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CHAKRA BALANCING

Kollective
CONSCIOUS
COACHING

INTRO TO THE CHAKRA SYSTEM

The human body consists of layers of energy, both inside the body and outside the body. The first layer is the physical body, which is the most tangible in weight, shape, and size. You can touch it, see it, and voluntarily move it. But other energy fields are surrounding the physical body that is not so easily seen and are commonly referred to collectively as a person's aura. Together, these layers, or energy bodies, comprise the human energy field.

These layers are where our mental, physical, spiritual, and emotional characteristics are stored. They can be in balance or out of balance, which is why Energy Practitioners believe that it's not enough just to treat the physical body when people fall sick. All layers must be evaluated and kept in balance for optimal performance and wellbeing.

How to Detect Energy Fields

It takes someone with energetic-intuitive ability or clairvoyant ability to see the auric energy bodies, which can, but not always, look completely different from one individual to the other. The layers may also be perceived in ways that do not involve third eye visualization. For example, some energy practitioners can sense a person's aura via touch, scent, or sound. To people with these special abilities, these layers are living energies that can be measured.

Physical Energy Body

This is the layer that we generally think of as our physical selves. Although our physical bodies are a kind of package consisting of flesh, skin, bone, organs, and blood, they are also energy, same as the other layers of the body that most people cannot see or sense.

Etheric Energy Body

The second, or etheric—from the word "ether"—a layer of our energy body, is located approximately one quarter to one-half inch—but not more than an inch—from the physical body. Energy practitioners adept at psychically sensing this layer have described it as feeling much like a spider web, sticky, even stretchy. It is also gray or gray-blue in color. The etheric energy body has also been referred to as the blueprint or holograph of the physical body.



Emotional Energy Body

The emotional layer of our energy body is the third layer. Centrally located among the five layers, this layer is where our feelings and fears reside. This layer can be quite volatile when we are experiencing extreme high or low emotions.

Mental Energy Body

This is the layer from which our ideas spring. Our belief systems are also stored here. This is where our thoughts are assimilated and sorted out, and it is where we house our personal truths, or, instead, our perceptions based on our experiences.

Astral Body

The fourth layer from the physical body represents where we form our astral cords or bonds with others. Pink or rosy in color, connected to the heart chakra, and becomes stronger through loving, intimate relationships. Can be weaker during breakups or conflicts with loved ones. The state and balance of the chakras are also easily visible from this layer.

Etheric Template

The fifth energy layer from the physical body, which represents the entire blueprint of the body that exists on this physical plane. Includes everything you create on this physical level, including your identity, personality, and overall energy. Connected to the throat chakra and can vary in color. Healed and made more robust by expressing your truth and knowing who you truly are.

Celestial Body

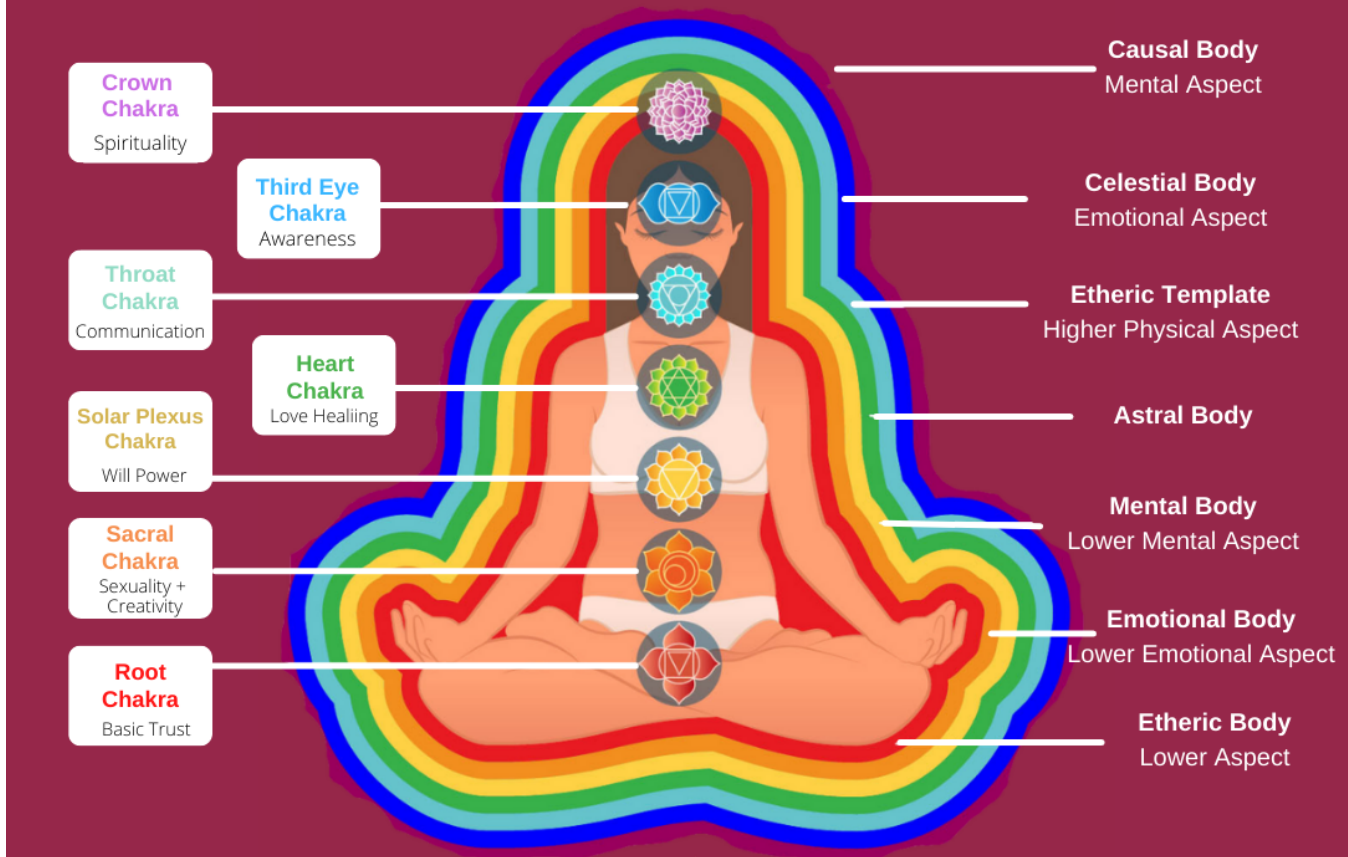
The sixth layer from the physical body. Connected to the third eye chakra and carries a very strong and powerful vibration. Represents the connection to the Divine and all other beings, where unconditional love and feelings of oneness flow. Pearly white in color. When strong, the person may have the ability to communicate with the spirit world and receive angelic messages. Can be healed with unconditional love

Ketheric Template

The spiritual layer of the human energy field is the final layer and furthest away from the physical body (estimated around 2-3 feet away). It is the place where our "consciousness" or "higher awareness" resides. This final layer ties us not only to our past lives but also to universal consciousness. It represents the feeling of being one with the Universe and holds all the information about your soul and previous lifetimes. This body vibrates at the highest frequency, which is connected to the crown chakra - Gold in color. When strong, it gives you the ability to surrender to the path of the Divine and can help increase psychic abilities.



