

SYMBOLISM OF CHAKRAS

February 9, 2023

No advice is given herein.

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The revision date is the version number.

This webpage is part of a toolkit which includes several other pages on this website and is in the process of development.

Note that the Chakra system is part of the ancient Indian belief system and not scientifically proven, and different traditions may have variations in the correspondences of the chakras. It's also important to remember that healing is a continuous process, and it takes time and consistent practice to bring balance to the chakras.

The seven main chakras are:

1. Muladhara (Root Chakra) located at the base of the spine
2. Svadhisthana (Sacral Chakra) located in the lower abdomen
3. Manipura (Solar Plexus Chakra) located in the upper abdomen
4. Anahata (Heart Chakra) located in the center of the chest
5. Vishuddha (Throat Chakra) located in the throat
6. Ajna (Third Eye Chakra) located in the forehead, between the eyes
7. Sahasrara (Crown Chakra) located at the top of the head.

INDICATIONS OF IMBALANCED CHAKRAS

1. Root chakra (1st) - feelings of insecurity, fear, and instability
2. Sacral chakra (2nd) - blockages in creativity, sexuality and emotional balance
3. Solar Plexus chakra (3rd) - low self-esteem, lack of confidence and control
4. Heart chakra (4th) - difficulty in forming relationships, closed-heartedness
5. Throat chakra (5th) - communication difficulties, inability to express oneself
6. Third Eye chakra (6th) - confusion, lack of focus, and limited imagination
7. Crown chakra (7th) - disconnection from spirituality, narrow-mindedness.

INDICATIONS OF BALANCED CHAKRAS

1. Root chakra (1st) - feeling grounded, safe and secure
2. Sacral chakra (2nd) - feeling creative, sexual and pleasure
3. Solar Plexus chakra (3rd) - feeling confident, self-assured and in control
4. Heart chakra (4th) - feeling love, compassion and connected to others
5. Throat chakra (5th) - clear communication and self-expression
6. Third Eye chakra (6th) - intuition, clarity of thought and perception
7. Crown chakra (7th) - connection to spirituality and higher consciousness.

There are several secondary chakras that are considered to be part of the overall chakra system. Some examples include:

- Hrit chakra (Heart Chakra) located in the center of the chest
- Bindu chakra (Ajna Chakra) located at the crown of the head
- Kundalini chakra located at the base of the spine
- Soma chakra (Crown Chakra) located at the top of the head
- Talu chakra (Root Chakra) located at the base of the spine

- Nabhi chakra (Solar Plexus Chakra) located in the upper abdomen
- Vishuddhi chakra (Throat Chakra) located in the throat
- These chakras are less known and not commonly used in most chakra practices and are said to be located at different positions and have different functions than the seven main chakras.

In some spiritual and religious teachings, additional chakras are believed to exist above the crown chakra (Sahasrara). These are often referred to as "transpersonal" or "higher" chakras.

In some spiritual and religious teachings, additional chakras are believed to exist below the root chakra (Muladhara). These are often referred to as "subterranean" or "earth" chakras.

CHAKRA 1 / Root / Color RED

Element EARTH; Sound LAM; Sense organ SMELL; Endocrine gland: ADRENAL GLANDS

Imbalanced - feelings of insecurity, fear, and instability

Balanced - feeling grounded, safe and secure; solid foundation; stability, confidence, energy, and strength

Structure of body, bones, flesh, and skin

Sense of grounding and stability, being connected to the earth and physical body; ability to stand up for oneself and assert one's needs and boundaries

CHAKRA 2 / Sacral / Color ORANGE

Element WATER; Sound VAM; Sense organ TASTE; Endocrine gland: OVARIES or TESTES

Imbalanced - emotional disconnection, lack of creativity, and sexual dysfunction

Balanced - feeling creative, sexual and pleasure

Reproductive organs, the urinary system and the kidneys

Ability to experience and express emotions, and to be open to pleasure and enjoyment; to be creative, and to let go of emotional blockages.

