

A Guide to Working with the 7 Main Chakras



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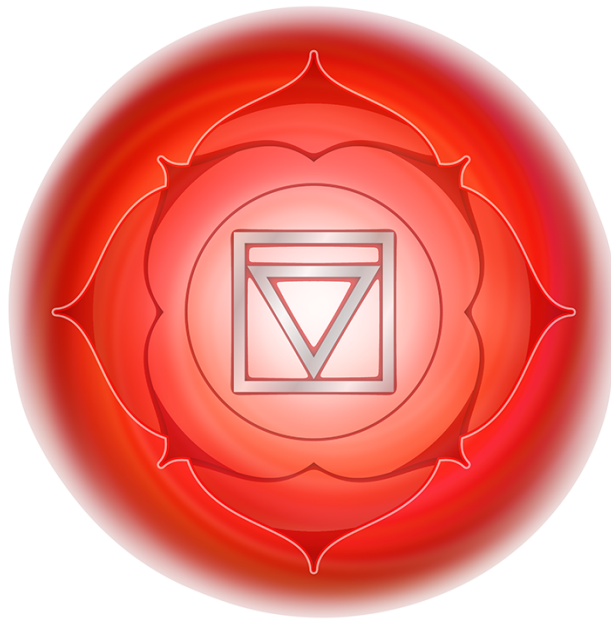
By Frankey Craig

Everything in our universe is radiating energy, from the biggest mountain or ocean, to the tiniest blade of grass, to each individual cell in our body. All of our cells emit energy in different ways, and different cells will emit different kinds of energy depending on where they are located within the body and what their job is. It should come as no surprise, then, that given the specialized nature of your body's energy, there are several different channels located on key points of the body through which energy can flow in and out in a constant stream. These are called the chakras.

The word chakra means "wheel" in Sanskrit, though these are not like any wheels we've ever seen. Chakra energy spins in a clockwise direction, like a whirling vortex, as it moves the energy of our body out into the field around us, and it spins counterclockwise to pull energy from our external world (and the people in it) into our body. It is the frequency state of our chakras that determines the direction our energy will flow as they either draw energy into our body or release it outward.

"There are several different channels located on key points of the body through which energy can flow in and out in a constant stream."

Our 7 main chakras exist at seven points along our body, each one associated with a different set of organs and systems. It shouldn't be too surprising that the locations of our chakras correspond with the places on our body where essential systems use a lot of energy. For instance, the one between the eyes sits around our visual center, of course, but also the frontal lobe of our brain. That location is the epicenter of our decision-making, planning, and orientation. There is so much energy required in that region of our body that it makes perfect sense for it to have an energy outlet sitting in a handy location. The same goes for the heart chakra, which we know contains so much energy that it has its own force field and emits so much electromagnetic energy that it can be measured from several feet away. The chakras can be open or closed, overactive or underactive, depending on how well energy is able to flow through them. And that flow is determined by the open or constricted state of, you guessed it, your body and energy body.



ROOT CHAKRA

Studying the individual chakras begins with the root chakra. The root chakra is located at the base of the spine at the tailbone in back, and the pubic bone in front. This chakra holds the basic needs for survival, security and safety. The root chakra is powerfully related to our contact with the Earth, providing us with the ability to be grounded into the earth plane, and our ability to manifest security and stability for our basic survival needs is affected by the state of our root chakra. If this chakra is blocked an individual may feel fearful, anxious, insecure and frustrated. Problems like obesity, anorexia nervosa, and knee troubles can occur. Feelings of helplessness, unworthiness, lack of self confidence or unhappiness with your physical body are also signs and extreme blockage of your root chakra can lead to depression. Root body parts include the hips, legs, lower back and sexual organs. The color associated to this chakra is red.

Sanskrit name: Muladhara (root)

Mantra: LAM

Musical Note: C and C#

Basics: This is the seat of the Kundalini. It is linked to survival, stability, acceptance, self-preservation, deep-rootedness, perception, grounding, fear and safety.

Rights: To be here, To have.

Blocks: Fear

Hormonal Glands: Reproductive Organs

Sense: Smell

Body: Physical Body

Essential Oils: Patchouli, Cedarwood, Sandalwood.

Crystals: Garnet, Ruby, Agate, Onyx, Haematite, Red Jasper, Black Tourmaline, Smokey Quartz, Bloodstone, and Red Tiger's Eye.

Planets: Mars, Pluto and Saturn.

