

# CHAKRA ENERGIES OF THE EMOTIONAL BODY

1 - 3 inches beyond the physical body

1. **Emotional Root:** Feeling at home; feeling comfortable in your body, feeling safe and secure, awareness of/alignment with physical likes and dislikes.
2. **Emotional Sacral:** Sensual enjoyment, how we feel about sex, how we feel about cash, how we feel about our interactions with others (feelings of guilt, codependent behavior).
3. **Emotional Solar Plexus:** Courage (fear), self-esteem.
4. **Emotional Heart:** Love (hate, resentment, bitterness, grief, anger, loneliness), sentimental feelings.
5. **Emotional Throat:** Clear and appropriate emotional expression (repressed emotions).
6. **Emotional 3<sup>rd</sup> Eye:** Emotional intelligence, feelings of adequacy, self-worth.
7. **Emotional Crown:** Feeling inspired, hopefulness, faith.

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

for recommendations to strengthen these chakra and subtle body energies.