

# Base Chakra



## BASE CHAKRA – BASIC INFORMATION

Colour	Red
Element	Earth
Main issue	Survival
Sanskrit name & meaning	Muladhara = root
Location	Base of spine, Coccygeal Plexus
Purpose	Foundation
Right	To have & be here
Goals	Stability, Grounding, Prosperity, Physical health
Block/Threat	Fear

## BALANCED CHARACTERISTICS

- Good health
- Vitality
- Well Grounded
- Comfortable in body
- Sense of trust in the world
- Feeling of safety and security
- Ability to relax and be still
- Stability
- Prosperity
- Right livelihood
- Ability to accept change
- Sense of belonging

## TRAUMAS/STRESSES

- Birth trauma, for mother or baby, premature birth
- Abandonment
- Physical neglect
- Physical abuse or violent environment
- Emotional neglect
- Poor physical bonding with mother
- Mal-nourishment, feeding difficulties, emotional state of mother/father when feeding (could include negative nurturing, strict parenting at the dining table)
- Major illness or surgery
- Inherited traumas
- Death of parent or caregiver
- Divorce of parents
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## PHYSICAL DYSFUNCTION OR DISORDERS

- Chronic lower back pain
- Sciatica
- Varicose veins
- Depression
- Immune-related disorders
- Disorders of the bowel, anus, large intestine
- Disorders of solid parts of body: bones, teeth
- Issues with legs, feet, knees, base of spine, buttocks
- Eating disorders
- Depression, anxiety
- Frequent illness

## PHYSICAL ASPECTS

- Physical body
- Base of spine

- Leg, bones
- Feet
- Rectum
- Immune system – adrenal glands
- Hormones – cortisol, adrenaline – nor-epinephrine, epinephrine

## EMOTIONAL ASPECTS

- Physical family and group safety and security
- **Ability to provide for life's necessities** – safety, survival, emotional needs met, nurturing, food, nourishment, shelter
- Ability to stand up for self – protection
- Feeling of belonging – safety stability, foundation

## Specific Emotions/behaviours

- Insecurity/not feeling safe
- Timidity
- Feeling like a failure
- Anxiety/fear
- Greed
- Hurried
- Flight/fight/freeze response
- Feeling stuck
- Lack of support
- Anger
- Fear

## MENTAL ASPECTS

- Thoughts coming from social and familial law and order beliefs
- Group identity, loyalty and duty

- Group conditioning

### Negative beliefs

- I need to struggle to survive
- My needs are never met
- I feel unsafe
- I need to change my body to be accepted
- **I don't have a right to have everything I want**
- I have to deserve to have what I want
- **I don't belong**
- **I'm not allowed to ask for my needs**
- I am not enough, I have to be better
- I am not certain everything will be alright
- **I can't relax and be still**

### SPIRITUAL ASPECTS

- Feeling a connection to earth, nature
- Connected to your physical body
- Being at peace and feeling safe with your group
- Feeling accepted as part of the human race
- Feeling safe and supported
- **Surrendering to the flow of life's events**
- Connection to abundance
- Feeling gratitude

### GOALS AND AFFIRMATIONS

- I belong
- I am safe
- I feel safe
- I am accepted
- I nurture myself
- I nourish myself
- I am grounded

- I am courageous
- I am comfortable in my body
- I feel safe in the world
- I am able to relax and be still
- I am prosperous
- I have good health
- I am alive and well
- I trust the world
- **I'm here and I'm real**
- I have the right to be here
- I have the right to have my needs met

# Sacral Chakra



## SACRAL CHAKRA – BASIC INFORMATION

Colour	Orange
Element	Water
Main issue	Sexuality, Emotions
Sanskrit name & meaning	Svadhishthana = Sweetness
Location	Lower abdomen
Purpose	Movement and connection
Right	To feel and have pleasure
Goals	Fluidity of movement, pleasure, connection
Block	Guilt

## BALANCED CHARACTERISTICS

- Graceful movement
- Emotional intelligence
- Ability to experience pleasure
- Nurturance of self & others
- Ability to change
- Healthy boundaries
- Able to give and receive
- Healthy attitude to sex and sexuality

