

CHAKRA ENERGIES OF THE MENTAL BODY

3 - 8 inches beyond the physical body

1. **Mental Root:** Beliefs about your role in society and your role on earth, beliefs about your ability to support yourself and provide for your physical needs, beliefs about your body and its ability to heal, beliefs about safety and security.
2. **Mental Sacral:** Control issues (need to control others vs. allowing others to experience life as they choose), thoughts and beliefs about energy exchange, thoughts and beliefs about cash, thoughts and beliefs about sex.
3. **Mental Solar Plexus:** Trust, self-confidence, focus, clarity.
4. **Mental Heart:** Commitment, caring.
5. **Mental Throat:** Evaluation, discernment (judgment of self and others, criticism of self and others).
6. **Mental 3rd Eye:** Intellect, focus, concentration, memory.
7. **Mental Crown:** Values, ethics, humanitarianism.

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

for recommendations to strengthen these chakra and subtle body energies.