

# CHAKRA ENERGIES OF THE ASTRAL BODY

6 - 12 inches beyond the physical body

1. **Astral Root:** Your love and appreciation for your own body, your love and appreciation (or unhealthy attachment) to your tribe/family/community/city/country/planet.
2. **Astral Sacral:** Creativity, love of the creative process, appreciation for the people with whom we co-create.
3. **Astral Solar Plexus:** Self-respect, self-care.
4. **Astral Heart:** Forgiveness, kindness.
5. **Astral Throat:** Love of communication, loving others enough to share your personal truth without fear of judgment—and allowing them to share their truth, also without judgment.
6. **Astral 3<sup>rd</sup> Eye:** Open to the ideas of others, open-minded.
7. **Astral Crown:** Selflessness, serving the higher good of all, (entity attachments).

Visit <https://allcanheal.com/subtle-bodies>

for recommendations to strengthen these chakra and subtle body energies.