

CHAKRA GUIDE



Root Chakra: The red colored chakra, Muladhara. Located at the base of the spine. Resonates with instincts of survival, safety, security and spiritual grounding. An imbalanced Root Chakra results in cynicism, anxiety, and lower body pain.



Sacral Chakra: The orange chakra, Svadhisthana. This energy is located in the lower abdomen. Resonating with warmth and passion in life. Imbalances may cause a lack of desire, blocked creativity, fatigue, and lower abdomen pain.



Solar Plexus Chakra: The chakra of golden yellow, Manipura. Physically based in the upper abdomen. A flowing

energy of self-confidence, aspiration, and courage. A lack of balance results in isolation, low self-esteem, and stomach illnesses.



Heart Chakra: The green chakra, Anahata. Found at the center of the chest near the heart. Resonates with forgiveness, empathy, and love. A closed heart chakra leaves one in grief, jealousy, and anger. Physically the heart and lungs may experience pain or illnesses.



Throat Chakra: The blue chakra, Visuddha. One of the most spiritual chakras. Located in the neck and throat. The energies of expression, communication, and truth reside here. Imbalances create anxiety, a lack of effective communication,

sore throats, neck cramps, and headaches.



Third Eye Chakra: The indigo chakra, Ajna. Found between the brows within the brain. The energy here is that of an individual's intuition, inner guidance, and independent mind. Imbalances can make one judgmental and dismissive. Physically imbalances may result in brain lesions, headaches, and dizziness.



Crown Chakra: The deep purple chakra, Sahasrara. Located at the top of the head. The energy of consciousness, wisdom, spiritual ecstasy, and presence. Imbalances result in spiritual disconnection, loneliness, and a lack of direction. Physical symptoms include insomnia, headaches, thyroid disorders, and nerve pain.