## TRAUMAS AND STRESSES

- Emotional Abuse (being told not to feel what you feel, negates our fight to feel)
- Volatile Situations (type of environment in the home, angry, sad, fearful etc)
- Sexual Abuse (covert or overt)
- Physical Abuse
- Neglect, coldness, rejection (being shamed for your needs, grow up etc)
- **Denial of child's feeling states** and enmeshment (the child feels how the carers want I to feel it how they actually feel)
- Restrictions on normal movement
- Religious or moral severity (how was pleasure seen in the family)
- Alcoholic families
- Inherited issues – parents who have not worked out their own issues around sexuality, untreated incest or sexual abuse cases

## PHYSICAL DYSFUNCTION/DISORDERS

- Chronic lower back pain
- Sciatica
- Sexual organ problems
- Pelvic/lower back pain
- Sexual potency
- Urinary problems
- Knee trouble
- Disorders of large intestine

## EMOTIONAL ASPECTS

- Blame and guilt
- Money and sex
- Power and control
- Creativity and flow of creativity
- Ethics and honor in relationships
- Boundaries
- Intimacy
- Fear of change
- Emotionally reactive
- Unable to let go
- People pleasing
- Desire and pleasure (suppression)

## Emotions/behaviours

- Selfishness
- Guilt
- Intimacy
- Frigidity
- Impatience
- Feeling used
- Suppression of pleasure
- Confusion

## MENTAL ASPECTS

- Emotional beliefs about self and others
- Beliefs about intimacy
- Beliefs about being able to create

## Negative beliefs

- I need to say yes to everyone to be accepted
- **I don't have a right to feel**
- **I don't have a right to pleasure**
- It is wrong for me to set boundaries with others
- Life is not meant to be pleasurable
- My desires are never met
- I am disconnected from my feelings
- My feelings are wrong



## SPIRITUAL ASPECTS

- Connection to the creative aspect of Spirit/the Universe
- Intimate relationship to Spirit/Universe
- Intimate connection to Spirit with another (a spiritual connection with a partner)

## GOALS AND AFFIRMATIONS

- I have the right to feel
- I have the right to have pleasure
- I am safe to express my emotions
- I allow myself to express my emotions
- I express my emotions
- I create clear boundaries with others
- I teach others how to treat me
- I connect to myself and others
- I am worthy of love
- I am a creative being
- I give and receive easily with others
- I honour my body and treat myself respectfully
- I move easily and effortlessly
- I embrace and honour my sexuality
- I feel light in my body

# Solar Plexus Chakra



## SOLAR PLEXUS – BASIC INFORMATION

Colour	Yellow
Element	Fire
Main Issue	Power, energy
Sanskrit name & meaning	Manipura = Lustrous Gem
Location	Solar Plexus, between the navel & base of the sternum
Purpose	Transformation
Right	To act and be an individual
Goals	Vitality, strength of will, sense of purpose, effectiveness
Block/Threat	Shame

## BALANCED CHARACTERISTICS

- Responsible & reliable
- Balanced, effective will
- Good self-esteem, balanced ego
- Warmth in personality
- Confidence
- Spontaneity, playfulness, sense of humour
- Appropriate self-discipline
- **Sense of one's personal power**
- Able to meet challenges

## TRAUMAS AND STRESSES

- Shaming (constant criticism, told you are wrong, lack of praise)
- Authoritarianism (wounds of autonomy and self esteem)
- Domination of will (not allowed to make decisions, beliefs of our own badness)
- Physical abuse, dangerous environment, fear of punishment (being controlled, robbing of will)
- Age inappropriate responsibilities (biologically and emotionally too young to fulfill rolls, feels inadequate)
- Inherited shame from parent

## PHYSICAL DYSFUNCTION/DISORDERS

- Arthritis
- Gastric or duodenal ulcers
- Colon/Intestinal problems
- Pancreatitis/Diabetes/Hypoglycemia
- Indigestion, Chronic or acute
- Eating disorders
- Disorders of the stomach, pancreas, gallbladder, liver
- Chronic fatigue
- Hypertension
- Muscle spasms, muscular disorders

## EMOTIONAL ASPECTS

- Trust
- Fear and intimidation
- Self-esteem, self-confidence, self-respect
- Care of oneself and others
- Responsibility for making decisions
- Sensitivity to criticism
- Personal honour
- Confidence
- Dominating, controlling
- Need to be right
- Arrogant, stubbornness, hyperactive
- Need for recognition
- Lack of self-empowerment

#### Specific Emotions/behaviours

- Lacking/inadequate
- Shame
- Victim
- Unworthiness
- Willpower
- Coldness/distant/alooofness
- Warmth
- Joy

