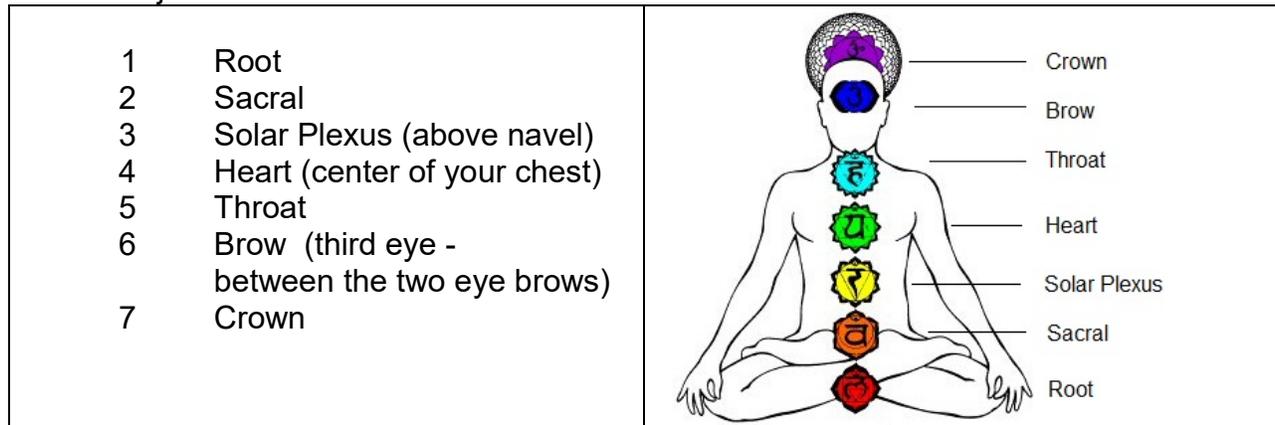


CHAKRA FUNCTION

Below is information about each of the 7 Major Chakras. There are actually 114 energy centers in the complex human body; in addition to the 114 chakras, it also has 72,000 "nadis," or energy channels, along which vital energy, or "prana," moves.

This shows how to recognize distortions and blockages in each chakra related to any problems you may be experiencing. *(Please note: You may experience one or more challenges listed for each category.)*

The 7 Major chakras are:



TOO OPEN (chakra spins too fast and large)

BLOCKED (chakra spins sluggishly and small)

BALANCED (chakra maintains equilibrium and spins at correct vibrational speed)

When the Chakras are all properly balanced, your level of spiritual awareness is greater. When they are off balance or blocked, it can cause physical and emotional illness. You can obtain good health and well-being through Chakra Therapy. This type of healing brings about balance on an energy level.

The state of the Chakras influence all of our organs. Behind every ailment lies a problem with the flow of energy. Restoring the flow of energy will pave the way to a better physical, mental, and spiritual state of being.

(1): The Root Chakra

Location: Base of spine

Frequency Color: Red

Musical Note: C

Associated Gland: Adrenals **Associated Body Parts:** Bones, skeletal structure

TOO OPEN: Bullying, overly materialistic, self-centered, engages in physical foolhardiness

BLOCKED: Emotionally needy, low self-esteem, self-destructive behavior, fearful

BALANCED: Demonstrates self-mastery, high physical energy, grounded, healthy

Emotional Dysfunctions: Mental lethargy, "spaciness," unfocused mind, incapable of stillness, difficulty achieving goals

Physical Dysfunctions: Osteoarthritis

Life Lesson: Standing up for oneself

Main Issue: Survival, physical needs

Goals: Physical health & fitness, grounding, stability, security

Theme: Security and Survival, Will to Live, Sense of Trust, Stability, Sense of Belonging, Governs our fight/flight mechanism, Concerns with safety

Ailments Related to Blockages: Lower back pain, Sciatica, Arthritis, Anemia and other blood disorders, Digestive disorders, Skin problems, Varicose veins, Constipation, Hemorrhoids, Skeletal problems, Allergic reactions, Pain in the legs and feet

The Root chakra is about being physically there and feeling at home in situations. If it is open, you feel grounded, stable and secure. You don't unnecessarily distrust people. You feel present in the here and now and connected to your physical body. You feel you have sufficient territory.

If you tend to be fearful or nervous, your Root chakra is probably under-active. You'd easily feel unwelcome.

If this chakra is over-active, you may be very materialistic and greedy. You're probably obsessed with being secure and resist change.

