art collecting. Meaningful conversations. Taking self-development courses. Attending church or spiritual functions. Journaling. Neck and shoulder rolls.
- Eat blue foods and consume blue beverages.
- Use aromatherapy oils such as Geranium, Chamomile, Peppermint, Mint, Cypress.
- Music that is repetitive, such as echoes or sounds of ocean waves.
- Wear or carry a blue gemstone. Blue stones would be Sodalite, Lapis Lazuli, Sapphire, Blue Agate.
- Bathe in the blue color in your clothing, decor, art, etc.

Crystals: Turquoise, Aquamarine

SOUND: Hang (pronounced Hung)



Third Eye Chakra (Chakra 6 /Indigo) **Sanskrit Name - Anja**

Represents our ability to see the big picture, inner knowing, insight and vision

The Indigo chakra is your intuitive intelligence. It is the center that taps into the universal consciousness. Through the third-eye you can see things from a psychic potential.



Location: on your forehead, between your eyes

Emotional issues linked with this chakra: ability to think clearly and make decisions, intuition, wisdom, imagination

Developmental Stage: Adolescence

Challenge: Illusion

If this chakra is working optimally, you will feel: able to make good decisions, clarity of thought, imaginative, intuitive, connected to the universe

If this chakra is out of balance, you might feel: confused, out of alignment with your intuition, unable to think about other points of view, only able to see the surface meaning in a situation

Physical symptoms of imbalance might include: headaches, migraines, eye problems, ear and sinus troubles

Issues to review are:

- Do you trust your intuition and insights?
- Are you able to develop your psychic and intuitive abilities?
- Can you release your fears and anxieties or do you hang on to negative thoughts?
- Are you able to balance your imagination and fantasy realm with reality?
- Do you tend to feel lonely or are you often depressed?
- Are you unable to give yourself credit because you lack self-pride?

Ways to Heal This Chakra:

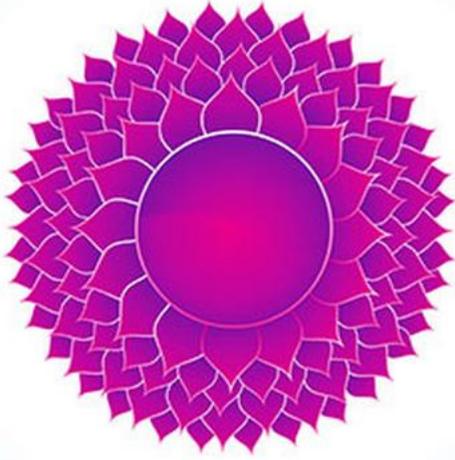
- Practice the Art of Listening
- Pay attention to how you are feeling and stay with whatever is there
- Visualize indigo pouring into this chakra

Ways to bring in the INDIGO energy and boost your Brow chakra power are:

- Star gazing. Eye rolls. Meditation Developing one's intuition and psychic abilities.
- Eat indigo foods and consume indigo drinks.
- Use aromatherapy oils such as Patchouli, Frankincense, Myrrh, Basil, Rosemary, Jasmine
- Music such as Mozart or Bach. Chanting (OM).
- Wear or carry an indigo gemstone or silver jewelry. Indigo stones are Amethyst, Tourmaline, Tanzanite.
- Bathe in the indigo color in your clothing, decor, art, etc.

Crystals: Lapis Lazuli, Sodalite

SOUND: OM (pronounced Ah-oo-mmm)



Crown Chakra (Chakra 7/ Violet)

Sanskrit Name – Sahasrara

Represents our ability to connect fully with our spiritual selves

The Violet chakra is your spiritual connection. This chakra links you to the cosmos so you can reach your higher potential. It is the energy of knowingness and enlightenment.



Location: at the very top of your head (at the crown)

Emotional issues linked with this chakra: pure bliss, inner and outer beauty, our connection to our own spirituality, divine wisdom

Developmental Stage: Through-out Life

Challenge: Attachment

If this chakra is working optimally, you will feel: blissful, as though everything in life is working for you, the world is beautiful, connected to the universe, knowing that the self reflects the Divine

If this chakra is out of balance, you might feel: full of thoughts and like you can't switch your brain off, disconnected from the source and the world around you, unable to let go of anxiety and fear, depressed and unsatisfied

Physical symptoms of imbalance might include: confusion, dizziness, depression

Issues to review are:

- Are you dedicated to the Divine consciousness?
- Do you trust the universe and your spiritual reality?
- Are you able to equally balance your spirituality with your ability to stay grounded?
- Do you allow the universal energy to flow through you so that you have an unlimited creative energy source?
- Are you able to integrate your intuitive energy with your intellect—your feminine energy with your masculine energy?
- Do you lack faith because you prefer to believe in your own abilities?

Ways to Heal This Chakra:

- Meditate
- Be sure to include 'quiet time' into your daily routine
- Eat blueberries, grapes and purple foods
- Visualize violet pouring into this chakra

Ways to bring in the VIOLET energy and boost your Crown chakra power are:

- Focusing on dreams and writing down one's visions and inventions. Quiet contemplation, meditation and yoga. Listening to guided meditation tapes. Taking spiritual courses.
- Eat violet foods and consume violet beverages.
- Use aromatherapy oils such as Lavender, Jasmine, Magnolia, Frankincense
- Silence is the violet inspiration's music. Crystal Bowls.
- Wear or carry a violet gemstone. Violet stones would be Quartz Crystal, Diamond.
- Bathe in the violet color in your clothing, decor, art, etc.

Crystals: Amethyst, Alexandrite

SOUND: Ogum Satyam OM (pronounced Oh-goomn – Saht yam – Ah-oo-mm)