CHAKRAS CHEAT SHEET.



Your 7 major Chakras are the gateways that connect you to the Universal Energy that's all around you. When they are balanced, they absorb this energy and send it throughout your physical and spiritual bodies to keep them healthy. When they are unbalanced, you may develop problems in your health, relationships, and life.

UPPER CHAKRAS (Spiritual Plane)



7. Crown Chalara
Color: Violet
Element: Space/ Spirit
Location: Above Head
Psychological Function: Spiritual Connection
Body Function: Upper Brain, Right Eye
Awa Layer: Ketheric Template
Balanced: Connection to the Universe, Clear Spiritual Path, Empathy Toward All Beings
Unbalanced: Confusion, Attachment to Material World, Chronic Exhaustion, Spinal Disease



6. Third Eye Chakra
Color: Indigo
Element: Light
Location: Forehead
Psychological Function: Intuition
Body Function: Lower Brain, Left Eye, Ears, Nose, Nervous System
Aura Layer: Celestial Body
Balanced: Intuition, Clear Thinking, Ease in Decision Making
Unbalanced: Overly Analytical, Distrusting, Anxious, Insomnia, Migraines, Vison Problems



5. Throat Chakra
Color: Blue
Element: Ether
Location: Throat/ Neck
Psychological Function: Communication Center
Body Function: Lungs, Vocal Chords, Esophogous, Respiratory System
Aura Layer: Etheric Template Body
Balanced: Clearly Express Ideas, Speak Your Truth, Offer Sound Advice
Unbalanced: Lying, Gossip, Verbal Abuse, Thyroid Disorders, Chronic Neck/ Shoulder Pain

MIDDLE CHAKRA (Bridge Between Planes)



4. Heart Chakra
Color: Green
Element: Air
Location: Center of Chest
Psychological Function: Love & Compassion
Body Function: Heart, Blood, Circulatory System, Vagus Nerve
Aura Layer: Astral Level
Balanced: Feelings of Love, Compassion, Caring; Sense of Openness to Life
Unbalanced: Autisocialism, Manipulative Behaviors, Heart Disease, Breathing Problems

LOWER CHAKRAS (Physical Plane)



3. Solar Plexus Chakra
Color: Yellow
Element: Fire
Location: Above Novel
Psychological Function: Willpower
Body Function: Stomach, Liver, Gallbladder, Nervous System
Aura Layer: Meetal Body
Balanced: Motivation, Connection to Sense of Purpose, Personal Power
Unbalanced: Poor Self-Esteem, Obsession with Perfection, Judgestive Issues



2. Secret Chakra
Color: Orange
Element: Water
Lecation: Lower Back
Psychological Function: Sexuality & Creativity
Body Function: Reproductive System
Awra Layer: Emotional Body
Balanced: Warm & Friendly Personality, Stable Emotions, Meaningful Relationships
Unbalanced: Rollercoaster of Emotions, Depression, Sexual Dysfunction, Reproductive Issues



1. Root Chakra
Color: Red
Element: Earth
Location: Bottom of Tailbone
Psychological Function: Safety & Stability
Body Function: Spinal Column, Kidneys
Aura Layer: Etheric Layer
Balanced: Confidence, Control, Will to Live
Unbalanced: Irrational Fears, Unbealthy Cravings, Consept



The Chakras And Their Functions

Rashmi Sharma

The Chakras And Their Functions:

