

CHAKRAS

The 7 influencers of your life

Chakras are believed to control energy and to draw it to them. This energy keeps the spiritual, mental, emotional, and physical health of your body balanced.

Each of your Chakras has its own unique “personality”, each controlling a specific aspect of your life. So if you’re experiencing any form of physical or mental shortcomings, limitations or challenges in your life, there’s a high chance one of your Chakras is weak.

Healing through Chakras can come from variety of places. You might be surprised to find out that even the foods you eat can effect your chakras and in turn the emotional and physical ailments that are associated with them.

Several modern healing techniques use Chakra points. Practices like aromatherapy, mantras, Reiki, hands healing, flower essence healing, sound therapy, light therapy, and crystal therapy all rely on balance at your energy points or chakras.

You can also fuel your chakras through visualization techniques. Similar to meditation, visualization allows energy to flow through your chakras. To do this you must be able to visualize at colour, like white light or one associated with a particular chakra coursing through your body.



The Root Chakra

Primarily influences your career, money mindset and sense of belonging.

Location: Base of the spine

Physical: Coccyx

Energies: Earth, grounding, focusing, centring

Chakra Colour: Red

Foods that will feed your chakra

Root vegetables like carrots, potatoes, beets, and onions.

Protein heavy foods like eggs, meats, beans, and tofu.

Spices like horseradish, chives, cayenne, and pepper

Related Gemstone: Smoky Quartz, Agate, Hematite, Jasper

Essential Oils: Cedar, Clove, Cypress, Marjoram, Myrrh



In Harmony

You know your Root Chakra is **STRONG** when you love your career and get rewarded for being so good at it. Everybody envies you for your uncanny ability to make, save and invest money. You always have more than enough money to go on holiday and buy what you want, without feeling guilty afterwards. You always feel wanted and loved by your friends and family, and you feel good about yourself when you look in the mirror, both physically and emotionally.

Out Harmony

You know your Root Chakra is **WEAK** when you're stuck in an unfulfilling and unrewarding career, and you never seem to have enough money—which leaves you worried and in debt. Spending money is a harrowing experience for you, as you doubt your ability to budget effectively. You suffer from weight or body issues, which leave you feeling unworthy and uncomfortable in your own skin.

The Sacral Chakra

Influences your sexuality. The energy centre of sexuality and pleasure.

Location: Lower abdomen

Physical: Ovaries, Reproductive organs

Energies: Fire, energizing, charging

Chakra Colour: Orange

Foods that will feed your chakra

Sweet fruits like strawberries, oranges, melons, and mangos. Honey

Nuts like almonds or walnuts.

Spices like cinnamon, vanilla, sesame and caraway seeds.

Related Gemstone: Citrine, Topaz, Carnillian

Essential Oils: Sandalwood, Petitgran, Ylang Ylang



In Harmony

You know your Sacral Chakra is **STRONG** when you see sex in a positive light, as a glorious, pleasurable and healthy activity. You enjoy passionate, frequent and long-lasting sex with your partner. Orgasms are mind-blowing, and you and your partner often orgasm at the same moment. You make time to have sex at least a few times a week, even if you've been married or attached to the same person for years. You are always able to attract the right partners—compatible people who nourish you, fill you with joy and make you a better person.

Out Harmony

You know your Sacral Chakra is **WEAK** when the thought of sex conjures images of guilt and pain in your mind. You rarely have the time or inclination to have sex, and when you do, it's lackluster. You struggle to see yourself as 'sexy', and sometimes wonder how anyone could desire you. Your partners are often wrong and incompatible for you, and you find yourself wondering if you'll ever find "the one".

The Solar Plexus Chakra

Influences your self-esteem.

Location: Above the navel

Physical: Pancreas, Liver

Energies: Fire, energizing, charging, lends energy

Chakra Colour: Yellow

Foods that will feed your chakra

Grains and granola like pastas, bread, cereal, and flax seed.

Dairy including milk, cheese, and yogurt.

Spices like ginger, mints, chamomile, and cumin.

