

WHAT ARE CHAKRAS?

Chakras are part of our physical body's energy system. Each chakra functions as a primary source of energy to certain areas of our body. If one chakra is not resonating properly, this will affect the energy flow to the other chakras. Resulting in unbalanced energy flow throughout the physical body. If all the chakras are balanced regularly, then our body functions properly. This helps in preventing illnesses and disease from manifesting. Chakras are also a main contributing factor of our Aura. The Aura is an outer energy field comprised of seven energetic layers surrounding our physical body. The Chakras are more associated with the primary functioning of the body. If the Chakras are out of balance, then this affects the Aura as well. Maintaining a healthy and active lifestyle will help balance the energies of our body. This will keep the Chakras balanced and the Aura strong. A small 20 to 30 minutes healing meditation twice a week, can further benefit our body's energy system. If one chooses to neglect his or her own body, physical, mental, and emotional ailments can manifest. Keeping our chakras balanced and inline, will assure a strong and healthy energy system and will help prevent unwanted physical manifestations.

HEALING, BALANCING, AND UNBLOCKING CHAKRAS

One first starts with a chakra meditation. One just needs to listen to relaxing peaceful music, with no lyrics. This can be purchased or listened to off Amazon Prime, YouTube, or another music app or website. As one sits or lays down in a relaxed state, he or she just focuses on each chakra and it's related color for around five minutes before moving on to the next chakra. Start with the base chakra and work your way up to the crown. See chart below for Chakra descriptions. The star chakra is optional. Most chakra meditation only have seven (7) chakras that are focused on. The Root thru the Crown chakra. One may also want to focus primarily on one Chakra that is weak and alternate accordingly. This is important especially if you feel it is necessary. Refer to Chakra descriptions below for physical or emotional association with each Chakra. One may feel different types of sensations during a meditation. There is no need to be alarmed, this is quite normal. It may take a few sessions before one starts to notice any feeling or sensations. The object is to focus your intention on each chakra and its color, and if you feel your mind drifting off into nothingness, mind going blank, or falling asleep, don't worry.. Just go with the flow. It's all good. Some individuals may go into a trance state. This is perfectly fine and no need to worry. Once one comes out of the trance like state the process will be complete and you can go about you day as usual.

HEALTH ISSUES AND UNBALANCED CHAKRAS

Any illness associated with the physical association descriptions listed below, is a result of lack of energy flow through the body's chakras system. With proper healing and balancing of the chakras, these illnesses could have been prevented or have considerably less impact on the physical body. Spiritual healers are located around the world and offer healing services at a cost. If one can't afford such services, one can choose to do self-healings. It is similar to a meditation, but one focuses on each chakra for around 5 minutes. (See chakra meditation description above.) During these self-healing sessions, one may feel tingling, slight pain, or discomfort. These are spirit guides and/or angels performing healing work on you. Do not be alarmed. These sensations are related to the healing session.

By proper alignment and balancing of these chakras, one can stabilize their present condition and possibly eliminate some of the symptoms. If one chooses to proceed further, he or she can start the spiritual development process. In time, one will establish contact with his or her spirit guides and their life purpose will unfold..

OPTIONAL TECHNIQUES FOR MEDITATION

- Light a candle. Can be the color of specific chakra, but is not necessary
- Placement of a chakra set of crystals. Placing each chakra stone on the designated chakra.
- Holding a certain stone in one's hand when meditating.
- Lighting of incense or using essential oil fragrance.
- The combination of one or more above can be used; however, it is not necessary.

❖ *Keep in mind the more effort you put forth, the more you may be surprised at the results. Faith, determination, and hard work will pay off.*

CHAKRAS

● *Star #8*

- Location: above crown
- Keyword: divine awareness, spiritualist
- Color: white
- Vowel association: none
- Element or sense: divine awareness / thought
- Emotional aspects: universal love for all throughout the world and the universe, sense of completion and happiness
- Physical association: faith, spirituality
- Illness association: atheist, not believing in spiritual essence, a soul, or divine influences
- Frequency / Note: none
- Aromatherapy: gardenia, frankincense, jasmine
- Crystals: moonstone, himalayan water crystal, petalite (clear or white)
- Bija Seed Mantra: same as crown
- Japa (Yoga) Mantra: same as crown
- Affirmation: "I am one with the divine"