#### MENTAL ASPECTS

- **Belief in one's ability to stand alone and be an individual**
- **Belief in one's ability to change oneself**
- **Belief in one's ability to express confidence and personal power**
- Belief in self

#### Mental attitudes (beliefs)

- I cannot show my true self
- I will not be accepted for myself
- I am not good enough
- **I don't have personal power**
- I am not worthy

#### SPIRITUAL ASPECTS

- Individuation – strong sense of self – knowing that you are enough
- Personal power and autonomy to follow your higher self/what is right for you

- Having the will to persevere
- Trust in higher self and purpose

## GOALS AND AFFIRMATIONS

- I am good enough
- I am enough
- I believe in myself
- I know what is right for me
- I have the right to be an individual
- I accept myself
- I am accepted for being me
- I connect to myself and others
- I am true to myself
- I value my true self
- I am worthy of being loved for being me
- I am responsible and reliable
- I am in charge of my life
- I have will power
- I accomplish tasks easily and effortlessly
- I let my light shine
- I have personal power
- I am confident

# Heart Chakra



## HEART CHAKRA – BASIC INFORMATION

Colour	Green
Element	Air
Main Issue	Love, relationships
Sanskrit name & meaning	Anahata = Sound that is made without any two things striking, unstruck
Location	Heart, chest, cardiac plexus
Purpose	Love, Balance
Right	To love and be loved
Goals	Balance in relationships, compassion, self-acceptance, forgiveness
Block/Threat	Grief

## BALANCED CHARACTERISTICS

- Compassionate
- Loving
- Empathetic
- Self-loving
- Altruistic
- Peaceful, balanced
- Good immune system
- Forgiving

## PHYSICAL ASPECTS

- Heart and circulatory system
- Lungs
- Shoulders and arms
- Ribs/breasts
- Diaphragm
- Thymus gland

## PHYSICAL DYSFUNCTION/DISORDERS

- Disorders of heart, lungs, thymus, breasts, arms
- Shortness of breath
- Sunken chest
- Circulatory problems
- Asthma/allergy
- Immune system deficiency
- Tension between shoulder blades, pain in chest
- Bronchial pneumonia
- Tension in upper back and shoulders

## TRAUMAS

- Rejection, abandonment, loss
- Shaming, constant criticism (**told to grow up, 'big girl now'**)
- Abuses to any other chakras, esp. lower chakras
- **Unacknowledged grief, including parent's grief**
- Divorce, death of a loved one
- Loveless, could environment
- Conditional love (only got hugs when good)
- Sexual or physical abuse
- Betrayal

## EMOTIONAL ASPECTS

- Love & hatred
- Resentment & bitterness
- Grief and anger
- Self-centeredness
- Forgiveness and compassion
- Loneliness and compassion
- Hope and trust
- Antisocial, withdrawn, cold
- Depression
- Fear of intimacy and relationships
- Lack of empathy
- Narcissism
- Co-dependency
- Poor boundaries
- Demanding, clinging, jealous
- Overly sacrificing

## Specific emotions/behaviours

- Love – giving and receiving
- Joy
- Empathy
- Forgiveness
- Compassion
- Content
- Malice, hate
- Resentment
- Self-attacking
- Guilt/grief
- Judgmental
- Heartlessness

## MENTAL ASPECTS

- Critical, judgmental, intolerant or self and others
- Belief in unconditional love of self and others
- Belief in self-love and love for another
- Understanding unconditional acceptance of self and others
- Ability to know how to give and receive unconditionally



## Mental attitudes (beliefs)

- I am unlovable
- I am not loved
- I am not worthy to be loved
- I need love from another to be of value
- I am unable to forgive
- I need to protect my heart from being hurt
- True love is unconditional
- I cannot be loved for who I am
- Love is scarce
- There are conditions to giving and receiving

## SPIRITUAL ASPECTS

- Connection to heart space/true self
- Being in the present moment
- Connection to the divine within/ Spirit/divine/ universe/self
- Know that we are love – **'I am love'**

## GOALS AND AFFIRMATIONS

- I am loved
- I feel loved
- I love myself
- I am accepted
- I accept myself
- I am true to myself
- I am worthy of love
- I know what is right for me
- I love myself enough to put myself first
- I am joyful
- I forgive myself
- I forgive others
- I am loveable
- I value my true self
- I nurture and nourish myself
- I have empathy for myself and others
- I have the right to be loved
- I am love
- I release past hurt