Related Gemstone: Tiger Eye, Pyrite

Essential Oils: Chamomile, Lemon, Thyme, Ylang Ylang



In Harmony

You know your Personal Power Chakra is **STRONG** when you are admired for your confidence and healthy self-esteem, both in your career and personal life. You're never afraid to speak your mind, and you empower those around you to do the same. Your family, colleagues and community see you as a charismatic individual, determined to use your charisma and power for making the world a better place.

Out Harmony

You know your Personal Power Chakra is **WEAK** when you struggle with self-esteem issues, and feelings of unworthiness. You tend to question yourself when faced with important decisions like whether to move to another city, change your career, get married to your partner or to have children. You feel like a victim in the world, and often feel powerless to circumstances and other people's desires. You may also suffer from frequent stomach pains and stomach anxiety.

The Heart Chakra

The Chakra for love, relationships and self-acceptance

Location: Centre of the chest

Physical: Heart

Energies: Water, calming, soothes, relaxes

Chakra Colour: Pink/Green

Foods that will feed your chakra

Leafy vegetables like spinach, kale, and greens.

Air vegetables like broccoli, cauliflower, celery, or squash.

Green tea.

Spices like sage, thyme, cilantro, parsley, and basil.

Related Gemstone: Rose Quartz, Peridot, Aquamarine

Essential Oils: Geranium, Bergamot, Rose, Clary Sage



In Harmony

You know your Heart Chakra is **STRONG** when you enjoy comfortable, loving and empathic relationships at home, at work and in your community. You get along with your family. Your friends see you as a reliable person. At work, you're known as the one people can talk to. You feel a heartfelt sense of gratitude for how wonderful your life is, and feel compassion for all around you.

Out Harmony

You know your Heart Chakra is **WEAK** when you tend to sabotage your relationships with distrust, anger, and a sense that you'll lose your independence if you rely too much on others. You may struggle with commitment, experience frequent fights or misunderstandings with your loved ones, and always keep yourself "on guard" in case you get hurt by someone.

The Throat Chakra

Influences your self-expression. The Chakra of your “true voice”.

Location: Throat

Physical: Thyroid, Lymphatic, Metabolism

Energies: Water, calming, soothes, relaxes

Chakra Colour: Blue

Foods that will feed your chakra

Water, fruit juice, and herbal tea.

Tart or tangy fruit like lemon, lime, grapefruit, and kiwi.

Tree growing fruits like apples, pears, peaches, plums, or apricots.

Spices like salt and lemon grass.

Related Gemstone: Sodalite, Lapis, Blue Lace Agate

Essential Oils: Lavender, Sandalwood, Neroli, Sage

In Harmony

You know your Throat Chakra is **STRONG** when you are good at voicing out your thoughts, ideas and emotions to those around you. You're admired for your willpower and strong communication skills, and your conviction to speak the truth, even if it may be uncomfortable to some. Your career and personal life are enriched as a result.

Out Harmony

You know your Throat Chakra is **WEAK** when you constantly feel like nobody cares about your opinions, and that you have nothing of value to say. You're likely to be known as the 'quiet one' in your professional and social circles, and you frequently settle with following other people's opinions. You often suffer from a blocked and sore throat.



The Third Eye Chakra

Influences your intuition. This Chakra acts as your inner compass.

Location: Centre of the forehead

Physical: Pituitary Gland

Energies: Air, meditative, intuition, promotes thought

Chakra Colour: Indigo

Foods that will feed your chakra

Dark bluish colored fruits like blueberries, red grapes, and raspberries.

Red wines and grape juice.

Spices like lavender, poppy seed, and mugwort.

Related Gemstone: Lapis, Amethyst, Kyanite, Quartz

Essential Oils: Jasmine, Vetiver, Basil, Patchouli, Rosemary



In Harmony

You know your Intuitive Chakra is **STRONG** when you are able to make accurate intuitive decisions and evaluations about your career, your family and the intentions of other people. You often know things without knowing exactly *how* you know them, and you have a clear sense of direction and clarity in everything that you do. You have a vivid picture of where your life is headed, and the people around you are likely to rely on you for guidance and advice.

