

CHAKRAS



CROWN CHAKRA:
SPIRITUALITY

THROAT CHAKRA:
COMMUNICATION

SOLAR PLEXUS CHAKRA:
WISDOM|POWER

ROOT CHAKRA:
GROUNDING|BASIC TRUST



THIRD EYE CHAKRA:
AWARENESS

HEART CHAKRA:
LOVE|HEALING

SACRAL CHAKRA:
DESIRE|PLEASURE

OUR CHAKRAS

The correlation between Chakras and Feng Shui practices isn't directly defined in traditional texts of either system, but we as modern practitioners blend these concepts to create a holistic approach to well-being and environmental balance.

The earliest references to concepts resembling chakras can be traced back to the Vedas, ancient Indian scriptures dating back to around 1500–1200 BCE

The detailed system of chakras as we recognize it today is most clearly articulated in Tantric texts, primarily from around 500–1000 CE.

The word "chakra" means "wheel" or "disk" in Sanskrit, signifying these are spinning wheels of energy

Chakras are thought to be energy centers in our body, from the base of the spine to the top of the head. They're like spinning wheels where energy flows. Each relates to different emotions, physical health, and mental states.



CHAKRA SELF QUIZ



ROOT CHAKRA (MULADHARA)

- DO YOU FEEL SAFE AND GROUNDED IN YOUR HOME AND DAILY LIFE?
- ARE YOU OFTEN ANXIOUS ABOUT MONEY, HOUSING, OR SURVIVAL?
- DO YOU STRUGGLE WITH FEELING LIKE YOU BELONG OR HAVE A STRONG FOUNDATION?



HEART CHAKRA (ANAHATA)

- DO YOU LOVE AND ACCEPT YOURSELF AS YOU ARE?
- ARE YOU OPEN TO GIVING AND RECEIVING LOVE?
- DO YOU OFTEN FEEL RESENTMENT, JEALOUSY, OR EMOTIONAL ISOLATION?



THIRD EYE CHAKRA (AJNA)

- DO YOU TRUST YOUR INTUITION AND INNER WISDOM?
- ARE YOU OPEN TO NEW IDEAS AND PERSPECTIVES?
- DO YOU STRUGGLE WITH FOCUS OR IMAGINATION?



SACRAL CHAKRA (SVADHISTHANA)

- ARE YOU COMFORTABLE WITH YOUR EMOTIONS AND EXPRESSING DESIRE?
- DO YOU ALLOW YOURSELF TO ENJOY PLEASURE AND CREATIVITY?
- DO YOU FEEL EMOTIONALLY NUMB OR OVERLY REACTIVE?



THROAT CHAKRA (VISHUDDHA)

- DO YOU EXPRESS YOURSELF CLEARLY AND AUTHENTICALLY?
- ARE YOU AFRAID OF SPEAKING UP OR WORRY WHAT OTHERS THINK?
- DO YOU FEEL HEARD AND UNDERSTOOD?



CROWN CHAKRA (SAHASRARA)

- DO YOU FEEL CONNECTED TO SOMETHING GREATER THAN YOURSELF?
- ARE YOU OPEN TO SPIRITUAL INSIGHT OR HIGHER CONSCIOUSNESS?
- DO YOU FEEL DISCONNECTED OR CLOSED OFF FROM DEEPER MEANING?



SOLAR PLEXUS CHAKRA (MANIPURA)

- DO YOU FEEL CONFIDENT MAKING DECISIONS AND ASSERTING YOURSELF?
- DO YOU OFTEN FEEL POWERLESS OR OVERLY CONTROLLING?
- ARE YOU MOTIVATED TO PURSUE YOUR GOALS?

HOW TO USE THE RESULTS:

ANSWER YES OR NO TO THE QUESTIONS. NOTICE WHERE YOU ANSWERED MOSTLY “NO” -THESE ARE THE AREAS TO EXPLORE AND SUPPORT THROUGH CHAKRA WORK.

YOU CAN ALSO TRY TO MEDITATION AND MUDRA ON THE NEXT PAGE TO FURTHER EXPLORE WHERE YOU MAY HAVE BLOCKS

IDENTIFYING BLOCKED CHAKRAS



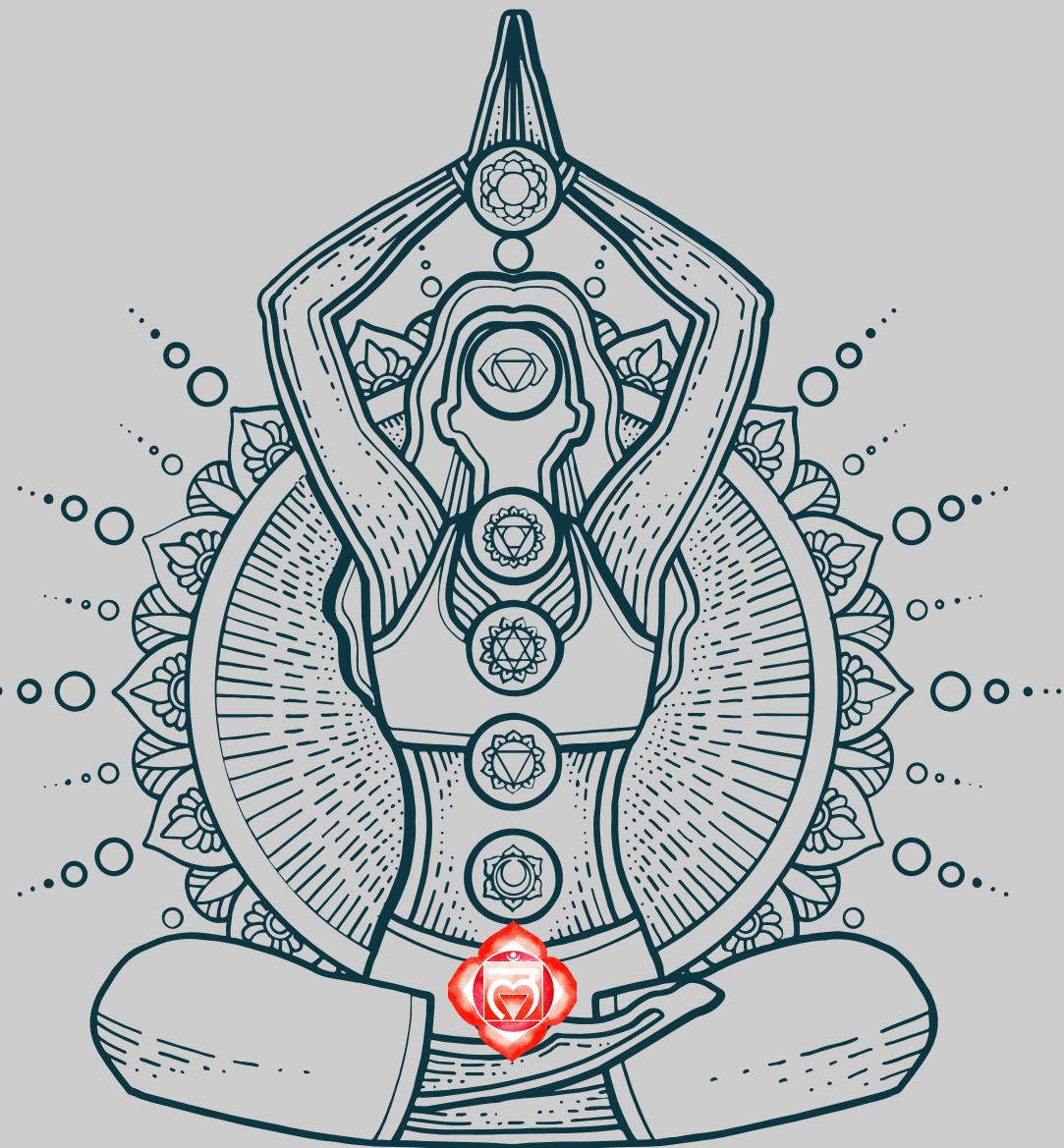
In traditional Indian systems, each finger is associated with an element. The ring finger represents the air element (Vayu). By pressing the ring finger to the thumb, which represents the fire element (Agni), it's believed you can control or balance the air element within the body.