The Chakras and Their Functions Choa Kok Sui, Institute for Inner Studies Publishing Foundation, 2009 Ayurveda and the Mind David Frawley, 1997-03-01 AYURVEDA AND THE MIND is the first significant book in the West to examine the psychological aspects of Ayurveda healing practices The book explores the healing potential within the subconscious mind along with the symbiotic roles played by diet mantra meditation yoga and other methods to create physical and spiritual wholeness It opens the doors to the energies in our psychology and invites us to benefit from them **Chakras** Hiroshi Motoyama, 2014-01-01 It is an outstanding book from both the scientific and spiritual points of view It is the unique record of the pioneering experiments which presents clear electrophysiological evidence of the existence of the network of chakras and nadis which form the infrastructure of the subtle energies existing in the pranic and psychic dimensions which underlie and activate the physical material body of man The experiments in the book successfully integrate the subjective and objective dimensions of knowledge and will serve as guideposts and blueprints for experiments in the years ahead The chakras and other components of the human energy field were largely brought to the attention of the Western world by clairvoyant Charles W Leadbeater His pioneering work is discussed in detail in this fascinating exploration of the subtle body along with that of other respected seers and yogis This book represents a monumental effort to review and correlate much of the accumulated knowledge of the subtle energy systems Such a book could only be written by a person who has had the life long personal experiences which Dr Motoyama so generously shares with the reader These experiences provide a step by step illustration of unfolding and expanding consciousness The book is necessary reading for all serious students of the subject of consciousness George W Meek Aromatherapy and Chakras Salvatore Battaglia, 2020-11-13 The aromatherapy and chakras workshop that I have been teaching for over 20 years has always been my most popular workshop It is an excellent way to incorporate my passion for essential oils within a holistic framework to promote personal and spiritual growth Many of us are aware of chakras and have some understanding of how they influence our wellbeing however the origins of chakras are shrouded in mystery In Aromatherapy and Chakras balancing your body s energy centres for optimal health and wellbeing I will demystify the origins of the chakras I share with you my personal journey into the chakras and provide you with my interpretation of how we can use chakras to reconnect our body mind and spirit I hope that this book provides you with insight to use essential oils within a holistic framework of the Western concept of chakras as psycho energetic centres and energy medicine I introduce you to the principles of subtle therapies and energy medicine We examine the scientific evidence for the existence of chakras and review the results of a study that confirms the relationship between the chakras and essential oils We examine how modern Western psychology and transpersonal psychologists are using chakras to provide us with a more holistic framework of understanding human consciousness We examine each of the major seven chakras in detail examining the influence that each chakra has on our psyche and wellbeing what to expect when

the chakra is balanced or not balanced and most importantly strategies to keep the chakras balanced using essential oils Chakra System Mastery Mei Lin Zhang, 2023-11-28 Mastering your chakras is mastering the energy of creation Unlock the power within you with Chakra System Mastery Unlocking Your Inner Power This comprehensive guide delves into the profound world of energy healing helping readers understand and harness the transformative power of chakras Discover the historical roots of the chakra system and its role in energy healing before embarking on a detailed exploration of the seven main chakras From the grounding Root Chakra to the transcendent Crown Chakra gain in depth knowledge of each chakra s location function signs of imbalance and healing techniques The book also demystifies the Kundalini energy and its deep connection with the chakra system offering safe methods for its awakening and integration into daily life Understand the intricate relationship between chakras and auras and learn to see read cleanse and strengthen your aura for optimum health Dive into practical chapters on how to utilize crystals essential oils sound healing and yoga for chakra healing and balancing Discover chakra specific diets and meal plans that nourish not just the body but the soul Navigate through the lesser known minor chakras understand their significance and learn techniques for their balance Use the power of chakra healing for emotional well being spiritual growth relationship building and physical health Learn how to support healthy emotional and physical growth in children and adolescents through chakra healing Deepen your practice with advanced chakra techniques and delve into chakra dhyana and visualization Learn to identify and release limiting beliefs through chakra work for personal transformation and self empowerment Lastly if you re passionate about healing explore how you can make a career out of chakra healing Learn about becoming a chakra healer ethical considerations and tips for building a successful healing practice Chakra System Mastery is more than just a book it s a transformative journey that empowers you to heal grow and unlock your inner power The time to master your chakras is now Table of Contents Introduction to the Chakra System Origins and History The Role of Chakras in Energy Healing Understanding the Seven Main Chakras Root Chakra Muladhara Location and Function Signs of Imbalance Healing Techniques and Affirmations Sacral Chakra Svadhisthana Solar Plexus Chakra Manipura Heart Chakra Anahata Throat Chakra Vishuddha Third Eye Chakra Ajna Crown Chakra Sahasrara Chakra Balancing and Alignment Techniques for Balancing All Chakras Maintaining Chakra Health Chakra Alignment Meditation Kundalini Energy and the Chakra System Understanding Kundalini Energy Awakening Kundalini Safely Integrating Kundalini Energy into Daily Life Chakras and Auras Understanding the Human Energy Field Seeing and Reading Auras Aura Cleansing and 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Chakra Healing and Karmic Awareness Keith Sherwood, 2005 The author of Chakra Therapy offers a step by step approach to overcoming karmic baggage and energy blockages Sherwood's easy technique can help readers activate the chakras strengthen boundaries and embrace personal dharma Spiritual Living and Chakra Functions Robin Sacredfire, 2017-01-20 Most us know or at least perceive a certain particularity within our auric field a certain vibration that pulls us and impels us in certain directions while moving us apart from others Now few can tell exactly how this vibrations are formed how they change and what makes them change But in this book we will look at this aspect from the perspective of the chakras And not only their function will be explain but it will also be correlated in order to help the reader envision a bigger plan regarding how they can be seen from a viewpoint that can help one improve his finances health and even relationships It is a must read for anyone willing to balance life and harmonize the inner energy with the outside world in order to attract a better outcome in life Although the main focus of the following chapters regards teaching how to look at our chakras to improve our wealth many other topics will be shown in relation with this so that the reader may see how other elements interact with out spiritual perspective towards life namely health happiness and love The Practical Book of **Reiki** Rashmi Sharma, 2007-09 This unique book is for those who are looking for self treatment and transformation with the principles of Reiki It is a practical guide that teaches you in plain language how to learn and practise Reiki the Divine Universal Lifeforce Energy Journey Through The Chakras Dr Ravi Ratan, 2019-05-06 Journey Through the Chakras is a