Signs: Aries, Taurus, Scorpio and Capricorn.

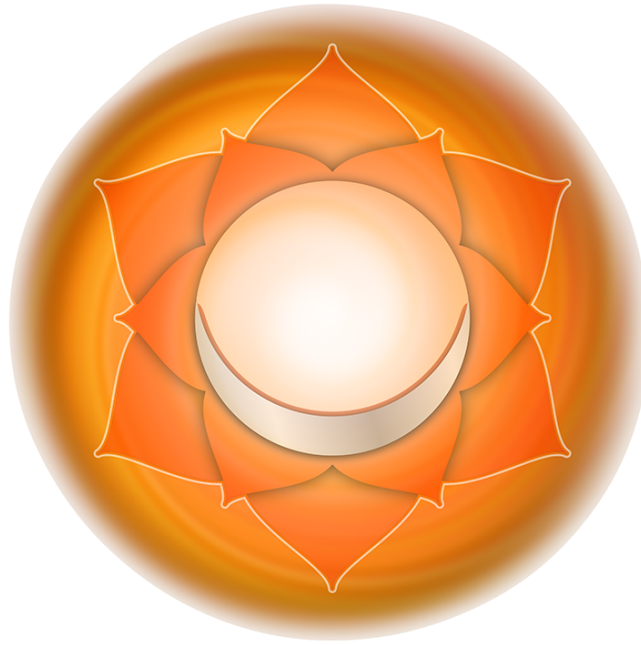
Element: Earth.

Healing Tips: Physical activity, touch, massage, reconnect with your body, grounding, yoga. Reclaim your right to be here!

Excessive: Sluggish, lazy, tired, monotony, obesity, overeating, hoarding, materialism, greed, Fear of change, addiction to security

Deficient: Fearful, anxious, restless, lack of discipline, underweight, financial difficulty Chronic disorganization

Balanced: Good health, vitality, well grounded, sense of trust in the world, feeling safe and secure, stability, prosperity, ability to relax.



SACRAL CHAKRA

The next chakra or second chakra is often referred to as the belly or (sacral). It is located two inches below the navel and is rooted into the spine. This center holds the basic needs for sexuality, creativity, intuition, and self-worth. This chakra is also about friendliness, creativity, and emotions. It governs people's sense of self-worth, their confidence in their own creativity, and their ability to relate to others in an open and friendly way. It's influenced by how emotions were expressed or repressed in the family during childhood. Proper balance in this chakra means the ability to flow with emotions freely and to feel and reach out to others sexually or not. If this chakra is blocked a person may feel emotionally explosive, manipulative, obsessed with thoughts of sex or may lack energy. Belly body parts include sexual organs (women), kidneys, bladder, and large intestine. The color used with this chakra is orange.

Sanskrit name: Svadhisthana (sweetness)

Mantra: VAM

Musical Note: D AND D#

Basics: Sexuality, emotions, creativity, codes of honor and ethics.

Rights: To want, To feel.

Blocks: Guilt.

Hormonal Glands: Pancreas

Sense: Touch / Taste

Body: Ethereal

Essential Oils: Rosemary, Juniper, Sandalwood, Jasmine, Rose, Ylang-Ylang.

Crystals: Amber, Citrine, Topaz, Moonstone, Fire Agate, Orange Spinel, Fire Opal, Carnelian

Planets: Moon, Venus, Pluto.

Sign: Libra, Cancer, Scorpio.

Element: Water.

Healing Tips: Movement (especially hips), therapy, emotional release, inner child work, boundary work, assign healthy pleasures, develop sensate intelligence

Excessive: Sexual, pleasure addiction; excessively sensitive and strong emotions; invasion of others, seductive manipulation; obsessive attachment; emotional dependency.

Deficient: Poor social skills; frigidity, fear of sex, lack of desire, passion, excitement, denial of pleasure; fear of change; rigidity in attitudes

Balanced: Graceful movements; emotional intelligence; ability to experience pleasure; nurture of self and others; ability to change; healthy boundaries.



SOLAR PLEXUS CHAKRA

The third chakra is referred to as the Solar Plexus. It is located two inches below the breastbone in the center behind the stomach. The third chakra is the center of personal power, the place of ego, of passions, impulses, anger and strength. It is also the center for astral travel and astral influences, receptivity of spirit guides and for psychic development. When the Third Chakra is out of balance you may lack confidence, be confused, worry about what others think, feel that others are controlling your life, and may be depressed. When balanced you may feel cheerful, outgoing, have self-respect, expressive, enjoy taking on new challenges, and have a strong sense of personal power. The body parts for this chakra include the stomach, liver, gallbladder, pancreas, and small intestine. The color for this chakra is yellow.