Which is said to have a calming effect on the mind, helping to reduce stress and anxiety, which can be seen as an excess of mental 'air' or movement.

Place your hands in this mudra and feel energy rise up from your root chakra to your crown, notice if your energy gets “stuck” along the way. Then read on to see what it means.



ROOT CHAKRA: MULADHARA



INTRODUCTION:

Nestled at the base of your spine lies the root chakra, known in Sanskrit as Muladhara. This foundational energy center is the cornerstone of our sense of security, grounding, and survival. Just like the roots of a tree anchor it to the ground, a balanced root chakra anchors us to the physical world, providing a sense of stability and security.

POSSIBLE CAUSES OF BLOCK

Growing up in an environment where basic needs like food, shelter or love were inconsistent or lacking. Natural disasters or Accidents, witnessing traumatic events, parental neglect,

PHYSICAL SYMPTOMS OF A BLOCK

Excessive Spending or Materialism: An imbalance might manifest as an obsession with money or material possessions, reflecting a need for security that's not being met energetically.

IMBALANCED:

Insecurity
Safety seems like a luxury
Financial Stress
Disconnection

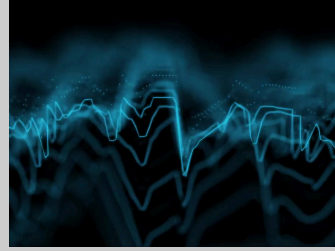
BALANCED:

Contentment
Safety
Stability
Grounding

WHEN OVERLY OPEN:

Can make you overly materialistic or obsessively attached to security, leading to hoarding tendencies or extreme fear of change.

SOLFEGGIO FREQUENCY



Root Chakra: 396hz

This frequency is used for turning grief into joy, liberating guilt and fear by bringing down the defense mechanisms.

YOGA POSE FOR OPENING:

Mountain Pose (Tadasana): Enhances grounding and stability.

FENG SHUI CURE

Color Therapy: Red.