# Throat Chakra



## THROAT CHAKRA – BASIC INFORMATION

Colour	Bright Blue
Element	Ether, Sound
Main Issue	Communication
Sanskrit name & meaning	Visuddha = Purification
Location	Throat, pharyngeal plexus
Purpose	Communication Creativity Manifestation
Right	To speak & be heard
Goals	Self-expression, harmony with others, creativity, good communication, resonance with self & others
Block/Threat	Lies

## BALANCED CHARACTERISTICS

- Resonant voice
- Good listener
- Good sense of timing and rhythm
- Clear communication
- Speaks their truth
- Lives creatively
- To see creative work through

## PHYSICAL ASPECTS

- Throat
- Thyroid
- Trachea
- Neck vertebrae
- Mouth
- Teeth and gums
- Esophagus
- Parathyroid

## PHYSICAL DYSFUNCTIONS/DISORDERS

- Disorders of the throat, ears, voice, neck
- Temporomandibular (TMJ) joint problems
- **Toxicity (because of the chakra's name which means purification in Hindu)**
- Raspy throat
- Chronic sore throat
- Scoliosis
- Swollen glands
- Thyroid problems
- Mouth ulcers
- Gum difficulties

## TRAUMAS

- Untruths, mixed messages (being told our feelings are not true makes a lie of our experience)
- Verbal abuse (constant yelling and screaming household)
- Excessive criticism (**don't want to speak incase you are criticized**)
- Secrets or threats of telling (family secrets like abuse or alcoholism)
- **Authoritarian parents (don't talk back, our inner truth does not matter)**
- **Alcoholic, chemical dependent family (don't talk, don't trust, don't feel)**
- Carers never had conversations about your opinion, how you felt, thought wondered about things

## EMOTIONAL ASPECTS

- Choice and strength of will
- Personal expression – vocally and creatively
- Using personal power to create, manifest
- Judgment and criticism
- Faith and knowledge
- Capacity to make decisions
- Fear of speaking or too much talking
- Difficulty putting feelings into words
- Introversion, shyness or dominating voice
- Inability to listen
- Gossiping

## Specific emotions/behaviours

- Truth, honesty, lies – to self and others
- Communication and express – blocked
- Blocked creativity
- Unable to listen
- Unreliability
- Cruelty

## MENTAL ASPECTS

- Social and familial law and order beliefs
- Group identity and loyalty
- Group conditioning

Mental attitudes/beliefs

- I can't create the life I want
- I can't speak my truth and be safe
- I don't have anything worthwhile to say

## SPIRITUAL ASPECTS

- Speaking your truth through higher self
- Hearing/guidance from higher self/divine
- Connection to the divine

## GOALS AND AFFIRMATIONS

- I speak my truth
- I am heard
- I am a good listener
- I value my opinion and others
- I hear and speak my truth
- I communicate what is in my heart
- I listen to my heart
- I am open to listening to others
- I listen to my inner voice
- I express my creativity
- I express myself with clear intent
- I am gentle with myself
- I communicate with kindness to myself and others
- I trust myself enough to speak my truth
- I have the right to speak and be heard
- I live in my truth

# Brow Chakra



## BROW CHAKRA – BASIC INFORMATION

Colour	Indigo
Element	Light
Main Issue	Perception, Imagination, Intuition
Sanskrit name & meaning	Ajna = To know, To perceive, To command
Location	Between the two eyebrows
Purpose	Ability to perceive patterns
Right	To see
Goals	Ability to perceive patterns and to see
Block/Threat	Illusion

### BALANCED CHARACTERISTICS

- Intuitive
- Perceptive
- Imaginative
- Good memory
- Good dream recall
- Able to think symbolically
- Able to visualize

### PHYSICAL ASPECTS

- Brain
- Nervous system
- Eyes, ears
- Nose
- Pituitary gland – anterior and posterior

## TRAUMAS

- Ugly or frightening environment (violence, witnessing violence at home or a warzone)
- Shame – self scrutiny, need to perform perfectly so as to avoid criticism or violence
- Invalidation of intuition and psychic occurrences
- **What you see doesn't match with what you're told** (Being told I love you but experiencing abuse)

## PHYSICAL DYSFUNCTION/DISORDERS

- Headaches
- Vision problems
- Brain tumour/hemorrhage/stroke
- Neurological disturbances
- Blindness/deafness
- Learning disabilities
- Difficulty concentrating
- Poor vision and memory
- Hallucinations/delusions/obsessions
- Nightmares