7 CHAKRAS AND AURIC BODIES



Chakra System

Here, you will be introduced to the unique qualities and powers of the seven major energy centers in your body so you can better understand how to balance them and heal them from any blockages. Then you will learn about the different healing techniques that have been developed to keep the chakra system healthy and in balance. Understanding how to balance your chakras will have an effect outward, which will begin to balance your Energy Bodies or Aura Layers as well.

What are Chakras?

Your body is composed of many different systems working in unison together to keep you safe and healthy. These systems include the; muscular, skeletal, nervous, endocrine, cardiovascular, lymphatic, urinary, digestive, respiratory, reproductive, and energetic. In many ways, you can see how aspects of your physical being are connected to each other and how your perceptions through touch, taste, smell, sight, and sound inform each other, creating your human experience.



However, your physical body is not the only thing you have guiding you through your existence. Whether you are familiar with the chakra system or not, quantum physics states that everything is energy with its own vibrational frequency. Everything is made up of energy, from the most basic atoms that create our cells, organs, bones, muscles, and bodily systems to the most expensive planet in the solar system. This energy is known across the world by many different names:

- Ki (Japanese)
- Chi (Chinese)
- Prana (many Asian cultures)
- Holy Spirit (most of the western world)
- Reiki energy
- Lifeforce energy
- Source Energy
- Source Intelligence
- Mana
- Bioplasm
- Morphic Field
- And many others

This energy is the human energy field within the physical body and most condensed along meridian points known as chakras, but extends outside of the physical body known as the aura. Much of your physical and energetic bodies consist of layers and systems working cohesively together. Each layer serves a specific purpose but communicates and signals one another constantly.

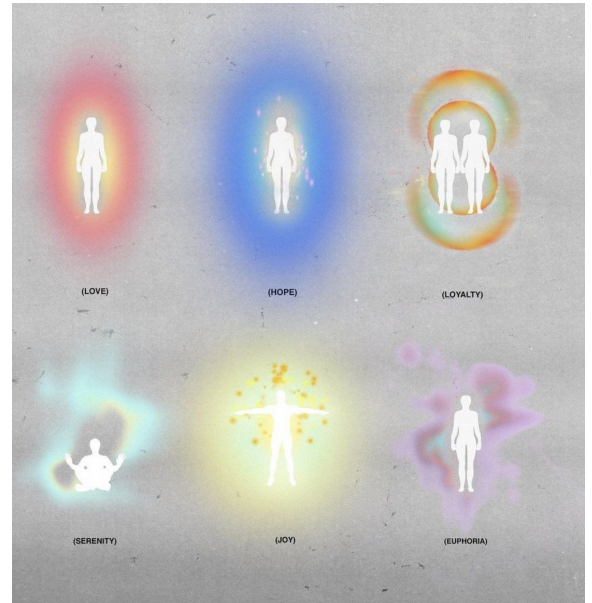
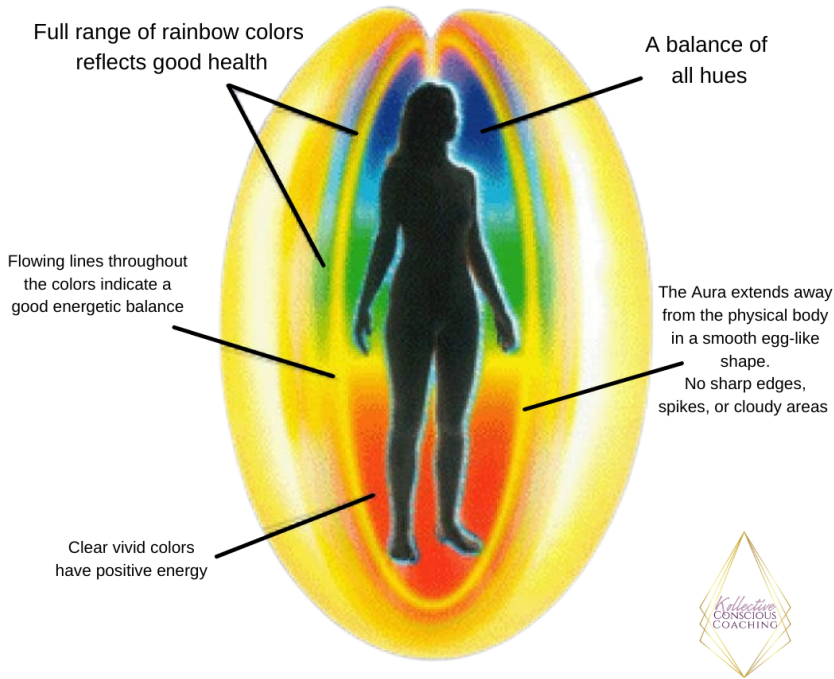
The word chakra is derived from the Sanskrit word chakra, meaning “wheel.” It was first mentioned in the Vedas, ancient Hindu texts that date to around 1,500 BCE. Throughout history, many cultures - including the Egyptians, Hindus, Chinese, Sufis, Zarathustruans, Greeks, Native Americans, Incas, and Maya, among others - have all known these energy centers, or the chakra system.

Chakras are energy vortexes that exist within each of us. These energy vortexes transport energy from the universe around you into your aura and body, as well as between the physical body and the layers of your aura. You can think of your chakra system as similar to a spiritual bloodstream. Blood carries oxygen, nutrients, and hormones throughout the body helps regulate and balance the body, and protects the body by removing waste products, including when the body is harmed. Much in the same way your bloodstream connects and supports your many other physical bodily systems, your chakra system connects and supports your physical and energetic body.