comprehensive guide to the inner workings of the chakra system from an age old Indian spiritual metaphysical and tantric perspective The book dives deep into one of the most ancient structures of the spiritual body With both anatomical and physiological views it deconstructs the complexities behind the system explaining the chakras in a simple fashion that is accessible to anyone Discover how to work with the chakras in your subtle body and begin your journey towards deeper spiritual healing as you learn how to harness universal and human energy the chakras and their connections to the body spiritual attributes to each chakra sacred chakra mantras and meditations kundalini awakening aromatherapy and crystals for chakra balancing mudra and yoga practices for chakra healing and much more **Yogic Science for Health and** Mental Wellbeing Pritam Kumar Sinha, In a world where stress anxiety and other mental health issues are on the rise many people are looking for holistic solutions to achieve greater physical and mental well being Yoga an ancient practice that has been around for thousands of years has become increasingly popular as a means of promoting overall health and happiness In Yogic Science for Health and Mental Wellbeing author Pritam Kumar Sinha offers readers a comprehensive guide to understanding and practicing yoga for optimal health and well being Drawing on his extensive experience as a yoga teacher and spiritual guide Sinha takes readers on a journey through the science of yoga exploring its origins philosophy and practical applications The book begins by delving into the history and philosophy of yoga from its origins in ancient India to its modern day relevance Sinha offers a fresh perspective on the basic principles of yoga including the idea that the physical mental and spiritual aspects of our being are interconnected From there Sinha dives into the practical aspects of yoga including the various asanas postures pranayama breathing exercises and meditation techniques that can be used to promote physical fitness mental clarity and emotional balance He provides clear and detailed instructions for each posture and exercise making it easy for readers to follow along and integrate yoga into their daily lives Throughout the book Sinha emphasizes the importance of a holistic approach to health and wellness He offers practical advice on how to maintain a healthy diet lifestyle and mindset and encourages readers to explore other complementary practices such as mindfulness and Avurveda With its engaging writing style and creative approach to yoga and mental health Yogic Science for Health and Mental Wellbeing is a must read for anyone seeking to deepen their understanding of yoga and harness its power to achieve greater health and happiness Whether you re a seasoned yogi or a beginner this book offers valuable insights and tools for cultivating a more balanced and fulfilling life The Chakras & Esoteric Healing Zachary F. Lansdowne, 1993-01-01 Many healers today are working with the chakras subtle force centers that vitalize and control the physical body This excellent sourcebook examines the relationships between the chakras states of consciousness and the following types of esoteric healing Pranic healing which can stimulate the vitality within the patient's physical body Telepathic healing which can effect the patient's mental attitudes and subconscious mind and Radiatory healing which can calm the patient's emotions awaken compassion strengthen the mind and bring the individual into alignment The author also discusses meditation self

