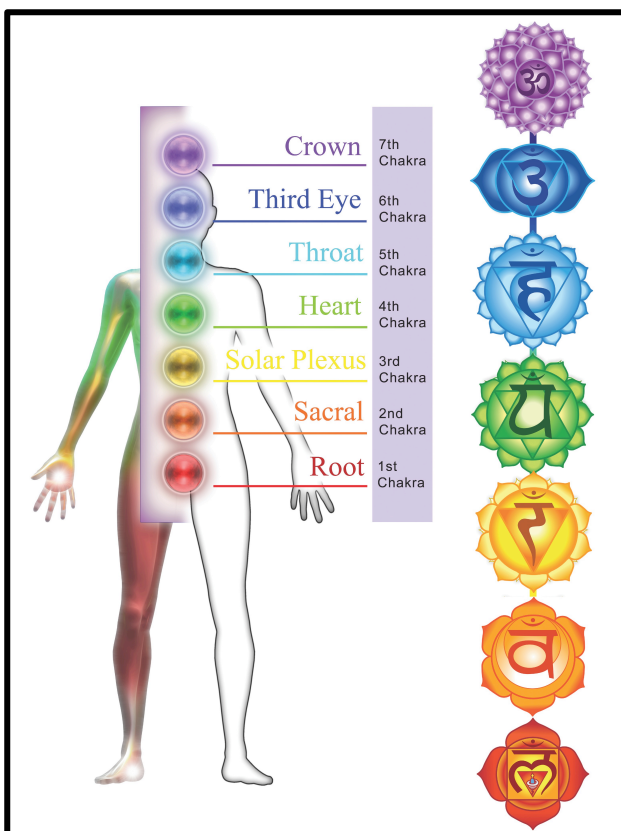


# CHAKRAS

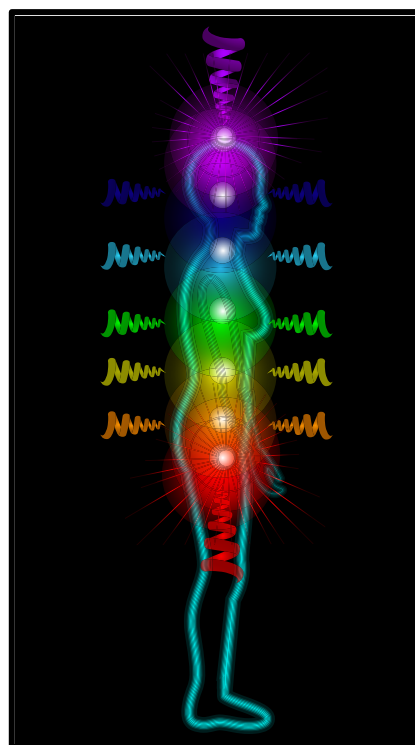


The word Chakra derives from the Sanskrit word for "wheel" or "turning", but in the yogic context a better translation of the word is "vortex or whirlpool". Chakras serve as gateways for the flow of energy and life into our physical bodies. In other words, they connect your spiritual and physical bodies.

There are many chakras in the subtle human body, but there are 7 chakras that are considered to be the main or most important. They are: **Root, Sacral, Solar Plexus, Heart, Throat, Brow/3<sup>rd</sup> Eye, Crown.**

If we were able to see the chakras, as many people with the gift of sight can, we would observe a wheel of energy continuously revolving or rotating. Many perceive chakras as colorful wheels or flowers with a hub in the center. The chakras begin at the base of the spine and finish at the top of the head. Though fixed in the central spinal column they are located on both the front and back of the body, and work through it.

Each of the 7 main chakras correspond to the seven notes on a musical scale (C, D, E, F, G, A, B) and each chakra is stimulated by its own color, which correlate with the colors of the rainbow: red, orange, yellow, green, blue, indigo, and violet. Each chakra vibrates or rotates at a different speed. The root or first chakra rotates at the slowest speed, the crown or seventh



chakra at the highest speed. The size and brightness of the wheels vary with individual development, physical condition, energy levels, disease, or stress.

If the chakras are not balanced, or if the energies are blocked, the basic life force will be slowed down. An individual may feel unbalanced with symptoms of listlessness, being out of sorts, fatigue or depression. Thought processes and the mind may cause negative attitudes, doubt, fear which can all lead to physical bodily functions being affected with illness and diseases.

A constant balance between the chakras promotes health and a sense of well-being. If the chakras are over-active then one can experience excessive behavior. If the chakras are under-active, it could lead to dis-ease.