Element: Earth

Square Shapes

Stability and Structure

Heavy Furniture

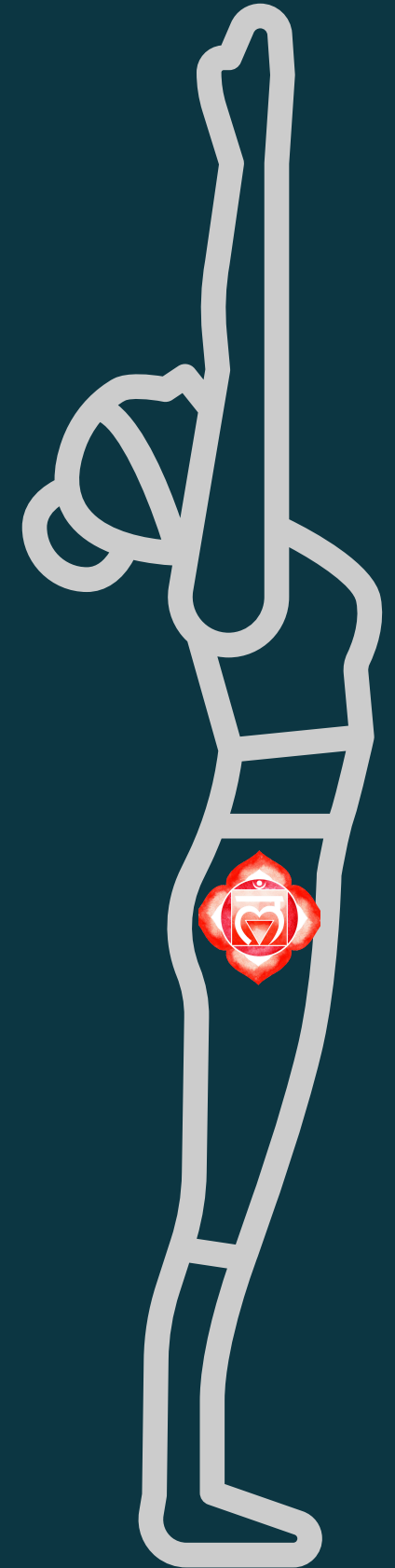
Images of Mountains or Caves

Sound Therapy: Drums or music with a strong, steady beat

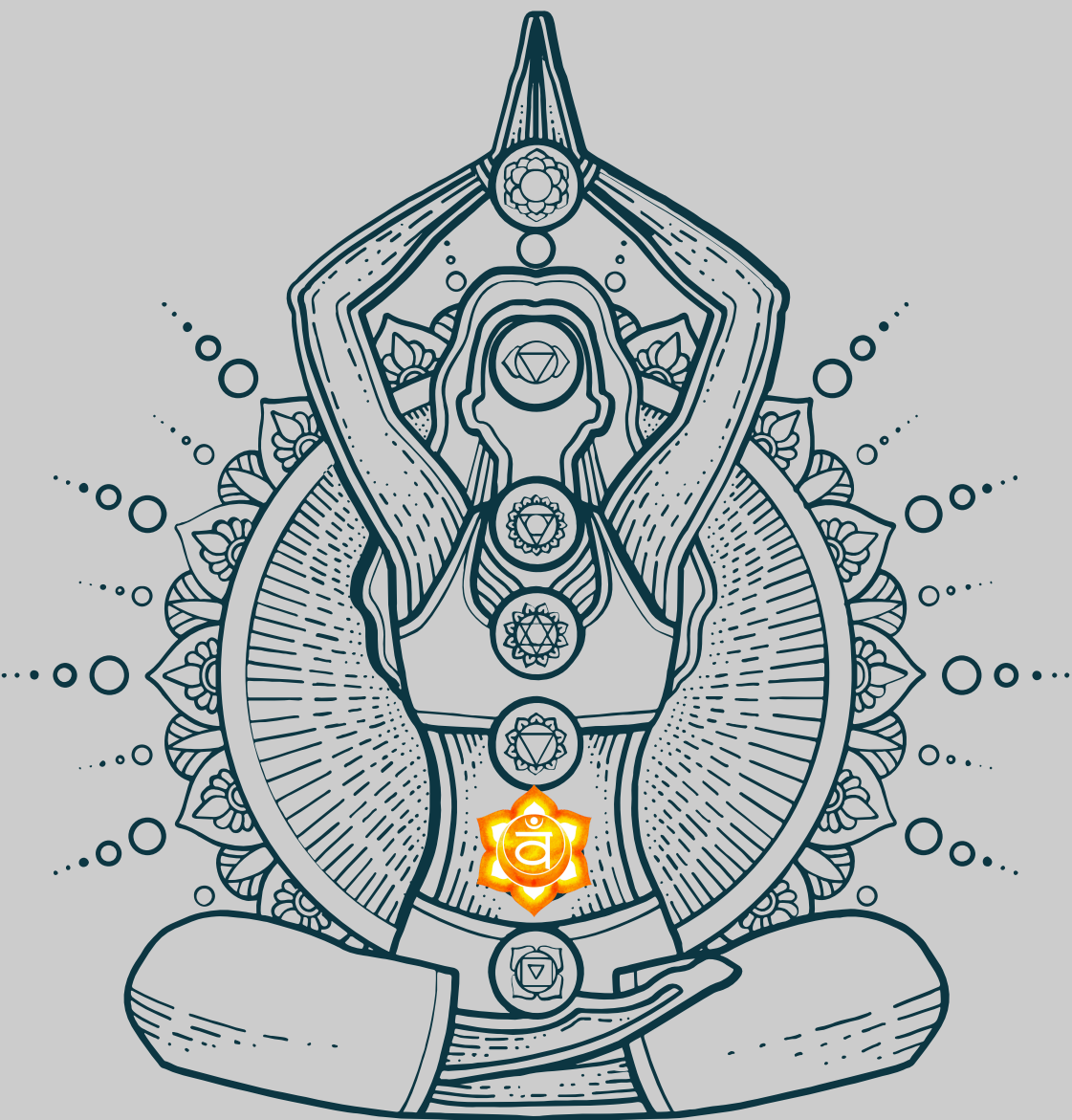
Personal Items: Family heirlooms.

Aromatherapy: cedarwood, patchouli, or vetiver

ROOT CHAKRA: MULADHARA



SACRAL CHAKRA: SVADISTHANA



INTRODUCTION:

The sacral chakra, Svadhishthana, is the vibrant center of creativity, sexuality, and emotional health, located just below your navel. Imagine this chakra as a river, flowing with the currents of life, where emotions, creativity, and sensuality mingle. A lack of motivation, social withdrawal, or even unexpected weight changes can hint at this chakra's misalignment.

IMBALANCED:

Emotional Turmoil: Frequent mood swings or feeling emotionally detached.

Blocked Creativity: Struggling to find your muse, feeling creatively barren.

Intimacy Issues: A diminished libido or challenges in forming deep connections.

Physical Manifestations: Lower back pain, digestive woes, or reproductive health issues.

BALANCED:

Emotional Fluidity: A natural ebb and flow of emotions, handled with grace.

Creative Expression: A wellspring of inspiration, where ideas flow freely.

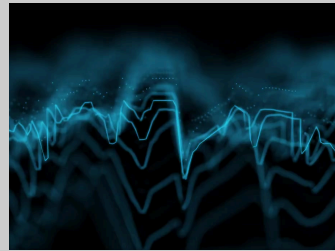
Healthy Libido: A balanced enjoyment of sensuality and intimacy

WHEN OVERLY OPEN:

Emotional Overload: Emotional sensitivity might overwhelm, leading to instability.

Excessive Sensuality: An overindulgence in pleasures, potentially leading to addictive behaviors.

SOLFEGGIO FREQUENCY



Sacral Chakra: 417 Hz

Known for facilitating change, removing negativity, and allowing positive transformations in life.

YOGA POSE FOR OPENING:

Bound Angle Pose (Baddha Konasana): Opens the hips and groins, promoting flow.

FENG SHUI CURE

Color Therapy: Orange resonates with the sacral chakra.

Decor items, paintings, or even lighting with an orange hue.

Water Elements: fountains, fish tanks, or images of water.

Movement and Flow: Items like mobiles, wind chimes, or anything that moves gently with air.

Art supplies, musical instruments, or any hobby-related items.

Plants: Live plants, especially those with round or full leaves, can represent growth and the life force

Crystals: carnelian, orange calcite, or moonstone.