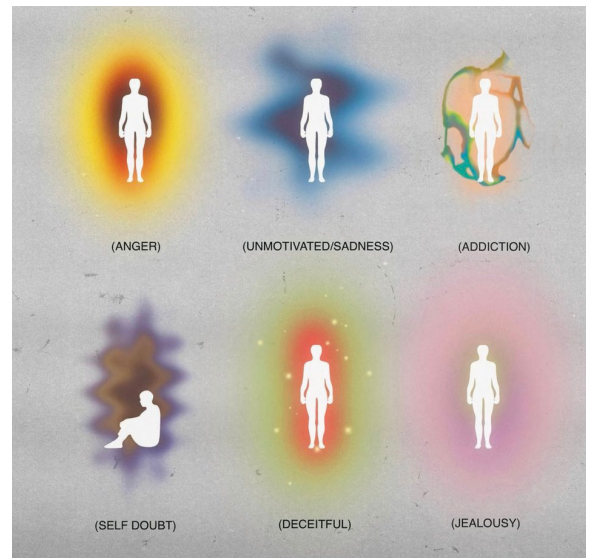
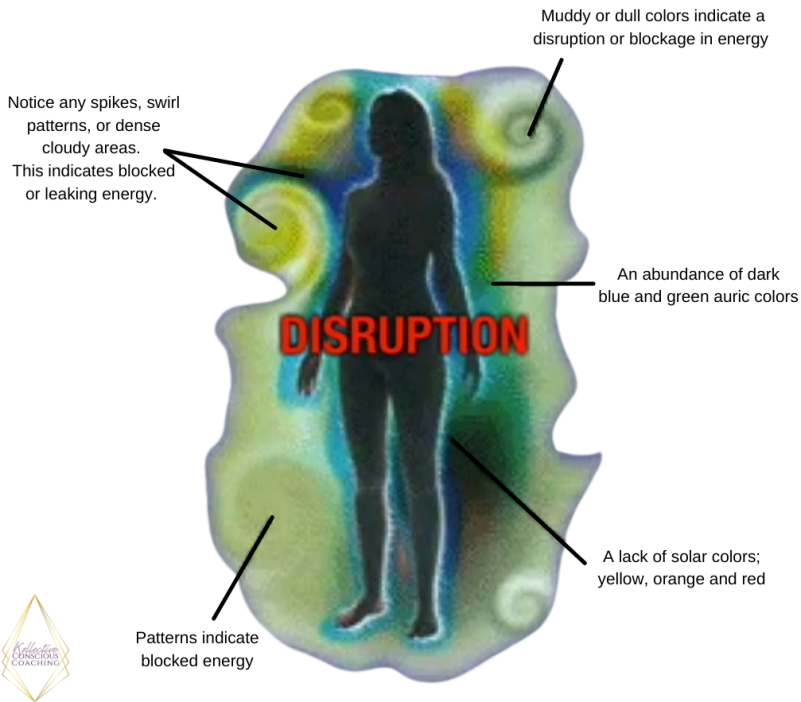
When we get in touch with the energy within our chakras, we connect with ourselves more fully and learn how to heal ourselves on all levels, creating true holistic healing and total wellness. This is why mindfulness-based practices, such as meditation, help connect the mind with the body and spirit, why certain physical activities can help clear your head and allow you to feel more centered and calm, and why cultivating your spiritual health will also heal your mind and body. It truly is all connected.



INDICATORS OF A POSITIVE AND BALANCED AURA



INDICATORS OF A DISRUPTION IN THE BALANCE OF THE AURA





AURA COLOR MEANING CHART

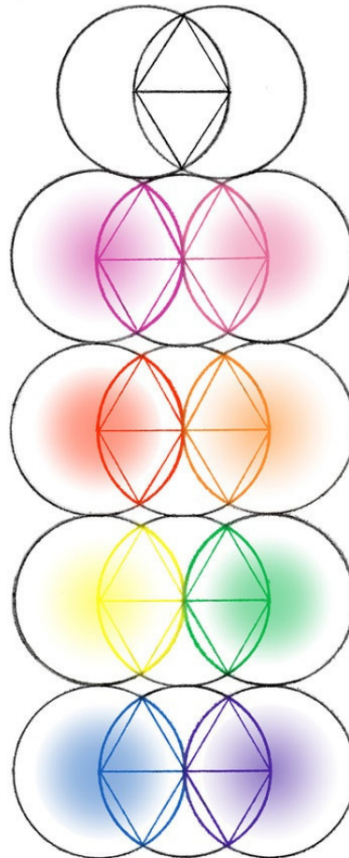


Magenta
*Independent.
Non-conformist.
Big-Hearted. Artistic.
Fun loving. Funny.*

Red
*Enthusiasm.
Vitality. Strength.
Passion. Ambition.
Perfectionist.*

Yellow
*Happiness. Optimism.
Friendliness.
Intellectualism.
Patience. Self-Control.*

Blue
*Tranquility.
Intuition. Devotion.
Loyalty. Empathy.
Wisdom.*



White
*Purity. Oneness
with higher self.
Self-Mastery.
Spiritually motivated.
Cosmic wisdom.*

Pink
*Romance. Love.
Generosity. Giving.
Receiving. Faithful.*

Orange
*Optimism. Creativity.
Self-confidence.
Spontaneity.
Emotional balance.
Inspiration.*

Green
*Healing. Harmony.
Peace. Prosperity.
Charity. Adaptability.*

Violet
*Magical. Playful.
Creative Imagination.
Charming.
High Consciousness.*

Myths about Chakra Healing

It is important to discuss the myths about chakra healing before we get into this work. Many people are skeptical at first, which is why understanding the possible disbeliefs around this powerful work is important to discuss in the beginning.

Myth 1: You have to work with a shaman for it to be effective

It is essential to understand that you are the center of your own chakra healing practice. We are each responsible for our own healing. Although shamans and Reiki practitioners can play a very impactful role in your journey through working with subtle energies, it is important that you also have your own self-care practice. Later on, you will learn how to balance and maintain each chakra through an integrative approach combining diet, movement, and other supplements.

Myth 2: Chakra Healing is a form of religion or associated with religious practices

Although the original sources of the chakra system came from spiritual practices and religious text, chakra healing has since expanded to reach all borders. Many cultures and religions are aware of the chakra system and associate it with energy meridian points inside the body, similar to acupuncture, acupressure, and EFT.



Myth 3: Chakra healing is a form of witchcraft, dark magic, or dark ritual

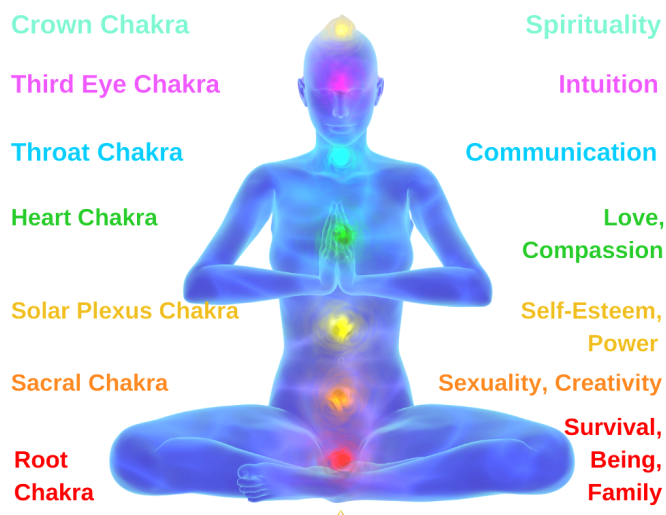
Chakra healing is quite the opposite of anything dark or evil. When done right, true chakra healing is insightful, loving, pure light energy, source consciousness - a connecting energy that unifies your body, mind, heart, and spirit - all of which dispels darkness and brings you back to total love consciousness.

Before Beginning Chakra Healing

There are a few things to keep in mind before beginning Chakra Healing.

