

CHAKRA BALANCING

This page deals mainly with Chakra Balancing and how it affects your body, mind and spirit. There are specific colors, aromas and gemstones that affect each chakra.

Chakra Balancing is the practice through meditation and visualization which opens up and clears all seven chakras and allows you to see and feel the world around you more clearly. You will feel alive and able to reach your full potential as well as feeling an understanding of the workings of the universe and the connection to those around you.

CHAKRAS & THEIR MEANINGS

There are seven chakras and they each have a specific function in our lives.

1st Chakra or Root Chakra: Muladhara Chakra

This Chakra connects us with the physical world and grounds us. An unbalanced root chakra means our lives revolve too much around our material world and our possessions. When your root chakra is open, you have a connection with the earth and nature and what is truly important.

Colour-Red

Aromatherapy-Cedar, Clove

Gemstones: Agate, Hematite, Blood Jasper, Garnet, Red Coral, Ruby

2nd Chakra or Sacral Chakra: Svadhisthan Chakra

This Chakra controls the sexual side of our nature as well as symbolizing the male/female energies within all of us. An unbalanced sacral chakra can inhibit our creative force as well as hold us back from fulfilling relationships. We have a negative take on relationships and fear of the unknown When

your sacral chakra is open, your creativity, love of life and people around you flows and your feelings become genuine and undistorted.

Colour-Orange

Aromatherapy-Ylang Ylang, Sandlewood

Gemstone-Carnelian, Moonstone

3rd Chakra or Solar Plexus: Manipura Chakra

This Chakra controls our relationships with others and how we perceive them and in a sense attempt to control them. An unbalanced solar plexus chakra means that we perceive others not as they are but as we expect them to be. We attempt to control every aspect of our lives and we don't accept the natural workings and laws of the universe. When your solar plexus is open and flowing, you have a clear picture of who you are and what your place is in the universe. You have an acceptance of yourselves and others.

Colour-Yellow

Aromatherapy-Lavender, Bergamot

Gemstones-Amber, Topaz, Citrine

4th Chakra or Heart : Anahata Chakra

This chakra is the center of the entire chakra system. It connects the lower physical and emotional centers with the higher spiritual and mental centers. An unbalanced heart chakra means we are constantly looking for approval from others, we have a fear of rejection but also a fear of commitment and we are kept from truly fulfilling relationships. An open heart chakra means we can feel true compassion and love for everyone around us, including ourselves. We feel connected to all living things and can we open ourselves up to helping and healing each other.

Colour-Green

Aromatherapy-Rose

Gemstone-Rose Quartz, Tourmaline, Kunzite, Emerald, Jade

5th Chakra or Throat Chakra: Vishuddha Chakra

The throat chakra is the center of expression and communication. An unbalanced throat chakra impedes your ability to communicate with you mind and body as well as your ability to effectively communicate your self honestly and openly with people around you. An open and functioning throat chakra means you can express yourself and are capable of exposing your weaknesses as well as your strengths honestly and openly.

Colour-Light Blue

Aromatherapy-Sage, Eucalyptus

Gemstone-Aquamarine, Turquoise, Chalcedony

6th Chakra or Third Eye Chakra Ajna Chakra

This chakra connects us with our intuitive side and opens us up to our Higher Conscious and Inner Awareness. An unbalanced third eye chakra means you are too focused on the conscious side of your mind and not on the subconscious or intuitive side and closed off to the higher meaning of people and things around you. An open third eye helps your visualization and meditative capabilities and combined with the heart chakra, can assist you in healing.

Colour-Indigo

Aromatherapy-Mint, Jasmine

Gemstone-Lapis Lazuli, Indigo Blue Sapphire, Sodalite

7th Chakra or Crown Chakra: Sahasrara Chakra

This chakra connects us to the universal energy and our higher conscious and allows us to bring in the positive energy around us and let it flow through the other chakras. During meditations, we visualize the energy force flowing through our crown chakra down through the root chakra and into the earth. An unbalanced crown chakra keeps us from reaching our full spiritual and physical potential and we are fearful of reaching for our goals. A fully open crown chakra allows you to find your true self, not the physical, but the spiritual and keeps you open to new possibilities and understanding. The 7th chakra symbolizes the 7 year stages in a persons life.

Colour-Violet

Gemstone-Amethyst, Rock Crystal

Aromatherapy-Olibanum, Lotus