

The Seven Major Energy Centers and Ways to Support Chakra Balance

(1) Root Chakra: Red (Crimson Red)

Located at base of spine at the perineal floor.

Responsible for grounding, physical sensation, security, will to survive, habits and instincts. Affects adrenals, legs, feet, bowels, spine and physical body as a whole.

Functioning Correctly, this chakra allows us to feel connected with our community and to all of life and all of abundance. A strong root chakra allows us to handle stress with grace. Stillness and patience are easy and comfortable. We are able to bend with life. When this chakra is in balance, we manage our lives well and little stands in the way of manifesting our desires.

Functioning Poorly, we may have anxiety and fears that are out of proportion. We may hoard or experience scarcity. Rage may be present or we may have an unrealistic view of life not grounded in reality.

Disruptions result in elimination problems, rectal tumors, immune disorders, stress response dysfunction, depression, problems with lower extremities.

Blocked by Fear: False Evidence Appearing Real

Remember the only thing to fear is fear itself. Fear is an illusion. Have faith that everything is exactly as it should be.

More You Can Do To Support your Root Chakra:

Color: Red...Wear red clothes or shoes to enhance grounding and your connection to Earth.

Element: Earth...Care for your physical body and your financial health.

Sound: Drum...Dance, drum or listen to music with good beat.

Stones: Hematite....Grounding, dissolves negativity. Carry with or keep in your vehicle.

Smoky Quartz...Grounding, allows passion to flow and fortifies resolve.

Essential Oils: Cinnamon....Good for exhaustion and stress.

Clove...Empowers you to be your true heart's desire, supports and releases blockages of emotional body.

Patchouli...Fortifies the will to live, unlocking the root chakra and creating an affinity with the heart beat of Mother Nature.

Chant: "O" as in home.

Affirmations: I am grounded and balanced.

I trust the process of life.

I am safe and secure.

I am receiving money from known and unknown sources.

Other Activities: Any self care: Get outside and walk, connect with nature. Drink plenty of water. Eat healthy food, make sleep a priority, meditate and receive regular body and energy work.



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(2) Sacral Chakra: Orange (Sunset Orange)

Located on the lower abdomen below the navel.

Responsible for feelings, emotions, morality, desire, pleasure and procreation.

Affects reproductive system, intestines, kidneys, and lower abdominal cavity.

Functioning Correctly, we experience emotions of every variety in an appropriate manner. We allow fear and anger to flow through us to find greater access to joy and peace. We find pleasure in the full range of what life has to offer. Our emotions guide us to creating the life we want. This is the place of fertility where we birth new projects, creative ideas, and innovative solutions, and new plans. As the sexual center, the sacral chakra pairs with the heart during union with another. With a healthy sacral chakra, we maintain personal boundaries, yet are generous and live with ease and pleasure.

Functioning Poorly, we are unable to “feel” in response to our life. Remember that to feel joy, it is found only under the other feelings that we or society may deem as less attractive. We fail to see creative solutions for our lives allowing fear and anger to over run us. Sexually, we can confuse sex with love. We may find our emotions and or desire for love and our spirituality overwhelmed by our need for approval and recognition. These suppressed emotions can turn in to protective layers of fat over our bellies. We have unclear, rigid, or even nonexistent boundaries. This is often the most damaged of the chakras in the western world.

Disruptions result in fertility and libido issues, prostrate problems for men, gynecological problems for females, urinary problems, low back pain, sciatica and problems in lower colon.

Blocked by Guilt: Acknowledge who you truly are and what it is you regret you did; realize it was for the higher good even if you do not understand it. Stop the blame and forgive yourself.

More You Can Do To Support your Sacral Chakra:

Color: Orange...Wear orange clothing or buy orange flowers to honor your creativity, sexuality, and emotional center.

Element: Water...Take a restorative bath or go for a swim. Drink lots of water.

Sound: Flute...Listen to flute music.

Stones: Orange Citrine....Intuition, creativity and abundance.

Amber...Protection and promotes good luck.

