



## **1st Chakra-Nourishment from Mother Earth** **Root Center=Grounded Vitality**

**Functions:** Manifesting, Tribal Security, Safety, Stability, Survival, Dealing with Matter, Support on the Earth Plane, Bravery, Physical Strength

**Element:** Earth

**Sanskrit Name:** Muladhara “Root of existence”

**Location:** Extending toward the ground from the Coccyx/Perineum area

**Color:** Red **Note:** C **Inner Vortices:** Four

**Foods:** Root vegetables, garlic, ginger, spices, meat, mushrooms, legumes, specific grains, red foods and juices (especially beets)

**Root Issues:** Fear, survival issues, struggle or ease, lack of finances

**Gemstone Therapy:** Garnet, Red Jasper, Obsidian, Smoky Quartz, Hematite, Garnet

**Sound Therapy:** OOOH as in Root, Oh as in OHM

**Essential Oils:** Frankincense, Sandalwood, Patchouli, Spikenard, Cardamom, Cedarwood, Clove, Ginger, Black Pepper

**Organs:** Last three vertebrae, anus, large intestine, colon, feet, legs, bones, blood



## Strategies for Grounding:

\*Put your bare feet on the earth and drink in the nourishment through the minor chakras in the soles of the feet. A great resource for how to use the earth as medicine & sustenance is this book and here's the free PDF:

<http://www.rivendellvillage.org/EarthingBook.pdf>

\*Breathariansim is a revolutionary system that changes the way we perceive eating, being nourished, body image and nutrition. I highly recommend Kemper Kaliana's course on Fasting, Feasting and Breatharianism to give you new approaches for nourishment on all levels: [Introduction & Invitation to Feasting, Fasting, & Breatharian Course.mp4g](#)

You can learn more about Kemper and his work [kalianacenter.com](http://kalianacenter.com)

\*Spend as much time in nature and exercise often to strengthen your connection to the root chakra. Lymphatic pumping, bone building exercises (Rebounder) are excellent!



## **2nd Chakra-Relationship and Emotional Center for Self Navel Chakra=SACRED Sensation**

**Functions:** Self-Nurturing, Creativity, Deserving Issues and Being True to Yourself, Self Esteem, Self Acceptance, Self Image, Boundaries, Ambition, Joy, Desire, Procreation

**Element:** Water      **Sanskrit Name:** Svadistana “Where your being is established”

**Location:** Below the navel      **Color:** Orange      **Note:** D      **Inner Vortices:** Eight

**Foods:** Orange fruits, orange vegetables, walnuts, plant-based oils, seeds, structured water, leafy greens, flaxseed meal, dark oily fish      **Flower Essence:** Hibiscus

**Core Issues:** Sensuality, ability to play and have fun, to engage in pleasure and passion, attitudes toward sexuality, implementation of creativity, flowing with emotions, personal power, feeling undeserving, overindulgences, addictions, co-dependence

**Gemstone Therapy:** Carnelian, Orange Calcite, Coral, Rose Quartz, Tiger Eye, Jade

**Sound Therapy:** OH, OOOH, UH      **Essential Oils:** Ylang, Ylang, Jasmine, Neroli, Orange, Clary Sage, Geranium, Sandalwood, Coriander, Cinnamon, Hibiscus

**Organs:** Ovaries, Uterus, (Progesterone, Estrogen & Testosterone) Testes, Penis, Bladder, Kidneys, Large Intestine/Colon, Hips



## Strategies for Sacral Chakra Health

\*Louise Hay's *You Can Heal Your Life Workbook* is an excellent place to start cultivating self-love. <https://www.louisehay.com>

\*Taoist and Tantric Jade Egg practices for healing sexual trauma and activating creative power. Regular energy clearing of our reproductive area to ensure we are not blocked with energy residue of sexual partners. <https://kimanami.com>

\*Movement for sacral/navel healing: Hip circles, making figure eights with your hips, pelvic thrusts, belly dance classes, yoga classes.

\*Full moon meditations, salt baths with flower essences and essential oils.

