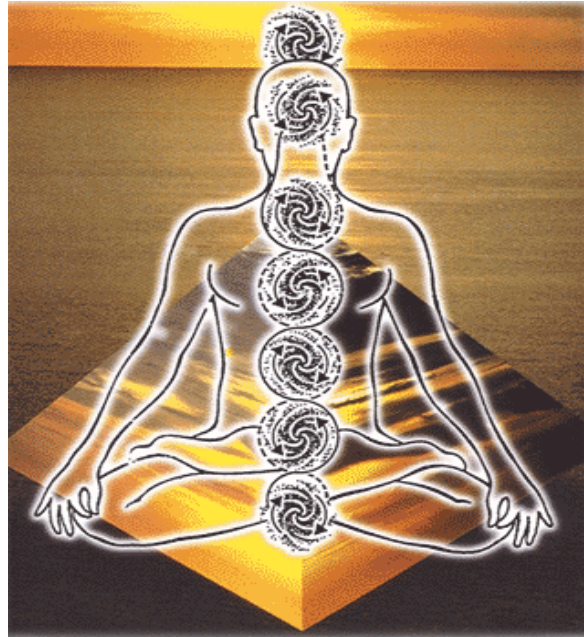
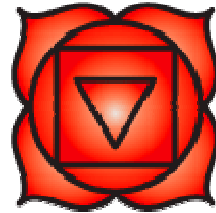


Intro to the Chakras



Chakra is Sanskrit for Wheel. Theories on chakras fit within systems that link the human body and mind into a single unit, sometimes called the 'bodymind'. Chakra stems from India and the original texts, the oldest written tradition is called Veda. It is through the Vedas and through subsequent translations that we get instruction on the chakras. Chakras are also mentioned in Patanjali's Yoga Sutras. There are many Chakra's in the body but there are seven chakra centers which are depicted as wheels of colored light. These seven are most commonly worked with. Each chakra has a particular vibration, which can be translated into these colors. They correlate to particular organs and emotions. When chakras become blocked or unbalanced, it can cause a multitude of both physical and mental ailments

Root Chakra



Physical- Disorder of bowel, disorder of bones, lower extremities, buttocks, eating disorders, frequent illnesses

<u>Element</u>	<u>Purpose</u>	<u>Color</u>	<u>Stone</u>	<u>Basic Right</u>	<u>Shadow</u>
Earth	Foundation (home and hearth)	Red	Hematite	To be here and have	Fear

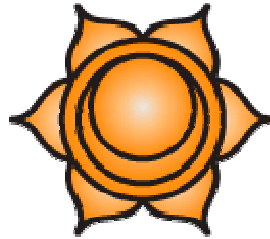
Deficiency:

- Disconnect from body
- Underweight
- Fearful, Anxious, Restless
- Poor focus & Discipline
- Financial difficulties
- Poor boundaries
- Chronic Disorganization

Excess:

- Obesity, overeating
- Hoarding, materialistic
- Sluggish, lazy, tired
- Fear of change
- Security addict
- Rigid boundaries

Sacral Chakra



Physical- Disorder of reproductive systems, urinary disorders, menstrual disorders, sexual dysfunction, low back pain, loss of appetite, unhappy with food, sex, life

<u>Element</u>	<u>Purpose</u>	<u>Color</u>	<u>Stone</u>	<u>Basic Right</u>	<u>Shadow</u>
Water (womb)	Movement	Orange	Carnelian	To have pleasure	Guilt

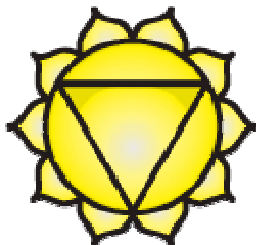
Deficiency:

- Rigidity in body & attitude
- Frigidity, fear of sex
- Poor social skills
- Denial of pleasure
- Excessive boundaries
- Fear of change
- Lack of desire, passion, excitement

Excess:

- Sexual acting out
- Pleasure addiction
- Excessively strong moods/emotions
- Excessively sensitive
- Poor boundaries, invasion of others
- Seductive manipulation
- Obsessive attachment

Solar Plexus Chakra



Physical- Eating disorders, digestive disorders, diabetes, muscular disorders, fatigue, hypertension, stomach disorders, liver disorders, gallbladder disorders