- 1. Be patient with yourself.** If this is something new that you are learning for the first time and you don't yet feel totally connected to your energy field, remember to slow down and connect in with flow. When you try to force this connection, you will actually create more resistance and disconnection. It's okay to feel like you're not getting it. If you need to take a step away for a bit and come back again at a later time, that is totally okay. Listen to yourself through this process. Chakra Healing is about becoming more interconnected than you've ever been before. If you are allowing frustration, resentment, or restless energy to influence your practice, it is time to take a break and come back at a more aligned time for you.
- 2. Remember, it is about flow.** Please do not push yourself past where it is most comfortable. If you are pushing yourself too hard or too fast to grasp this work, it is likely that you will block or repel energy that is aiding you through this process. Again, as soon as you start to feel some resistance, take a break and come back when it is feeling more free-flowing and aligned.
- 3. Seek Support.** It is highly recommended to surround yourself with other like-minded individuals who also have an understanding about the chakra system and the human energy field. Not only will they be able to guide you through doing this work, but also support you during the times that it might feel challenging. Chances are, you probably don't have many people in your life who fully and completely understand what you are doing inside of this program, and that is okay. But having a support system of people who just get it will aid you in the development of your knowledge and connection with the Human Energy Field and Chakra Healing.

CHAKRA BASICS



Activating Your Kundalini Energy

Having origins stemming from Hinduism, Kundalini is a form of energy associated with the divine feminine energy located at the base of the spine, near the root and sacral chakras, in the Muladhara. Kundalini energy rests like a coiled snake at the base of the spine. This dormant energy flows freely upward through the seven chakras, leading to an expanded state of consciousness, which can also be known as a kundalini awakening.

Working with chakras and becoming more attuned to your energy centers can awaken kundalini energy through connecting with and balancing the chakra centers. When your kundalini energy is activated, you might feel a pleasurable physical sensation - like full-body orgasms - but one that is more sensual than sexual, which flows throughout your entire body, and you may even feel your energy expand outside of your body. You have profound new insights into your life or even into other dimensions (past lives, the lives of others, or more profound divine wisdom that transcends anything you previously were aware of). You have a newfound strength and clarity in your life without fear or judgment—your creativity surges.

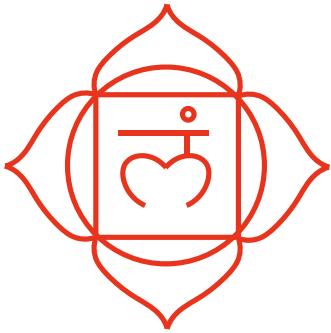
It is unlikely that your kundalini energy will awaken suddenly, although it is not impossible. Kundalini Energy typically awakens over time; after inward connection, healing and deeper awareness is created. Awakening kundalini energy will happen over time, especially if you follow the principles guiding you in this program.

Those seeking deeper connection and more profound insights often refer to this as enlightenment, which is associated with kundalini energy. When done safely, with supervision, and done with patience over time, awakening Kundalini Energy can be a profoundly joyous experience, ascension in consciousness, and heightened psychic and intuitive awareness. For this reason, those who wish to experience Kundalini Awakening fully must often try to activate it through various practices like Kundalini Yoga, meditation, connection with nature, and breathwork.

Although Kundalini Awakening can be a profoundly pleasant experience, awakening Kundalini energy spontaneously through one of the several practices mentioned above, or through interacting with someone whose Kundalini Energy is potent, like a guru, can create blocks or imbalances in your chakras, which can create significant mental, emotional or physical unrest or even pain. This massive surge of energy shooting through your body can be a rather unpleasant experience. This is why preparing yourself for this work is extremely important. However, if this does happen for you, make sure to work with a trusted spiritual guide who can help you unblock this energy. This may take a few sessions and some lifestyle changes to accommodate a new flow of energy.



Also, keep in mind that awakening your Kundalini Energy is not the only way to awaken your chakra power. Although Kundalini Energy is an extremely powerful and very common practice in chakra activation, it is not the only way to activate your chakra power. This next section will discuss how to activate and balance your chakras using several different methods.



ROOT CHAKRA

The first of the physical chakras is the root chakra, also known as Tribal Chakra, Base Chakra, or by the Sanskrit name Muladhara.

Location: Base of the Spine - at the perineum, between the genitals and the anus.

Color: Red

Element: Earth

Affirmation: "I am"

Archetype: Earth Mother, The Victim

Attributes: Material world, physical vitality, survival, security, instincts, grounding, stability, action, foundation, perseverance

Glands: Adrenal

Physically Governs: The physical body, base of the spine, legs, bones, feet, rectum, genitals, kidney, bladder, urethra, immune system, large intestines, teeth.

Life Lessons: To feel safe and secure in the "physical plane", manifest our basic needs, and cultivate healthy (physical) security.

Planets: Saturn and the Earth

Astrology: Capricorn, Aquarius

Crystals / Gems / Stones: Bloodstone, ruby, hematite, agate, amethyst, onyx, diamond, garnet, quartz, fluorite, black tourmaline, obsidian, red jasper, smokey quartz.

Oils: Sandalwood, cinnamon, myrrh, ylang-ylang, spikenard, patchouli

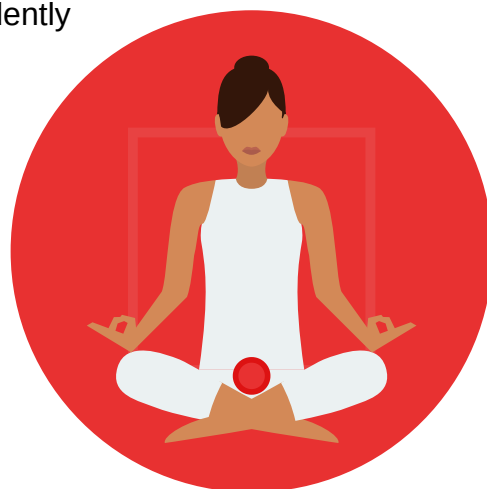
Physical Dysfunction: Chronic lower back pain, sciatica, varicose veins, rectal tumors/cancer, hemorrhoids, knee problems, depression, immune-related disorders, weight problems



Mental / Emotional Issues: Physical family and group safety and security issues, ability to provide life's necessities, ability to stand up for one's self

Harmonious/Balanced Characteristics:

- Patience
- Organized
- Motivated
- Persistent/resilient
- Sense of belonging
- Feeling proud of one's self or one's family
- Feeling stable and secure
- Trusting
- Mind and body feel connected and balanced
- Ability to build and maintain positive connections with others
- Ability to meet survival needs and able to function independently
- Prosperous
- Ability to manifest goals
- Connected to reality
- Feeling a right to be alive
- Feeling purposeful
- Feeling connected to earth and to nature
- Feeling healthy, fit, strong, and balanced
- Maintains a healthy way of living
- The feeling of being Grounded



Inharmonious/Out of Balance Characteristics:

- Dysfunction in the physical organs governed by this chakra - blood disorders, lower limb problems, bowel problems
- Fear about safety and security
- Fear of future survival
- Jealousy
- A focus on material possessions and wealth
- Mistrust of others
- A need to people-please
- A selfish need to satisfy all of our own desires
- Feeling insecure or fearful
- Hyper-focused on appearance
- Eating disorders
- Greed

- Shame, fear, guilt, self-doubt
- Selfishness
- Addictions
- Feeling restless or impatient
- Out of touch with reality
- Unable to let go of the past

Possibly Underlying Cause for Imbalance: Fear of being alive, guilt, shame

How to Balance the Root Chakra:

Activities:

- Connect with the earth and nature - nurture plants and animals, go camping or hiking,
- Grounding - connecting to the earth through placing your bare feet in soil, sand, natural water sources, or anything that further connects you to the earth
- Connect with your community
- Express your creative side; however, that looks for you
- Yoga, dance, and other forms of movement that help you to increase body awareness and connect deeper with your body (Yoga Poses: Warrior 1, Warrior ii, Tree Pose, and Chair Pose)

Food:

- All-natural red foods and beverages such as apples, strawberries, and root vegetables.
- Other foods that encourage grounding such as nuts, seeds, rice, and oats.