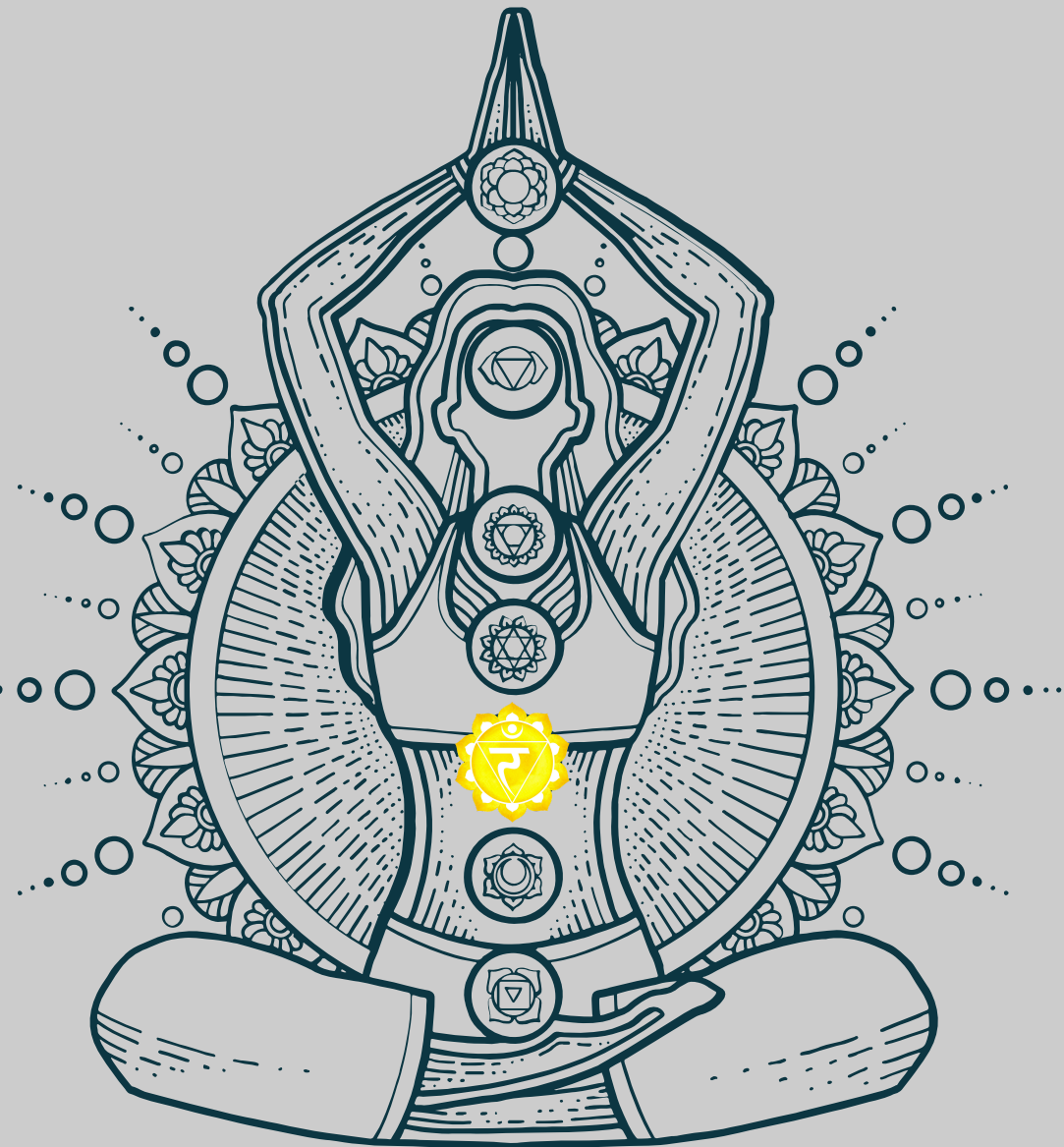
Personal Items: Place items that evoke passion, pleasure, or personal creativity

Aromatherapy: Jasmine, Rose, or Ylang-Ylang

SACRAL CHAKRA: SVADISTHANA



SOLAR PLEXUS CHAKRA: MANIPURA



INTRODUCTION:

The solar plexus chakra, Manipura, is the fiery core of our being, nestled in the upper abdomen. It's where we harness our personal power, radiate confidence, and assert our will. It's element is Fire, representing transformation, energy, and action.

POSSIBLE CAUSES OF BLOCK

Criticism or Rejection, particularly from authoritative figures like parents or bosses, Lack of Recognition, can lead to a feeling of invisibility. Unresolved issues from past lives. Growing up in a culture that suppresses individuality.

PHYSICAL SYMPTOMS OF A BLOCK

Fidgeting or Restlessness. This might indicate a need for control or a lack of self-esteem, suggesting this chakra, which governs personal power and will, might be out of balance.

IMBALANCED:

- Digestive issues from ulcers to IBS
- Chronic fatigue or unexplained weight changes
- Low Self-Esteem
- Difficulty Making Decisions
- Feeling Powerless
- Anger or Frustration

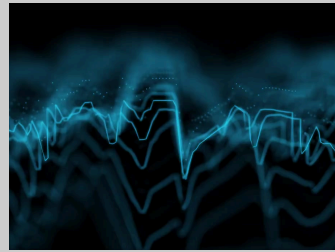
BALANCED:

- High Self-Esteem,
- Assertiveness
- Strong Motivation and Drive
- Emotional Balance
- Optimism

WHEN OVERLY OPEN:

Arrogance, control issues, or an inability to relax due to constant power struggles.

SOLFEGGIO FREQUENCY



Solar Plexus Chakra: 528 Hz,

Known as the "Love Frequency". This frequency is associated with transformation and miracles, DNA repair, and bringing harmony and balance.

YOGA POSE FOR OPENING:

Boat Pose (Navasana): Strengthens core, symbolizing personal power.

FENG SHUI CURE

Color Therapy: The Solar Plexus Chakra is associated with the color yellow.

Yellow cushions, lamps or even walls painted in shades of yellow. Yellow crystals citrine or amber

Lots of natural light, or use bright, warm artificial lighting.

Fire Element: Candles, fire imagery or small indoor fire feature.

Images of the sun, mandalas, or even motivational quotes that resonate with themes of confidence and self-assertion.

Plants like the yellow butterfly flower or any other yellow foliage can mimic the sun's energy

