

Chakras

Location of the Chakras



Chakra literal translation means wheel in Sanskrit. The human body has hundreds of chakra points. The 7 main chakras are located along the line of the spinal column and are composed of high frequency energy strands that the spiritual eye perceives as light. There are thousands of chakra points in the body however the ones we focus on are the seven main chakras as per picture above.

Chakras



Chakras never really stay in balance, we have to deal with everyday life which brings with emotions, energy from others, negative energies around us. We therefore have to maintain them to keep them in balance.

The best way is through healing, however there is also other ways of ensuring that you clear your aura and chakras on a regular basis.

Chakras

Root Chakra – Muladhara



Location: Located at the base of the spine the Root or Base chakra.

Ways to balance:

- Spend time outside in green or earthy pastures such as parks, farms etc
- Walk bare feet on the earth
- Lean on a tree and ask for healing and thank the tree when you are done
- Use grounding crystals by placing them on the crotch when meditating and washing them afterwards
- Eat root vegetables
- Exercise
- Do some yoga

Sacral Chakra – Svadhithana



Location: Located in the area of the lower abdomen

Ways to balance:

- Spend time in Nature – near the sea or a body of water
- Forgive yourself and others
- Heal your inner child, by just remembering things from childhood and letting them go. If too traumatic then seek professional help. Also do a meditation to meet your younger self and give them reassurances that things will turn out ok.
- Use orange crystals on the sacral chakra
- Do something creative

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Solar Plexus Chakra -Manipura



Location: Located in the area of the stomach, above the belly button

Ways to balance:

- Set boundaries
- Work on self love and self worth – this can be done through affirmations
- Use yellow crystals to balance this chakra
- Do yoga poses that strengthen your core
- Wear or have the colour yellow around you
- Cut cords with negative people

Heart Chakra -Anahata



Location: Located in the area of the chest

Ways to balance:

- Work on forgiveness for yourself and others
- Let go of past hurt
- Work on Self love
- Use pink or green crystals to heal
- Use yoga poses
- Wear green or pink tops
- Use positive affirmations

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Throat Chakra -Vissudha



Location: Located in the area of the throat and thyroid gland

Ways to balance:

- Work on communicating your needs
- Express yourself
- Do something creative
- Sing in the shower
- Speak up

Third Eye Chakra -Ajna



Location: : Located in the centre of the forehead and the pituitary gland

Ways to balance:

- Trust your intuition
- Follow your inner guidance
- Use an amethyst or Lapis Lazuli crystals to open up the third eye
- Listen to the sound of Aum



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Crown Chakra - Sahasrara



Location: outside the body on top of the head

Ways to balance:

- Believing in something greater than yourself
- Use a clear quartz
- Meditate
- Pray
- Chant