Essential Oils: Geranium....For constancy reducing inner conflict. Good for mending a broken heart.

Jasmine....An aphrodisiac supporting the connection between spirituality and sexuality and optimism. It is anti-depressant and anti-inflammatory and relieves guilt, low self esteem and residual emotional abuse.

Sandalwood...Awakens divine sensuality. Increase intuition and imagination. Brings spiritual abundance. Aligns the heart with sacral feminine energies and the root chakra's male's energies.

Chant: “oo” as in flute.

Affirmations: It is safe to feel my feelings.

My creativity flows easily.

I love and approve of myself.

I have wonderful gifts and abilities.

I am alive, joyful and sexy.

Other Activities: Laugh out loud, do gentle yoga, take a bubble bath, journal, find pleasure in small ways every day. Appreciate the food you eat, really taste it, savor the flavor, choose nourishing food and eat slowly. Listen to your favorite music, feel your body moving to the rhythm.

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(3) Solar Plexus Chakra: Yellow (Bright Yellow)

Located at solar plexus two inches above the navel.

Responsible for self esteem, self interest and linear mental thinking.

Affects pancreas, stomach, liver, gall bladder and spleen—entire upper abdomen.

Functioning Correctly, we are confident in our ability to approach life, We are clear on what we have to offer and know that our contributions are worthwhile. A balanced solar plexus chakra brings us access to our gut feelings, intuition or internal knowing.

Functioning Poorly, doubt creeps in and we become indecisive. We are uncertain of our worth, our contributions and our purpose. We become oversensitive to criticism and our self esteem declines. We often live of a life of “shoulds” and “have tos”.

Disruptions result in addictions, low self esteem, ego mania, stomach ulcers, pancreatitis, in digestion, hepatitis, cirrhosis, colon diseases, hypersensitivity to criticism and indecision.

Blocked by Shame: ‘Guilt is for something you did, Shame is for who you are’ —

Identify your biggest disappointment in your character and send yourself compassion and love. You belong in the universe.

More You Can Do To Support your Solar Plexus Chakra:

Color: Yellow....Wear yellow clothing or buy yellow flowers to honor the person you are and support stepping in to your power.

Element: Fire...Go in to the sunshine, sit by a fireplace, burn a candle. Meditate on the flames and remember the flame that burns within you.

Sound: Stringed instruments...Listen to classical music and feel the power of it.

Stones: Yellow Citrine.....Self confidence and power.

Tiger Eye...Integrity, helps with intention.

Essential Oils: Rosemary....Loyalty towards self and others.

Basil...Improves mental clarity and memory. Brings acceptance and responsibility in our lives. Supports positive self esteem and eases the need to judge or control.

Lemon...Uplifts and relieves bitter resentment, mistrust and irrational thinking.

Chant: “ah” as in father.

Affirmations: I honor myself.

I am limitless.

I am successful and powerful.

I am worthy of the best in life.

Other Activities: Invigorating exercise, sit ups, act on your personal courage to honor the third chakra. Do what makes YOU happy not necessarily what makes others happy, get in the sunshine, journal, comprise a list of the unique gifts you offer to the world or make a list of your successes, meditate or light a candle and contemplate your divinity.



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(4) Heart “Fire” Chakra: Green (Vivid Green) (pink will also touch the heart.)

Located at the center of your chest.

Responsible for unconditional love, transformation, emotional empowerment, forgiveness, compassion and trust.

Affects heart, circulatory system, chest, arms and hands.

Functioning Correctly, we are able to feel more accepting and loving toward those around us.

This center enables us to reach out and build community in healthy ways. The heart chakra integrates the energies of the upper three chakras with that of the lower three. It is the center where we bring Heaven and Earth in to balance and find peace. Our love for self and love for others harmonize so we can truly love our neighbor as our self. We accept ourselves unconditionally, realizing our imperfections are what make us perfect. We trust that we can handle what life brings us. We are able to find peace amidst a busy day and breathe life in deeply.