Sound Therapy: Music in 528hz

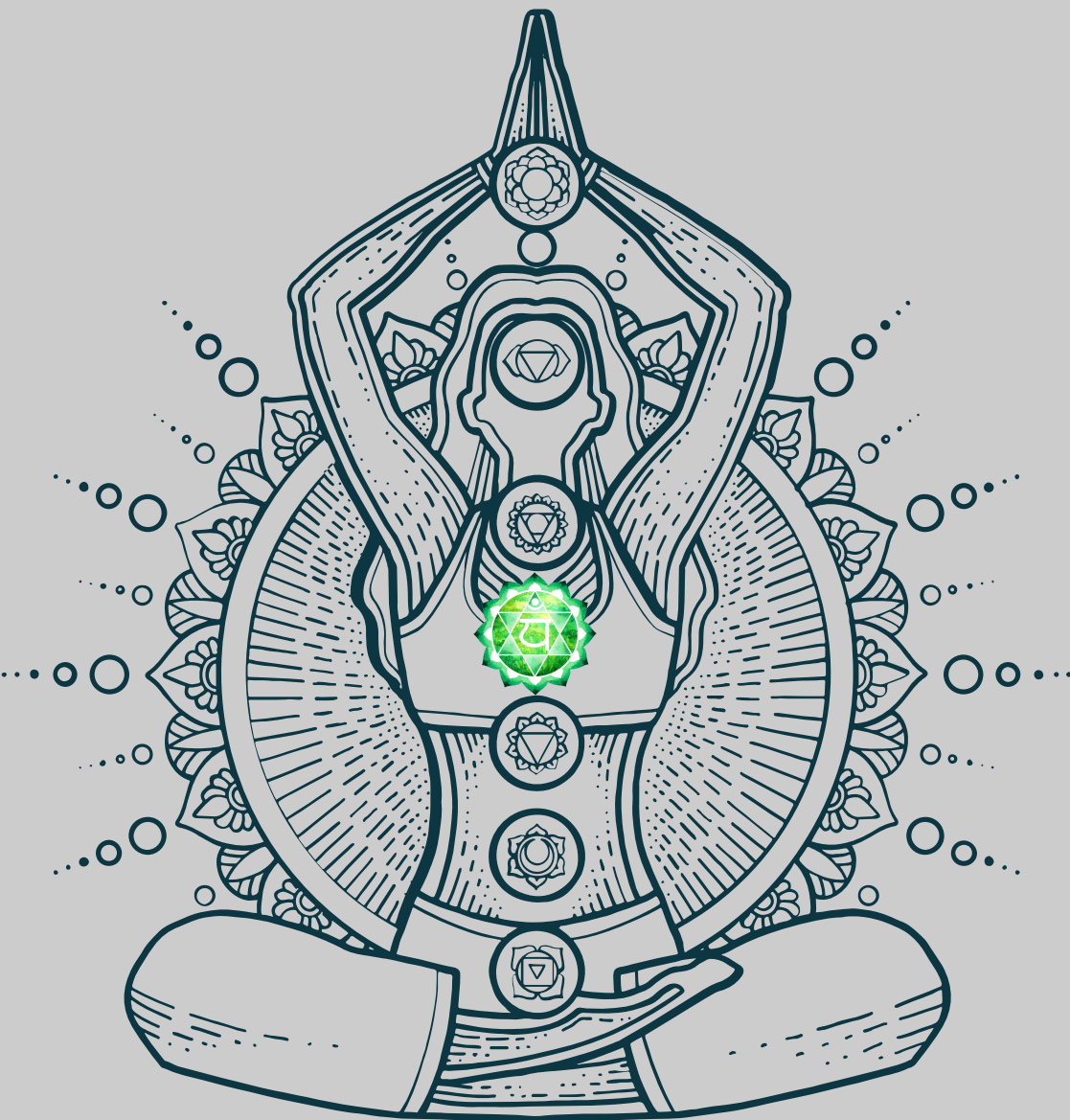
Personal Items: Place symbols or artwork that represent personal power, strength, or success where you can see them.

Aromatherapy: lemon, ginger, or rosemary.

SOLAR PLEXUS CHAKRA: MANIPURA



HEART CHAKRA: ANAHATA



INTRODUCTION:

At the center of our chest, the heart chakra, known as Anahata, reigns as the bridge between our physical and spiritual selves. This chakra, associated with love, compassion, and emotional balance, is pivotal for our interactions with the world

POSSIBLE CAUSES OF BLOCK

Experiencing the loss of a loved one. Childhood physical abuse, Unresolved grief, Holding onto grudges, negative self-talk.

PHYSICAL SYMPTOMS OF A BLOCK

Cold hands or feet. Inability to Clean or Care for Oneself: This might reflect a deeper emotional blockage where self-love and care are neglected, manifesting in physical neglect. Nail Biting or Skin Picking. These habits could be signs of anxiety or emotional insecurity, potentially linked to a heart chakra imbalance, which is about love, compassion, and emotional connection.

IMBALANCED:

Emotional Barriers
Respiratory Issues/Poor circulation
Fear of Intimacy
Inability to Forgive

BALANCED:

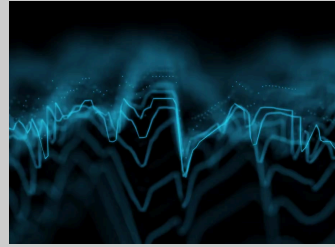
Love and Compassion
Good Health
Physical Wellness
Emotional Balance

WHEN OVERLY OPEN:

Codependency: Losing oneself in others' needs, neglecting personal boundaries.

Exhaustion: Emotional fatigue from absorbing others' feelings without healthy separation.

SOLFEGGIO FREQUENCY



Heart Chakra :639 Hz

This frequency connects with relationships, fostering understanding, tolerance, and love.

YOGA POSE FOR OPENING:

Heart Chakra (Anahata)

Camel Pose (Ustrasana): Opens the chest, promoting love and compassion.

Bridge Pose (Setu Bandhasana): Lifts the heart center, fostering openness.

Cow Face Pose (Gomukhasana): Stretches the shoulders and chest, enhancing heart energy.

FENG SHUI CURE

Color Therapy: Green and Pink, These colors are associated with the heart chakra. Incorporate more green (the primary color for the heart chakra) through plants, green decorations, or even wearing green. Pink, representing the higher heart chakra or unconditional love, can also be used.

Crystals and Stones: Rose Quartz, Green Jade or Aventurine.

Wooden elements like furniture or even a wooden wind chime can represent growth and vitality.

Art and Symbols Heart Imagery: Art depicting hearts, love, or even abstract green art

