

The Chakras

FIRST OR ROOT CHAKRA

Sanskrit name: Muladhara (root)

Location: Base of spine, at the seat of Kundalini

Symbol: A circle surrounded by four lotus petals, with a square inside it.

Central issue: Survival, stability, acceptance, self-preservation, deep-rootedness, perception, grounding, fear and safety

Colour: Red

Essential oils: Patchouli, cedar wood, sandalwood

Crystals and Stones: Garnet, Ruby, Agate, Onyx, Haematite, Red Jasper, Black Tourmaline, Smoky Quartz, Bloodstone, Red Coral;

Stars and Astrological signs: Planets Mars, Pluto, and Saturn; Signs of Aries, Taurus, Scorpio, and Capricorn;

Sound or mantra: "Lam"

Sense: Smell

Body: The physical body

Orientation to self: Self-preservation

Goals: Stability, grounding, physical health, prosperity, trust

Rights: To be here, to have

Developmental stage: Womb to 12 months

Identity: Physical identity

Level of relationship: Tribal

Demon: Fear

Element: Earth

Hormonal glands: Sexual and adrenal

Organs: Immune system, base of spine, legs, bones and bone marrow, feet, rectum, physical body support

Excessive: Sluggish, lazy, tired, monotony, obesity, overeating, hoarding, materialism, greed, Fear of change, addiction to security

Deficient: Fearful, anxious, restless, lack of discipline, underweight, financial difficulty Chronic disorganization

Balanced: Good health, vitality, well grounded, sense of trust in the world, feeling safe and secure, stability, prosperity, ability to relax

Physical Dysfunctions: Frequent illness, disorders of the bowel, large intestine, bones, teeth, problems with legs, feet, base of spine(chronic lower back pain, sciatica); eating disorders; depression; immune-related disorders; skin problems; lack of energy;

Addictions: Food, gambling, shopping, work

Traumas and Abuses: Birth trauma, abandonment, physical neglect, poor physical bonding with the mother, malnourishment, feeding difficulty, major illness or surgery, physical abuse, inherited traumas (eg. war, poverty, etc.)

Spiritual challenge: How well we manage our physical world;

HEALING STRATEGY: Physical activity, lots of touch, massage, reconnect with the body, grounding, Hatha yoga, look at earliest childhood relationship to mother, reclaim your right to be here;

AFFIRMATIONS:

It is safe to me to be here.

The earth supports me and meets my needs.

I love my body and trust its wisdom.

I am interested in abundance.

I am here and I am real.

I trust my Higher Self fulfils all my needs. My life is full of prosperity.

SECOND OR SACRAL CHAKRA

Sanskrit name: Svadhisthana (sweetness)

Location: Lower abdomen

Symbol: A circle surrounded by five or six lotus petals.

Central issue: Sexuality, emotions, financial, creativity, codes of honour and ethics

Colour: Orange

Essential Oils: Rosemary, juniper, sandalwood, jasmine, rose, ylang-ylang

Crystals and Stones: Amber, Citrine, Topaz, Moonstone, Fire Agate, Orange Spinel, Fire Opal;

Stars and Astrological Signs: Moon, Planets Venus and Pluto, and the signs of Libra, Cancer, and Scorpio;

Sound or mantra: Vam

Sense: Touch and taste

Body: Ethereal body

Orientation to self: Self-gratification

Goals: Pleasure, healthy sexuality, feeling

Rights: To feel, to want

Developmental stage: 6 to 24 months

Identity: Emotional identity

Level of relationship: One-on-one

Demon: Guilt

Element: Water

Hormonal gland: Pancreas

Organs: Sexual organs, large intestine, lower vertebrae, pelvis, the kidneys, appendix, bladder, prostate, hip area, the lymphatic system, all the body fluids;

Excessive: Sexual, pleasure addiction; excessively sensitive and strong emotions; invasion of others, seductive manipulation; obsessive attachment; emotional dependency.