Functioning Poorly, we don't trust ourselves or others. We close ourselves off from what is around us and can harden in the process. Imperfections of others are glaring and peace seems impossible. We don't allow ourselves to fully breathe in and out causing constriction of the flow of giving and receiving.

Disruptions result in cardiovascular disease, respiratory problems, asthma, lung and breast cancer, pneumonia, upper back and shoulder problems and carpal tunnel syndrome.

Blocked by Grief: Look at what you grieve and remind yourself that love is never lost but reborn in a new and different form.

More You Can Do To Support your Heart Chakra:

Color: Green or pink....Dress in green or pink clothing. Buy green houseplants or pink flowers.

Element: Air...Sit quietly, close your eyes, and follow your breath.

Sound: Bell...Put up some wind chimes or play a singing bowl.

Stones: Malachite....Nurtures balance and trust.

Rose Quartz...Unconditional love, inner healing and trust.

Green and/or Pink Tourmaline...Patience, connection with others and compassion.

Essential Oils: Lavendula Vera...Helps to give and receive love.

Goldenrod...Healing for the heart

Rose....Radiates love; it will open your heart and help with grief.

Chant: “ay” as in play.

Affirmations: I trust my heart.

I am open and grateful.

I am the light within my soul.

I am able to give and receive love unconditionally.

Other Activities: Walk in a green park, wear a green necklace spend quality quiet time and focus on your breathing, hug someone, play with pets or children, give your service to others freely. Allow air to create an opening your chest, your heart, and in your life.

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(5) Throat Chakra: Blue (Cobalt Blue or Turquoise)

Located on the throat, neck region.

Responsible for expression, truthful communication, creativity and humor.

Affects thyroid, parathyroid, vocal cords, trachea, lungs, esophagus and ears.

Functioning Correctly, we are in touch with our inner guiding voice. We speak our truth and are able to synthesize what is in the head and in the heart, and speak from a place of authentic power that conveys our true sentiment and we are heard. We listen closely with discernment to others. Our timing is impeccable, we think of the appropriate things to say at precisely the right time. We are in the flow of synchronicity.

Functioning Poorly, our timing is off. We are confused and uncertain of the guidance of our inner voice. We feel disconnected from spiritual guidance as well. We do not speak from truth and do not communicate well. Others do not hear and we do not listen well to them. We think what to say long after the situation has presented itself. We are out of touch with our creativity.

Disruptions result in whiplash, TMJ, sore throat, laryngitis, gum or tooth problems and lack of authority.

Blocked by Lies: Confessions are in order.

You must accept who you truly are; you can not lie about your true nature.

More You Can Do To Support your Throat Chakra:

Color: Blue....Wear blue clothing or plant blue flowers.

Element: Ether...Get outdoors in to air and in to spirit.

Sound: Wind....Open your window or go to the park and listen to the sounds of nature.

Stones: Turquoise...Enhances Earthly and spiritual communication for true soulful expression.

Aquamarine...Promotes tolerance and releases you from fear of judgments.

Celestite...Clarity, communication skills with spirit, balancing energies, and calming.

Blue Lapis...Guards against psychic attack, encourages use of the spoken word.

Essential Oils: Rosewood....Supports creativity. Renews connection with one's inner essence.

Balsam Fir...Helps interpret the language of life.. Generates greater inner peace and harmony.

Chant: "ee" as in tree.

Affirmations: I honor myself.

I am limitless.

I am successful and powerful.

I am worthy of the best in life.

Other Activities: Put on a blue necklace, sing in the shower, recite poetry, chant, paint, dance, tell jokes, take a walk outside in nature and breathe consciously in to your throat chakra, remember you have an authentic voice and a truth that is worthy of being shared, share what is happening from your heart with a close friend, remember to shift your focus from that of what you don't want to that of what you do want.



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(6) Brow Chakra: Indigo (Midnight Blue)

Located at the third eye or center of forehead.

Responsible for wisdom, intuition, insight, ideas, visualization and clairvoyance.

Affects middle and lower brain, left eye and nervous system.

