

# Chakras

There are seven main chakras (vortex energy centers) in our body. Energy moves in our body similar to how water moves down a creek - from pool of water to pool of water. Chakras are like pools of swirling energy that flow into each other. Emotional "muck" can block a chakra which prevents healthy energy flow, similar to debris damming the natural downward flow of a stream. A healthy body needs full energy for high potential function, along with proper nutrition and rest. Everything affects our chakras: where we go, who we talk to, our thoughts; everything about our surroundings on the outside and inside. We are like sponges in the sea of energy around us. Our thoughts and emotions change every day as we interact with our life experiences. All triggers a reaction that influences the chakra's potential to fuel our body. Example: joy stimulates and activates energy and health, anger acts like a festering poison. This poison creates chakra blockage. If not cleared or healed it directly impacts the efficiency of how the affected chakra gives energy to our body. Like a car going without oil, things begin to struggle to function and eventually will break down. Each chakra has a purpose, caring for specific body parts and functions. Looking after our chakras is like plugging into energy or like recharging a battery. They require regular maintenance and healthy thinking. Note when you are happy, how you have more energy than when you are discouraged. Life is a balance of negative and positive events which is out of our control; but we can control how we react. Maybe understanding that we may never understand the bigger picture, realizing that we are working on being the best we know how to be in any situation always working towards attitudes of enlightenment, love and peace. All genuine self care recharges our soul because it also recharges our chakras. Take care of the body that houses your spirit, fuel it with the energy of positive thoughts and experiences.



1. **Base Chakra – Chakra of Earth. Color RED.** Holds emotions of security & safety, grounding, connects to our earthly needs of health and survival. Main block is fear. Worry visions are not real, see your fears and let them go. Focus on your strengths victories. Focus on where you want to go, not on what you fear.
2. **Sacral Chakra – Chakra of Pleasure. Color Orange.** Holds energy of pleasure: in relationship, enthusiasm, self-respect, creativity, sharing, and independence. Main block is guilt. What do you blame yourself for? All guilt burdens your soul. Accept that things happen, and forgive yourself. Understand that you did what you knew, and when you know more, you do better!
3. **Solar Plexus Chakra – Chakra of Fire (power). Color Yellow.** Holds energy of self-worth, personal power, self-esteem, will power, often related to your job and your life path. Main Block is shame. Accept and love all aspects of yourself. Stop beating yourself up with what you feel are your biggest disappointments and failures. Accept your shadows and let the pain flow away. You are a "perfect being" in your imperfections. Life as a school to learn and grow.

4. **Heart Chakra – Chakra of Love. Color Green.** Holds energy of love, especially the love for self, the connection to our soul. Main block is grief. Release all sadness and loss. Love swirls all around us. Love is always in our hearts. Don't cry because it is over, smile because it happened, and allow yourself to open up to what is next ... new love.
5. **Throat Chakra – Chakra of Communication. Color Blue.** Holds energy of truth, honesty, freedom, sound, expression, and listening. Main block is lies or untruths told to us by others or ourselves. Frustration and inability to express ourselves build up here. Never apologize for showing your feelings, for when you do you apologize for truth.
6. **Third Eye Chakra – Chakra of Insight. Color Indigo.** Holds energy of vision, balance, decision making, wisdom, intuition, seeing and interpretation. Main block is illusion (confusion). Allow yourself to realize that we are not isolated, we are not alone, and that we are all connected. By three methods we may learn wisdom: First, by reflection, which is noblest; Second, by imitation, which is easiest; and third by experience, which is the bitterest.
7. **Crown Chakra – Chakra of Faith. Color Gold (Light which holds all colors).** Holds energy of connecting to your spiritual family & beliefs, the most spiritual chakra, completeness, acceptance, surrender and peace. Main block is despair. Learning to let go, releasing all earthly attachments. Realizing that letting go does not mean that it disappears. Pure cosmic energy and connection to your divine self.

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