



# A Guide to Chakras

Chakras are centres of energy located along a meridian that travels up and down the body. Each chakra builds upon the one before it, and when they are all aligned and balanced it can amplify your spiritual development.

## Crown

The seat of our connection to the Divine, and to universal consciousness.



## Third Eye

Our intuition, imagination and extrasensory abilities.



## Throat

The centre of self-expression, from which we hear others and confidently speak our truth.



## Heart

Our centre of connection to others and to the world around us.



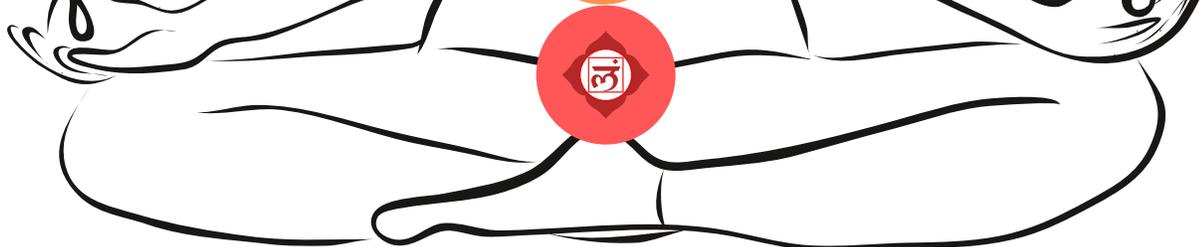
## Sacral

Our pleasure centre from which flows our emotions, creativity and sexuality.



## Solar Plexus

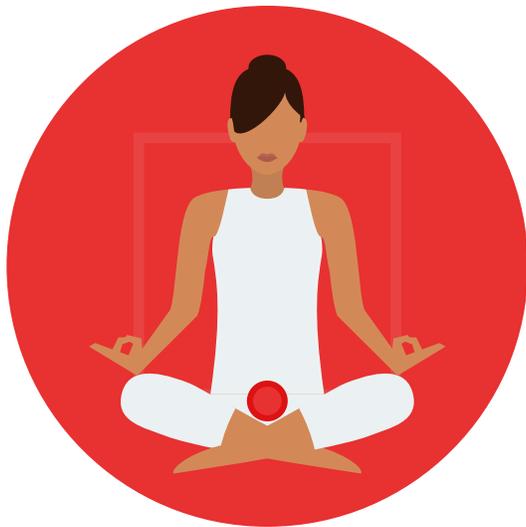
Our seat of personal power from which we radiate self-confidence



## Root

Our connection to the earth, from which we get our sense of security and safety.





## Root Chakra

The root (or first) chakra is our instinctual response centre. It governs our sense of security and trust, and when balanced it creates a sense of safety from which we can build healthy and well-balanced lives.

### Balancing the Root Chakra

- Spend time outdoors. Grounding ourselves in nature reminds us that Mama Earth provides us with everything we need.
- Surround yourself with the colour red. It resonates at the same frequency as the root chakra.
- Wear, meditate with or grid your environment with grounding crystals like red jasper, garnet or black tourmaline.
- Eat root vegetables like beets, carrots and turnips.
- Do a guided meditation for balancing the root chakra.

**Sanskrit name:** *Muladhara*

**Element:** Earth

**Colour:** Red

**Location:** just below the genitals

**Body parts:** bones, skeletal structure

If your root chakra is **blocked**, you may experience fear, insecurity, inability to focus, poor boundaries and a weakened immune system.

If your root chakra is **overloaded**, you may suffer from addictions, obesity, fatigue, greed, hoarding, rigid routines and overly strict boundaries.

If your root chakra is **balanced**, you'll feel safe, courageous and strong. You'll be well-grounded and able to operate from a sense of security.



## Sacral Chakra

From the second chakra flows our creativity, our emotions and our sexuality. It's the pleasure centre of our energetic bodies, and is associated with passion, fertility and a sense of childlike playfulness.

### Balancing the Sacral Chakra

- Drink more fluids.
- Swim or spend time in/near water.
- Participate in moving and flowing exercises like ballet or yoga.
- Make time to be creative just for fun, without attaching yourself to the outcome.
- Eat orange foods like mangoes, salmon and sweet potatoes.
- Hug or cuddle with a loved one.
- Spend time with animals and children.
- Talk about your feelings (or journal them out).

**Sanskrit name:** *Svadhithana*

**Element:** Water

**Colour:** Orange

**Location:** just below the belly button

**Body parts:** abdomen, reproductive organs, kidneys

If your sacral chakra is **blocked**, you may also experience creative blocks, infertility, menstrual pains, commitment issues, emotional coldness and shallow relationships.

If your sacral chakra is **overloaded**, you may experience emotional eating, substance abuse, sexual addictions, panic attacks and codependency.

If your root chakra is **balanced**, you'll feel graceful, creative, able to feel and express your emotions openly, and your relationships will be healthy and balanced.



# Solar Plexus Chakra

The solar plexus is also called the "power" chakra, because it governs our self-esteem, confidence and willpower. We manifest from the solar plexus, and project ourselves out into the world with a sense of self.

## Balancing the Solar Plexus Chakra

- Go for walks or do some sort of physical exercise until you sweat.
- Eat yellow foods like bananas, pineapple, cinnamon, turmeric or curry.
- Spend time in a steam room or sauna.
- Hot yoga.
- Doing tasks that you know you'll be able to complete, so as to build your confidence.
- Spending time with people who genuinely appreciate and value you.
- Write down all the things you've accomplished already and are proud of.