Deficient: Poor social skills; frigidity, fear of sex, lack of desire, passion, excitement, denial of pleasure; fear of change; rigidity in attitudes

Balanced: Graceful movements; emotional intelligence; ability to experience pleasure; nurture of self and others; ability to change; healthy boundaries

Physical Dysfunctions: Sexual dysfunctions; ob/gyn. problems; Dysfunctions of reproductive organs, spleen, urinary system; loss of appetite for food, sex, life; chronic lower back pain, sciatica;

Addictions: Alcohol, sex, heroin

Traumas and Abuses: Sexual, emotional abuse, neglect, rejection, emotional manipulation, physical abuse, alcoholic families, denial of child's feelings, inherited (untreated incest, sexual issues)

Spiritual challenges: Negative one-to-one control patterns need to be confronted

HEALING STRATEGY: Movement therapy, emotional release, inner child work, boundary work, assign healthy pleasures, develop sensate intelligence

AFFIRMATIONS:

I accept and acknowledge my sexuality. My physical health is strong and pure.

I deserve pleasure in my life.

I absorb information from my feelings.

Life is pleasurable.

I move easily and effortlessly.

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THIRD OR SOLAR PLEXUS CHAKRA

Sanskrit name: Manipura (lustrous gem)

Location: Solar plexus, below the diaphragm

Symbol: A circle surrounded by ten lotus petals, and inside it a triangle

Central issue: Power, self-esteem, self-image, energy, will, responsibility

Colour: Yellow

Essential Oils: Juniper, lavender, bergamot, rosemary

Crystals and Stones: Citrine, amber, tiger's eye, peridot, yellow tourmaline, yellow topaz

Stars and Astrological Signs: Sun, the planets Mercury, Jupiter, Mars and the signs of Leo, Sagittarius and Virgo

Sound or mantra: Ram

Sense: Sight

Body: The astral body

Orientation to self: Self definition

Goals: Vitality, purpose, strength of will, vitality, spontaneity

Rights: To act and be an individual

Developmental stage: 18 months to 4 years

Identity: Ego identity

Level of relationship: Basic relationship with inner self

Demon: Shame

Element: Fire

Hormonal glands: The pancreas and the adrenal

Organs: The respiratory system and diaphragm, the digestive system, stomach, liver, gallbladder, kidney, pancreas, adrenal glands, spleen, the small intestine, the lower back, the sympathetic nervous system

Excessive: Overly aggressive, dominating, controlling, blaming, arrogance, manipulative, power hungry, stubbornness, hyperactivity, excessively ambitious and competitive

Deficient: Low energy, weak will, poor self-esteem, passive, sluggish, fearful, poor self-discipline, emotionally and physically cold, victim mentality, blaming of others, unreliable, poor digestion

Balanced: Feeling of tranquillity and inner harmony, self-acceptance, respect for the nature and emotions of others, feeling of unity with the rest of humanity, responsible, reliable, confidence, spontaneity, sense of humour, able to meet challenges

Physical Dysfunctions: Arthritis, digestive disorders, ulcers, colon and intestinal problems, anorexia or bulimia, pancreatitis, diabetes, gallstone, allergies, problems with the stomach and liver

Addictions: Amphetamines, cocaine, caffeine, work, anger

Traumas and abuses: Shaming, authoritarianism, physical abuse, fear of punishment, dangerous environment, age inappropriate responsibilities, inherited shame from parents

Spiritual challenges: Maturation of the ego

HEALING STRATEGY: Risk taking, grounding, emotional contact, deep relaxation, stress control, vigorous exercise, sit-ups, psychotherapy (release or contain anger, build ego strength, work on shame issues, strengthen will)

AFFIRMATIONS:

I can do whatever I will to do.

I honour the power within me. I accomplish tasks easily and effortlessly.

In a smooth and healthy way, I release all unresolved emotions. I claim my personal power.

FOURTH OR THE HEART CHAKRA

Sanskrit name: Anahatra (unstruck)

Location: Chest, hart, cardiac plexus

Symbol: A circle surrounded by 12 lotus petals, and inside it a six-pointed star

Central issues: Love, unconditional love, self-love, forgiveness, relationships, intimacy, devotion, depression and loneliness

Colour: Green and pink

Essential Oils: Sandalwood, rose, cedarwood

Crystals and Stones: Rose quartz, emerald, jade, aventurine, malachite, rhodonite

Stars and Astrological Signs: Planets Venus, Saturn, Sun and the signs Libra, Leo and Sagittarius

Sound or mantra: Yam

Sense: Touch

Body: The feeling body

Orientation to self: Self-acceptance

Goals: Stability, trust, physical health, prosperity, grounding

Rights: To love and be loved

Developmental stage: 4 to 7 years

Identity: Social identity

Level of relationship: Loving relationships with significant others, with oneself and with all life