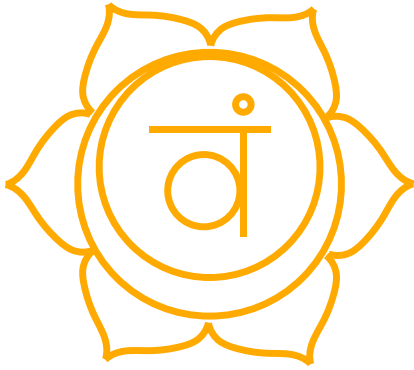
Colors:

- Wear the colors red, rose, pink, black, brown, and other 'earth tone' colors

Affirmations:

- State; present tense, positive and empowering "I AM" affirmations
- I am whole
- I am grounded
- I am safe and secure
- I am always provided for
- I am connected to all of life
- My physical needs are abundantly met





SACRAL CHAKRA

The second of the physical chakras is the Sacral Chakra, also known as the naval chakra, spleen chakra, pelvic chakra, or by the Sanskrit name Svadhīsthana.

Location: Two inches below the navel, between the pubic bone and the navel

Color: Orange

Element: Water

Affirmation: "I feel"

Archetype: The Lover, The Martyr

Attributes: Emotions, relationships, control, sensuality, pleasure, desires, sexuality, creativity, healing

Glands: Ovaries / Testicles

Physically Governs: Lungs, kidneys, sexual organs, womb, pelvis, lower back, reproductive system, urinary system, bladder, spleen, colon, small intestine, immune system, lower vertebrae, hips.

Life Lessons: To use emotions to connect with others without losing our identity and to express creativity and healthy (emotional) sexuality freely.

Planets: Jupiter and the Moon

Astrology: Pisces, Scorpio

Crystals / Gems / Stones: Agate, quartz, calcite, garnet, carnelian, orange topaz, fluorite, diamond, amber, moonstone, coral, orange tourmaline, sunstone.

Oils: Ylang Ylang, lemon, patchouli, rosewood, sandalwood, jasmine, orange, mandarin, neroli.

Physical Dysfunction: Chronic lower back pain, sciatica, gynecological problems, pelvic pain, impotence, frigidity, uterine/bladder/kidney problems.

Mental / Emotional Issues: Guilt and blame, money, sex, power and control, creativity, ethics, honor in relationships.



Harmonious/Balanced Characteristics:

- Receptive
- Creative
- Nurturing
- Open
- Aware (socially and of one's self)
- Positive relationship with one's own body
- Ability to accept change
- Ability to accept and see different perspectives
- Doing things for pleasure and enjoyment
- Sharing emotions freely and with ease
- Ability to express feelings, wants, needs, and desires
- Friendly, calm, and kind
- Ability to "let go"
- Emotional Stability
- Feeling abundant
- Feeling joyful and passionate
- Feeling open and free
- Feeling positive about life
- Allowing oneself to feel
- Regular menstrual cycle
- Awareness of own needs and able to nurture them accordingly
- Ability to comfortably express sexuality and sexual desires
- Able and willing to honor own sexual boundaries
- Supportive in relationships



Inharmonious/Out of Balance Characteristics:

- Guilt
- Shame
- Embarrassment
- Jealousy
- Depression
- Addictions
- Trauma
- Compulsive, obsessive or controlling
- Repressed emotions
- Unable or unwilling to socialize
- Reproductive Issues
- Disorders in the organs near or associated with this chakra, such as urinary tract problems
- Overeating, under-eating or body image concerns.

- Overly rigid or too open with sexual boundaries and sexual relationships/encounters
- Need 'new' relationships or environments frequently
- Feeling that you don't deserve pleasure
- Inability to express feelings
- Inability to let go of the past
- Linking self-worth with what you do or what you have
- Emotionally dependent on people or possessions
- Money or desires are the priority

Possibly Underlying Cause for Imbalance: Sexual abuse or trauma, rape, gender issues.

How to Balance the Sacral Chakra:

Activities:

- Nurture and honor your needs
- Show love to yourself daily
- Be social and surround yourself with loving and caring people
- Allow there to be a little pressure and discomfort in your life; this will help you grow
- Do something that brings you joy or pleasure
- Express your sensuality - explore all five senses
- Rest and relax by showing yourself some self-care
- Movement that creates flow, like dancing, hula hooping, or swimming
- Learn tantra and get in touch with your sensual side
- Learn how to express your emotions in healthy ways
- Include play in your daily life - remember how you used to play as a kid

Food:

- Orange foods, carrots, pumpkin, sweet potato, melon, squash, oranges, mango, nectarines

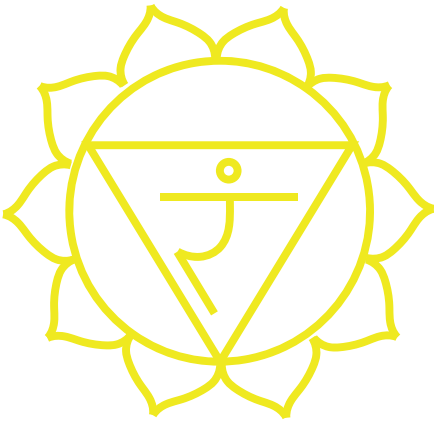
Colors:

- Wear all shades of orange

Affirmations:

- State; present tense, positive and empowering "I Feel" affirmations
- I feel healthy
- I feel sensual
- I honor my body
- I honor my emotions
- Pleasurable experiences abundantly bless my life
- I honor and proudly express my sexuality
- I accept happiness
- I allow fulfilling relationships into my life





SOLAR PLEXUS CHAKRA

Above the Sacral Chakra is the chakra that corresponds with our personality, self-esteem, and sense of worth - the Solar Plexus Chakra, also known as the Sanskrit name Manipura.

Location: Two inches above the navel between the sternum, in the stomach area.

Color: Yellow

Element: Fire

Affirmation: "I can"

Archetype: The Servant, The Warrior

Attributes: Intellect, ambition, strength of will, personal power, individuality, self-worth, freedom of choice, 'inner child,' the ego, personality

Glands: Pancreas, Adrenals

Physically Governs: Stomach, abdomen, upper intestines, spleen, metabolism, pancreas, liver, gallbladder, diaphragm.

Life Lessons: To experience the depth of who we are with self-empowerment and self-esteem, to live our life task or soul's life purpose

Planets: Mars and the Sun

Astrology: Aries, Leo

Crystals / Gems / Stones: Citrine, topaz, amber, yellow topaz, tiger's eye, yellow agate, rutilated quartz

Oils: Lemon, lavender, rosewood, rosemary, lemongrass, eucalyptus, bergamot, grapefruit, peppermint, roman chamomile.