Most of us react to unpleasant experiences by blocking our feelings and stopping a great deal of our natural energy flow. This affects the maturation and development of the chakras. Whenever a person blocks whatever experience he is having, he in turn blocks his chakras, which eventually become disfigured. When the chakras are functioning normally, each will be open, spinning clockwise to metabolize the particular energies needed from the universal energy field.



As already mentioned any imbalances that exist within any chakra may have profound effects upon either our physical or emotional bodies. Proper diet, physical activity, meditation, gemstones, essential oils are all tools that can help us harmonize, balance, and stimulate these energies. Once the chakra has been properly balanced then our body will gradually return to normal.



## **ROOT CHAKRA**

**Color:** Red

**Musical Scale Note:** C

**Sense/Element:** Smell/Earth

**Primary Endocrine Gland:** Adrenal Glands

**The Root Chakra governs the:** Back, Feet, Hands, Hips, Spine and Legs.

**Essential Oils:** Cedarwood, Frankincense, Myrrh, Patchouli, Spikenard, Vetiver.

**Gemstones:** Black Obsidian, Bloodstone, Carnelian, Dalmatian Jasper, Fire Agate, Garnet, Gray Agate, Petrified Wood, Red Agate, Red Aventurine, Red Jasper, Ruby, Smoky Quartz.

**Balanced Root Chakra:** The Root chakra is about being physically there and feeling at home in situations. If it is open, you feel grounded, stable and secure. You don't unnecessarily distrust people. You feel present in the here and now and connected to your physical body. It regulates those mechanisms that keep the physical body alive and the fundamental urge to survive.

**Under-active Root Chakra:** You tend to be fearful or nervous. You easily feel unwelcome.

**Over-active Root Chakra:** You may be very materialistic and greedy. You're probably obsessed with being secure and resist change.

**Possible Physical Areas Affected By An Out Of Balance Chakra:** Anorexia, Obesity, Osteoarthritis, Autoimmune Disease, Arthritis, Cancer, AIDS, Fatigue, Kidney, and Spinal Column.

**Ideal Level of Function:** Security, Survival, Instincts, Self-Preservation, Physical Health, Abundance, and Connection to Mother Earth

**Activities To Balance The Chakra:** Aromatherapy, Gardening, All kinds of physical activities (Hiking, Walking, Biking, Yoga), and Wear the Color Red.

**Root Chakra Healing Foods:** Protein (especially animal protein), Root Vegetables, Edible Mushrooms, and Red-colored Foods (apples, pomegranates, etc.)



## SACRAL/NAVEL CHAKRA

**Color:** Orange

**Musical Scale Note:** D

**Sense/Element:** Taste/Water

**Primary Endocrine Gland:** Testes/Ovaries

**The Sacral Chakra Governs the:** Sexual Organs, Bladder, Bowel and Lower Intestine.

**Essential Oils:** Bergamot, Cardamom, Clary Sage, Orange, Patchouli, Rose, Sandalwood, Ylang-Ylang

**Gemstones:** Carnelian, Orange Calcite, Citrine, Dalmatian Jasper, Fire Agate, Milky Quartz, Tiger's Eye, Selenite.

**Balanced Sacral Chakra:** The Sacral chakra is about feeling and sexuality. When it is open, your feelings flow freely, and are expressed without you being over-emotional. You are open to intimacy and you can be passionate and lively. This energy is the center for creating relationships of all kinds. It is where we develop an inward sense of self and an outward awareness of others, ego, sexuality, and family defined as we work with this energy.

**Under-active Sacral Chakra:** You tend to be stiff and unemotional or have a "poker face". You're not very open to people.

**Over-active Sacral Chakra:** You tend to be emotional all the time. You'll feel emotionally attached to people and you can be very sexual.

**Possible Physical Areas Affected By An Out Of Balance Chakra:** Bladder Problems, Frigidity, Gall and Kidney Stones, Reproductive Organs, Vaginal Cancer, Prostrate Cancer, and Pelvic Disease.

**Ideal Level of Function:** Physical and Material Desires, Sexual Health and Fulfillment, Ease with Change, Creativity, Grace, Feeling, Balanced Emotions, and Fluidity.

**Activities To Balance The Chakra:** Drink Proper Amounts of Water, Healthy Moral Sex, Water Activities, and Wear the Color Orange.

**Sacral Chakra Healing Foods:** Fats and Oils, Fish (especially wild-caught salmon), Tropical Fruits, Seeds, Nuts, and Orange-colored Foods (oranges, tangerines, carrots, etc.)



