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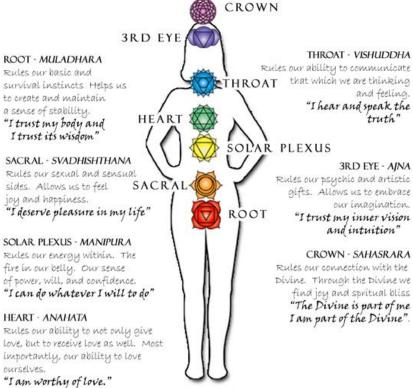
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THE CHAKRAS

"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

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Root Chakra



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

 ${\rm Health}/{\rm Healing:}$ 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- | Secure | Overconfidence |
| doubt | | |
| Unreliable | Stable | Pedantic |
| Codependent | Independent | Antisocial |
| Money problems | Stable Finances | Miserly |
| Easily manipulated | Self-protective | Control freak |
| Flighty G rounded | | Immutable |
| Fantasist Clear thinker Over | | 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: $\ensuremath{\mathsf{Ovaries}}$, 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 |

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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

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| Withdrawn | Social | Dominating |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

Heart Chakra



Sanskrit: Anahata (anshata means "unbeaten")

Health/Healing: Heart, circulatory system, arms and lungs

Focus: Love, compassion, forgiveness

Location: Center of the chest

Element: Water

Color: Green, symbolizes harmony, creativity, health, abundance and nature. It is the combining of yellow (soul) and blue (spirit)

Gemstones: Aventurine, Malachite, Jade, and Rose Quartz

Oils and Incense: Rose, Lavender, and Jasmine

| Not Enough | Balanced | Too Much |
|--------------------|---------------|--------------------|
| Self-involved | Understanding | Overly Sensitive |
| Callous | Compassionate | Easily manipulated |
| Inner Turmoil | Inner Peace | Passivity |
| Shallow | Introspective | Self-Centered |
| Flighty | Steady | Stagnant |
| Needy | Free | Disconnected |
| Unsupportive | Nurturing | Controlling |
| Tense | Relaxed | Lethargic |
| Rough | Gentle | Weak |
| Emotionally frigid | Loving | Smothering |

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Throat Chakra



Sanskrit: Visuddha (visuddha means "pure")

Health/Healing: Thyroid, throat and mouth

Focus: Communication, sound, vibration

Location: Throat

Element: Ether

Color: Blue - color of inspiration, devotion, infinity, and religious goals. It produces calm and peace.

Gemstones: Sodalite, Turquoise, and Lapis Lazuli

Oils and Incense: Lavender and Hyacinth

| Not Enough | Balanced | Too Much | |
|---------------|-----------------------|------------------|--|
| Antisocial | Communicative | Over sharing | |
| Unimaginative | Creative | Flighty/Off in | |
| | | Space | |
| Blank | Expre ss ive | Hysterical | |
| Withdrawn | Social | Dominating | |
| Pedantic | Inspired | Distracted | |
| Self-involved | Intuitive | Overly sensitive | |
| Self centered | Social Self defeating | | |
| | Consciousness | | |
| Sedentary | A rtistic | Unrealistic | |
| Immovable | Flexible | Passive | |
| Needy | Free Disconnected | | |

Third Eye Chakra



Sanskrit: Ajna (*ajna* means "command")

Health/Healing: Pituitary gland, nose, ears and left eye

Focus: Seeing, visualization, clairvoyance, light, psychic perception, intuition, imagination

Location: Above and between the eyes

Element: Radium

Color: Indigo or Light Purple-color of spiritual attainment, self-mastery and wisdom. It aids in the opening of the third eye (inner and outer vision) and opens the doors to the subconscious.

Gemstones: Amethyst, Sugilite

Oils and Incense: Violet, Rose, and Geranium

| Not Enough | Balanced | Too Much |
|---------------|-------------------|-------------------|
| Self-involved | Intuitive | Overly sensitive |
| Mundane | Imaginative | Flighty |
| Self involved | Perceptive | Overly analytical |
| Blank | Skilled at | Unrealistic |
| | visualization | |
| Withdrawn | Ps ychic | Unprotected |
| Fantasist | Clear thinker | Overly Simplistic |
| Flighty | Grounded | Immutable |
| Shallow | Introspective | Self-Centered |
| Scattered | Focused | Tunnel Vision |
| Self centered | Receptive Passive | |

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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 |
| Fantasist | Clear thinker Overly Simplistic | |