## CHAKRAS, EMOTIONS, AND BODY LEVEL CONSCIOUSNESS

Seventh Chakra Head Resisting the flow of life, Brain Overthinking, **Spiritual** sexual fears, over-thinking, stubbornness connection, refusing responsibility for self (also in sixth chakra) oneness (also in sixth chakra) Pineal Gland Sense of purpose Pituitary Gland Control and meaning of life Spiritual connection with God Sixth Chakra Eyes Capacity to see clearly -Power of the Ears Capacity to hear mind, Nose Self-recognition, adequacy, truth self-worth **Neck Flexibility** Teeth Decisiveness Thyroid Humiliation When will it be my turn? Fifth Chakra Mouth Taking in new ideas, Power of will, nourishment Shoulders Life is a burden decision-making Throat Repressed words, Thymus Feeling attacked by life opinions, emotions Lungs Ability to take in life Breasts Ability to self-nourish, over-protective attitude **Fourth Chakra** Arms Holding life's experiences Power of love, Heart Ability to receive or give emotion Spleen Obsession loving intimacy Diaphragm Ability to feel Stomach Digesting ideas to protected and to feel joy begin assimilating and freedom 3.5 Chakra Pancreas Ability to process **Breath of Life Liver** Victimization, sweetness or joy in life powerlessness Large Intestines Holding onto Gallbladder Rage the past, ability to move out **Third Chakra** what is no longer needed Personal power, Kidneys Holding old (Upper portion in third chakra) self-esteem, emotions, shame trust Hips Fear of moving forward **Small Intestines Assimilating,** Rectum Ability to let go of the absorbing, and integrating past, fighting against what what is needed everything in us is working for **Appendix** Fear of life Hands Handling life's Second Chakra Genitals Creativity, fear of own Power of experiences worth relationships, **Ovaries = femininity** Fingers Details of life sexuality, creativity **Testicles = masculinity** Bladder Fear of letting go Whole-body systems and organs: Knees Pride and ego, changing (First Chakra) self-image Muscular system Resistance to new Shins Standards in life, breaking experiences down ideals **First Chakra Skeletal system Structure/support** Tribal power, Ankles Inflexibility in dealing of life safety, security with life/an issue Skin How we present ourselves

others

Feet Understanding of self, life, \_