CHAKRA 3 / Solar Plexus / Color YELLOW

Element FIRE; Sound RAM; Sense organ: SIGHT; Endocrine gland: PANCREAS

Imbalanced - digestive issues, fatigue, and low self-esteem

Balanced - feeling confident, self-assured and in control

Digestive system, the muscles, and the skin

Sense of personal power, self-esteem, and self-worth, sense of sight and the power of transformation

CHAKRA 4 / Heart / Color GREEN

Element AIR or WATER; Sound YAM; Sense organ: TOUCH; Endocrine gland: THYMUS

Imbalanced - emotional issues such as anger, jealousy, and resentment

Balanced - feeling love, compassion and connected to others

Heart, lungs, and circulatory system

Sense of touch and the power of healing; love, compassion, and emotional balance

CHAKRA 5 / Throat / Color BLUE or INDIGO

Element AETHER or AIR; Sound HAM; Sense organ: HEARING or VOICE; Endocrine gland: THYROID

Imbalanced - communication difficulties, inability to express oneself

Balanced - clear communication and self-expression

Thyroid gland, jaw, and mouth

Sense of communication and self-expression, as well as the ability to speak one's truth

CHAKRA 6 / THIRD EYE / Color INDIGO or VIOLET

Element LIGHT; Sound OM; Sense organ: EXTRA SENSORY PERCEPTION; Endocrine gland: PITUITARY GLAND

Imbalanced - confusion, lack of focus, and limited imagination

Balanced - intuition, wisdom, clarity of thought and perception

Pineal gland

Recognizing connection to the spiritual realm, ability to see beyond the physical world, accessing higher levels of consciousness

CHAKRA 7 /

ABOUT CHAKRA 7

- The Sahasrara Chakra, also known as the Crown Chakra, is the seventh and highest energy center of the body.
- Located at the top of the head and associated with the element of thought.
- "Sahasrara" comes from the Sanskrit word meaning "thousand" or "infinity".
- Balancing the Sahasrara Chakra helps to achieve spiritual enlightenment and union with the divine.
- When balanced, person experiences a sense of oneness, transcendence, and spiritual fulfillment.
- The main color associated with the Sahasrara Chakra is violet or white, symbolizing spiritual purity, wisdom, and transcendence.
- Helps in recognizing our connection to the spiritual realm and relates to our ability to understand the true nature of reality.
- Also represents the pineal gland, which is responsible for the production of melatonin and regulating the sleep-wake cycle.
- Imbalance in the Sahasrara Chakra can be caused by spiritual confusion, lack of purpose, and disconnection from the divine.
- Located at the top of the head and associated with the central nervous system and the pineal gland.
- Associated with the sense of spiritual connection and the ability to access higher states of consciousness.
- Imbalanced Sahasrara chakra can manifest as feelings of spiritual emptiness, lack of purpose, and disconnection from the divine.
- Balancing the Sahasrara chakra can be done through yoga poses such as the headstand and the corpse pose, as well as through visualization and meditation practices that focus on the crown of the head.
- The element associated with Sahasrara chakra is thought.
- The sound associated with Sahasrara chakra is Silence
- Sahasrara chakra is associated with the ability to access higher states of consciousness, spiritual enlightenment, and union with the divine.
- Sense organ associated: None
- Endocrine gland: Pineal gland
- Action: Transcendence

- Cosmic aspect: The causal
- Shape: Thousand petals
- Mantra: Silence
- Bija mantra: Silence
- Seed sound: Silence
- Color: Violet or White
- Function: Spiritual Enlightenment
- Element: Thought