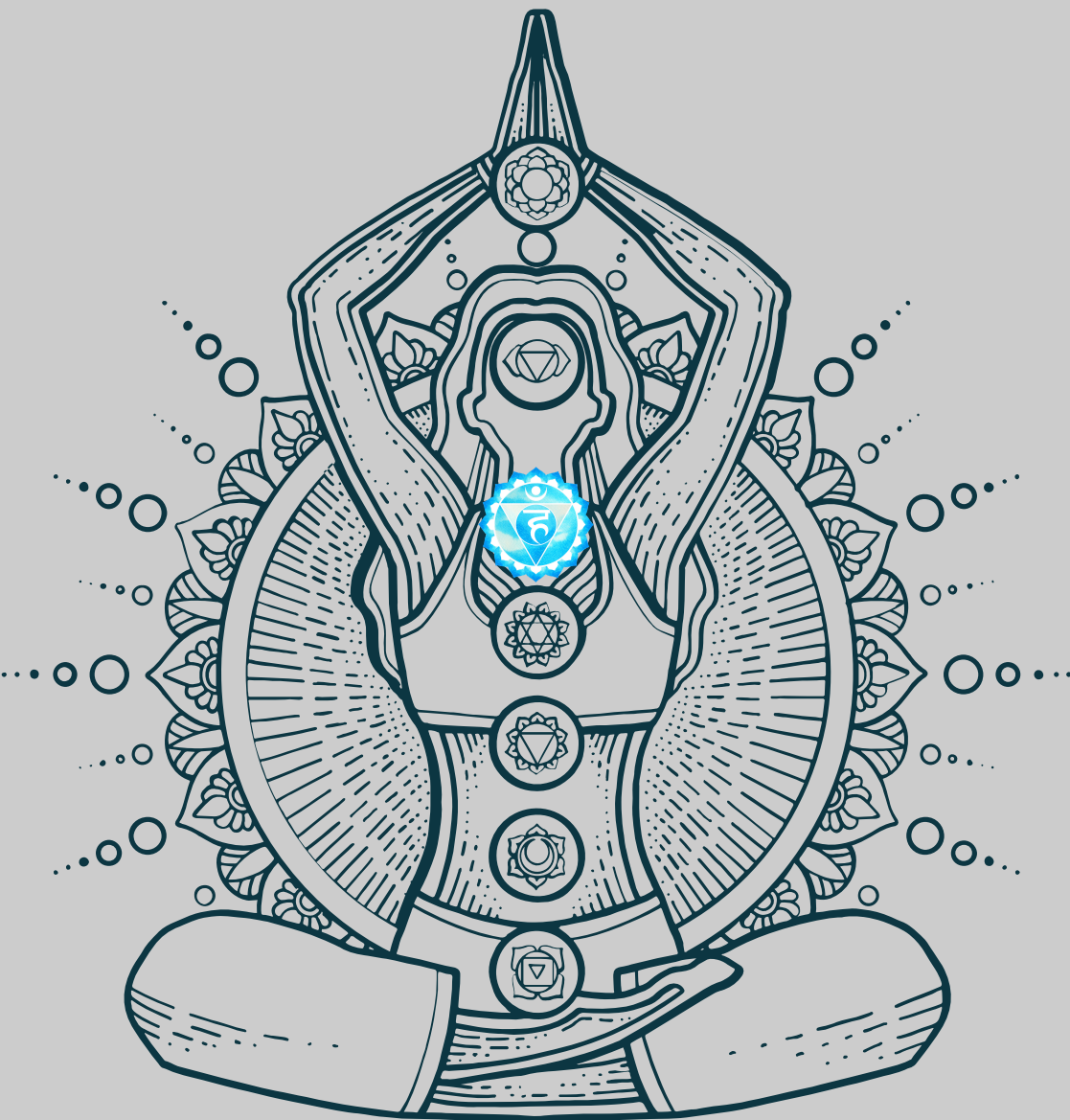
Personal Items: Item that have sentimental value like photos or mementos from loved ones..

Aromatherapy: Rose, Bergamont or Jasmine

HEART CHAKRA: ANAHATA



THROAT CHAKRA: ANAHATA



INTRODUCTION:

Located at the throat, the throat chakra, or Vishuddha is your personal microphone to the world, amplifying your unique voice. When in harmony, Vishuddha bestows upon us the gift of clear communication, creative expression, and the courage to speak our truth.

POSSIBLE CAUSES OF BLOCK

Bullying or Suppression: Being told to be silent or that your voice doesn't matter. Humiliating or competitive parent, Guilt and Shame: Unspoken words, lies, or truths left unsaid can weigh heavily, manifesting as a block in communication.

PHYSICAL SYMPTOMS OF A BLOCK

Neck Tension or Sore Throats: Your body's way of signaling that your voice is being stifled, or emotions are being held back. Frequent Throat Clearing or Stuttering: A physical struggle that mirrors the internal battle to express oneself. Dental and Jaw Issues: Conditions like TMJ might not just be about physical alignment but could also reflect inner disharmony.

IMBALANCED:

Difficulty in Self Expression
Chronic Dishonesty
Feeling Misunderstood
Extremes in Speech

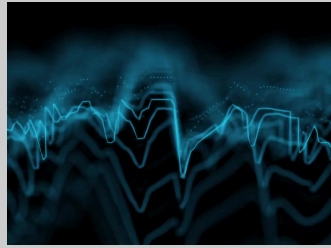
WHEN OVERLY OPEN:

Speaking without thinking, oversharing, or using communication manipulatively.
Manifestation: Gossip, lying, or speaking without considering the impact on others.

BALANCED:

Effective Communication
Enhanced Listening
Increased Creativity
Ability to Speak Your Truth
Increased Self Respect

SOLFEGGIO FREQUENCY



Throat Chakra: 741 Hz

Used for solving problems, expressing one's truth, and creativity. It helps in cleaning the cells and detoxifying the body.

YOGA POSE FOR OPENING:

Fish Pose (Matsyasana): Opens the throat and chest, aiding in communication.

FENG SHUI CURE

Color Therapy: Blue and Turquoise Colors

Decor items : Art work that depicts your truth, Mirrors

Water Elements: fountains or images of flowing water

Pathways and work spaces should be clear of clutter

Singing or Chanting: Especially sounds like "HAM"