hypnosis and its dangers spiritual development psychic opening telepathy and provides instructions not only on how to use the chakras but admonitions against their abuse A Comprehensive Course in Psychic Development and Mediumship Rev. Jeanne M. Carey, 2023-05-02 About the Book information is not available at this time The Secret of the Chakras: Balance Your Energy and Discover Your Spiritual Power İlham Koçu, 2024-09-23 Unleash Your Spiritual Power by Balancing Your Chakras A Comprehensive Guide to Discovering Your Energy Centers If you re seeking more balance peace and awareness in your life exploring your chakras and balancing your energy system is a crucial step on this journey Chakras are the energy centers in our bodies and have a profound impact on our spiritual physical and emotional well being This book provides a comprehensive guide that explains step by step how chakras work how to clear blockages and how to optimize energy flow Throughout the book you ll learn how to balance each chakra and cleanse your energy using various methods such as meditation yoga breathwork and crystals By focusing on each energy center from the root chakra to the crown chakra you ll awaken your spiritual power and reach a higher level of awareness in your life This guide equips you with all the knowledge you need to lead a stronger more balanced and peaceful life both physically and spiritually Are you ready to feel healthier more balanced and energized This book will guide you on your journey to inner peace and spiritual enlightenment by helping you balance your chakras translate this in turkish The Amazing Principles of Vastu Shastra Hengameh Fazeli, 2012-11-01 Vastu Shastra is basically one of the important traditional sciences that proposes principles of proper architecture The book Amazing Principles of Vastu Shastra is based on the study of the authors dealing with construction of traditional dwellings especially the Indo Aryan houses In this research it was observed that structure of the houses mainly follow a similar module regardless of the wealth of the owner a module which is very close to the principles proposed in Vastu Shastra science of architecture The universal principles of Feng Shui as another example of the sciences dealing with proper architecture can also be traced in the construction of such traditional houses However during this study a number of differences between the practices introduced in Vastu Shastra and Feng Shui were noticed which are believed to be due to the differences in environmental configurations and cultural behaviors especially regarding the knowledge of directions slopes etc Therefore to have a thorough knowledge of the best energetic formation for architectural spaces it is highly recommended to also study the book Fabulous Principles of Feng Shui The Chakras C. W. Leadbeater, 2013-04-18 Chakra Sanskrit wheel refers to the ancient Hindu concept of seven vortices of energy located on the spine from the tailbone to the crown of the head These centers define the physical and spiritual contact points in the human body In yoga they are bridges to higher consciousness symbolizing the journey from the material world to the divine Alternative medicine healers recognize them as a dynamic resource for health First published in 1927 this pioneering book by famed clairvoyant C W Leadbeater was the first to introduce the chakras to the West With great clarity he explains what each chakra means regarding our well being insight and personal power his color illustrations showing the chakras as they actually appear to

those who can see them Anyone can perceive the chakras he says We must merely become sensitive to vibrations finer than those to which we normally respond The book has sold hundreds of thousands of copies and remains a classic The new material by Anodea Judith and Kurt Leland emphasizes its relevance for today The Collected Works of Ken Wilber: Volume Eight Ken Wilber, 2000-05-16 Volume Eight of The Collected Works of Ken Wilber includes In The Marriage of Sense and Soul Integrating Science and Religion 1998 Wilber takes on the centuries old problem of the relationship between science and religion After surveying the world's great wisdom traditions and extracting features they all share he offers compelling arguments that not only are these compatible with scientific truth they also share a similar scientific method One Taste The Journals of Ken Wilber 1999 is a lively and entertaining glimpse into a year in the life of Ken Wilber as well as a thought provoking series of short essays on current trends in spirituality and psychology daily reflections meditation experiences and advice to spiritual seekers Energy Healing: A Comprehensive Guide to Chakra Balancing Pasquale De Marco, 2025-05-12 Energy Healing A Comprehensive Guide to Chakra Balancing is a comprehensive guide to chakra balancing It provides a detailed overview of the chakras their functions and their relationship to the physical body The book also includes a variety of exercises and meditations that you can use to balance your chakras and improve your overall health and well being Whether you are new to the concept of chakras or you are looking for a way to deepen your understanding this book is for you We invite you to join us on a journey of self discovery and healing In this book you will learn What the chakras are and how they work The different functions of each chakra The relationship between the chakras and the physical body How to identify imbalances in your chakras A variety of techniques for balancing your chakras How to use chakra balancing to improve your physical emotional and spiritual health This book is perfect for People who are new to the concept of chakras People who are looking for a way to deepen their understanding of chakras People who are experiencing imbalances in their chakras People who are looking for ways to improve their physical emotional and spiritual health About the Author Pasquale De Marco is a certified chakra healer and teacher She has been working with chakras for over 10 years and has helped thousands of people to balance their chakras and improve their lives Pasquale De Marco is passionate about helping others to achieve optimal health and well being through chakra balancing If you like this book write a review on Energy Medicine Unlocked: A Comprehensive Guide to Healing Mei Lin Zhang, 2023-01-01 When we align google books our energy we unlock the door to healing Discover the healing power of energy medicine with Energy Medicine Unlocked A Comprehensive Guide to Healing This essential guide takes you on a transformative journey revealing the secrets of energy medicine and its ability to heal your body mind and spirit Unlock the potential of energy medicine with a wealth of practical knowledge techniques and guidance found within this book s chapters From understanding the basics of energy healing and the human energy field to exploring advanced techniques for balancing and harmonizing your energy system this book provides everything you need to become an empowered self healer Key features of this book include An introduction to