Physical Dysfunction: Arthritis, gastric or duodenal ulcers, colon/intestinal problems, pancreatitis/diabetes, chronic or acute indigestion, anorexia or bulimia, liver or adrenal dysfunction, fatigue, hepatitis, diabetes.

Mental / Emotional Issues: Trust, fear, intimidation, self-esteem, self-confidence, self-respect, care of self and others, responsibility for making decisions, sensitivity to criticism, personal honor.



Harmonious/Balanced Characteristics:

- Reliability
- Motivated
- Courageous
- Confident and strong-willed
- Strong organizational abilities
- Strong analytical skills
- Sense of assertiveness without the need for dominance or control over others
- Strong sense of self
- Proud of you who are
- Strong self-esteem
- Strong self-respect
- Feeling of individuality but also connected to others
- Accepting of others
- Tolerant and accepting of others
- Ability to follow through with responsibilities
- Able to back down or admit when you are wrong
- Having goals, direction, and purpose in life
- Ability to manifest goals
- Ability to maintain boundaries
- Ability to say 'no'
- Rational and intellectual thought
- Balanced sense of humor
- Feeling intellectually stimulated
- Being aware of freedom to make choices
- Feeling of being empowered by one's life and in control of the outcomes



Inharmonious/Out of Balance Characteristics:

- Lack of confidence
- Anger
- Passive
- Ego-focused
- Stubborn
- Self-esteem issues
- Does not feel empowered by choices
- Weak sense of self
- Suppressed emotions
- Can't make decisions
- Afraid of being alone
- Difficulty making decisions or doing things alone
- Taking on too much responsibility

- A great need for material security
- Self-worth conditional to what others think of you
- Overly sensitive to criticism. Gets upset easily
- Need for domination or control over others
- Inability to trust the natural flow of life
- Needing approval or acceptance from others to feel worths
- Fear of rejection
- Physical dysfunction in the organs near the chakra, such as digestive problems
- Loss of direction in life and lack of drive and motivation to achieve desires and goals

Possibly Underlying Cause for Imbalance: Stuffed or repressed anger, issues of control especially in areas related to power and authority.

How to Balance the Solar Plexus Chakra:

Activities:

- Be assertive and set clear, healthy boundaries with yourself and others
- Pursue what you are passionate about
- Be willing to learn from mistakes and keep moving forward
- Write goals and create an action plan to achieve them
- Challenge yourself through learning new skills - mental, physical, emotional, etc. Get outside of your comfort zone and be willing to fail, but keep trying.
- Move your body in (healthy) competitive ways
- Journal and recall childhood memories
- Do things to empower others

Food:

- Yellow and orange foods, honey, pineapple, banana, and corn. Notice which foods digest easily and give you maximum energy. Avoid 'energy' drinks. Also drink teas (similar to the essential oils listed above) which will also help energize you and may also aid in digestion.

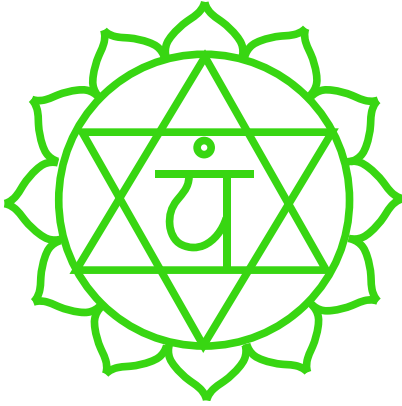
Colors:

- Wear all shades of yellow and gold.

Affirmations:

- State; present tense, positive and empowering "I Can" affirmations
- I am worthy of achieving all that I desire
- I am worthy of love and respect
- I have a purpose-filled life
- I feel empowered by my choices
- I am proud of who I am
- I love empowering others





HEART CHAKRA

The Heart Chakra holds our connection to both the physical and the spiritual aspects of ourselves. Because it is at this pivotal location - connecting the physical and spiritual chakras - how we get in touch with our Higher Self in relation to the rest of the world and all conscious energy. Also known as the Sanskrit name Anahata.

Location: At the center of the chest, near the physical heart.

Color: Green (also commonly associated with pink)

Element: Air

Affirmation: "I love"

Archetype: The Healer, The Controller

Attributes: Love, compassion, universal consciousness, emotional balance, forgiveness, relationships

Glands: Thymus

Physically Governs: Heart, pericardium, thymus, lungs, rib cage, breasts, diaphragm, blood circulation, shoulders, arms, wrist, hands.

Life Lessons: To experience compassion and connection with oneself and others

Planets: Venus

Astrology: Libra, Taurus

Crystals / Gems / Stones: Rose quartz, ruby, emerald, jade, peridot, malachite, diamond, green tourmaline, green calcite, green kyanite

Oils: Rose, lavender, geranium, neroli, cedarwood, lemon balm, ylang-ylang, bergamot

Physical Dysfunction: Congestive heart failure, heart attack, heart disease, asthma/allergies, lung cancer, bronchial pneumonia, lung disease, breast cancer, high blood pressure.

Mental / Emotional Issues: Love and hatred, resentment, grief, self-centeredness, loneliness, forgiveness, compassion, hope, trust, difficulty making connections with others.



Harmonious/Balanced Characteristics:

- Balanced
- Loving
- Peaceful
- Compassionate and Empathy
- Caring
- Purity of heart
- Generous and giving
- Feeling happy and light
- Healthy/happy intimate relationships
- Awareness of worthiness/the right to love and be loved
- Ability to forgive (yourself and others)
- Ability to accept support from others
- Ability to express love to self and others
- Ability to say no without guilt
- Able to maintain long term relationships
- Able to be patient with themselves and others
- Feeling wholeness and content
- Sense of wanting to build others up
- Playfulness
- Importance of unity and community



Inharmonious/Out of Balance Characteristics:

- Feeling resentful and bitter
- Overly sensitive
- Shy
- Depression
- Being anti-social
- Jealousy
- Possessiveness
- Codependency
- Intolerant or hyper-critical
- Unwilling or unable to participate in intimate relationships
- Lack of self-love
- Unresolved Grief
- Inability to accept love and affection
- Not allowing yourself to be supported
- Feeling negative towards self and others
- Letting another person's emotions control your choices
- Letting another person's choice control your emotions

- Feeling unable to let go
- Not able to forgive
- Fear of intimacy. Fear of being hurt
- ‘Love-bombing’
- Disorders in the physical organs governed by this chakra, such as the heart, blood problems, respiration problems, immune system issues

Possibly Underlying Cause for Imbalance: Repressed heartache or grief. Unresolved emotions having to do with sadness and the secondary and tertiary emotions associated with sorrow.