\*Artist Way play dates-schedule time for yourself to have creative play, no outcomes or expectations. <https://juliacameronlive.com/books-by-julia/>



### **3rd Chakra-The Fire and Light Within**

#### **Solar Plexus Chakra=The balance between will & trust**

**Functions:** Will, Career, Power, Energy, Metabolism, Confidence, Humor, Identity, Role Playing, Digestion, Assimilation of Energy, Fire, “**How we move in the world, how we present**” **Note: E Sounds: UH (as in nut) AW (as in ball) OH (as in no)**

**Element:** Fire **Sanskrit Name:** Manipura “city of jewels” or “lustrous gem”

**Location:** Base of sternum **Color:** Yellow **Foods:** legumes, almonds, hazelnuts, hummus, leafy greens and of course, yellow foods **Flower Essence:** Sunflower

**Core Issues:** thinking logically, forming opinions, attitudes toward self, ability to manifest personal power in the world and project yourself with confidence, ulcers, diabetes, hypoglycemia, shyness, overly-aggressive behavior, panic attacks, nervous system disorders, digestive issues, acne

**Gemstone therapy:** Citrine, Topaz, Amber, Pyrite **Essential Oils:** Grapefruit, Lemon, Rosemary, Orange **Organs:** Liver, Kidneys, Spleen, Pancreas, Gallbladder, Nervous System, Skin, Adrenals, Stomach, Intestines, Colon **Inner Vortices:** 10



## Strategies for Solar Plexus Health

### **\*Laughter Therapy**

<https://yourdost.com/blog/2015/11/top-10-laughter-therapy-exercises.html?q=/blog/2015/11/top-10-laughter-therapy-exercises.html&>

### **\*Chest Opening Stretches**

### **\*Abdominal Massage**

<https://abdominaltherapycollective.com>

For those who have outgoing and assertive personalities, practice being more inwardly focused to balance this center. For those that are more introverted and shy, practice being more aggressive and social. By interacting out of your baseline habits, you will gain compassion for those who have a different type than you and your solar plexus will develop. Become more aware of your interactions with others to evolve this center.



## **4th Chakra-Where Heaven and Earth Meet Healthy Heart Center=Being IN Love**

**Functions:** Relationships, Air and Breath, Unity, Balance of Physical and Spiritual, Gratitude, Connection, Appreciation, Forgiveness, Joy, Higher Creation, Love, Joy, Compassion **Malfunction:** heart disease, asthma, heart attack, high blood pressure, codependency, jealousy, shallow breathing, possessiveness, lung dis-ease **Note:** F  
**Sounds:** AAH and AY **Sanskrit Name:** Anahata “unstuck” or “stillness” **Vortices:** 12  
**Location:** Heart **Element:** Air **Color:** Pink/Green **Foods:** Cruciferous heart nourishing vegetables such as Arugula, Bok Choy, Broccoli, Watercress, Brussel Sprouts, Cauliflower, Collard Greens, Daikon, Kale, Wasabi, Mustard Greens

**Essential Oils:** Rose, Sandalwood, Lavender, Vetiver **Gemstones:** Rose Quartz, Green Fluorite, Malachite, Green Tourmaline, Emerald, Jade, Moss Agate  
**Heart issues:** Ability to be thankful to self, others and God, ability to express love, expressing feelings as they arise in a constructive manner, loving a higher spiritual presence, loving others, loving self, loving unconditionally, experiencing JOY

## The Next Level Healer



**Mayan Prayer:** “May the heart of the Earth and the heart of Heaven beat in my heart. May your heart and my heart beat as one.”

\*Create a gratitude journal and write as many things to be thankful for as you can think of each day, Connecting with things you appreciate puts you in your heart space.

\*Practice FEELING vs THINKING in every situation.

\*Exercises such as backbends and chest openers, Standing with palms open to receive love.