Demon: Grief **Element:** Air

Hormonal glands: The thymus gland

Organs: Hearth and circulatory system, lungs, bronchial tubes, shoulders and arms, diaphragm, thymus gland, the immune system, the skin, the upper back

Excessive: Demanding, jealousy, co-dependency, poor boundaries, overly sacrificing, possessive

Deficient: Antisocial, withdrawn, cold, shy, critical, judgmental, intolerant, loneliness, depression, fear of intimacy and relationships, lack of empathy, narcissism, bitter

Balanced: Compassionate, loving, self-loving, empathetic, peaceful, balanced, good immune system

Physical Dysfunctions: Disorders of the heart, lungs, thymus, breast, arms, asthma, allergy, circulation problems, immune system deficiency, tension between shoulder blades

Addictions: Tobacco (smoking), sugar, love, marijuana

Traumas and Addictions: rejection, abandonment, loss, shaming, constant criticism, abuses to lower chakras, unacknowledged grief, divorce, death, conditional love, loveless environment, sexual and physical abuse, betrayal

Spiritual challenges: To learn compassion, the value of forgiveness, unconditional love

HEALING STRATEGY: Self-discovery, co-dependency work, forgiveness, inner child work, work with arms, reaching out, taking in, breathing exercise

AFFIRMATIONS:

I freely and easily give and receive love. Totally forgive others and myself for all past errors and judgements.

I am worthy of love.

I am loving to myself and others.

There is an infinite supply of love.

I live in balance with others.

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FIFTH OR THROAT CHAKRA

Sanskrit name: Vissudha (purification)

Location: Throat

Symbol: A circle surrounded by 16 lotus petals, and inside it a circle, or a circle containing a triangle

Central issue: Communication, self-expression, self-discipline, speaking one's truth

Colour: Blue, light blue, turquoise

Essential Oils: Lavender, patchouli

Crystals and Stones: Lapis lazuli, aquamarine, sodalite, turquoise, sapphire, blue lace agate, blue tourmaline, blue quartz

Stars and Astrological Signs: Planets Venus, Mercury, Uranus and Mars and the signs of Taurus, Gemini and Aquarius

Sound or mantra: Ham

Sense: Hearing

Body: The mental body

Orientation to self: Self-expression

Goals: Clear communication, creativity

Rights: To speak and to hear the truth

Developmental stage: 7 to 12 years

Identity: Creative identity

Level of relationship: Relationship with our personal truths

Demon: Lies

Element: Ether - Akasa

Hormonal glands: The thyroid and parathyroid gland

Organs: Throat, thyroid and parathyroid glands, the neck, vocal cords and organs, mouth, teeth and gums, jaw, ears, muscles

Excessive: Too much talking, talking as a defence, inability to listen, gossiping, interruptions, over-extended, stuttering

Deficient: Fear of speaking, small, weak voice, difficulty putting feelings into words, shyness, tone deaf, poor rhythm

Balanced: Good listener, resonant voice, good sense of timing and rhythm, clear communication, lives creatively

Physical Dysfunctions: Raspy throat, chronic soar throat, mouth ulcers, gum difficulties, scoliosis, laryngitis, swollen glands, thyroid problems, headaches, pain in the neck and shoulders, ear infections and problems

Addictions: Opiates, marijuana

Traumas and Abuses: Lies, secrets, verbal abuse, constant yelling, excessive criticism (blocks creativity), authoritarian parents, alcoholic, chemical dependent family

Spiritual challenges: To recognize that your strength of will is measured not by how well you exert your will over others, but how well you control yourself. Conscious self-control and discipline means living according to the truth that every thought you have is either a potential act of grace or a potential weapon. Right thought leads to right speech leads to right acting.

HEALING STRATEGY: Learn communication skills, letter writing, inner child communication, practice silence (excessive), story telling, singing, chanting, toning, release voice, loosen neck and shoulders

AFFIRMATIONS:

I easily and gracefully express my deepest feelings and emotions.

I hear and speak the truth.

I express myself with clear intent.

Creativity flows in and through me.

My voice is necessary.

