

CHAKRAS

Chakra is Sanskrit for wheel, or vortex. It refers to each of the seven energy centers, which creates a kind of circulatory system for our energetic body. When certain conditions in life arise, these systems of circulation function as regulators to either hold onto or release energy that impacts our physical and spiritual body (think of them as dams in a river or locks in a canal).

We regulate these vortexes when we decide what to hold onto in our mind, how we process our feelings and how we respond to the world around us.

When the energy is moving, and the chakras are in alignment, you feel healthy, clean and free. If your chakras are blocked due to past emotional trauma or physical or spiritual harm, you will feel sluggish, burdened and unhealthy.

The lower chakras in the body, which are the densest, relate to grounding, your physical being and ensuring your safety. The upper chakras, which are more ethereal, relate to love, compassion, forgiveness, and insight.

The heart chakra is at the center of the system. It regulates and connects the upper and the lower chakras (much like the heart itself is the pump and regulator of the circulation of blood).

1ST CHAKRA-MŪLĀDĀHRA CHAKRA *STABILITY*

(Safety, Stability, Shelter, Grounded, Nourished, Self-Esteem, Trust, Boundaries)

The first chakra, Mūlādhāra or the root chakra, is associated with basic human needs of food, shelter, and survival, and keeping us alive in the presence of danger. This is our survival instinct at the most primitive level. But, not only are basic needs associated with this chakra, but our foundational idea of who we are is also present in this chakra: being and identity. Located at the base of the spine, Mūlādhāra connects us to the physical world around us and to the earth below. When balanced, we feel secure and safe. When blocked we may feel unstable and unsure. Its essence is that of a rock: sturdy, balanced and self-sufficient.

Element: Earth

Chant: LAM

Color: Deep Red

Location: Base of the spine/perineum

Flower: Blackberry/Clematis

Gem: Garnet

Essential Oils: Bergamot, Sandalwood

Food: Protein

Asana: Malasana, Baddha Konasana, Lolasana, Tadasana

2nd CHAKRA-SVĀDHIṢṬHĀNA CHAKRA *SEXUALITY*

(Sexuality, Pleasure, Sensuality, Emotions, Intimacy, Creativity, Confidence)

The second chakra, Svādhiṣṭhāna or the sacral chakra, is the focal point for our sexuality, intimacy and emotions. It governs our self-worth and how we relate to others. Its essence is fluidity, or the ability to “go with the flow.”

Svādhiṣṭhāna is located in the lower abdomen, lower back and sexual organs, where it regulates and inspires intimacy and creativity. When balanced we feel an easy connection to grace and acceptance. When blocked, we may have a fear of intimacy, suffer from emotional repression, and be fearful of change. Its essence is found in enjoying pleasurable activities without guilt and with an easy sense of surrender.

Element: Water

Chant: VAM

Color: Orange

Location: Lower abdomen/lower back

Flower: Basil, Hibiscus

Gem: Moonstone, Tourmaline

Essential Oils: Jasmine, Rose

Food: Liquids

Asana: Kuksa Prāṇayama, Ustrasana, Garudasana

3rd CHAKRA – MAṆIPŪRA CHAKRA * SELF-ESTEEM *

The third chakra, Maṇipūra or the solar plexus, is associated with identity and

your self-esteem. This is your power center, the home of your assertiveness, your drive, your willpower, and your metabolism. Maṇipūra inspires in us the spark we need to overcome adversity, to assert ourselves and to make clear decisions. Located in the abdomen, Maṇipūra represents your “gut instinct.” When balanced, we are energetic and confident. The chakra itself shines a bright yellow the color of the sun, representing digestive fire and the strength of will. When blocked you may have low self-esteem, become very sensitive to criticism and feel sluggish. Its essence is personal power.

Element: Fire
Chant: RAM
Color: Yellow
Location: Abdomen
Flower: Chamomile, Goldenrod
Gem: Citrine, Jasper, Topaz
Essential Oils: Black Pepper, Ginger
Food: Whole grains
Asana: Breath of Fire, Dhanurdharasana (Archer Pose), Navasana

4th CHAKRA – ANĀHATA CHAKRA * COMPASSION/SELF-LOVE *

The fourth chakra, Anāhata, is all about unconditional love and compassion for all beings. Located at the center of the heart, it is the gateway between the lower and the upper chakras, balancing the physical and metaphysical parts of the body.

Anāhata represents compassion, forgiveness, devotion and kindheartedness; it is the home of devotion, love, and prayer. When balanced, we feel a deep sense of peace, centeredness and unity with others. An unbalanced heart chakra manifests in grief, despair and sadness. It will be hard to feel empathy or compassion for others. Hope and inspiration will fill the heart when it is open.

Element: Air
Chant: YAM
Color: Green
Location: Center of the chest
Flower: Bleeding heart
Gem: Emerald
Essential Oils: Marjoram, Rose
Food: Green Vegetables
Asana: Matsyendrasana, Gomukhasana, Bhujangasana

5th CHAKRA - VIŚUDDHA CHAKRA * COMMUNICATION *

The fifth chakra, Viśuddha, is the center for transformation and change, and is related to creative self-expression and how you communicate. Is your communication clear? Do you speak the truth?

When balanced, the throat chakra enables you to be clear and to express yourself appropriately, both verbally and non-verbally. When out of balance

you may feel an inability to express yourself or find yourself holding onto unexpressed emotion. You may also feel as though you are being misunderstood or unheard, or you may feel frustration in finding the right words. Speaking our inner truth is at the heart of Viśuddha.

Element: Sound
Chant: HAM
Color: Sky Blue/Turquoise
Location: Throat
Flower: Cosmos, Larkspur
Gem: Aquamarine, Blue Opal
Essential Oils: Chamomile, Rosemary
Food: Fruits, Blueberries
Asana: Chin Press Breath, Ardha Sarvangasana, Matsyasana

6th CHAKRA – ĀJÑĀ CHAKRA *INTUITION*

The sixth chakra, Ājñā or the third eye, is associated with sight and the seer, both intuitively and physically. Here, when balanced, your thinking is clear and your vision is bright. When in tune with your third eye, you are able to perceive and visualize the future. When out of balance you can feel disconnected from your intuition; it may be difficult to see what is right and what is wrong, what is fact and what is fantasy.

Element: Light
Chant: AUM
Color: Indigo
Location: Between and above the eyes
Flower: Lavender
Gem: Amethyst, Sapphire
Essential Oils: Sage, Lemon
Food: Green tea
Asana: Humming Bee Breath, Cat/Cow, OM meditation

7th CHAKRA - SAHASRĀRA CHAKRA * CONNECTION/UNION *

The Crown Chakra, Sahasrāra, is known as the thousand-petaled Lotus. This is the symbol of purity and spirituality, the most awesome, brilliant, and vibrant energy center. When open, the vibration is always high (think: everyone you know in the #ShineTribe).

When developed, Sahasrāra brings us knowledge, wisdom, spiritual

connection and bliss; there is a deep understanding of life and a strong connection to the divine. When out of balance, we may have trouble learning new things or accepting change. We may feel apathy, alienation, boredom, and a lack of purpose. You often have a strong attachment to material things and your moral beliefs may be shaky. You may feel an unquestioning adherence to, and dependence on, religious dogma.

Element: Thought or energy

Chant: AH

Color: Violet or white

Location: Crown of the head

Flower: LOTUS!

Gem: Diamond

Essential Oils: Frankincense

Food: Fasting

Asana: Adho Mukhasana, Sasangasana (Rabbit)