The Next Level Healer



## **5th Chakra-Divine Expression & Communication** **Healthy Throat Center=Personal Will Aligned with Divine Will** **Truth, Right Timing, Effective Communication, Vocation**

**Location:** Throat, Neck and Cervical Vertebra    **Functions:** Sound, Swallowing, Vibration, Creativity, Seeing all sides of a situation, Flexibility, Mantras & Affirmations  
**Organs & Body Parts:** Shoulders, Thyroid, Throat, Mouth, Jaw, Ears, Arms & Hands  
**Malfunction:** sore throat, laryngitis, stiff neck, thyroid problems, indirect communication, blocked creative expression, unfulfilling career path    **Note:** G    **Color:** Blue  
**Sounds:** EEE (cheese) and AYE (say) Eye (sky)    **Element:** Ether  
**Sanskrit Name:** Vissuddha (Purification)  
**Foods:** Blueberries, blackberries but most importantly, SPEAK YOUR TRUTH

**Essential Oils:** Geranium, Clary Sage, Peppermint

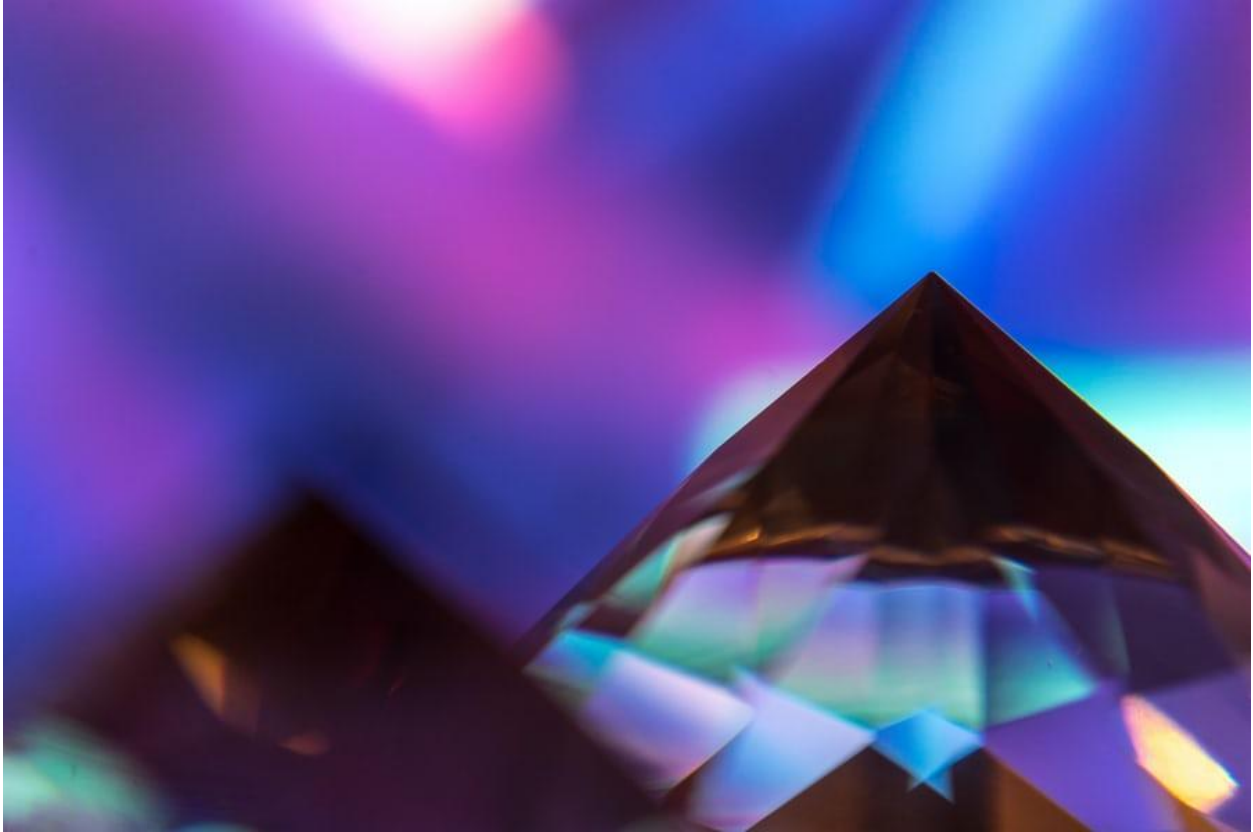
**Gemstones:** Blue Kyanite, Turquoise, Blue Lace Agate, Sodalite, Apatite (wear healing stones as jewelry to support this energy center)

**Key Questions:** How do you express yourself? Do you speak your truth effectively? How are your communication skills? Do you feel that you can communicate your ideas and feelings effectively? How “creative” are you? Do you feel your career/work supports your life purpose?

