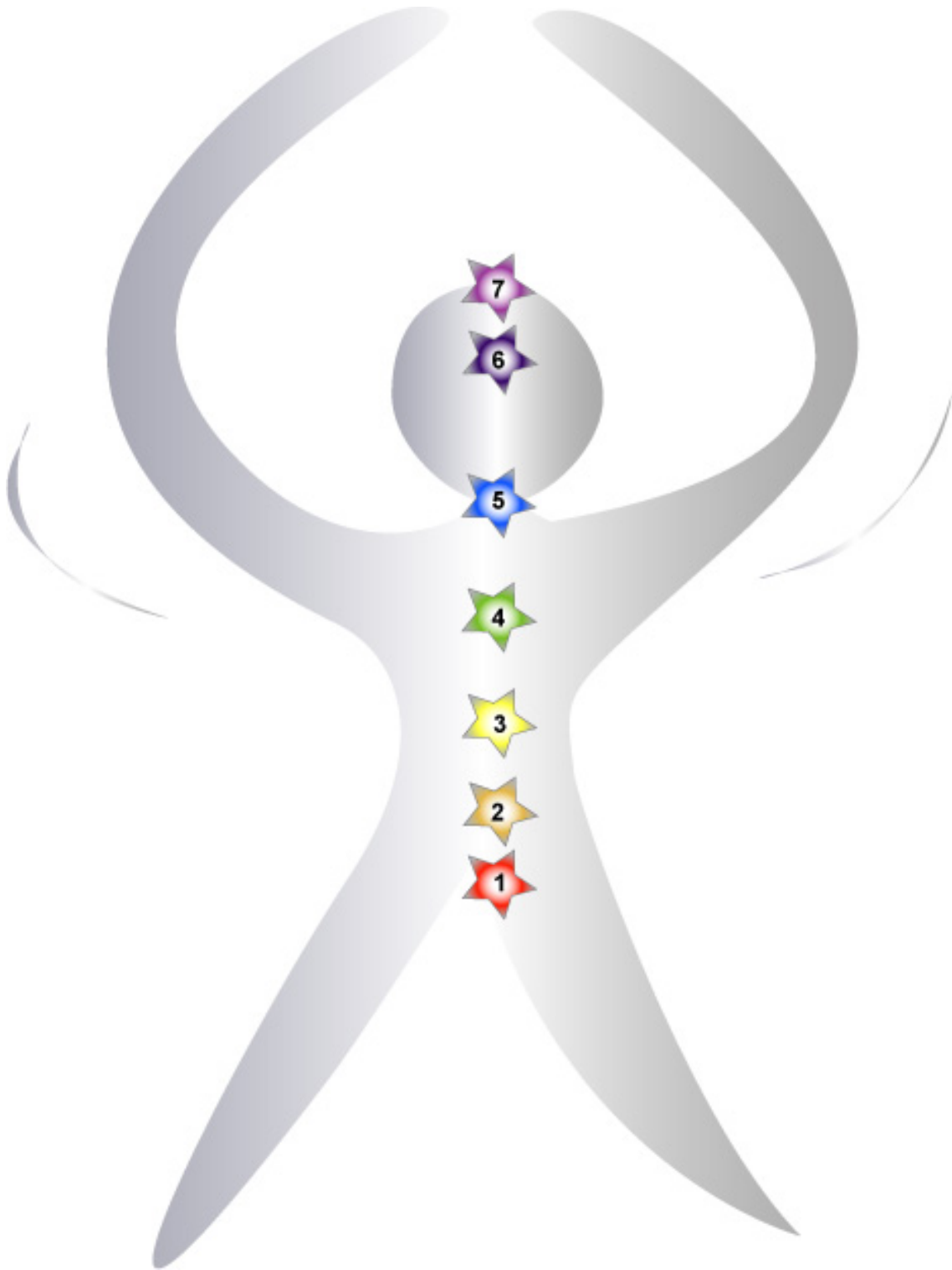


Chakra Centers



Chakra Centers: Our Body-Mind Connection

Chakra	Color	Physical Area	Psychological/Emotional
#7 Crown Chakra	Violet	<ul style="list-style-type: none"> ▪ Top of the head, ▪ Connection to the higher self 	<ul style="list-style-type: none"> ▪ Compassion for self and others, ▪ Inner/outer harmony, ▪ Spiritual love, peace
#6 3 rd Eye Chakra	Indigo	<ul style="list-style-type: none"> ▪ Brow, ▪ Intuition – works with nervous system, ▪ Seeing the unseen 	<ul style="list-style-type: none"> ▪ Awareness of the big picture ▪ Visionary ▪ Clairvoyance, psychic
#5 Throat Chakra	Blue	<ul style="list-style-type: none"> ▪ Thyroid ▪ Neck ▪ Ears ▪ Respiratory system 	<ul style="list-style-type: none"> ▪ Open, clear communication of feelings and thoughts ▪ Creativity ▪ Breathing ▪ Expression
#4 Heart Chakra	Green	<ul style="list-style-type: none"> ▪ Heart, blood pressure ▪ Thymus ▪ Lungs ▪ Lymph, immune system 	<ul style="list-style-type: none"> ▪ Harmony, balance ▪ Trust ▪ Give/Receive, ▪ Flexible, change ▪ Open
#3 Solar Plexus Chakra	Yellow	<ul style="list-style-type: none"> ▪ Pancreas, ▪ Liver, small intestine ▪ Blood salts ▪ Stomach, digestion 	<ul style="list-style-type: none"> ▪ Mental energy – balancing: will and power ▪ Control, beliefs, details, criticism ▪ Perfectionism, “clarity of intention”
#2 Spleen Chakra	Orange	<ul style="list-style-type: none"> ▪ Blood sugar, spleen, adrenal glands, ▪ Ovaries, uterus, ▪ Kidney, urinary tract 	<ul style="list-style-type: none"> ▪ Feelings, emotions ▪ Boundaries, intimacy ▪ Addictions, want vs. need, ▪ Catch/release, begin/end
#1 Base/Root Chakra	Red	<ul style="list-style-type: none"> ▪ Reproductive system, ▪ Testes, vagina, perineum ▪ Tailbone, legs, feet 	<ul style="list-style-type: none"> ▪ Survival needs, safety ▪ Sexuality ▪ Behavior ▪ Grounded ▪ Yin/yang, space

About Our Mind Body Relationship



Knowing our body/mind connections assists us in healing our ailments and shifting our behaviors. When we become aware of the connections of our inner world (our body) and our outer world (our behaviors and feelings), we are able to access the points of challenge for ourselves. A couple of examples are:

Challenge #1 – You find yourself unable to communicate.
Look at the chart and you find there are issues with #5 throat chakra.

Challenge #2 – You find yourself having difficulty getting close to someone.
Look at the chart and you discover this issue is connected to the #2 spleen chakra

These examples give you the mind/body connection.

To resolve and heal these issues, use a pendulum to check to see if these chakras are open to receiving and sending energy – (Remember the exercise in class.)

Once you have discovered the chakra is closed or blocked, you can use your intention to open and release the blocked energy. You can also use the color as an aid to opening the chakra. Find the appropriate color in a piece of clothing, or a piece of jewelry and wear these to harmonize the frequencies allowing the color to awaken the chakra.

Look at your surroundings. Are the colors for your room, clothes, jewelry working for you
If not – time to go shopping. . .