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## **Chakras**

### **What are Chakras?**

The human body has a Chakra system that runs from the crown of your head down to the base of your spine.

They are essentially junctions in the body that allow the flow of spiritual energy around our bodies, and this allows us to stay healthy in body, mind, and spirit. The main Chakras are located where there are lots of nerves or there are major organs. They also contain emotional and spiritual energy.

There's a lot more than 7 Chakras but I'll focus on the main ones. If you find this topic interesting, then you can dig a little deeper to learn about the others and the in-depth information available on them all.

### **Open and closed Chakras**

When our Chakras are fully open, they allow energy to flow freely through our body and our energy levels are in what is called a state of balance. Energy can move in and out of each Chakra and around the body. This helps us to remain healthy physically, emotionally, and spiritually.

When any of the Chakras are closed or blocked then this causes energy flows to be restricted which causes a state of imbalance. This can affect us physically, emotionally, and spiritually.



**The Crown Chakra**



Sanskrit name **Sahasrara** (“**Thousand petals**”)

Associated colour **White**

Element **Oneness of everything**

**What it is?**

The Crown Chakra connects us to everything and allows us to see and feel what is beyond this dimension.

**Where is it?**

It is located at the top or just above the head.

**Balanced?**

When this Chakra is in balance it will allow you to be aware of and to see and communicate with higher states of consciousness. You will be aware of yourself and everything around you.

**Out of balance?**

When there is an imbalance in this Chakra you can suffer from depression and will be confused. You will get headaches and be sensitive to light. You will also lose all faith in everything.



**The Third Eye Chakra**



Sanskrit name **Ajna** (“to command” and “to perceive”)

Associated colour **Purple**

Element **All elements combined**

**What it is?**

The Third Eye Chakra relates to your vision and intuition. It allows your psychic abilities such as clairvoyance and clairaudience to come through.

**Where is it?**

It is located between the eyebrows just above the bridge of your nose.

**Balanced?**

When this Chakra is in balance you will experience great motivational inspiration and creativity. You will have access to spiritual states and will have visions of anything that is anywhere in the universe.

**Out of balance?**

When there is an imbalance in this Chakra you will feel imbalanced and stuck in your ways. You will be unclear and uncertain about yourself. Your visions may be fantasies rather than reality. You may also reject the idea of anything spiritual or supernatural.



**The Throat Chakra**



Sanskrit name **Vishuddha** (“pure” or “purification”)

Associated colour **Light Blue** or **Turquoise**

Element **Akasha (Ether)**

**What it is?**

The Throat Chakra is related to the sounds that we make which are energy and vibrations that can be heard and felt by everything around us. It controls all communication whether this is verbal or non-verbal.

**Where is it?**

It is located in the throat.

**Balanced?**

When this Chakra is in balance you can express yourself truthfully. You are able create and complete creativity and ideas.

**Out of balance?**

When there is an imbalance in this Chakra you have no control over your speech, and you speak too much or not enough and sometime inappropriately. You can sometimes be shy and won't want to speak. You may also start to lie to yourself and others.



**The Heart Chakra**



Sanskrit name **Anahata** (“unstuck”)  
Associated colour **Green**  
Element **Air**

**What it is?**

The Heart Chakra governs empathy and compassion and your love for yourself and others. It also connects all the lower and upper chakras.

**Where is it?**

It is located in the centre of the chest.

**Balanced?**

When this Chakra is in balance you will feel deeply connected to everyone and everything. You will be full of compassion and forgiveness. It will allow you to love and to feel loved and you will be full of gratitude. You will appreciate the beauty of everything.

**Out of balance?**

When there is an imbalance in this Chakra you may feel jealous and fear intimacy. You will feel isolated. Also, you won't be able to forgive easy.



**The Solar Plexus Chakra**



Sanskrit name **Manipura** (“**seat of gems**” or “**city of jewels**”)

Associated colour **Yellow**

Element **Fire**

**What it is?**

The Manipura Chakra relates to your will and personal power. It controls your intellectual abilities and helps you put your plans and ideas into reality.

**Where is it?**

It is located between the navel and the lower part of the chest where the diaphragm is.

**Balanced?**

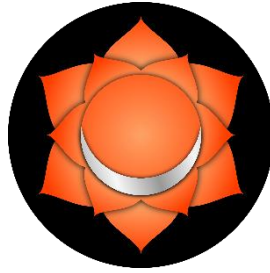
When this Chakra is in balance it helps you have self-confidence and self-discipline. It helps you make decisions and take responsibility for your life. It allows you to be assertive and get the results you want.

**Out of balance?**

When there is an imbalance in this Chakra you can try to control the people and the environment you are in. You will make plans but not see them through and you will have a lack of purpose and ambition.



**The Sacral Chakra**



Sanskrit name **Swadhisthana** (“your own place”)  
Associated colour **Orange**  
Element **Water**

**What it is?**

The Sacral Chakra represents our behavioural functions such as our emotions and the emotions of others around us. It is associated to our sensuality, creativity, and sexual energy. It is the driving force of allowing you to enjoy life through all the senses.

**Where is it?**

Close to the Muladhara Chakra, it is located in the lower abdomen about 2 inches below the navel.

**Balanced?**

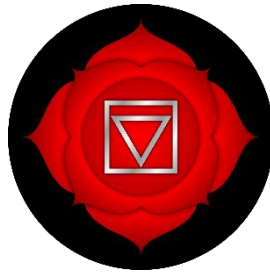
When this Chakra is in balance then you will have a feeling of well-being and abundance. You will be aware of your emotions, and you will have enhanced sense of purpose. You will also have a strong sexual desire.

**Out of balance?**

When there is an imbalance in this Chakra you won't feel like yourself and will be dependent on others. You could also start to rely on other 'substances' to gain easy pleasure. You will be in a negative frame of mind and have a lack of sexual desire. You can also get lost in fantasies to try to forget about reality.



**The Root Chakra**



Sanskrit name **Muladhara** (“**base**” or “**foundation**”)  
Associated colour **Red**  
Element **Earth**

**What it is?**

The Muladhara Chakra represents human basic needs, security, and stability.

**Where is it?**

It is located at the base of the coccyx.

**Balanced?**

When this Chakra is in balance it allows you to have stability in your life and feel secure, grounded, and safe. This can cause you to worry less and be less stressed.

**Out of balance?**

When there is an imbalance in this Chakra you may become anxious or have fears. You may also experience nightmares. Also feeling lethargic and drained along with restlessness and having no energy.

