

## The Seven Main Chakra

The **CROWN** chakra is violet and is associated with cosmic awareness, highest spirituality, and complete integration with Source.

The **THROAT** chakra is AZURE BLUE. It is associated with communication, expression and speaking one's truth.

The **SOLAR PLEXUS** chakra is YELLOW and is associated with issues of personal power, emotions (especially blocked emotions), passion for living, and the ability to protect oneself from being the target of negative or aggressive emotions.

The **ROOT** chakra is RED and is located at the base of the spine. It is associated with issues of survival, drive, ambition, grounding one's energy in the physical dimension, your life forces, and balancing experiences that create "fight or flight".

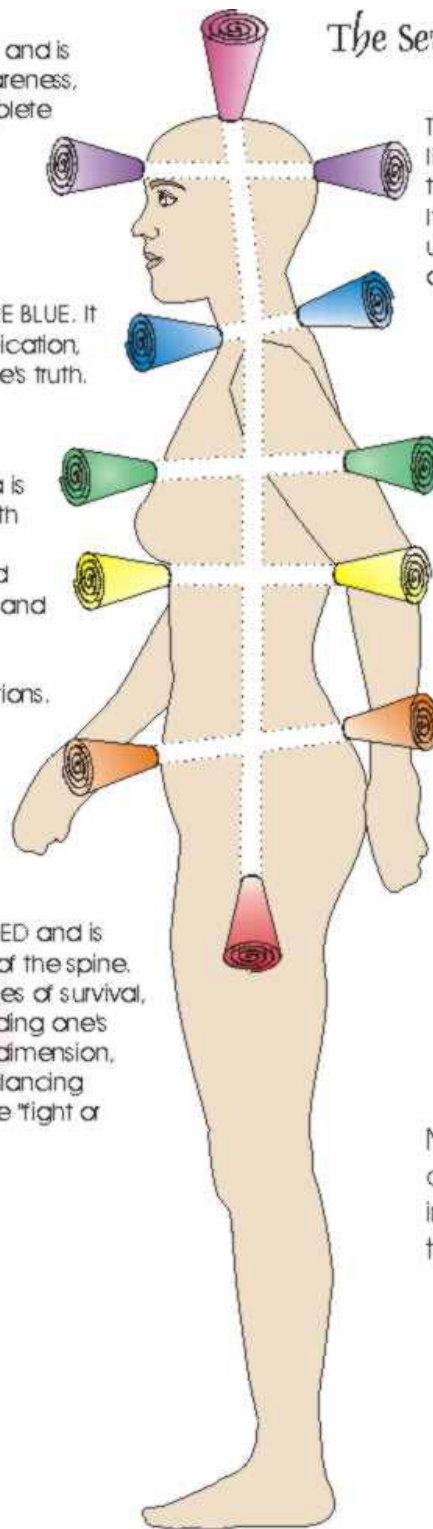
### *The Seven Major Chakras*

The **THIRD EYE** chakra is DARK INDIGO BLUE and located in the center of the forehead. It is associated with intuition, understanding, visualization, and inner vision.