(2): The Sacral Chakra

Location: 2" below the Navel

Frequency Color: Orange

Musical Note: D

Associated Gland: Ovaries/Testes

Associated Body Parts: Sex organs, bladder, circulatory system, prostate, womb

TOO OPEN: Emotionally unbalanced, a fantasist, manipulative, sexually addictive

BLOCKED: Oversensitive, hard on him/herself, feels guilty for no reason, frigid or impotent

BALANCED: Trusting, expressive, attuned to his/her own feelings, creative

Emotional Dysfunctions: Unbalanced sex drive, instability, feelings of isolation

Physical Dysfunctions: Impotence, frigidity, bladder & prostate problems, lower back pain

Life Lesson: Uncovering motivations influencing choices – based on conditioning

Main Issue: Emotional balance/sexuality

Goals: Allowing pleasure, creative expression

Theme: Sexuality, Creativity, Fertility, Financial Security, Relationship Wounds and Honor, Sense of social self, Need to control others, ourselves or situations

Ailments Related to Blockages: Urinary problems, Weak Bladder, Kidney problems, Kidney Stones, Bladder infections, Cysts, Inflammation of the ovaries, Prostate problems, Impotence, Sexual ailments, Menstrual Pain, Fungus infections in the sexual organs

The Sacral chakra is about feeling and sexuality. When it is open, your feelings flow freely, and are expressed without you being over-emotional. You are open to intimacy and you can be passionate and lively. You have no problems dealing with your sexuality.

If you tend to be stiff and unemotional or have a "poker face," the Sacral chakra is under-active. You're not very open to people.

If this chakra is over-active, you tend to be emotional all the time. You'll feel emotionally attached to people and you can be very sexual.

(3): The Navel Chakra

Location: Stomach Above the navel in the Solar Plexus region

Frequency
Color: Yellow

Musical Note: E

Associated Gland: Pancreas

Associated Body Parts: Digestive system, muscles

TOO OPEN: Angry, controlling, workaholic, judgmental and superior

BLOCKED: Overly concerned with what others think, fearful of being alone, insecure, needs constant reassurance

BALANCED: Respects self and others, has personal power, spontaneous, uninhibited

Emotional Dysfunctions: Need to be in control, oversensitive to criticism, addictive personality, aggressiveness, low self-esteem

Physical Dysfunctions: Stomach ulcers, fatigue, weight around stomach, allergies, diabetes

Life Lesson: Self-esteem/self-confidence, the courage to take risks

Main Issue: Personal power, self will

Goals: Purpose, effectiveness, endurance, self-respect

Theme: Willpower and influence, Self Confidence, Need to Control, Self-esteem, Personality, Sensitivity, Feelings, Power, Forcefulness, Fear and Intimidation

Ailments Related to Blockages: Ulcers, Heartburn, Diseases of the liver, spleen and gallbladder, Intestinal problems, Stomachache, Nervous disorders, Obesity, Anorexia

The Navel chakra is about asserting yourself in a group. When it is open, you feel in control and you have sufficient self esteem.

When the Navel chakra is under-active, you tend to be passive and indecisive. You're probably timid and don't get what you want.

If this chakra is over-active, you are domineering and probably even aggressive.

(4): The Heart Chakra

Location: Center of Chest **Frequency Color:** Green / Pink **Musical Note:** F

Associated Gland: Thymus

Associated Body Parts: Heart, chest, lungs, circulation

TOO OPEN: Possessive, loves conditionally, withholds emotionally “to punish,” overly dramatic

BLOCKED: Fears rejection, loves too much, feels unworthy to receive love, self-pitying

BALANCED: Compassionate, loves unconditionally, nurturing, desires spiritual experience in lovemaking

Emotional Dysfunctions: Codependency, melancholy; fears concerning loneliness, commitment and/or betrayal

Physical Dysfunctions: Shallow breathing, high blood pressure, heart disease, cancer

Life Lesson: Forgiveness and compassion for oneself and others

Main Issue: Beliefs about love and relationships

Goals: Balance, compassion & self-acceptance

Theme: Love, Compassion, Humanity, Empathy, Tolerance, Emotional Expression, Warm-heartedness, Openness, Ability to forgive and let go of grievances.

Ailments Related to Blockages: Heart Disease, Arrhythmia, Heart Attack, High or Low Blood pressure, Elevated Cholesterol, Asthma and Respiratory problems, Inflammation or infection of the lungs, Colds, Allergies, Shoulder pain, Rheumatism in the arms and the hands, Skin problems

The Heart chakra is about love, kindness and affection. When it is open, you are compassionate and friendly, and you work at harmonious relationships.

When your Heart chakra is under-active, you are cold and distant.