Sanskrit name: Manipura (lustrous gem)

Mantra: RAM

Musical Note: E

Basics: Power, self-esteem, self-image, energy, will, responsibility.

Rights: To act and to be an individual.

Blocks: Shame

Hormonal Glands: Adrenal Gland

Sense: Sight.

Body: Astral

Essential Oils: Juniper, Lavender, Bergamot, Rosemary

Crystals: Citrine, Amber, Tiger's Eye, Peridot, Yellow Tourmaline, Yellow Topaz.

Planets: Sun, Mercury, Jupiter, Mars.

Signs: Leo, Sagittarius, and Virgo.

Element: Fire.

Healing Tips: Risk taking, stress control, vigorous exercise, sit ups, psychotherapy (release or contain anger, build ego strength, work on shame issues and strengthen your will)

Excessive: Overly aggressive, dominating, controlling, blaming, arrogance, manipulative, power hungry, stubbornness, hyperactivity, excessively ambitious and competitive

Deficient: Low energy, weak will, poor self-esteem, passive, sluggish, fearful, poor self-discipline, emotionally and physically cold, victim mentality, blaming of others, unreliable, poor digestion

Balanced: Feeling of tranquillity and inner harmony, self-acceptance, respect for the nature and emotions of others, feeling of unity with the rest of humanity, responsible, reliable, confidence, spontaneity, sense of humour, able to meet challenges.



HEART CHAKRA

The fourth chakra is referred to as the heart chakra. It is located behind the breastbone in front and on the spine between the shoulder blades in back. This is the center for love, compassion and spirituality. This center directs one's ability to love themselves and others, to give and to receive love. This is also the chakra connecting body and mind with spirit. When this chakra is out of balance you may feel sorry for yourself, paranoid, indecisive, afraid of letting go, afraid of getting hurt, or unworthy of love. When this chakra is balanced you may feel compassionate, friendly, empathetic, desire to nurture others and see the good in everyone. Body parts for the fourth chakra include heart, lungs, circulatory system, shoulders, and upper back. The color used for this chakra is green.

Sanskrit name: Anahatra (unstruck)

Mantra: YAM

Musical Note: F and F#

Basics: Love, Unconditional Love, Self-Love, forgiveness, relationships, intimacy, devotion.

Rights: To be loved and to love in return.

Blocks: Grief

Hormonal Glands: Thymus Gland

Sense: Touch

Body: The Feeling Body

Essential Oils: Sandalwood, Rose, Cedarwood.

Crystals: Rose Quartz, Emerald, Jade, Aventurine, Malachite, Rhodonite.

Planets: Venus, Saturn, Sun.

Signs: Libra, Leo, Sagittarius

Element: Air

Healing Tips: Self-Discovery, codependency work, forgiveness, inner-child work, work with arms, hugs, reaching out, taking in, breathing exercise.

Excessive: Demanding, jealousy, co-dependency, poor boundaries, overly sacrificing, possessive

Deficient: Antisocial, withdrawn, cold, shy, critical, judgmental, intolerant, loneliness, depression, fear of intimacy and relationships, lack of empathy, narcissism, bitter

Balanced: Compassionate, loving, self-loving, empathetic, peaceful, balanced, good immune system.



THROAT CHAKRA

The fifth chakra is referred to as the Throat. It is located in the V of the collarbone at the lower neck and is the center of communication, sound, and expression of creativity via thought, speech, and writing. The possibility for change, transformation and healing are located here. The throat is where anger is stored and finally let go of. When this chakra is out of balance you may want to hold back, feel timid, be quiet, feel weak, or can't express your thoughts. When this chakra is balanced you may feel balanced, centered, musically or artistically inspired, and may be a good speaker. Body parts for the fifth chakra are throat, neck, teeth, ears, and thyroid gland. The color for this chakra is blue.

Sanskrit name: Vissudha (purification)

Mantra: HAM

Musical Note: G and G#

Basics: Communication, self-expression, self-discipline, speaking, one's truth.

Rights: To speak the truth, and to hear the truth.

Blocks: Lies

Hormonal Glands: Thyroid Gland

Sense: Hearing

Body: Mental Body

Essential Oils: Lavendar, Patchouli

Crystals: Lapislazuli, Aquamarine, Sodalite, Turquoise, Sapphire, Blue-Lace Agate, Blue Tourmaline, Blue Quartz.