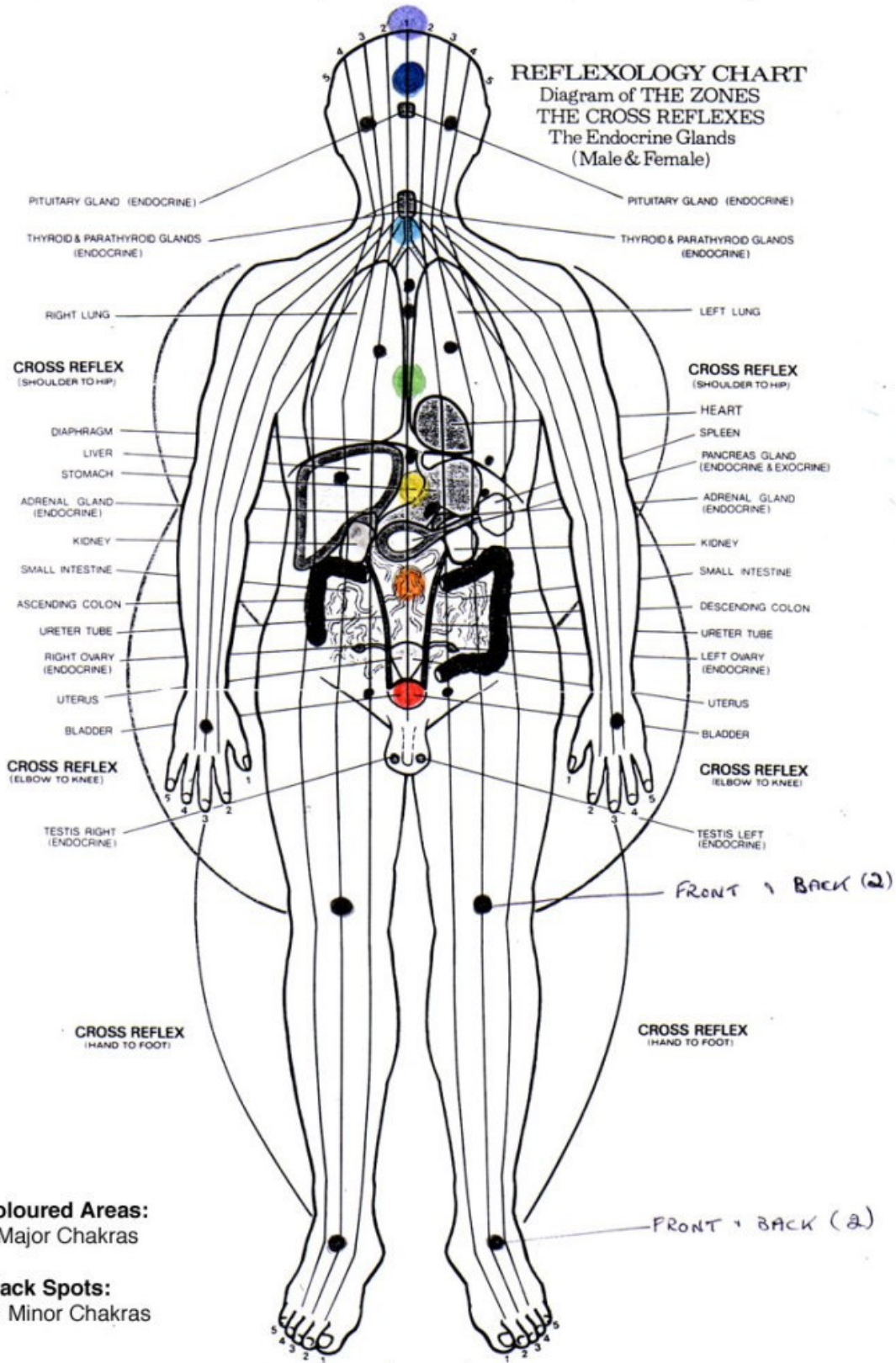
The **HEART** chakra is GREEN and is positioned in the center of the chest, usually shown to be even with the nipple line. It is associated with compassion, friendship, empathy and the ability to give and receive love.

The **SACRAL** chakra is ORANGE, is positioned in the area between the navel and the pubic bone or aligned with the sexual organs - ovaries or testes. It is associated with creativity, sexuality, relationship, and reproduction.

Note: the backside of the chakras reflects the influence of the Will on these centers.



## Reflexology Chart Showing Major and Minor Chakra



## Chakra Healing

**Please use this method for self healing, and not for carrying out work on other peoples' chakras.**

Sit or lie down and relax.

To create an energy ball, place your hands together in prayer position, bring them apart slowly, then back together, you will begin to feel energy building up between your hands.

**Use this method to scan each chakra.**

Most people will feel a resistance or some difference about 20cms apart as they intend to know the openness of each chakra . You will soon know your norm and detect any variation which needs attention.

There is no need to delay on chakras which are 'standard for you' for more than twenty seconds if you are short of time: just give thanks for a healthy chakra and move on .