How to Balance the Heart Chakra:

Activities:

- Meditation
- Breathwork
- Practice Forgiveness for yourself and others
- Express love and allow yourself to be loved
- Buy yourself flowers
- Take yourself out on a solo date
- Giving and showing love to others
- Simple physical touch, like getting or giving a massage
- Spend time doing the things that make you feel joyous
- Spend time in nature, around kids, and animals
- Journal what you are grateful for and what makes your heart feel full

Food:

- Green vegetables or fruit, and green tea. Enjoy home-cooked meals or anything made with love, even if that means you made it with an infused intention of love. Anything that aids circulation, including beetroot, lentils, ginger, garlic, cayenne pepper, and rosemary.

Colors:

- Wear all shades of green and pink, and anything associated with love, including symbols of love.

Affirmations:

- I am love
- I am loved
- I allow myself to freely and unconditionally love others
- I am open to accepting love from others, and I am worthy of this love
- I am at peace
- I share love and light with ease
- I am grateful for _____.





THROAT CHAKRA

The first of the spiritual chakras - the Throat Chakra, also known by the Sanskrit name Vishuddha. This chakra has much to do with our true, authentic voice, where faith and understanding combine.

Location: At the front of the base of the neck, at the hollow of the collarbone.

Color: Light blue/blue

Element: Sound

Affirmation: "I speak"

Archetype: The Teacher, The Hermit

Attributes: Communication, self-expression, creativity, expression of will, Divine guidance, inner voice, speaking one's truth

Glands: Thyroid, parathyroid

Physically Governs: Throat, trachea, neck, jaw, esophagus, hypothalamus, thyroid, vertebrae, menstrual cycle, arms, shoulders, hands, digestive tract, vocal cords, ears, nose, mouth, teeth, and gums.

Life Lessons: To speak and receive the truth

Planets: Mercury

Astrology: Gemini, Virgo, Sagittarius

Crystals / Gems / Stones: Turquoise, blue kyanite, aquamarine, celestine, iolite, sodalite, lapis lazuli, fluorite, tanzanite, agate, alexandrite.

Oils: Lavender, rosemary, frankincense, german chamomile, hyssop, ylang-ylang, peppermint, geranium

Physical Dysfunction: Raspy or sore throat, mouth ulcers, gum difficulties, TMJ, stiff neck, scoliosis, swollen glands, thyroid problems

Mental / Emotional Issues: Strength of will, personal expression, following one's dream, using personal power to create, choice and capacity to make decisions, addiction, judgment, criticism, faith



Harmonious/Balanced Characteristics:

- Speak your truth
- Accepting, trusting, and acting on inner guidance
- Clearer, confident speech, and voice
- Ability to express yourself - cry, laugh, be playful, speak your truth
- Listening to intuition and inner voice
- Sense of integrity
- Expressing creativity
- Ability to communicate with ease
- Expressing will freely
- Listening to other people
- Speaking your truth
- Being honest and open about how you feel
- Confident in self-expression
- Calm and patient
- Allows others to express themselves
- Feel free and willing to voice your opinion
- Standing up for yourself
- Processing and transforming emotions through creative expression
- Sense of integrity
- Believing your words are worth listening to



Inharmonious/Out of Balance Characteristics:

- Stuttering
- Fear of speaking
- Lying
- Self-betrayal
- Not speaking up for yourself
- Not speaking your truth
- Gossiping
- Worried about 'awkward silence'
- Fear of self-expression. Inability to express self
- Feeling unable to communicate effectively
- Speaking abruptly, interrupting others. Hard time controlling what you say.
- Needing to be the center of attention
- Fears about being judged
- Feeling unworthy of being listened to
- Problems with 'self-talk' - putting yourself down, speaking poorly of yourself
- Quiet, timid, weak voice
- Disorders in the physical organs governed by this chakra such as having a sore throat or tonsillitis

Possibly Underlying Cause for Imbalance: Difficulty in expressing oneself, withholding or swallowing words, suppressing creative talents

How to Balance the Throat Chakra:

Activities:

- Speak up/speak out for what you believe in
- Say what you mean, mean what you say
- Be honest about who you are
- Communicate clearly, honestly, and express yourself.
- Sing, paint, chant, write, spoken word, theater
- Engage in conversation with people/groups with similar interests
- Journal your feelings and speak your truth in the form of writing, storytelling, or poetry

Food:

- Drink teas that soothe the throat, such as peppermint, slippery elm, and spearmint.

Colors:

- Wear all shades of blue.

Affirmations:

- I speak my truth openly, clearly, and freely.
- I speak to be heard
- My words are worthy of being listened to
- I am comfortable expressing my feelings, and I do so with ease.
- I am allowing of others to speak freely.
- I have powerful conversations with people from all walks of life.





THIRD EYE CHAKRA

The sixth chakra and the second of the spiritual chakras - the Third Eye Chakra, also known as the Sanskrit name Ajna, is associated with our intuitive abilities, our 'sixth sense'. Is it the center of our wisdom and insight, spiritual insight and guidance, and increasing our intuitive abilities.

Location: On the forehead, between the eyebrows

Color: Indigo

Element: Light

Affirmation: "I see"

Archetype: The Wise Elder, The Intellectual

Attributes: Spiritual awareness, seeing, insight, visualization, intuition, psychic powers, vision, clairvoyance, imagination

Glands: Pineal, Pituitary

Physically Governs: Brain, nervous system, eyes, ears, nose, pituitary gland, autonomic nervous system.

Life Lessons: To use insight and intuition to see past the physical

Planets: Moon and The Sun

Astrology: Cancer

Crystals / Gems / Stones: Lapis Lazuli, clear quartz, moonstone, amethyst, sapphire, tanzanite, star sapphire

Oils: Lavender, frankincense, sandalwood, sweet pea, juniper berry, rosemary, bergamot

Physical Dysfunction: Brain tumor/hemorrhage, stroke, neurological disturbances, blindness, deafness, full spinal difficulties, learning disabilities, seizures, headaches, blurred vision

Mental / Emotional Issues: Self-evaluation, truth, intellectual abilities, the feeling of adequacy, openness to the ideas of others, ability to learn from experience, emotional intelligence



Harmonious/Balanced Characteristics:

- Clear vision
- Allows visions
- Ability to focus
- Independent thought
- Good imagination
- Good memory
- Wisdom
- Empath and sense of understanding
- Ability to think symbolically
- Ability to learn from experience
- Ability to see patterns in life
- Ability to use intuition in daily life
- Forgiveness and gratitude
- Perceiving the world free from judgment and prejudice
- Trusting in your 'inner knowing'
- self-reflection/ability to be introspective
- Recognize spiritual aspect of life
- Acknowledging intuitive thought processes
- Awareness and acceptance of spiritual aspects of yourself and of life
- General sense of clarity and thoughts
- Peaceful sleep
- Dreams frequently
- Connection to source energy



Inharmonious/Out of Balance Characteristics:

- Rejection of imagination
- Unimaginative
- Confused or muddled thinking
- Nightmares
- Judgmental
- Restless sleep
- Ego-focused
- Rigid thinking patterns
- Frequent negative perceptions of people and situations
- Prejudice towards people and situations
- Focusing only on intellect and science
- Seeing superficial meaning but afraid to look deeper
- Delusions and hallucinations

- Frequent confusion or misunderstanding
- Overly rational and mathematical about everything
- Unable to think for yourself
- Out of touch with reality
- Unable to differentiate between illusions and reality
- Overly fearful and anxious
- Disorders in the physical organs governed by this chakra, such as problems with vision or sinuses

Possibly Underlying Cause for Imbalance: A lack of trust in oneself and especially with one's intuition: ego-driven or fear-based life patterns and actions.