Functioning Correctly, the third eye gives us the gift of putting past and present experiences in perspective. Following its guidance helps us transcend negative emotions and thoughts. When in balance, we feel that we are at the top of our game. Our imagination and intuition are both strong. We can visualize our future as an expression of our inner truth and see what steps might be taken to make it happen. We feel connected and become more discerning with our choices. We can read between the lines and see the relationships amongst people and situations.

Functioning Poorly, we cannot see the forest through the trees. We have no idea of the deeper meaning of events and circumstances in our lives. We are uncertain or misguided on our path. We get stuck in the detail and self doubt overwhelms us. Our judgment is clouded and we make poor decisions.

Disruptions result in ADD, brain tumors, strokes, deafness, seizures, confusion, panic, spinal dysfunction, headaches, allergies, and sinus conditions.

Blocked by Illusion: Separation is the greatest illusion.

There is no Separation. Things we think are different are one and the same.

More You Can Do To Support your Brow Chakra:

Color: Indigo...Wear dark blue clothing or put a house plant in a dark blue pot.

Element: Light...Sit near a window, have well lit space, get outside in to the light of day.

Sound: Rushing or Trickling Water...Walk by a stream or a river, sit by a fountain, run a bath, listen to sounds of nature.

Stones: Sapphire...Relieves stress and doubt and helps us to trust our intuition.

Purple Fluorite...To open the third eye and increase psychic awareness.

Blue Lapis...Guards against psychic attack, encourages use of the spoken word.

Essential Oils: Peppermint...Raises intuition and allows communication with the whole.

Clary Sage...Cleanses and energizes the mental body, helps to find "presence"

Chant: "om" as in home.

Affirmations: It is safe to know what I know and to see the truth.

I trust my intuition.

I see God's/Goddess's gifts all around me.

Every choice I make is the right one.

I am united with the Infinite.

I am bountiful. I am beautiful.

I am. I AM.

Other Activities: Put on a dark blue piece of jewelry, take a bath, dry brush your skin, get a facial, listen to dynamic and energetic music, play the drums, move to the rhythm, keep a dream journal, make a gratitude list, go out in the sunlight.

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(7) Crown Chakra: Purple (Violet)

Located at the midline on the top of head.

Responsible for spiritual aspect, alignment with Higher Power.

Affects upper brain, right eye, pineal gland, hypothalamus and pituitary gland.

Functioning Correctly, we feel boundless. A sense of oneness connects us to all of life and to the cosmos. There is an awareness of the divine guidance and presence in each area of our lives. Being in this space is effortless and peaceful.

Functioning Poorly, we feel disconnected from Spirit. We don't know which way to turn and feel isolated in life.

Disruptions results in epilepsy, migraines, memory problems, disturbances to the skin, muscular system and skeletal system.

Blocked by Attachment: Recognize your Earth anchors and release them with love.

Live with true presence.

More You Can Do To Support your Crown Chakra:

Color: Violet....Dress in purple. Buy purple or violet flowers for your home.

Element: Spirit...Remember your connection to all of life.

Sound: OM...Mediate on this..

Stones: Amethyst...Enhances higher states of consciousness and repels negativity.

Diamond...Purity of soul.

Quartz...Amplifies energies. Supports meditation, helps one to know one's self.

Essential Oils: Geranium....Constancy and availability. Reduces inner conflict, unifies body, mind and spirit.

Clove Leaf...Stimulates the mind and lifts depression.

Sandalwood...Open to Source to perceive and receive gifts of abundance.

Chant: "ngnngn" as in sing.

Affirmations: Connection to bliss is easy.

I am wisdom.

I am a child of the Universe.

I choose joy.

I am at peace with myself.

I am one with all that is.

Other Activities: Treat yourself to wearing your favorite amethyst or diamond. Find a quiet spot to meditate for just a few minutes by following your breath and remembering your connection to source energy, feel the roots growing out of your feet and connecting with Earth while the light emanates as a beam out of the top of your head and connects with Divinity to form the brightest star.



Disclaimer:

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