● *Crown (Sahasrara) #7*

- Location: 7th chakra - the very top of your head
- Keyword: spirituality, connection to the divine source
- Color: violet
- Vowel association: Eee / E / "me"
- Element or sense: thought
- Emotional aspects: self-esteem, confidence, our connection to spirituality, inner and outer beauty, unity with the divine source
- Physical association: Pineal gland (spirituality), brain's thought process, central nervous system, muscular system, skin
- Illness association: nerve related diseases, mental imbalances, sleeping disorders
- Frequency: 216, 432, or 864 Hz
- Note: B
- Aromatherapy: cedar (himalayan), frankincense, lavender
- Crystals: amethyst, selenite, double terminated clear quartz (white or violet)
- Archeology: Sun
- Bija Seed Mantra: AH
- Japa (Yoga) Mantra: Om Nam-a-ha Shi-va-ya
- Affirmation: "I surrender to my true spiritual path"

- **The Third Eye / Brow (Ajna) #6**

- Location: 6th chakra - forehead between the eyes.
- Keyword: intuition
- Color: indigo
- Vowel association: Aye / E / "say"
- Element: minds eye / connection to spirit / a knowing of all that is
- Sense: Light or mind's eye
- Emotional aspects: intuition ability, active imagination, creativity, wisdom, ability to make their own, decisions, sense of purpose and direction in life, power of your mind (visualization)
- Physical association: pituitary gland, eyes, sinuses, ears, nose, the brain's neurological system
- Illness association: eye related diseases, blindness, hearing indecencies?
- Frequency: 144, 288, or 576 Hz
- Note: A
- Aromatherapy: hyacinth, violet, wisteria
- Crystals: Lapis Lazuli, Sapphire, labradorite (dark blue)
- Archeology: Moon, Leo / Cancer
- Bija Seed Mantra: AUM
- Japa (Yoga) Mantra: Kr-im Nam-a-ha
- Affirmation: "I am a spiritual being"

- **Throat (Vishuddha) #5**

- Location: 5th chakra - base of throat
- Keyword: purification
- Color: light blue
- Vowel association: Eye / I / "I"
- Element: Ether
- Nature spirit/s: all - power of speech
- Sense: Hearing
- Emotional aspects: communication, self-expression, one who has no problem expressing their opinions and feelings to others, inner voice, speaking the truth, will power, expression of creativity (arts and music)
- Physical association: Thyroid, respiratory system, teeth, vocal cords, esophagus, trachea, mouth, jaw, scalp, face, and the sides of the neck
- Illness association: thyroid imbalances, lung related diseases, throat related issues, mouth, COPD
- Frequency: 192, 384, or 768 Hz
- Note: G
- Aromatherapy: Eucalyptus, Lemon, Spearmint
- Crystals: Calcite, Sodalite, Turquoise (light blue stones)
- Archeology: Mercury, Virgo / Gemini
- Bija Seed Mantra: HAM
- Japa (Yoga) Mantra: Om Anandham Nam-a-ha
- Affirmation: "The truth will set me free"

- **Heart (Anahata) #4**

- Location: 4th chakra - center of chest
- Keyword: harmony / love
- Color: green
- Vowel association: Aw / A / "father"
- Element: Air
- Nature spirit: Sylphs - power of love
- Sense: Touch
- Emotional aspects: unconditional love, relationships, self-acceptance, joy, friendships, family, hope, forgiveness
- Physical association: heart, thymus gland, lungs, ribs, chest, shoulders, arms, hands
circulatory system, immune system,
- Illness association: heart disease, breathing issues, asthma, emotional imbalances, lung cancer, thymus disorders,
- Frequency: 128, 256, or 512 Hz
- Note: F
- Aromatherapy: Rose, Lavender, Frankincense
- Crystals: emerald, rose, jade. (green stones)
- Archeology: Venus, Libra / Taurus
- Bija Seed Mantra: YAM
- Japa (Yoga) Mantra: Om Vardhanam Nam-a-ha
- Affirmation: "I am loving, caring, and understanding of myself and others"