Now to start the sequence you focus your mind on your feet chakras. Check with your hands for the gap and if it feels too narrow or there is no resistance drop your hands to your lap facing each other and imagine you are working an energy ball or building energy between your hands and when you feel strong energy between your hand know that this is also in your chakra so move on towards the root chakra, doing the same measuring after prayer position dropping hands to lap , then moving on to the Sacral chakra, solar plexus , heart, throat, third eye and crown chakra, finally working on the Chakra of Healing, this is attached to the heart but is outside of the body, and can be imagined as a golden light coming on and surrounding the body. .As you move on, place your mind within each chakra or say the name in you mind as you start work.

**Remember** if at any time you don't feel the energy between your hand after a while for any chakra, go back to that chakra later when the next is free and work on it by feeling loving thoughts and moving your hands gently in and out so that you can feel the energy flowing. At all times you should feel energy in your feet. With the crown chakra and third eye chakra do not worry if these are slightly smaller when you start out as they sometimes take time to develop.

When finished remember to ground yourself possibly by placing one hand above and one below or pointing your hands towards the ground intending all disruptive or stale energies be released and that the best balance be obtained at



this time, then bring your hands back into prayer position for the last time remembering to give thanks to whom ever you believe in, to your creator.

**Self healing top down after this is recommended.**

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If you have trouble with this method, then instead of imaging that you are working an energy ball between your hands, just do it manually until you get the hang of it. Bringing your hands together in prayer formation, slowly apart, together, apart, together, and apart, while concentrating on the chakra you are working at.

When you are confident with working on your chakra, you may add a chant to each chakra that will also help clean and balance that chakra. This sounds are listed in the table below.

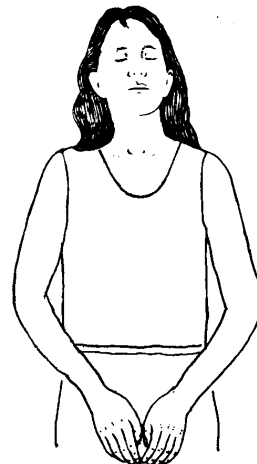
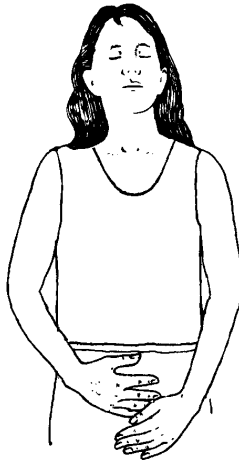
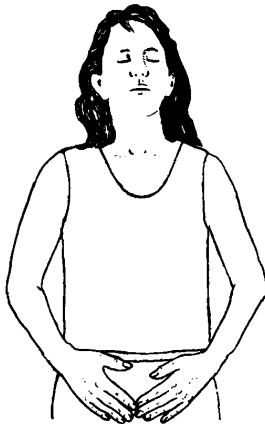
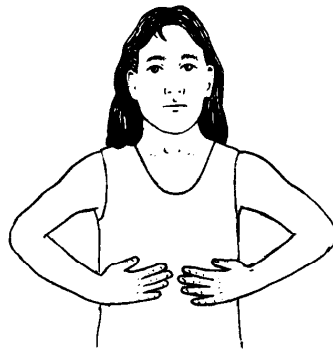
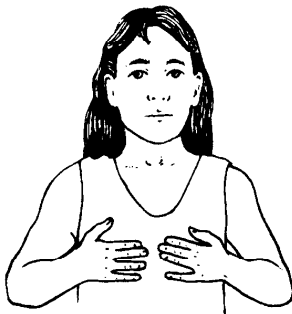
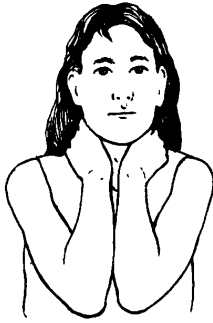
### The Seven Major Chakras