If this chakra is over-active, you are suffocating people with your love and your love probably has quite selfish reasons.

(5): The Throat Chakra

Location: Neck near the Larynx **Frequency Color:** Sky Blue **Musical Note:** G

Associated Gland: Thyroid & Parathyroid's

Associated Body Parts: Throat, ears, nose, teeth, mouth, neck

TOO OPEN: Over-talkative, dogmatic, self-righteous, arrogant

BLOCKED: Holds back from self-expression, unreliable, holds inconsistent views

BALANCED: Good communicator, contented, finds it easy to meditate, artistically inspired

Emotional Dysfunctions: Perfectionism, inability to express emotions, blocked creativity

Physical Dysfunctions: Sore throats, neck ache, thyroid problems, hearing problems, tinnitus, asthma

Life Lesson: The power of choice, personal expression

Main Issue: Communication, self-expression

Goals: Harmony with others, self-knowledge, creativity

Theme: Communications, Truthfulness, Inspiration, Intelligence, Musical Talent, Ability to trust your inner voice, Able to let go of personal attachments

Ailments Related to Blockages: Sore throat pain, Tonsillitis, Speech defects, Dental problems, Gum Disease, TMJ, Neck and shoulder pain, Thyroid issues

The Throat chakra is about self-expression and talking. When it is open, you have no problems expressing yourself, and you might be doing so as an artist.

When this chakra is under-active, you tend not to speak much, and you probably are introverted and shy. Not speaking the truth may block this chakra.

If this chakra is over-active, you tend to speak too much, usually to domineer and keep people at a distance. You're a bad listener if this is the case.

(6): The Brow Chakra (Third Eye)

Location: The middle of the Forehead

Frequency Color: Indigo Blue **Musical Note:** A

Associated Gland: Pituitary

Associated Body Parts: Eyes, base of skull

TOO OPEN: Highly logical, dogmatic, authoritarian, arrogant

BLOCKED: Undisciplined, fears success, tendency toward schizophrenia, sets sights too low

BALANCED: Charismatic, highly intuitive, not attached to material things, may experience unusual phenomena

Emotional Dysfunctions: Nightmares, learning difficulties, hallucinations

Physical Dysfunctions: Headaches, poor vision, neurological disturbances, glaucoma

Life Lesson: Emotional intelligence

Main Issue: Intuition, wisdom

Goals: Ability to “see” other than with the eyes

Theme: Intuition and Perception, Emotional and Mental intelligence, Wisdom, Awareness, A clear mind, Imagination, self-knowledge

Ailments Related to Blockages: Neurological disorders, Dizziness, Headaches, Brain Tumors, Poor eyesight, Deafness, Seizures, Mental illness, Learning disabilities, Problems with concentration, Sinus infections, Schizophrenia

The Third Eye chakra is about insight and visualization. When it is open, you have a good intuition. You may tend to fantasize.

If it is under-active, you're not very good at thinking for yourself, and you may tend to rely on authorities. You may be rigid in your thinking, relying on beliefs too much. You might even get confused easily.

If this chakra is over-active, you may live in a world of fantasy too much. In excessive cases hallucinations are possible.

(7): The Crown Chakra

Location: Top of head **Frequency Color:** Violet / Gold /White **Musical Note:** B

Associated Gland: Pineal

Associated Body Parts: Upper skull, cerebral cortex, skin

TOO OPEN: Psychotic or manic depressive, confused sexual expression, frustrated, sense of unrealized power

BLOCKED: Constantly exhausted, can't make decisions, no sense of "belonging"

BALANCED: Magnetic personality, achieves "miracles" in life, transcendent, at peace with self

Emotional Dysfunctions: Depression, obsessional thinking, confusion

Physical Dysfunctions: Sensitivity to pollution, chronic exhaustion, epilepsy, Alzheimer's

Life Lesson: Selflessness

Main Issue: Spirituality, selflessness

Goals: Expanded consciousness

Theme: Spirituality, Connection to God, Faith, Enlightenment, Understanding of Life's purpose, Cosmic consciousness

Ailments Related to Blockages: Development of genetic disorders, Multiple Sclerosis, Paralysis, Cancer, Weak immune system, Mental health disorders, Depression, Sleep disorders

The Crown chakra is about wisdom and being one with the world. When this chakra is open, you are unprejudiced and quite aware of the world and yourself.

If it is under-active, you're not very aware of spirituality. You're probably quite rigid in your thinking.

If this chakra is over-active, you are probably intellectualizing things too much. You may be addicted to spirituality and are probably ignoring your bodily needs.