Crystals: aquamarine, blue lace agate, or turquoise

Personal Items: Journals for journaling your truth

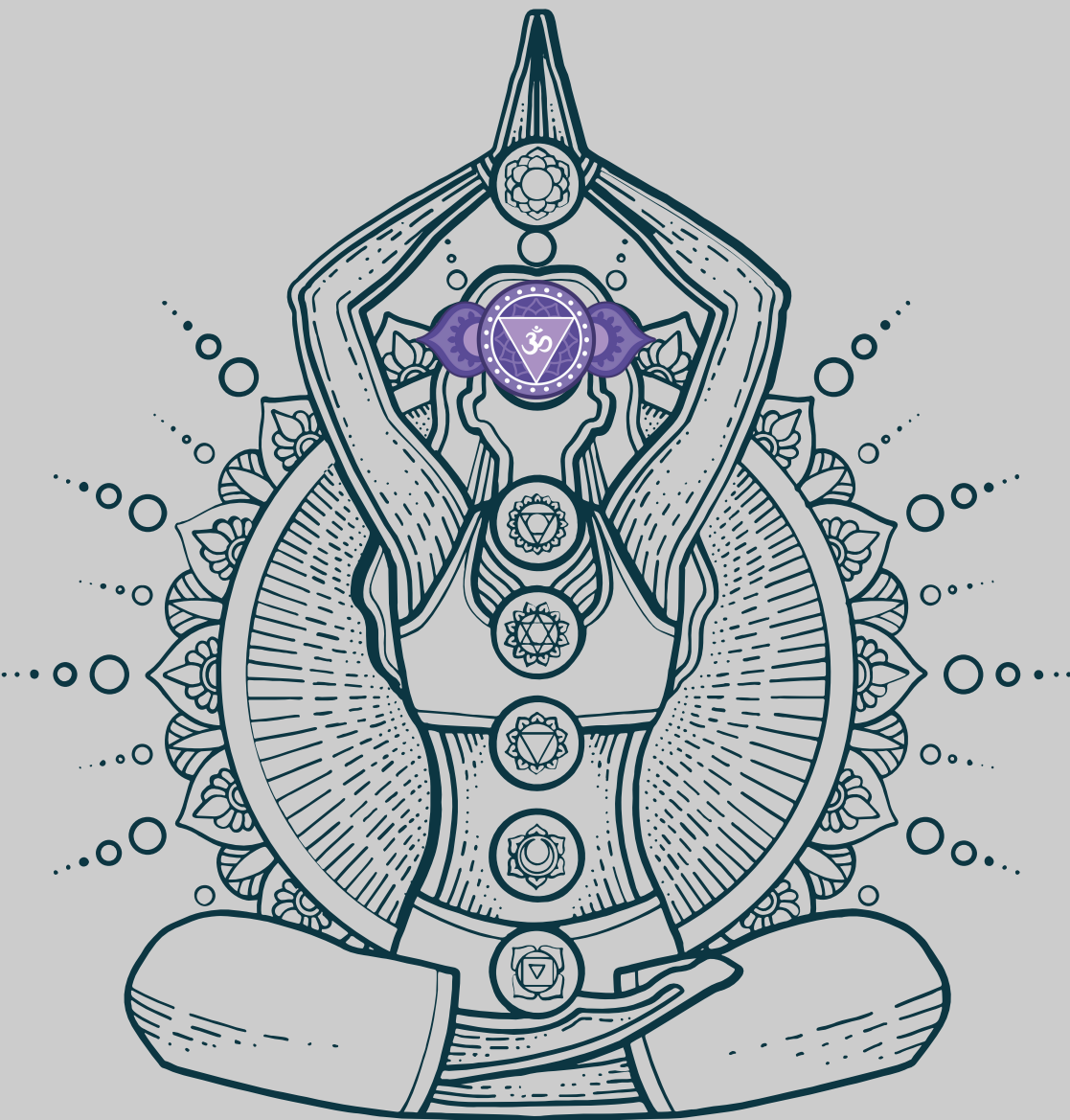
Aromatherapy: Eucalyptus, Peppermint, Chamomile

THROAT CHAKRA: ANAHATA



THIRD EYE CHAKRA:

AJNA



INTRODUCTION:

Nestled between the brows, the third eye chakra, Ajna, is our inner compass, blending the seen with the unseen, guiding us with intuition and wisdom.

POSSIBLE CAUSES OF BLOCK

Inconsistent Care giving, Rigid and Suppressive family, Intellectual shaming

PHYSICAL SYMPTONS OF A BLOCK

Temporary Vision Issues or Enhanced/Blurry Vision: These could be signs of this chakra being out of balance, especially if accompanied by confusion or lack of clarity in life decisions.

Rubbing ones temples, migraines

IMBALANCED:

Clear Vision
Enhanced Sleep
Improved Memory
Strong intuition
Insight
Mental Clarity

BALANCED:

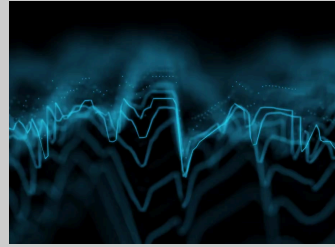
Brain Fog
Lack of Intuition
Feeling Disconnected
Indecisiveness
Depression

WHEN OVERLY OPEN:

Delusions, hallucinations, or becoming overly detached from reality.

Overwhelm from Psychic Information: An overly active third eye might result in being flooded with intuitive insights or psychic impressions to the point where it becomes difficult to function

SOLFEGGIO FREQUENCY



Third Eye Chakra: 852 Hz

This frequency aids in returning to spiritual order, awakening intuition, and promoting a higher understanding.

YOGA POSE FOR OPENING:

Child's Pose (Balasana): Promotes introspection and inner wisdom..

FENG SHUI CURE

Color Therapy: Indigo or Deep Violet Colors

Decor items : The Om symbol, The Lotus, or The Third Eye

Artwork: Open Skies, Vast Landscapes, or Elements of Space

Light Elements: Increase natural light or use bright artificial light in the area where you spend much of your time thinking or meditating

Reduce Electromagnetic Fields (EMFs) around your sleeping or meditation area

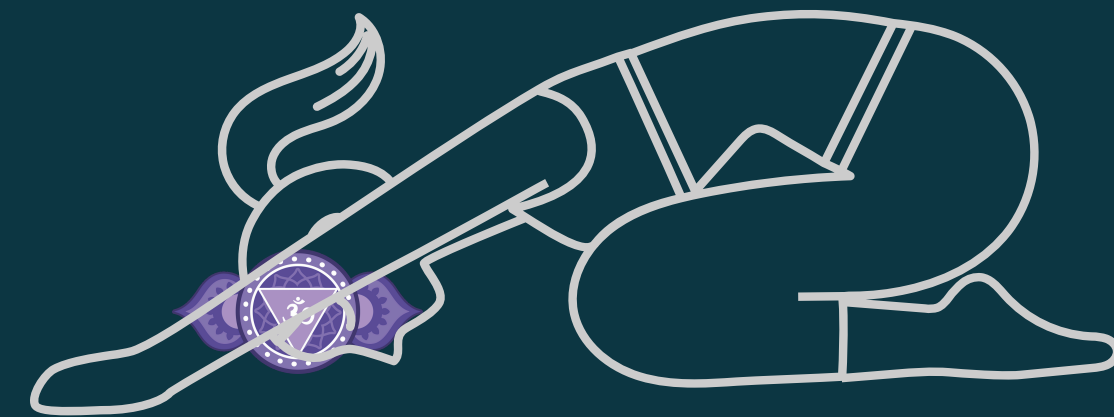
Singing or Chanting: Especially sounds like “Om”