Chakra	Location	Color	Sound	Domain and Characteristics
Crown Chakra, 7th, Sahasrara	Crown of Head	Violet	Aum	Governs brain, nerves, Soul energy. Forms spiritual awareness, Divine Energy
Third Eye, 6th, Ajna	Center of Forehead	Indigo	OM	Pituitary, pineal glands, Spinal cord, Eyes, ears, Sinuses. Spiritual Intuition. Knowledge of Higher Self
Throat Chakra, 5th, Vishuddha	Center of Throat	Sky Blue	HUM	Vocal cords, Thyroid, neck, mouth. Communication, Voice, Awareness of own needs, Is knowledge in motion
Heart Chakra, 4th, Anahata	Center of Chest	Green or Pink	YAM	Heart, lungs, diaphragm, breasts, Circulation, Breath. Ability to give or receive. Unconditional love. Expression of Spiritual feelings
Solar Plexus, 3rd, Manipura	Diaphragm	Yellow	RAM	Liver, stomach, pancreas, kidneys, adrenals, Digestion. Seat of Will and Manifestation Amount of personal Power, Control
Creative or Sexual Chakra, 2nd, Swadhisthana	Lower Abdomen	Orange	VAM	Reproductive System, Bladder, Intestines. Level of Creativity, Sexual Expression, Energy of Self- Affirmation.
Root Chakra, 1st, Muladhara	Perineum	Red	LAM	Coccyx, Sacrum, Rectum Level of Groundedness, Survival Instinct. Link to the earth, Forms your perception of reality

## Self Healing - Hand Positions

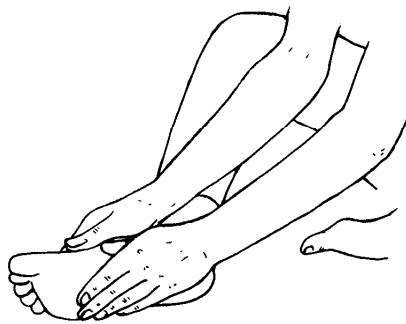
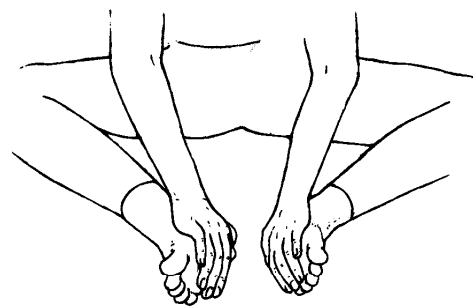
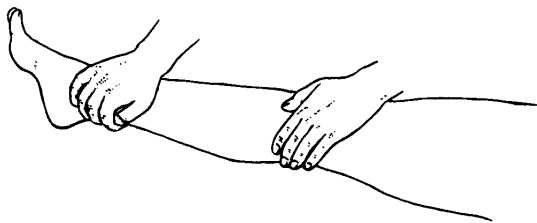
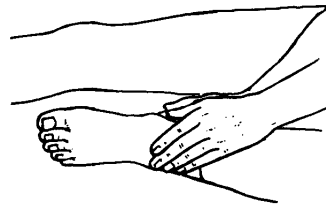
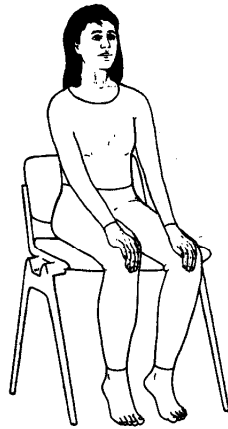
Once you have completed the Chakra healing exercises, it is advised that you then self heal from top down. This is done by placing your hands in the positions and order in the following pictures, and while placing your hands there, intending for healing energy to pass from your hands to your body





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When finished self healing point towards to the ground and say either aloud, or intend for all negative energy to flow from your feet into the earth.

Ground yourself by imagining roots coming from your feet, into the earth, negative energy passing from your body down your roots into the ground. Imagine positive energy coming from the earth up the roots into you body, and a white light of positive energy flowing from the universe above you, in through your Crown Chakra, down through your body.

Remember to drink plenty of water after chakra healing and self healing.