

Notes

## Notes

(This page was intentionally left blank)

Notes

# Notes

(This page was intentionally left blank)

Notes

### Notes

(This page was intentionally left blank)

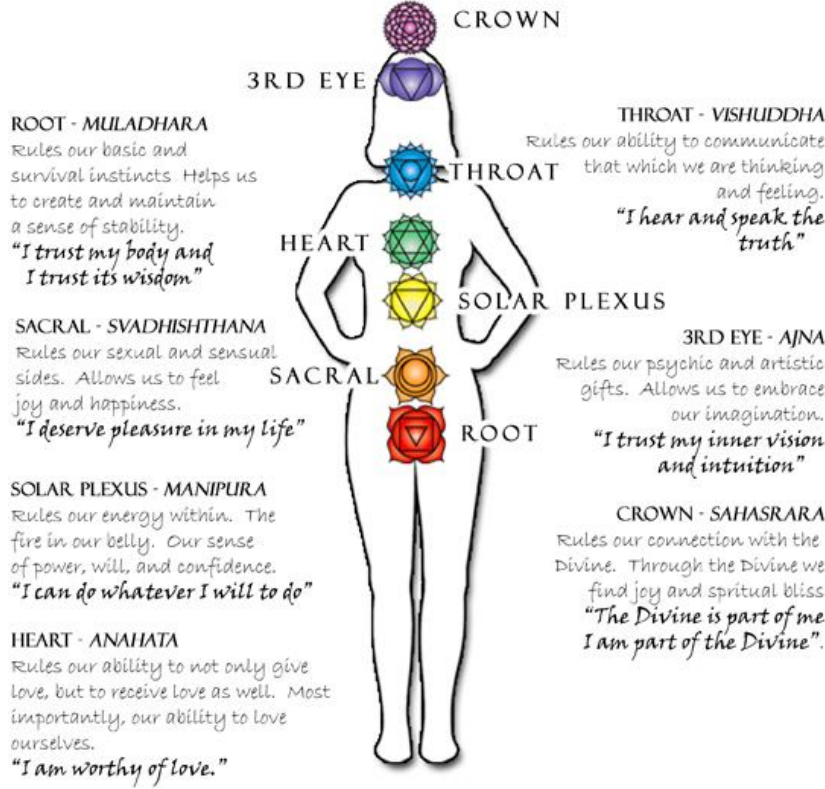
Notes

Notes

**Notes**  
(This page was intentionally left blank)

# THE CHAKRAS

*"CHAKRA" COMES FROM THE SANSKRIT WORD "CAKRA" WHICH MEANS "WHEEL" OR "DISK" AND HAS BEEN DESCRIBED BY MANY AS SPINNING WHEELS OF LIGHT.*



*CHAKRAS THAT ARE HEALTHY AND WELL BALANCED ALLOWS THE INDIVIDUAL TO LIVE A HAPPIER AND MORE PRODUCTIVE LIFE.*

Notes

Notes

## Root Chakra



Sanskrit: Muladhara (*mula* means "root" and *adhara* means "to support")

Health/Healing: Spinal column, adrenals, colon, legs and bones

Focus: Survival and physical security

Location: Base of the spine

Element: Earth

Color: Red - symbolizes life, vitality, strength and the physical nature of man

Gemstones: Garnet, Red Tiger's Eye, and Bloodstone

Oils and Incense: Lavender, Cedar, Patchouli

Not Enough	Balanced	Too Much
Unbalanced	Inner Stillness	Immovable
Excessive Self-doubt	Secure	Overconfidence
Unreliable	Stable	Pedantic
Codependent	Independent	Antisocial
Money problems	Stable Finances	Miserly
Easily manipulated	Self-protective	Control freak
Flighty	Grounded	Immutable
Fantast	Clear thinker	Overly Simplistic
Lethargic	Energized	Spastic
Wishy-washy	Decisive	Judgmental

# Sacral Chakra



Sanskrit: Svadhistana (*svad* means “that which belongs to itself” and *dhisthana* means “its actual place”)

Health/Healing: Ovaries, testicles, prostate, genitals, womb and bladder

Focus: Sexuality, procreation, emotions

Location: Few inches below the naval

Element: Water

Color: Orange - symbolizes energy. It is a combination of red (for personality) and yellow (for wisdom)

Gemstones: Carnelian, Orange Calcite, and Fluorite

Oils and Incense: Rosemary and Amber

Not Enough	Balanced	Too Much
Hysterical	Emotionally stable	Frigid
Prudish	Sensual/Sexual	Nymphomania
Unimaginative	Creative	Flighty/ Off in Space
Immovable	Mutable	Easily manipulated
Stagnant	Evolving	Trendy/Shallow phases
Pessimistic	Optimistic	Unrealistic
Antisocial	Communicative	Over sharing
Self centered	Receptive	Passive
Emotionally frigid	Passionate	Hysterical
Overly pragmatic	Spiritual	Out of touch

Notes

Notes

## Solar Plexus Chakra



Sanskrit: Manipura (*manipura* means “city of jewels”)

Health/Healing: Adrenals, stomach, liver, muscles and the nervous system

Focus: Will, purpose, power, self-empowerment, self-honor

Location: Between the chest and the naval

Element: Fire

Color: Yellow – color of the mind, intellect, high intelligence and wisdom

Gemstones: Amber, Citrine, and Yellow Calcite

Oils and Incense: Rose and Ylang ylang

<b>Not Enough</b>	<b>Balanced</b>	<b>Too Much</b>
Lethargic	Energetic	Manic
Passive	Assertive	Argumentative
Complacent	Driven	Willful
Codependent	Independent	Antisocial
Overly self-critical	Confident	Megalomaniac
Scattered	Focused	Tunnel Vision
Sedentary	Dynamic	Drama Queen
Bored	Enthusiastic	Hysterical
Withdrawn	Social	Dominating
Easily Manipulated	Self Governing	Controlling



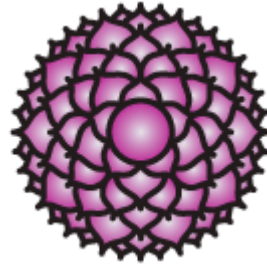






Notes

## Crown Chakra



Sanskrit: Sahasrara (*sahasrara* means “thousand-petaled lotus”)

Health/Healing: Cerebral cortex, central nervous system and right eye

Focus: Bliss, understanding, oneness with the Divine, peace, expanded, consciousness, Communication with the Divine

Location: Top of the head

Element: Magentum

Color: White or deep purple – color of spiritual mastery and transformation

Gemstones: Clear Quartz, Amethyst, Labradorite

Oils and Incense: Amber and Sandalwood

Not Enough	Balanced	Too Much
Shallow	Introspective	Self-Centered
Bored	Enthusiastic	Hysterical
Self-involved	Intuitive	Overly sensitive
Distractible	Quick Learner	Hyper focused
Mundane	Connected	Too Etheric
Scattered	Focused	Tunnel Vision
Unbalanced	Inner Stillness	Immovable
Pedantic	Inspired	Distracted
Self centered	Receptive	Passive
Fantast	Clear thinker	Overly Simplistic