- **Solar Plexus (Manipura) #3**

- Location: 3rd chakra - upper abdomen in stomach area
- Keyword: spiritual heart / emotions
- Color: yellow
- Vowel association: Oh / Ah / "go"
- Element: Fire
- Nature spirit: Salamanders - power of transformation
- Sense: Sight or Vision
- Emotional aspects: self-worth, self-confidence, self-esteem, mistrust, judgmental or critical, demanding, rigid or stubborn, worry of what others think of you, avoiding one's feelings and afraid to face them.
- Physical association: central nervous system, pancreas, liver, digestive tract, skin, stomach, adrenals, upper intestines, gallbladder, middle spine,
- Illness association: mental issues, overly emotional, depression
- Frequency: 182, 364, or 728 Hz
- Note: E
- Aromatherapy: lemon, lemongrass, rosemary

- Crystals: citrine, Tiger's eye, jasper (yellow stones)
- Archeology: Mars, Scorpio / Aries
- Bija Seed Mantra: RAM
- Japa (Yoga) Mantra: Om Ri-tam Nam-a-ha
- Affirmation: "I believe in the higher power of the universe"

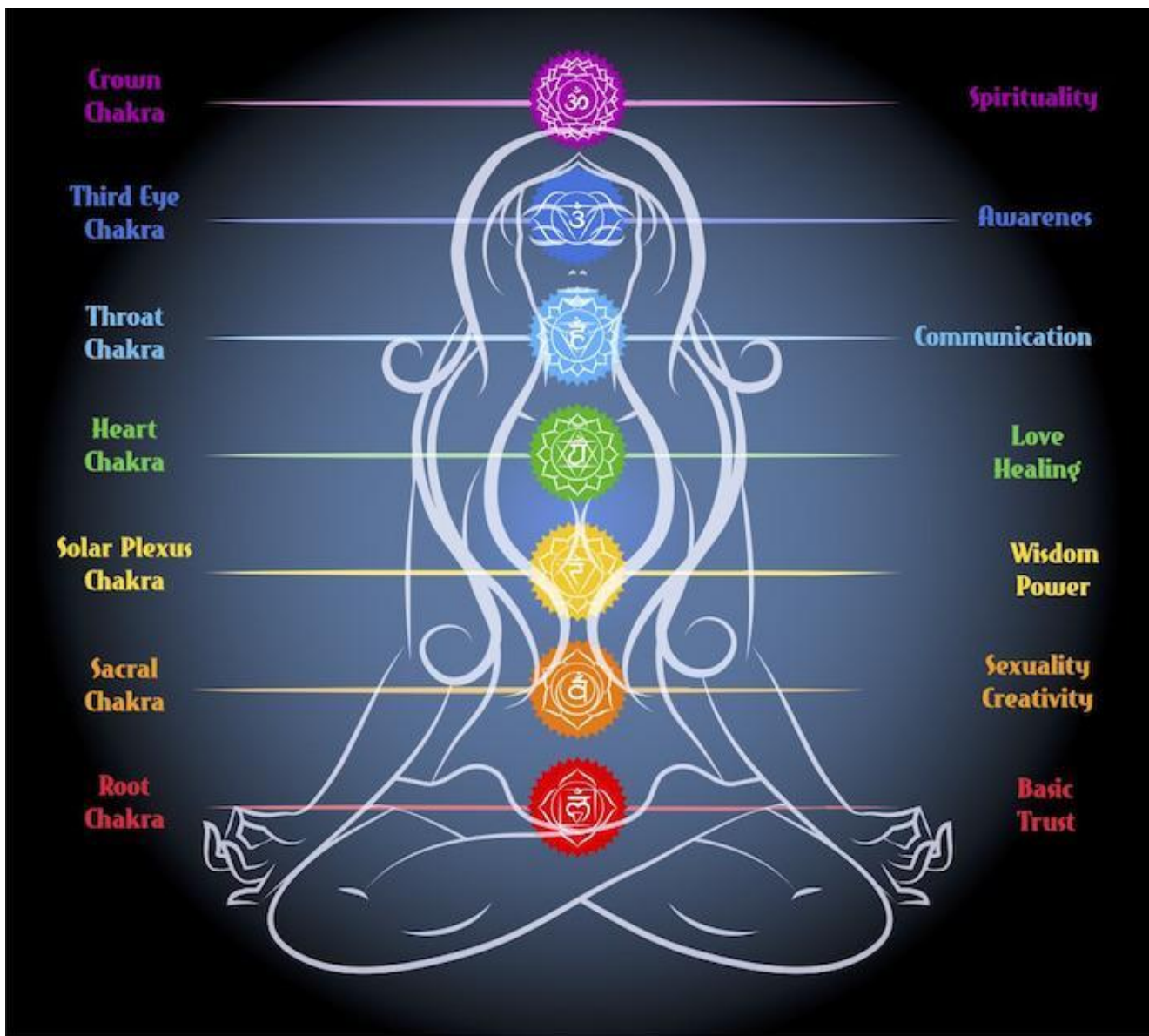
● **Sacral (Svadhithana) #2**

- Location: 2nd chakra - lower abdomen, about 2in below the navel.
- Keyword: sexuality
- Color: orange
- Vowel association: Ooo / O / "you"
- Element: water
- Nature spirit: Undines - connection to water
- Sense: Taste
- Emotional aspects: sense of abundance, well-being, pleasure, sexuality, finding satisfaction in their lifestyle and choices.
- Physical association: reproductive organs, kidneys, bowels, immune system, large intestine, lower vertebrae, pelvis, hips, urinary tract, bladder, lower back, lower abdomen
- Illness association: colon, kidney, bladder, lower back pain
- Frequency: 303, 606, or 1212 Hz
- Note: D
- Aromatherapy: Orange, Jasmine, Sandalwood
- Crystals: Amber, Citrine, Carnelian (orange stones)
- Archeology: Jupiter, Sagittarius / Pisces
- Bija Seed Mantra: VAM
- Japa (Yoga) Mantra: Om Da-k-sham Nam-a-ha
- Affirmation: "Let my worries and frustrations melt away."

● **Root / Base (Muladhara) #1**

- Location: 1st chakra - base of spine
