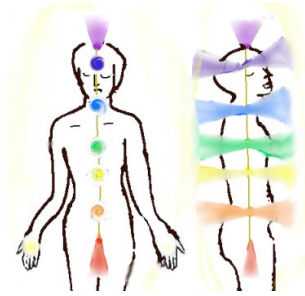


CHAKRA GUIDE

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The word Chakra means Wheel, denoting movement. Your Chakras are vortexes, spiritual focal points & wheels of energy. When awakened they transfer prana (vital life force energy) throughout your body to nourish your physical, emotional and spiritual well being. When a Chakra is moving effectively, it circulates energy to the area it governs, as well as the Chakra above it, below it and into the Tejas (Aura). When your Chakras are balanced, the quality of your life is enhanced on all levels.

Chakra balancing can be simple: focus your breath and awareness while visualizing color energy in the Chakra.

Color is energy, and each color vibrates at a particular unique frequency that mirrors the frequency of a Chakra center in optimal balance. Exposure to the energy rays of color offers a powerful tool for balancing the entire Chakra system.

ROOT CHAKRA ~ Muladhara Chakra ~ Red energy

Muladhara Chakra's energy starts below the tailbone & anus, at the perineum

It sources the lower body, feet & hands with life force energy, as well as initiates the upward flow of energy along and around the spine

Mula means base, adhara means foundation

Energetically governs the colon, strength of bones, adrenaline, blood, male sex organs, prostate

In balance:

grounded, centered, stable, secure, ambitious, determined, active, good use of physical energy, trusting of abundance/survival, healthy relationship with food, sex and \$, an overall sense of vibrant life force energy

Out of balance:

anger, aggression, indulgent with food/alcohol/sex/\$, addictive behavior, depressed, sluggish, overweight, constipated, underweight, ungrounded, diarrhea

Basic Color Therapy: Bright Red to activate or Deep Red to ground

Advanced: Green to balance, Pink to soften, Blue to calm, Violet to acknowledge

SACRAL CHAKRA ~ Swadisthana Chakra ~ Orange energy

Swadisthana Chakra's energy starts below the navel & governs the low belly, hips & lower back

It nourishes the health your bladder & kidneys- for women, the female reproductive organs, adrenal glands (shared with the sacral chakra)

The name defined: "One's own home" or "Sweetness"

In balance:

Creative, sensual, in the now, patient, ability to "go with the flow," sociable, comfortable with feelings & emotions, flexible in body and mind, ability to birth new ideas, projects, etc.

Out of balance:

disconnected from emotions, impatient, anxiety about future, stuck in the past, controlling, perfectionist issues, bladder/kidney problems, female reproductive issues, unable to “step into new form”

Basic Color Therapy: Orange to activate or Pale Blue to calm

Advanced: Coral & Pink to nurture or Bright Blue to ground

SOLAR PLEXUS CHAKRA ~ Manipura Chakra ~ Yellow energy

Manipura Chakra’s energy starts above the navel & governs the mid belly & mid back

Energetically governs the health of your digestive organs, liver, pancreas, gallbladder & spleen, adrenal glands (shared with the sacral chakra)

The name defined: “Lustrous Gem” or “Filled with Jewels”

In balance:

healthy digestion, no holding of resentment, free of anger, clear thinking, focused, joyful, blissful, positive self esteem & self confidence, inquisitive, effective use of blood glucose, sense of personal power & unique personality, ability to exercise one’s will

Out of balance:

doubtful, fearful, confused, unconfident, depression, prone to negative thinking, sad & gloomy, lack of curiosity, too much alcohol, chemically-processed foods

Basic Color Therapy: Yellow or Gold to activate or Pale Violet or Deep Violet to balance

Advanced: Green to comfort Pale Blue to soothe

HEART CHAKRA ~ Anahata Chakra ~ Green energy

Anahata Chakra’s energy starts at the heart muscle and spans upper arms to upper back, just under shoulders

Energetically governs your heart muscle, lungs, circulation, respiration, & thymus gland,

The name defined: “Unbroken” or “Complete within the self”

In balance:

an overall sense of balance, a sense of spaciousness in life, compassion, generosity, filled with love for other people, the environment, balanced in: giving/receiving, doing/being, self/others, earthly self/heavenly self, active/inward energy

Out of balance:

sense of “not enough time,” extremes in being overly concerned with others, lack of care for self or greatly removed from other people or overly selfish, dislike of nature, disconnected from love and loving feelings, a feeling of betrayal

Basic Color Therapy: Green to nourish

Advanced: Pink to support Red to balance

PURIFICATION CHAKRA ~ Visshudha Chakra ~ Blue energy

Visshudha Chakra’s energy starts at the shoulders & nourishes up to and including the ears

Energetically governs the neck, jaw, throat, trachea, bronchial tubes, upper lungs, mouth, teeth, gums, nostrils & ears, your sense of taste, smell & hearing

The name defined: “To Purify”

In balance:

effective communication of heart’s desires and needs, peaceful communication, good listening ability, inspiring to others via media pursuits & creativity related to speech, writing, expression, overall sense of calm, relaxation & peacefulness

Out of balance:

unclear communication, holds back communication, storage of resentment or anger around communication, poor listener, agitated, overly excited, issues with mouth, teeth, gums, ears

Basic Color Therapy: Blue to activate or Orange to balance

Advanced: Turquoise to also awaken or Yellow to energize

INNER EYE CHAKRA ~ Ajna Chakra ~ ROYAL Blue energy

Ajna Chakra's energy starts at approx the bridge of the nose on the front body & below the occipital bone on the back of the head

Energetically governs the sinuses, the physical eyes, the central nervous system, the balancing of the brain, the pineal gland & the pituitary gland (shared with the crown chakra),

The name defined: "To Command"

In balance:

Great ability to trust inner wisdom, intuition and inner images, connection to psychic abilities, a visionary, relaxed brow bones & eyes

Out of balance:

disconnected from reality, lack of trust in intuition, dull & dreary view of life, very analytical, excessive compulsive mental problem-solving, overly-confident/trusting

Basic Color Therapy: Royal Blue to stimulate or Gold to balance

Advanced: Pale Violet to awaken, Pale Blue to prepare

CROWN CHAKRA ~ Sahaswara Chakra ~ Violet energy

Sahaswara Chakra's energy circulates at the top & center of your head – draw an imaginary line up the center of your face and 2 more up from the center of each ear & where those points converge is your best meditation point

Energetically governs the pituitary gland (shared with the inner eye), the nervous system & a deep sense of balance in the brain

The name defined: "Thousand Fold"

In balance:

understanding your higher reason/purpose, a sense of selflessness & service to others, a release from reliance on the analytical mind, trusting of the mysterious nature of life, feeling a connection to Spirit- spirituality, the Universe, a feeling of purity, a cool and calm nervous system, an ability to "get out of one's own way," awakening higher consciousness

Out of balance:

ungrounded, confused, disconnected, "floating in the heavens" and not grounded on the Earth plane, not wanting to be on the Earth, overall lack of trust, need to analyze & control

Basic Color Therapy: Violet or Pale Violet to activate or Yellow to ground

Advanced: Red and Blue also give you access to the 2 aspects of the crown vibration