SIXTH OR THE THIRD EYE CHAKRA

Sanskrit name: Ajna (to perceive)

Location: The centre of the forehead, brow

Symbol: A circle surrounded on each side by two large lotus petals (or a lotus with 96 petals), and inside it a triangle

Central issue: Intuition, imagination, ability to see one's life clearly, use of the mind/intellect

Colour: Indigo

Essential Oils: Geranium, lavender, rosemary, spearmint

Crystals and Stones: Amethyst, azurite, fluorite, lapidolite

Stars and Astrological Signs: The planets Jupiter, Uranus, Mercury, Neptune and signs Sagittarius, Aquarius, Pisces

Sound or mantra: Ham-ksham

Sense: Intuition (the sixth sense)

Body: The high mental body

Orientation to self: Self-reflection

Goals: Psychic perception, imagination, clear seeing, accurate interpretation

Rights: To see

Developmental stage: Adolescence

Identity: Archetypal identity

Level of relationship: Our relationship to knowledge, wisdom and vision

Demon: Illusion

Element: Light

Hormonal glands: The pituitary and the pineal gland

Organs: The brain, nervous system, eyes, ears, nose, sinuses, face, the pineal and pituitary gland

Excessive: Hallucination, nightmares, obsessions, delusions, difficulty concentrating, headaches

Deficient: Poor vision and memory, insensitivity, lack of imagination, difficulty visualizing, difficulty seeing the future, can't remember dreams, denial

Balanced: Intuitive, perceptive, imaginative, good memory, able to visualize, able to think symbolically, able to remember dreams

Physical Dysfunctions: Headaches, eye and ear disease, nose and sinus problems, facial nerve problems, nightmares, brain tumour, stroke, neurological disturbances, seizures, full spinal difficulty, learning disabilities

Addictions: Hallucinogens, marijuana

Traumas and Abuses: Frightening environment (war, violence), what you see does not go with what you are told, invalidation of intuition and psychic occurrences

Spiritual challenges: Pride and the ability to make judgements. The spiritual lessons relate to insight and intuition, to seeing beyond the visible.

HEALING STRATEGY: Meditation, visual stimulation, create visual art, colouring and drawing, working with memory, dream work, hypnosis, guided visualization, past life regression therapy

AFFIRMATIONS:

My inner vision is clear and strong. I trust my intuition and inner vision.

I see all things in clarity.

I am open to the wisdom within.

I can manifest my vision.

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SEVENTH OR CROWN CHAKRA

Sanskrit name: Sahasrara (thousand-fold)

Location: The crown of the skull

Symbol: A lotus with thousand petals

Central issue: Awareness, spiritual search for meaning, issues of karma and grace, grace bank account, spiritual awakening, divine discontent

Colour: Purple, white, gold, silver

Essential Oils: Jasmine, frankincense

Crystals and Stones: Diamond, clear quartz, moldavite, selenite, pyrite

Stars and Astrological Signs: The planets Saturn and Neptune, the signs Capricorn and Pisces

Sound or mantra: Om

Body: The soul, the karmic, causal body

Orientation to self: Self-knowledge

Goals: Wisdom, knowledge, spiritual connection, consciousness

Rights: To know

Developmental stage: Throughout life

Identity: Universal identity

Level of relationship: Relationship to our life's true purpose, relationship between the ego and the higher self, relationship to God and spirit

Demon: Attachment

Element: Thought

Organs: The muscular and skeletal system, skin, central nervous system

Excessive: Over-intellectualization, spiritual addiction, confusion, dissociation from body

Deficient: Spiritual cynicism, learning difficulties, rigid belief systems, apathy, materialism, greed, domination of others

Balanced: Sense of spiritual connection, open-minded, wisdom and mastery, broad understanding, intelligent, thoughtful, aware, ability to perceive, analyse and assimilate information

Physical Dysfunctions: Energetic disorders, mystical depression, coma, migraines, brain tumours, amnesia, chronic exhaustion not linked to physical disorder, sensitivity to light, sound and other environmental factors

Addictions: Religion, spiritual practices

Traumas and Addictions: Spiritual abuse, forced religiosity, blind obedience, misinformation, lies, withheld information, invalidation of one's beliefs

Spiritual challenges: Hope and faith, spiritual conscience. Spiritual quests and questions of your life: For what purpose was I born? What is truth? What is the deeper meaning of life? Can I find that? Failure to hear and respond to these questions can lead to anxiety and depression.

HEALING STRATEGY: Re-establish physical, emotional, spirit connection, spiritual discipline, meditation; examine belief systems, goal setting

AFFIRMATIONS:

I accept and acknowledge my spirituality.

Divinity resides within.

I am open to new ideas.

Information I need comes to me.

I am guided by higher power.

I am guided by inner wisdom.

The world is my teacher.

