

THE 7 MAIN CHAKRAS

The First chakra is called the “ROOT” or “BASE” / Color - RED, BROWN & BLACK

Location: Base of the spine

Central needs: are protection, survival, security, safety, self-preservation and grounding

We connect (ground) to the material world through this chakra. When we are trying to create things for ourselves in business or we seek material possessions, the energies flow from this centre. It is the foundation of our physical body. From this centre comes our strength of character. It helps define who we are in many of life's situations.

BLOCKED: feel irritation, have fear, insecurity, greed, selfishness, anxiety, frustration and lack of confidence

OPEN: feel balanced, focused, feel open, optimistic, happy, healthy, positive attitude

PHYSICAL BODY: legs, lower back, bones, spinal column, colon and kidneys

PHYSICAL ALIMENTS associated when blocked: knee problems, back problems, kidney trouble

The Second chakra is called the “Belly” or “Sacral” COLOR - ORANGE

Location: Two inches below the navel

Central needs: are sexuality, sensuality, creativity, open-mindedness, intuition, self-worth and this is where our emotions come from.

It is through this centre that we express ourselves emotionally and sexually. It gives us the ability to relate to others when we are open. It allows us to feel, to accept, work with and let go of our emotions.

BLOCKED: may feel distrusting, self-centered, untrusting, emotionally explosive, manipulative, jealous, cold, be hyper-sensitive, feel confused, have uncertainty, feel guilt, or have sexual obsessions

OPEN: tolerant, patient, feel pleasure, have fluidity, are friendly, feel open, have self-worth, have vitality, you may have concern for others and have creative confidence

PHYSICAL BODY: reproductive and urinary organs, intestines

PHYSICAL ALIMENTS associated when blocked: constipation, eating disorders, drug abuse and bladder infections

The Third chakra is called the “SOLAR PLEXUS” (HONOR THYSELF) COLOR - YELLOW

Location: Center behind the stomach, base of the rib cage

Central needs: personal power, self-control, self-acceptance, passion, ego, anger, impulses, inner-strength

It is through this centre that we make decisions that affect our life. (Gut feeling) We see and evaluate all of life's situations and we choose that which is best for ourselves. We attract balance and prosperity and enjoy our accomplishments which allow us to move forward in our lives.

BLOCKED: feel worried, confused, frustrated, angry, have a lack of confidence, you may feel others are controlling you, you might worry what others think of you, feel overwhelmed, lost, have depression, feel aggressive and scattered

OPEN: you may feel spontaneity, have prosperity, have self-esteem, be outgoing, expressive, cheerful, and happy, accepting, have personal power, self-direction, confidence and feel safe and secure

PHYSICAL BODY: Muscles, stomach, digestion, pancreas, liver, gallbladder, nervous system

PHYSICAL ALIMENTS associated when blocked: diabetes, acid reflux and pancreatitis

The Fourth chakra is called the “HEART” / COLOR - GREEN

Location: The center of the chest, behind the breastbone on the spine between the shoulder blades

Central needs: Love, forgiveness, compassion, understanding, trust and empathy

It is from this centre that we learn how to love, ourselves and others. To give and receive all that is good in life.

BLOCKED: May have negativity and feel sorry for yourself, may be afraid of getting hurt, unwilling to let go, feel paranoid, obsessed, unstable, unworthy of love, suspicious, possessive and indecisive

OPEN: Compassion, self-acceptance, harmony, balance, unconditional love, peace with yourself, growth, empathy and wanting to help others

PHYSICAL BODY: Heart, immune system, lungs, circulatory system, back and shoulders

PHYSICAL ALIMENTS associated when blocked: Heart attack, high blood pressure and difficulty breathing

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The Fifth chakra is called the “THROAT” / COLOR - BLUE

Location: Throat at the base of the neck

Central needs: are communications, expression, sound and dreaming

It is from this centre that we communicate freely to ourselves and others through thought, speech or writing. This is where our expression comes from.

BLOCKED: may be quiet, shy, timid, be inflexible, have an inability to listen, might be dominating, egotistical, arrogant, nervous, frightened or dishonest

OPEN: You may have self-expression, feel balanced, be centered, you may be a good public speaker

PHYSICAL BODY: Mouth, teeth, throat, thyroid gland

PHYSICAL ALIMENTS associated when blocked: sore throat, thyroid problems, ear infections and cavities

The SIXTH chakra is called the “THIRD EYE” or “BROW” / COLOR - VIOLET

Location: The center of the forehead

Central needs: Mind, fore-sight, clairvoyance (Clear-Seeing), intuition, imagination, interpretation, insight, awareness and enlightenment

It is from this centre that we see ourselves for who we truly are, the true inner reflection of our own spirit. Through meditation we “find ourselves”. It is how we see “clairvoyantly”.

BLOCKED: Lack of concentration, feel confusion, non-assertiveness, have panic attacks, suffer from hallucinations and nightmares

OPEN: Courage, in control of your life, feel inner peace, concentrate, confidence and have no fear of death

PHYSICAL BODY: face, eyes, nose, brain, pituitary gland

PHYSICAL ALIMENTS associated when blocked: vision problems, sinus infections, headaches, depression and psychological problems

The SEVENTH chakra is called the “CROWN” / COLOR - PURPLE

Location: Top of the head or “Crown”

Central needs: are enlightenment, inspiration, spiritualness, idealism, knowledge, spiritual will and wisdom

It is from this centre that we connect ourselves with God. We learn to trust in a higher being and we let go of our own ego. We seek a spiritual guidance. Energy flows from the centre when we pray.

BLOCKED: feel constant frustration, be materialistic, have low self confidence, feel fear, anxiety, have no joy, have destructive feelings, a lack of trust and a limited belief

OPEN: Pray freely, have no ego, trust in a higher guidance, seek wisdom and knowledge and view life in a more positive way

PHYSICAL BODY: Central nervous system, cerebral cortex,

PHYSICAL ALIMENTS associated when blocked: Tumors, brain disease, retention of knowledge