Planets: Venus, Mercury, Uranus, Mars.

Sign: Taurus, Gemini, Aquarius

Element: Ether (Akasa)

Healing Tips: Learn communication skills, letter writing, inner child communication, practice silence, storytelling, story writing, singing, chanting, toning, release voice, loosen neck and shoulders.

Excessive: Too much talking, talking as a defence, inability to listen, gossiping, interruptions, over-extended, stuttering

Deficient: Fear of speaking, small, weak voice, difficulty putting feelings into words, shyness, tone deaf, poor rhythm

Balanced: Good listener, resonant voice, good sense of timing and rhythm, clear communication, lives creatively.



THIRD EYE CHAKRA

The sixth chakra is referred to as the Third Eye. It is located above the physical eyes on the center of the forehead. This is the center for psychic ability, higher intuition, the energies of spirit and light. It also assists in the purification of negative tendencies and in the elimination of selfish attitudes. Through the power of the sixth chakra, you can receive guidance, channel, and tune into your Higher Self. When this chakra is not balanced you may feel non-assertive, afraid of success, or go the opposite way and be egotistical. When this chakra is balanced and open you are your own master with no fear of death, are not attached to material things, may experience telepathy, astral travel, and past lives. Sixth chakra body parts include the eyes, face, brain, lymphatic and endocrine system. The color used for this chakra is indigo.

Sanskrit name: Ajna (to perceive)

Mantra: OM

Musical Note: A and A#

Basics: Intuition, imagination, ability to see one's life clearly, use of mind / intellect.

Rights: To See.

Blocks: Illusion

Hormonal Glands: Pituitary Gland

Sense: Intuition (Sixth Sense)

Body: High Mental Body

Essential Oils: Geranium, Lavender, Rosemary, Spearmint.

Crystals: Amethyst, Azurite, Fluorite, Lepidolite, Sodalite.

Planets: Jupiter, Uranus, Mercury, Neptune.

Signs: Sagittarius, Aquarius, Pisces

Element: Light

Healing Tips: Meditation, visualization, visual stimulation, create visual art, coloring, drawing, working with memory, dream work, hypnosis, guided visual meditation, past life regression therapy.

Excessive: Hallucination, nightmares, obsessions, delusions, difficulty concentrating, headaches

Deficient: Poor vision and memory, insensitivity, lack of imagination, difficulty visualizing, difficulty seeing the future, can't remember dreams, denial

Balanced: Intuitive, perceptive, imaginative, good memory, able to visualize, able to think symbolically, able to remember dreams



CROWN CHAKRA

The seventh chakra is referred to as the Crown. It is located just behind the top of the skull. It is the center of spirituality, enlightenment, dynamic thought and energy. It allows for the inward flow of wisdom, and brings the gift of cosmic consciousness. This is also the center of connectedness with the Goddess (God), the place where life animates the physical body. The silver cord that connects the aura bodies extends from the crown. The soul comes into the body through the crown at birth and leaves from the crown at death. When this chakra is unbalanced there may be a constant sense of frustration, no spark of joy, and destructive feelings. Balanced energy in this chakra may include the ability to open up to the Divine and total access to the unconscious and subconscious. The color used for this chakra is magenta/violet/white.

Sanskrit name: Sahasrara (thousandfold)

Mantra: Silent OM

Musical Note: B

Basics: Awareness, spiritual search for meaning, issues of karma and grace, grace bank account, spiritual awakening, divine discontent

Rights: To Know

Blocks: Attachment

Hormonal Glands: Pineal Gland

Sense: Consciousness

Body: The soul, the karmic, causal body

Essential Oils: Jasmine, Frankincense

Crystals: Diamond, Clear Quartz, Moldavite, Selenite, Pyrite, Amethyst

Planets: Saturn and Neptune

Signs: Capricorn and Pisces

Element: Thought

Healing Tips: Reestablish physical, emotional, spirit connection, spiritual discipline, meditation, examine belief systems, goal setting

Excessive: Over-intellectualization, spiritual addiction, confusion, dissociation from body

Deficient: Spiritual cynicism, learning difficulties, rigid belief systems, apathy, materialism, greed, domination of others

Balanced: Sense of spiritual connection, open-minded, wisdom and mastery, broad understanding, intelligent, thoughtful, aware, ability to perceive, analyze and assimilate information