## Specific emotions/behaviours

- Denial
- Openness
- Detachment
- Lack of focus
- Blocked imagination
- Disjointed
- Fear
- Illusion

## MENTAL ASPECTS

- Social & Familial law & order beliefs
- Group identity & loyalty
- Group conditioning

## MENTAL ATTITUDES/BELIEFS

- **I can't focus**
- I am not safe following my intuition
- I am not smart enough
- I am limited in my capacity to have happiness

## SPIRITUAL ASPECTS

- Connection to intuition through divine/spirit/universe
- Seeing perspective through higher self
- Healing/connecting through meditation

## GOALS AND AFFIRMATIONS

- I focus easily
- I trust my intuition
- I perceive things in a positive light
- I have a good memory
- I concentrate easily
- I see clearly
- I seek wisdom and guidance
- I am clever
- I think clearly
- I allow my imagination to flow
- I hear clearly
- I release and forgive the past
- I see the best in me
- I have the ability to perceive, analyze and assimilate information easily
- I am able to acknowledge different perspectives
- I open myself to know my inner wisdom
- I am aligned with my higher wise self



- I believe I am unlimited in my capacity for joy, healing and happiness.
- I open my imagination to see the best in people and situations
- I have the right to think and learn

# Crown Chakra



## CROWN CHAKRA – BASIC INFORMATION

Colour	Violet
Element	Thought
Main Issue	Understanding, Higher Power, Belief system, Divinity, Vision, Transcendence
Sanskrit name & meaning	Sahasrara = Thousandfold – Thousand petals
Location	Top of head, Cerebral cortex,
Purpose	Assimilation of knowledge, Development of wisdom
Right	To know and to learn
Goals	Expanded consciousness, Spiritually connected
Block/Threat	Attachment

## BALANCED CHARACTERISTICS

- Ability to perceive, analyze and assimilate information

- Intelligent, thoughtful, aware
- Open-minded, able to question
- Wisdom and mastery, broad understanding
- Energy flows easily
- Faith in the universe or divine source
- Psychic development and use
- Spiritually connected to universe
- Ability to trust life
- Selflessness

## PHYSICAL ASPECTS

- Pineal gland
- Hypothalamus

## PHYSICAL DISORDERS

- Depression
- Chronic exhaustion that is not linked to a physical disorder
- Extreme sensitivities to light, sound, and other environmental factors
- Comas
- Migraines
- Brain tumors
- Amnesia
- Cognitive delusions
- Energetic disorders

## TRAUMAS

- **Invalidation of one's beliefs** (being shamed for beliefs, start to doubt self)
- Forced religiosity
- Spiritual abuse
- Education that thwarts curiosity
- Withheld information (deprivation of mental nourishment)
- Blind obedience (no right to question or think for oneself)
- Misinformation (being told non-truths or lies)
- Excessive authoritarianism

## EMOTIONAL ASPECTS

- Ability to trust life
- Values, ethics and courage
- Humanitarianism

- Selflessness
- Ability to see the larger pattern
- Faith and inspiration
- Spirituality and devotion
- Dissociation from body

#### Specific emotions/behaviours

- Apathy
- Over thinking
- Perceptions
- Connection to reality
- Intuition
- Trusting self
- Balance of intellect/intuition
- Self pity
- Despair
- Depression
- Boredom
- Lack of inspiration

#### MENTAL ASPECTS

- Over intellectualization
- Rigid belief systems
- Learning difficulties
- Confusion
- Spiritual cynicism
- Greed

#### Mental attitudes/beliefs

- I will never be at peace
- I am not in charge of my life
- I have no choice or freedom
- **It's all too hard**
- Confusion

#### SPIRITUAL ASPECTS

- Feeling safe and protected
- **Surrendering to the flow of life's events**
- Connection to abundance
- Feeling gratitude
- Connection and belief of higher energy source
- Following and connecting to your true path

- Freedom to choose
- Trust in higher self/ divine/universe

## GOALS AND AFFIRMATIONS

- I know what is right for me
- I have a right to know and learn
- I am successful
- I am in charge of my life
- I follow what is in my heart
- I know my life path
- I follow my life path
- I trust the wisdom in me
- I am true to myself
- I am free to choose what I love
- I live my passion in life
- I am at peace
- I think clearly
- I am motivated
- I am connected
- I seek the highest truth to live my life
- I look within where I am safe and loved
- I honour and protect my divine spirit
- **I use my psychic abilities**