## **SOLAR PLEXUS CHAKRA**

**Color:** Yellow

**Musical Scale Note:** E

**Sense/Element:** Sight/Fire

**Primary Endocrine Gland:** - Pancreas

**The Solar Plexus Chakra Governs The:** Celiac Plexus, Stomach, Upper Intestines, Liver and Middle to Upper Back.

**Essential Oils:** Black Pepper, Cedarwood, Cinnamon, Clove, Coriander, Cypress, Geranium, Ginger, Grapefruit, Juniper, Lemongrass, Mandarin, Peppermint, Rosemary, Sandalwood, Spearmint, Vetiver, Ylang-Ylang.

**Gemstones:** Amber, Citrine, Sunstone, Tiger's Eye, Yellow Calcite, Yellow Topaz.

**Balanced Solar Plexus Chakra:** It is the center for personal power. Our creativity is fueled by our power of will. It is the center that gives us the sense of complete

satisfaction and contentment. The Solar Plexus chakra is about asserting yourself in a group. When it is open, you feel in control and you have sufficient self-esteem.

**Under-active Solar Plexus Chakra:** You tend to be passive and indecisive. You're probably timid and don't get what you want.

**Over-active Solar Plexus Chakra:** You are domineering and probably even aggressive.

**Possible Physical Areas Affected By An Out Of Balance Chakra:** Diabetes, Digestive Issues, Adrenal Organ Illness, and Hypoglycaemia.

**Ideal Level of Function:** Personal Power, Control, Will, Effectiveness, and Personal Energy.

**Activities To Balance The Chakra:** Eat Healthy Food, Volunteer Work, Wear the Color Yellow, and Yoga.

**Solar Plexus Chakra Healing Foods:** Carbohydrates (complex), Fiber, Whole Grains, Legumes, and Yellow-colored Foods (yellow sweet peppers, yellow lentils, corn, etc.)



## HEART CHAKRA

**Color:** Green

**Note:** F

**Sense/Element:** Touch/Air

**Endocrine Gland:** Thymus

**The Heart Chakra Governs the:** Heart, Lungs, Blood and Circulation.

**Essential Oils:** Bergamot, Cypress, Geranium, Jasmine, Lavender, Lemon, Mandarin, Melissa, Neroli, Orange,

Rose, Sandalwood, Tangerine, Ylang-Ylang.

**Gemstones:** Amazonite, Amethyst, Chrysocolla, Emerald, Fire Agate, Green Aventurine, Green Calcite, Green Fluorite, Jade, Kunzite, Lepidolite, Malachite, Morganite, Moss Agate, Pink Tourmaline, Rhodochrosite, Rose Quartz, Scolecite, Watermelon Tourmaline.

**Balanced Chakra:** The Heart chakra is about unconditional love, kindness, and spiritual growth. When it is open, you are compassionate and friendly, and you work at harmonious relationships. It is the bridge connecting the lower and higher energies of our being and is the place where resides our Spirit, our true Self, free and independent.

**Under-active Chakra:** You are cold and distant.

**Over-active Chakra:** You are suffocating people with your love and your love probably has quite selfish reasons.

**Possible Physical Areas Affected By An Out Of Balance Chakra:** Cancer, High Blood Pressure, Heart Problems, Thymus, Blood, Circulatory System, and Involuntary Muscles.

**Ideal Level of Function:** Ability to Feel Compassion, Love Deeply and Healthy Intimate Relationships.

**Activities To Balance The Chakra:** Acts of Kindness, Deep Breathing, EFT (tapping), Hugging, Wear the Color Green.

**Heart Chakra Healing Foods:** Vegetables (especially cruciferous vegetables like broccoli, kale, cabbage, and leafy greens), Sprouts, Raw Foods, Foods Rich in Chlorophyll, and any Green-colored Foods.



## **THROAT CHAKRA**

**Color:** Blue

**Musical Scale Note:** G

**Sense/Element:** Hearing/Sound

**Primary Endocrine Gland:** Thyroid

**The Throat Chakra Governs the:** Ears, Throat, Thyroid, Mouth, Teeth, Tongue and Jaw.

**Essential Oils:** Basil, Bergamot, Chamomile, Cypress, Peppermint, and Spearmint.

**Gemstones:** Aquamarine, Apatite, Azurite, Celestite, Blue Calcite, Blue Lace Agate, Blue Sapphire, Chrysocolla, Kyanite, Labradorite, Lapis Lazuli, Larimar, Petrified Wood, Silver Leaf Jasper, Sodalite, Turquoise.

**Balanced Throat Chakra:** The Throat chakra is about self-expression creativity and communication. When it is balanced, you have no problems expressing yourself. This is where the inner voice of one's truth is expressed. It is the chakra of diplomacy, of pure relationships with others, and of playful detachment.