### **Helpful Exercises for the Throat Chakra:**

Neck rolls and gentle neck stretches, receive massage and craniosacral therapy sessions, consciously chew your food until it becomes liquid, practice saying mantras, affirmations and prayers out loud, along with vocal toning.

Increase your communication skills. Effective communication doesn't happen by accident. It takes practice and skill to be effective at expressing yourself, just like learning any sport or musical ability. Intentionally work on speaking your truth when it feels uncomfortable to do so. This will strengthen this energy center. Set aside time for creative expression of your choice.



**6th Chakra-Ajna Third Eye Center**  
**Healthy Ajna Center=Perception is Reality**  
**Connecting with Other Worlds, Creating Your Own World**  
**Secret Center of the Senses**

**Location:** Forehead, Brows, Back of Head    **Functions:** Beliefs and Concepts transmuted down to lower chakras, psychic abilities, home of HSP abilities, Connecting with the Astral Plane

**Organs:** Brain, Pineal Gland, Pituitary Gland, Ears, Left Eye, Sinuses

**Malfunctions:** headaches, dizziness, poor vision, seizures, lack of concentration, sinusitis, sleep disorders, anxiety, depression

**Main issues:** mind control, inability to meditate, trouble accessing intuition, rejection of spirituality, lack of clarity, nightmares, hallucinations    **Note:** A    **Color:** Indigo

**Sounds:** EYE (sky) EEE (bee) Bumblebee Breath (Bhramari Pranayama)

**Element:** Light

**Sanskrit Name:** Ajna (Third eye)

## The Next Level Healer

**Foods:** Purple fruits like goji berries, purple potatoes, Reishi mushroom

**Essential Oils:** Clary Sage, Cypress, Marjoram, Vetiver, Elemi, Juniper, Rosemary

**Gemstones:** Lapis Lazuli, Quartz, Sodalite, Amethyst

**Key Questions:** What is your HSP or psychic superpower? How do you perceive energy? How do you protect your mind from mind control and manipulation of thought? How do you strengthen your intuition? Is your intuitive sense strong?

### Helpful Exercises for the Sixth Chakra:

Practice the exercises listed in *Basic Psychic Development*, mentioned in Module 2.

<https://books.apple.com/us/book/basic-psychic-development/id547345163>





## **7th Chakra-Spiritual Opening**

**Healthy Crown Center=Consciousness, Enlightenment, Personal Experience of the Divine, Connection to the Soul Plane, Ability to Receive Spiritual Guidance, Meditation**

**\*This center serves as a conduit to the flow of universal energy & peace, the quiet stillness of inner knowing**

**Location:** Top of the head    **Functions:** This center serves as a conduit to the flow of universal energy & peace, the quiet stillness of inner knowing, understanding

**Organs & Body Parts:** Pituitary gland, Upper Brain (cerebral cortex) Right eye, Central Nervous system, skin issues    **Note:** B    **Color:** White or Violet

**Sounds:** EEE (cheese) MMM, NgNgNgNgNgNg    **Gemstones:** Amethyst, Quartz Crystal, Selenite, Herkimer Diamonds    **Essential Oils:** Spikenard, Lavender, Rose

**Sanskrit Name:** Sahasrara (Thousandfold)

## The Next Level Healer

**Affirmation:** Be still and know that I AM  
Love and light fill me. I am complete

**Key Questions for the 7th Chakra:** Do you feel that you have a personal sense of spirituality? How would you describe your personal connection to Source/God/Great Spirit? What is the most spiritually connected experience you have ever had?

**Healing Exercises for the Crown Chakra:**

Meditation, Practicing being nourished by light through the top of the head  
Working with spirit guides and angels, Fasting and detox programs, prayer, deep breathing, basking in sunlight, Breatharian practices

For more on Breathariansim: [Introduction & Invitation to Feasting, Fasting, & Breatharian Course.mp4](#)

Learn more about Kemper and his work [kalianacenter.com](http://kalianacenter.com)

For another excellent resource on chakras, check out Wheels of Life by, Rosalyn Bruyere:

<https://pdfroom.com/books/rosalyn-bruyere-wheels-of-light-chakras-auras-healing-energy-of-the-bodypdf/JZOgZBagkbQ>