**Sanskrit name:** *Manipura*

**Element:** Fire

**Colour:** Yellow

**Location:** just below the rib cage

**Body parts:** solar plexus, stomach, digestive organs, liver, muscles

If your solar plexus chakra is **blocked**, you may suffer from low self-esteem, a lack of confidence, willpower or sense of self and a poor appetite. You may feel cold all the time, or have indigestion/IBS.

If your solar plexus is **overloaded**, you may suffer from stress, anger and control issues, obsession with money, power, and a lack of empathy for others.

If your solar plexus chakra is **balanced**, you'll feel proactive, confident, in control of your life, and have a good sense of self. You'll be able to move forward with ease and power.



# Heart Chakra

The heart chakra is our seat of compassion and connection to others and the world around us. It's our centre of healing, both for ourselves and for others. It's both an active and a receptive chakra, meaning that energy flows in and out of it.

**Sanskrit name:** *Anahata*

**Element:** Air

**Colour:** Green

**Location:** behind the heart

**Body parts:** heart, lungs, shoulders, arms, chest, breasts, hands, thymus gland

If your heart chakra is **blocked**, you may withdraw from relationships, feel insecure or irritated, impatient and needy. You may be overly critical of yourself and others.

If your heart chakra is **overloaded**, you may be a people-pleaser or suffer from burnout, codependency martyr complex, and neglect your own needs.

If your heart chakra is **balanced**, you'll also feel a balance between your physical needs and your spiritual life. You'll take good care of yourself and others, and feel connected to your place in the world.

## Balancing the Heart Chakra

- Eat green foods like salads, spinach, kale and sweet peas.
- Surround yourself with the colour green.
- Get up in the air by climbing a hill or a tree, or standing on a tall building and admiring the view.
- Make a list of all your good qualities.
- Spend time with children.
- Help others in need through volunteer or advocacy work.
- Do something special for a loved one.
- Use pink or green crystals for balancing the heart chakra and inviting in love.



# Throat Chakra

From the fifth chakra we communicate our truth and express ourselves. We talk to, listen to and understand others from the throat chakra, getting a sense of not just what they say but also what they mean. It's also the first of the upper (spiritual) chakras.

**Sanskrit name:** *Vishuddha*

**Element:** Space/sound

**Colour:** Blue

**Location:** In the throat

**Body parts:** throat, esophagus, neck, ears, mouth.

If your throat chakra is **blocked**, you may have problems expressing yourself, speaking clearly, telling the truth or saying what you mean. You may also take things too literally.

If your throat chakra is **overloaded**, you may talk too much or interrupt others, not listen well, speak without thinking or be too blunt.

If your throat chakra is **balanced**, you'll speak with a clear voice, say what you really mean, listen well to others, and be able to discern the truth.

## Balancing the Throat Chakra

- Talk openly to someone you trust.
- Practice active listening.
- Eat blue foods like blueberries, blue popcorn and blue cornchips.
- Listen to music and/or sing.
- Get a shoulder and neck massage.
- Practice waiting three seconds to respond to someone's question or comment.
- Become aware of the volume of your voice.
- Surround yourself with the colour blue.



# Third Eye Chakra

The third eye is our centre of imagination, intuition and the seat of our psychic abilities. From the third eye we hone our "sixth sense," our ability to see into things and perceive more than what's physically going on around us.

**Sanskrit name:** *Ajna*

**Element:** Light/all elements

**Colour:** Indigo or purple

**Location:** between the eyebrows

**Body parts:** the brain, nervous system, eyes, nose, pineal gland

If your third eye is **blocked**, you may suffer from migraines, nasal congestion, lack of imagination, chronic bad decision-making, denial of reality and sociopathic behaviour.

If your third eye is **overloaded**, you may have psychic visions that interfere with daily life, psychosis, or simply be "too much in your head."

If your third eye is **balanced**, you'll become more perceptive and intuitive. You'll notice more signs and synchronicities. You'll have an exceptionally creative imagination and be able to remember and understand your dreams.

## Balancing the Third Eye Chakra

- Paint or draw and experiment with colour.
- Keep a dream journal and practice remembering your dreams.
- Practice guided third eye meditations.
- Eat dark blue and purple foods like grapes, eggplant, plums and blackberries.
- Surround yourself with purple and dark blue.
- Grid or wear jewelry made with purple and dark blue crystals.
- Close your eyes and practice seeing without seeing.



# Crown Chakra

The crown chakra is our connection to something greater, where we expand our minds and spirits to touch the divine. It's the highest of our embodied chakras, and it governs our spiritual pursuits, linking us to universal consciousness.

**Sanskrit name:** *Sahasrara*

**Element:** No element

**Colour:** Purple or white

**Location:** at the crown of the head

**Body parts:** the brain, the skull, the cerebral cortex

If your crown chakra is **blocked**, you may have learning disabilities, feelings of isolation, depression, spiritual crisis, the "dark night of the soul," or a general lack of inspiration.

If your crown chakra is **overloaded**, you may have an addiction to spiritual or intellectual pursuits, delusions, or feel ungrounded.

If your crown chakra is **balanced**, you'll be able to see beyond the limits of your ego, have a broader, more universal perspective and integrate spirituality into your daily life in a healthy and balanced way.

## Balancing the Crown Chakra

- Meditate on or engage with spiritual pursuits.
- Pray or reach out to a higher power.
- Learn something new that expands your mind and fine-tunes your cognitive functions.
- Eat purple or white foods like grapes, plums, potatoes or onions.
- Do word puzzles.
- Have someone give you a head rub.
- Eat something to ground yourself.
- Practice noticing what physically exists around you.