Out Harmony

You know your Intuitive Chakra is **WEAK** if you feel lost and helpless when faced with decisions and judgment calls. You are indecisive, uncommitted and unconfident of the decisions you end up making, because you have a history of making the wrong ones. You feel spiritually lost, and your true purpose is unclear to you. You often get headaches and feel tension in your brow area.

The Crown Chakra

Influences your connection to source. The Chakra of divine consciousness.

Location: Top of the head

Physical: Thought, Will, Pineal Gland

Energies: Air, meditative, intuition, promotes thought

Chakra Colour: Purple

Foods that will feed your chakra

Fasting or detoxing.

Incense and smudge herbs like sage, juniper and frankincense to be inhaled or smoked, never to be eaten.

Related Gemstone: Amethyst Cluster, Quartz Points

Essential Oils: Frankincense, Olibanum, Oakmoss, Lotus

In Harmony

You know your Crown Chakra is **STRONG** when you perpetually feel connected to a higher power, be it God, Universal Consciousness or simply your higher self. As you go through your daily life, you are always reminded that you are being watched over, and you feel immense gratitude for the universal love and appreciation you feel towards yourself and others. Others describe you as “glowing”.

Out Harmony

You know your Crown Chakra is **WEAK** when you feel little or no connection to a higher power, and always feel alone. You feel unworthy of spiritual help, and perhaps even angry that your higher power has abandoned you. You often suffer from migraines and tension headaches.



How does Chakra Healing relate to other popular energy healing practices?



The breathing, stretching and meditative exercises used in [Yoga](#) are frequently targeted at the energy lines, or Chakras, flowing through the body.



By drawing on their personal energy systems, [Reiki](#) masters work on energy blocks within the body, with the intention of healing different aspects of people's lives.



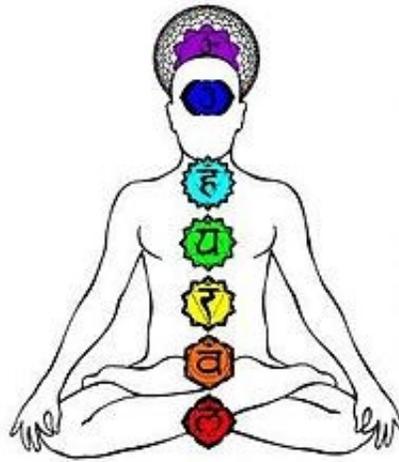
Traditional Chinese healing sciences, like [Tai Chi](#), assert that the body has natural patterns of qi energy associated with it. Illnesses are seen as the product of disrupted or unbalanced qi movements.



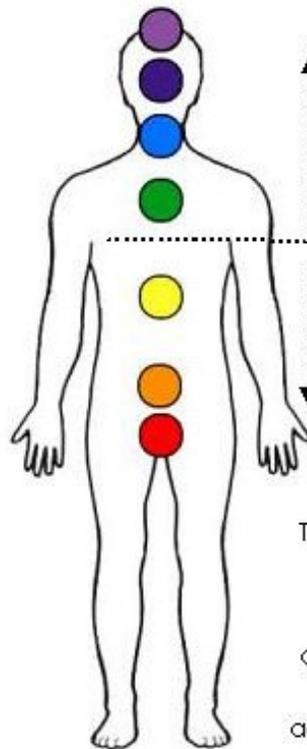
The science of [Acupuncture](#) recognizes the Chakras, or as it calls them, the Taiji Pole, as the main energy conduit in the body. In many countries like France, Acupuncture is now an insurable medical practice.



[Qi Gong](#) is the Mandarin Chinese term for the Chakra System, and states that qi energy flows through energy channels known as meridians



1. The Crown Chakra
2. The Third Eye Chakra
3. The Throat Chakra
4. The Heart Chakra
5. The Solar Plexus Chakra
6. The Sacral Chakra
7. The Base/Root Chakra



4D Positive Polarity
(Service to Others)

3D Negative Polarity
(Service to Self)

IMPORTANT

The 4D world operates on "Service to Others" or Unconditional Love & Compassion - Green Chakra. You must unblock the lower chakras to activate the green chakra.

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