

Crown

About 2" above the top of your head



Your connection to the Divine, Universe & Your Soul

Fully opening your Crown will help you feel more spiritually connected and strengthens your ability to work with Spirit. Visualizing an opening above your head with white light pouring into your body helps open your Crown

Third Eye

Between your eyebrows



Intuition & Psychic Senses

Opening your Third Eye fully will help you receive clearer intuitive messages and visions. Bringing your awareness up to your Third Eye when your eyes are closed during meditation helps stimulate and open your Third Eye

Throat

Center of your neck



Communication & Personal Truth

Clearing and opening your Throat Chakra helps you speak your truth and clearly ask for what you need. Also helps with writing & public speaking. Any type of vocal or breathing exercises help stimulate the energy in your Throat

Heart

Center of your chest



Love & Relationships

Your ability to give and receive love as well as love yourself. Your Heart Chakra often gets blocked due to loss, regret & resentment. Imagining your Heart Center opening like a lotus flower and sending green light out from your heart helps open and clear your Heart

Solar Plexus

About 2" above your belly button



Confidence & Personal Power

Fuels your motivation & ambition to pursue your goals. Often gets clogged from controlling relationships and low self-esteem. Visualizing a yellow ball of light, like a small sun, radiating from your Solar Plexus helps clear and open it

Sacral

About 2" below your belly button



Emotions, Creativity, Sexuality & Self-Expression

Clearing and expanding your Sacral Chakra helps your emotions flow more freely, heightens your creativity and helps you fully express your true, unique self. Often the Sacral Chakra is clogged due to pent up emotions or any type of trauma or abuse. Visualizing a ball of orange light swirling in this area helps get the energy moving and unblock old, stuck emotions

Root

At the base of your spine
(tailbone)



Your Power Base

Determines your ability to feel safe, secure and grounded, as well as the ability to have and keep money in your life. Your Root forms from birth to 2 yrs of age - often children born into chaotic environments have clogged and closed Root chakras as adults. Imagining a grounding cord coming from your Root and connecting you into Mother Earth helps stimulate and clear your Root. Also you can send anything you're ready to let go of down through this cord.