- Keyword: materialistic
- Color: red
- Vowel association: Uh / U / "huh"
- Element: Earth
- Nature spirit: Gnomes - connection with the earth
- Sense: Smell
- Emotional aspects: survivalist, financial independence, careerist, money mindset, sense of belonging.
- Physical association: pelvis to floor, spine, rectum, legs, arms, circulatory system, bones, feet,
- Illness association: artery diseases
- Frequency: 228, 456, 912 Hz
- Note: C
- Aromatherapy: Rosemary, Sandalwood, & Cedar
- Crystals: Bloodstone, Garnet, Smoky Quartz (red, reddish-brown, black)
- Archeology: Saturn, Capricorn / Aquarius
- Bija Seed Mantra: LAM
- Japa (Yoga) Mantra: Om Kri-yam Nam-a-ha
- Affirmation: "I am one with the Earth"

	Chakra	Color	Note / Tone	Vowel	Vowel sound	Mantra (Bija) chakra seed syllable variations		
1	Root	Red	C	UH / U	“huh”	LAM	Lum	Lang
2	Sacral	Orange	D	OOO / O	“you” / “ewe”	VAM	Vum	Vang
3	Solar Plexus	Yellow	E	OH / AH	“go”	RAM	Rum	Rang
4	Heart	Green	F	AH / A	“father”	YAM	Yum / Sam	Yang
5	Throat	Blue	G	EYE / I	“I”	HAM	Hum	Hang
6	Third Eye	Indigo	A	AYE / E	“say”	AUM	Aum / OM	Aum
7	Crown	Violet	B	EEE / E	“me”	AH	Ahh... / Aum	



Chakra Chart

Name	Chakra 1 Root	Chakra 2 Sacral	Chakra 3 Solar Plexus	Chakra 4 Heart	Chakra 5 Throat	Chakra 6 Third Eye	Chakra 7 Crown
Location	Base of Spine	Lower Abdomen Sacrum	Upper Abdomen	Center of Chest	Throat	Brow	Top of Head
Element	Earth	Water	Fire	Air	Sound	Light	Thought
Main Issue	Survival	Sexuality Emotions	Power Energy	Love	Speech	Intuition	Knowing
Goals	Grounding Stability Prosperity	Fluidity Pleasure Relaxation	Vitality Will Purpose	Balance Compassion Acceptance	Clear Speech Creativity	Perception Imagination	Wisdom Spiritual Connection
Color	Red	Orange	Yellow	Green	Blue	Violet	Golden White
Stones	Garnet Hematite Bloodstone	Coral Carnelian	Topaz Amber Citrine	Emerald Rose Quartz	Turquoise	Amethyst	Clear Quartz
Animals	Elephant Ox Bull	Fish Alligator	Ram Lion	Antelope Dove	Elephant Bull	Owl Butterfly	Elephant Ox Bull

The Healing Triad

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