energy medicine and its benefits The human energy field understanding chakras meridians and auras Techniques for balancing and harmonizing your energy system Methods to enhance your intuition and develop your energy healing skills Energy medicine for emotional healing and stress reduction How to integrate energy medicine with conventional medicine Energy medicine for chronic conditions and pain management Self care and daily energy medicine practices for optimal health Building a successful energy medicine practice Energy Medicine Unlocked is designed to be your ultimate guide whether you re a beginner looking to explore the world of energy medicine or an experienced practitioner seeking to expand your knowledge and skills With its comprehensive and easy to follow content this book will equip you with the tools and techniques you need to unlock your innate healing abilities and embrace a life of balance harmony and wellness Unlock the healing power of energy medicine today with Energy Medicine Unlocked A Comprehensive Guide to Healing and experience the transformative effects on your life health and wellbeing Contents Understanding Energy Medicine The history and evolution of energy medicine Basic concepts and principles The role of energy medicine in modern healthcare The Human Energy System The energy body and its components Chakras and their functions Meridians and energy pathways The aura and its significance Energy Medicine Techniques Acupuncture and acupressure Reiki and healing touch Qi Gong and Tai Chi Therapeutic touch and energy manipulation Energy Medicine Modalities Biofeedback and neurofeedback Polarity therapy Electromagnetic field therapy Craniosacral therapy Energy Medicine and Emotional Healing Emotional Freedom Techniques EFT The role of energy medicine in trauma release Energy psychology and its applications Energy Medicine and Chronic Illness Managing pain with energy medicine The role of energy medicine in cancer treatment Energy medicine for autoimmune disorders Supporting mental health with energy medicine The Science of Energy Medicine Quantum physics and energy medicine The placebo effect and the power of belief Measuring and validating energy medicine practices Balancing Your Energy Techniques for grounding and centering Energy cleansing and protection Enhancing your personal energy levels Energy Medicine and Spirituality The connection between energy medicine and spiritual growth Kundalini energy and spiritual awakening Developing intuition and psychic abilities The Future of Energy Medicine Integrating energy medicine into mainstream healthcare Innovations in energy medicine research and technology The ethical considerations and challenges of energy medicine Energy Medicine for Stress and Anxiety Breathing techniques for energy balance Energy medicine and relaxation response Energy medicine for emotional resilience Diet Nutrition and Energy Medicine Foods that support energy balance The impact of nutrition on the energy body Supplements and herbs for energy medicine Energy Medicine and Sleep Sleep disturbances and energy imbalances Techniques for improving sleep quality The role of energy medicine in treating sleep disorders Energy Medicine for Children and Teens Supporting children s energy systems Energy medicine techniques for teens Addressing common childhood and adolescent issues with energy medicine Energy Medicine for Aging and Longevity The impact of aging on the energy body Energy medicine techniques for graceful aging Longevity

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book form With each chapter you ll get more in touch with your Real Self as you are masterfully guided through an experiential journey supported by time tested exercises and supporting playlists to deepen your spiritual practice You ll feel as if you have the compassionate support of a meditation expert right at your fingertips and in fact you do To support you in your Journey to Real Self Dal has created an interactive community of fellow practitioners and he invites you to visit with him share your individual experiences learn from one another and accelerate your learning There is no other meditation book like this That's because this book is not about meditation It's about achieving the Quiet the static free energy flow that allows you to hear the sound of Soul your Real Self For this reason The Technology of Quiet is indeed the evolution of meditation

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The Chakras And Their Functions Introduction

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