Crystals: Amethyst, Lapis Lazuli, and Clear Quartz

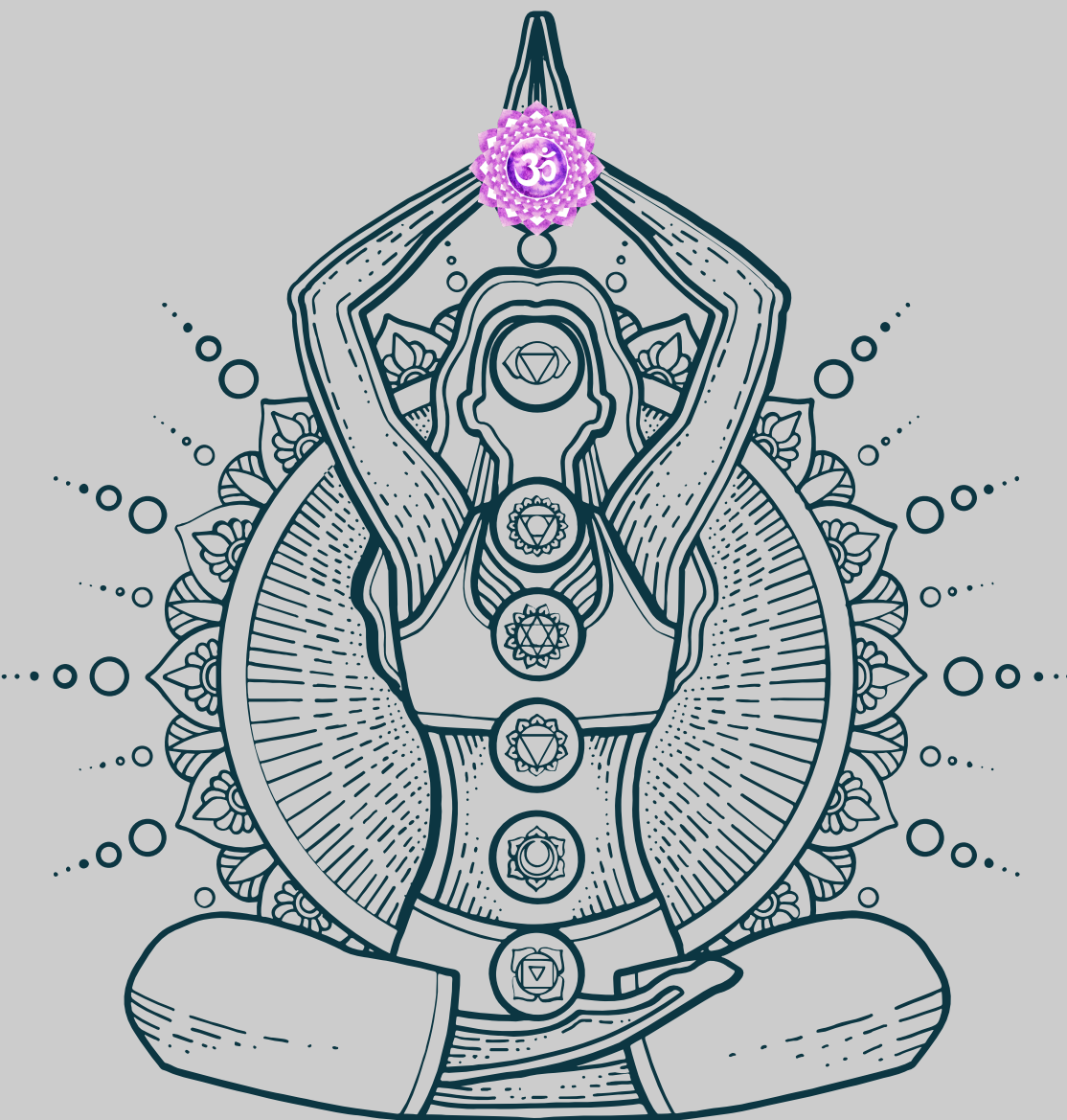
Personal Items: Journals for journaling your truth

Aromatherapy: Lavender, Frankincense, Sandalwood, or Juniper

THIRD EYE
CHAKRA:
AJNA



CROWN CHAKRA: SAHASRARA



INTRODUCTION:

At the top of our head, the crown chakra, or Sahasrara, acts like our personal antenna, linking us to broader perspectives and higher thinking, where personal growth meets collective consciousness.

POSSIBLE CAUSES OF BLOCK

Growing Up in an Overprotected Environment. Overwhelm, Sensory Overload, Lack of Quiet Time.

Fear of Losing one's identity or control

PHYSICAL SYMPTONS OF A BLOCK

Excessive Daydreaming or Escapism Feeling Overwhelmed by Small Tasks

IMBALANCED:

Disconnected From Spirituality

Lack of Purpose

Close Mindedness

Insomnia

Overly Controlling

BALANCED:

Inner Peace

Increased Insight and

Understanding

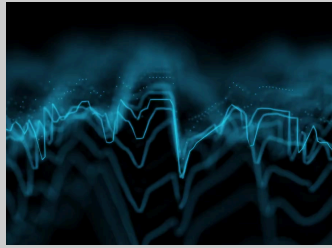
Compassionate

Feel Guided by a Higher Wisdom

WHEN OVERLY OPEN:

A sense of being "too spiritual" or disconnected from the physical world, potentially manifesting as neglect of one's physical needs or responsibilities.

SOLFEGGIO FREQUENCY



Crown Chakra: There isn't a universally agreed-upon single frequency for the Crown Chakra due to its connection with higher consciousness and the universe. However, some use:

963 Hz for pure, oneness, and connecting with the divine source, or

111 Hz for its connection to the Schumann Resonance, the Earth's natural frequency, believed to resonate with the human consciousness.

YOGA POSE FOR OPENING:

Headstand (Sirsasana): Directs blood flow to the brain, aiding in connection to higher consciousness.

FENG SHUI CURE

Color Therapy: Violet or White

Decor items : Violet or White Flowers, items of spiritual significance like statues of deities or angels

Artwork: Images of Ascended Masters or Saints, images of natural scenes of the sky or clouds

Abstract art with circles or spirals, depicting the cycle of life.

Light Elements: Uplighting: Soft, White or Violet Lighting

Crystals: Amethyst, Clear Quartz, or Selenite

Personal Items: Items that evoke a sense of connection to something greater than oneself

Aromatherapy: Lavender or Frankincense

CROWN CHAKRA: SAHASRARA