<u>Element</u>	<u>Purpose</u>	<u>Color</u>	<u>Stone</u>	<u>Basic Right</u>	<u>Shadow</u>
Fire	Transformation	Yellow	Tigers Eye	To be an individual	Shame

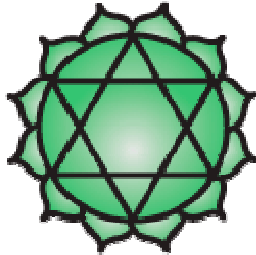
Deficiency:

- Low energy
- Weak will & poor self-discipline
- Low self-esteem
- Emotionally cold
- Poor digestion & collapsed middle
- Attraction to stimulants
- Victim mentally & blaming others
- Passive
- Unreliable

Excess:

- Overly aggressive
- Need to be right
- Manipulative
- Attraction of sedatives
- Temper tantrums & stubbornness
- Driving ambition & competitiveness
- Arrogant
- Hyperactivity

Heart Chakra



Physical- Disorders of the heart, lung disorders, thymus disorders, breast disorders, shortness of breath, asthma, shoulder blade tension

<u>Element</u>	<u>Purpose</u>	<u>Color</u>	<u>Stone</u>	<u>Basic Right</u>	<u>Shadow</u>
Air	Love	Green	Rose Quartz	To love and be loved	Grief

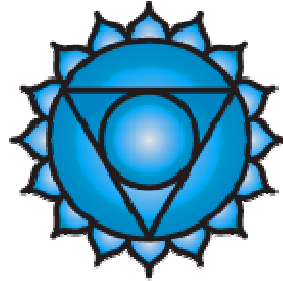
Deficiency:

- Antisocial
- Cold
- Critical
- Judgmental
- Intolerant of self or others
- Depression
- Fear of intimacy
- Lack of empathy
- Narcissism

Excess:

- Co-dependency
- Poor boundaries
- Demanding
- Clingy
- Jealousy
- Overly sacrificing

Throat Chakra



Physical- Disorders of the throat, ear disorders, neck disorders, TMJ, Toxicity

<u>Element</u>	<u>Purpose</u>	<u>Color</u>	<u>Stone</u>	<u>Basic Right</u>	<u>Shadow</u>
Sound	Communication	Blue	Turquoise	To speak/hear the truth	Lies

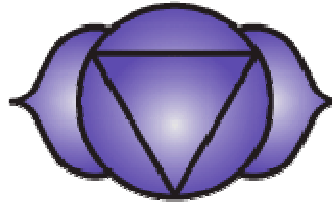
Deficiency:

- Fear of speaking
- Small weak voice
- Unable to express feelings
- Introversion/shyness
- Tone deaf
- Poor rhythm

Excess:

- Over talking & talking as a defense
- Incapable of listening
- Poor auditory comprehension
- Gossiping
- Dominating voice
- Tends to interrupt

Third Eye Chakra



Physical- Headaches and visual disturbances

Element
Light

Purpose
Pattern recognition

Color
Indigo

Stone
Lapis

Basic Right
Right to see clearly

Shadow
Illusion

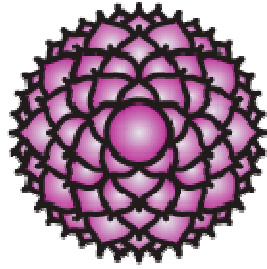
Deficiency:

- Difficulty envisioning the future
- Lack of imagination
- Difficulty visualizing
- Unable to remember dreams
- Insensitivity
- Poor vision
- Poor memory
- Denial

Excess:

- Hallucinations
- Delusions
- Obsessions
- Difficulty concentrating
- Nightmares

CROWN CHAKRA



Physical- Coma, migraines, brain tumor, amnesia, delusional

<u>Element</u>	<u>Purpose</u>	<u>Color</u>	<u>Stone</u>	<u>Basic Right</u>	<u>Shadow</u>
Thought	Enlightenment	Violet	Amethyst	Right to know and see	Attachment

Deficiency:

- Spiritual Cynicism
- Learning difficulties
- Rigid believe system
- Apathy
- Excess in lower Chakras
- Materialism
- Greed

Excess:

- Over-intellectualism
- Spiritual addiction
- Confusion
- Dissociation from body