**Under-active Throat Chakra:** You tend not to speak much, and you probably are introverted and shy. Not speaking the truth may block this chakra.

**Over-active Throat Chakra:** You tend to speak too much, usually to domineer and keep people at a distance. You are not a very good listener.

**Possible Physical Areas Affected By An Out Of Balance Chakra:** Throat Infections, Laryngitis, Hearing loss, Tinnitus, Neck Problems, Hypo/Hyper Thyroid, Jaw (TMJ), Vocal Cords, Teeth and Gums.

**Ideal Level of Function:** Ability to Express Self, Manifest Personal Essence in the World, Communicate Well, and Rich Creative Life.

**Activities To Balance The Chakra:** Journal Writing, Listening to Good Uplifting Music, Singing a Song, and Wear the Color Blue.

**Throat Chakra Healing Foods:** Sea plants, Fruits, Juices, Soups, Sauces, (which bring together different elements like water and earth), and Foods from Different Ethnic Groups (The throat chakra encourages variety of foods.)



### **BROW/THIRD EYE CHAKRA**

**Color:** Indigo

**Musical Scale Note:** A

**Sense/Element:** Sixth Sense/Light

**Primary Endocrine Gland:** Pituitary Gland

**The Brow Chakra Governs the:** Pituitary Gland, Pineal Gland, Skull, Eyes, Brain, Nervous System and the Senses.

**Essential Oils:** Angelica Root, Bay Laurel, Clary Sage, Cypress, Frankincense, Helichrysum, Juniper, Marjoram, Patchouli, Rosemary, Sandalwood, Vetiver.

**Gemstones:** Amethyst, Calcite, Charoite, Clear Quartz, Fluorite, Kyanite, Lapis Lazuli, Lepidolite, Solecite, Sodalite, Sugilite, Tiger's Eye.

**Balanced Brow Chakra:** The Brow chakra is about insight, visualization and corresponds with spiritual awakening. When it is open, you have a good intuition. It is the chakra of forgiveness and compassion.

**Under-active Brow Chakra:** You are not very good at thinking for yourself, and you may tend to rely on authorities. You may be rigid in your thinking, relying on beliefs too much. You might even get confused easily.

**Over-active Brow Chakra:** You may live in a world of fantasy too much. In excessive cases hallucinations are possible.

**Ideal Level of Function:** Clear Thought, Discernment, Perception, Understanding, Strong Intuition, and Ability to See Clearly.

**Activities To Balance The Chakra:** Keep a Dream Journal, Meditation, Memory Games, Star Gazing, and Wear the Color Indigo.



**Third Eye Chakra Healing Foods:** Green Tea, Dark Chocolate, Spices, and Purple-red Foods (purple potatoes, red onions, blackberries, blueberries, purple grapes, etc.)



## **CROWN CHAKRA**

**Color:** Violet

**Musical Scale Note:** B

**Sense/Element:** Pure Consciousness/Spirit

**Primary Endocrine Gland:** Pineal Gland

**The Crown Chakra Governs the:** Top of the Spinal Cord, Brain Stem, Pain Center and Nerves.

**Essential Oils:** Cedarwood, Frankincense, Helichrysum, Jasmine, Lavender, Myrrh, Neroli, Rose, Rosewood,

Sandalwood, Spikenard, Vetiver.

**Gemstones:** Amethyst, Calcite, Clear Quartz, Herkimer Diamond, Lepidolite, Moonstone, Opal, Purple Fluorite, Solecite, Selenite, Snow Quartz.

**Balanced Crown Chakra:** The Crown Chakra is about wisdom and being one with the world. When this chakra is open, you are unprejudiced and quite aware of the world and yourself. This chakra represents the highest level of consciousness and enlightenment.

**Under-active Crown Chakra:** You are not very aware of spirituality. You're probably quite rigid in your thinking.

**Over-active Crown Chakra:** You are probably intellectualizing things too much. You are probably ignoring your bodily needs.

**Possible Physical Areas Affected By An Out Of Balance Chakra:** Exhaustion, Epilepsy, Cerebrum, Pineal Gland, Right Eye.

**Ideal Level of Function:** Wisdom, Spiritual Connection, Spiritual Understanding, and Sense of Connection.

**Activities To Balance The Chakra:** Meditation, Prayer, and Wear the Color Purple/Violet

**Crown Chakra Healing Foods:** The crown chakra is not nourished with physical foods in the same way that they feed other chakras, but the crown chakra thrives on the sustenance that comes from sunlight, air, and love.



# YOUR CHAKRAS

Draw your chakras as you see and feel them.