How to Balance the Third Eye Chakra:

Activities:

- When you receive intuitive guidance, you trust it and act on it
- Set the intention that you wish to connect within your inner wisdom
- Meditate and practice visualization
- Write down dreams
- Enjoy natural light outdoors
- Try to avoid fluorescent lighting when possible
- Any body and mind centering exercises
- Reading and expanding knowledge and intellect
- Indulge your sight - let your eyes feast on interesting and inspiring things to look at

Food:

- Eat colors rich in blue hues, such as black currants, blueberries blackberries, eggplant, prunes, beets, and rainbow chard. Fish and nuts.
- Remove fluoride from your diet by using a water purifying system because fluoride calcifies the pineal gland, which is directly linked to the third eye chakra.

Colors:

- Wear indigo and white

Affirmations:

- I open myself up to accept my intuition and wisdom.
- I trust and follow my inner guidance
- I use intelligence and intuition to see clearly.
- I am deeply connected to Divine guidance.
- I allow myself to heal the parts of me that are affecting my intuitive abilities.





CROWN CHAKRA

The seventh chakra and the last of the spiritual chakras - the Crown Chakra, also known as the Lotus Chakra or by the Sanskrit name Sahasrara, is a source of connection to the Divine and our higher selves.

Location: At the top and center of the head

Color: Violet, purple, white, gold

Element: Thought

Affirmation: "I know"

Archetype: The Master, The Egoist

Attributes: Spirituality, Energy, connection with the Divine, pure awareness, enlightenment, fulfillment, cosmic consciousness, the Absolute, grace, deep inner quest, intelligence

Glands: Pineal, Pituitary

Physically Governs: Head, higher mind, pineal gland, upper brain, muscular system, skeletal system, skin, cerebral cortex, central nervous system

Life Lessons: To experience the divine meaning of life

Crystals / Gems / Stones: Clear quartz, amethyst, rhodonite, alexandrite, herkimer, diamond, labradorite, moonstone, selenite, phenacite, kunzite, apophyllite, white topaz

Oils: Lavender, violet, lotus, frankincense, myrrh, sandalwood, peppermint

Physical Dysfunction: Energetic disorders, depression, chronic exhaustion that is not linked to physical disorder, extreme sensitivity to light/sound/environmental factors, confusion, apathy, alienation

Mental / Emotional Issues: Ability to trust life, values, ethics, courage, selflessness, ability to see the larger pattern or picture, faith, inspiration, spirituality, devotion

Harmonious/Balanced Characteristics:

- Gratitude
- Lightness
- Self-knowledge
- Feeling blissful
- Inquisitive



- Awareness of unity of all life
- Living in the present moment
- Ability to tap into the universal consciousness
- Ability to find answers within yourself
- Having a sense of your own spirituality
- Ability to live in your truth
- Awareness and acceptance of higher source
- Knowledge, wisdom, and clarity
- Strong spiritual connection
- Works with and for universal consciousness
- Recognition of one's own divinity
- Aware of our own consciousness
- Feeling connected to all beings
- Having direction and purpose in life
- Sense of meaning and purpose

Inharmonious/Out of Balance Characteristics:

- Depression
- Confusion
- Anxiety and fear
- Ignorance
- Ego-based choices
- Selfishness
- Closed-minded
- Overly rigid belief systems
- Overly intellectual
- Feeling isolated and alone
- Directionless
- Searching for answers
- Nervous and mental disorders
- Insomnia
- Self-limiting beliefs
- Living in the future and rarely in the present
- Disappointed or unsatisfied in the present
- Feeling lost in life
- Living in the past
- Unable to let go of things that have happened, and obsess over them
- Fear of death or fear of what's on the 'other side'
- Disorders of the physical organs governed by this chakra like insomnia, frequent headaches, and memory issues.



Possibly Underlying Cause for Imbalance: Lack of trust in the Divine or life itself. Troubled past with faith-based practice, especially associated with organized religion or religious-like practice. Unresolved anger or resentment towards their faith and the Divine.

How to Balance the Crown Chakra:

Activities:

- Practice Gratitude
- Cultivate a meditation and/or prayer practice
- Regularly participate in anything that brings you joy and peace
- Write down your dreams
- Rest and self-reflection
- Practice Silence
- Set an intention that you are in touch with your Crown Chakra, the Divine within yourself, and the Divine/Source/Universe/God/goddess energy
- Take time to notice the Divine in daily life.

Food:

- Eat clear or light-colored foods, wholesome golden and violet foods—monitored fasting. Avoid overeating.

Colors:

- Wear white, gold, and violet

Affirmations:

- I am one with the Divine
- I am connected to the source of infinite knowledge and wisdom
- My connection to the Divine guides me
- I accept Divine guidance with my life journey



How to balance the Chakras

It is up to each individual to choose how to best bring balance to each chakra. The detailed information about each chakra listed above gives you various activities, food, affirmations, colors, oils, crystals, elements, and so on that may be supportive and working with each particular chakra.

Here are a few general guidelines for assisting in transformation, balance, and healing:

Colors - use colors to emphasize your focus on a specific chakra. Clothing, headscarves, blankets, decorations, flowers, visualizations during meditation, colored lamp lights, aura soma, pictures, art, etc., can all add to your connection and expression of energy.

Movement - Different movements will relate to different energy centers. Yoga, in particular, is a wonderful practice for chakra-specific balancing.

Crystals and stones - you can use crystals and stones by; wearing them, placing them on your chakras or holding them during the meditations, placing them on your desk or under a pillow, or keeping them as decorations in your room.

Oils - you may burn, massage, smell, wear or add to a hot bath.

Creativity - choose a creative outlet that resonates with you and your desired outcomes - theater, art, music, writing, cooking, dance etc.

Meditation- there are many forms of meditation that you can do to activate and balance the chakras. You can also meditate in silence, with music, or emit the sound of nature. Focus and visualize each chakra and the colors associated with each chakra as you do the meditative practice with the intention to balance and heal the chakras.

Prayer

Rest and relaxation

Pendulums can be used above the chakra to bring about balance.

Holistic healing modalities such as reiki, massage, acupuncture, and energy healing are all wonderful ways to bring about balance.



Psychotherapy and Counseling - you may also consider seeking professional assistance to talk through issues that may come up during your exploration of the chakras. It's highly recommended to receive the necessary support and guidance through this work.

Music, chanting, mantras - on your own or in a group. Sound is a great way to activate your energy.

Get out into nature! Whether it's through physical exercise or meditative stillness, nature is one of our greatest healers.

Take responsibility for your choices and how they impact you on your body, health, and overall well-being. Although many practices have been suggested in this program, if some seem more suitable to you than others, please give yourself the freedom to explore and be open to pleasant new possibilities. Of course, if you need more assistance, please do not hesitate to reach out to me personally; I am always here to help guide you forward.