- ABOUT CHAKRA 1

- The Muladhara Chakra, also known as the Root Chakra, is the first and most vital energy center of the body.
- Located at the base of the spine between the anus and the genitals and associated with the earth element.
- "Muladhara" is composed of two Sanskrit words "mula" meaning "root" and "adhara" which means "base" or "support".
- Balancing the Root Chakra creates a solid foundation for opening all the other six chakras.
- When balanced, person experiences stability, confidence, energy, and strength.
- Main color associated with the Muladhara Chakra is red, symbolizing primal instincts of strength and vitality.
- Helps in recognizing our strong connection to the Earth and relates to our basic, primal needs of survival, stability, and support.
- Also represents the structure of our body, bones, flesh, and skin.
- Imbalance in the Root Chakra can be caused by trauma, psychological issues such as chronic fear, and psychosomatic suppression and repression.
- Located at the base of the spine and associated with the first three vertebrae, the bladder, and the colon.
- Associated with the sense of grounding and stability, as well as a feeling of being connected to the earth and one's physical body.
- Imbalanced Muladhara chakra can manifest as feelings of insecurity, fear, and instability.
- Balancing the Muladhara chakra can be done through yoga poses such as the mountain pose and the tree pose, as well as through visualization and meditation practices that focus on the feeling of being grounded and connected to the earth.
- The element associated with Muladhara chakra is earth.
- The sound associated with Muladhara chakra is LAM
- Muladhara chakra is associated with the feeling of safety and security, both physically and emotionally.
- Muladhara chakra is associated with the ability to stand up for oneself and assert one's needs and boundaries.
- Sense organ associated: Smell
- Endocrine gland: Adrenal glands
- Action: Support
- Cosmic aspect: The material
- Shape: Four petals
- Mantra: LAM
- Bija mantra: LAM
- Seed sound: LAM
- Color: Red

- Function: Stability
- Element: Earth

HEALING CHAKRA 1

- Grounding exercises: such as walking barefoot on the earth, sitting on the ground, or doing yoga poses that connect you to the earth can help to balance the root chakra.
- Meditation: meditating on the root chakra can help to bring balance and stability to the energy center. One can focus on the color red, or imagine a red light shining at the base of the spine during meditation.
- Visualization: Visualizing oneself as rooted to the earth, like a tree with deep roots, can help to balance the root chakra.
- Affirmations: repeating positive affirmations such as "I am safe" or "I am grounded" can help to bring balance to the root chakra.
- Essential oils: Using essential oils such as sandalwood, patchouli, and vetiver can help to balance the root chakra.
- Crystals: Carrying or wearing crystals such as red jasper, garnet, or black tourmaline can help to balance the root chakra.
- Food: Eating grounding foods like root vegetables, such as carrots and potatoes, can help to balance the root chakra.
- Yoga Poses: Yoga poses like Mountain Pose (Tadasana), Tree Pose (Vrikshasana), and Warrior Pose (Virabhadrasana) are some of the yoga poses that help balance the root chakra.
- Breathwork: Breathwork exercises such as alternate nostril breathing (Nadi Shodhana) and 4-7-8 breathing can help to balance the root chakra.
- Sound Healing: Listening to sounds such as drumming, chanting, or singing bowls can help to balance the root chakra.
- Healing Touch: Healing touch therapies such as Reiki and reflexology can help to balance the root chakra.
- Connecting with nature: Spending time in nature and connecting with the earth by going for a walk, gardening, or sitting in nature can help to balance the root chakra.

ABOUT CHAKRA 2

- The second chakra, also known as the Svadhisthana or the "sacral chakra," is located just below the navel.
- It is associated with the reproductive organs, the urinary system and the kidneys.
- It is associated with the emotional body, creativity, sexuality, and the ability to feel pleasure and joy.
- The color associated with Svadhisthana chakra is orange.
- Imbalanced Svadhisthana chakra can manifest as feelings of emotional disconnection, lack of creativity, and sexual dysfunction.
- Balancing the Svadhisthana chakra can be done through yoga poses such as the bound angle pose and the downward-facing dog pose, as well as through visualization and meditation practices that focus on the feeling of pleasure and joy.
- The element associated with Svadhisthana chakra is water.
- The sound associated with Svadhisthana chakra is VAM
- Svadhisthana chakra is associated with the ability to experience and express emotions, and to be open to pleasure and enjoyment.
- Svadhisthana chakra is associated with the ability to be creative, and to let go of emotional blockages.

- Sense organ associated: Taste
- Endocrine gland: Ovaries or testes
- Action: Procreation
- Cosmic aspect: The emotional
- Shape: Six petals
- Mantra: VAM
- Bija mantra: VAM
- Seed sound: VAM
- Color: Orange
- Function: Emotion
- Element: Water

HEALING CHAKRA 2

- Healing the Svadhishtana or Sacral Chakra, is associated with the emotional body, creativity, sexuality and the ability to feel pleasure and joy.
- Imbalanced Svadhishtana chakra can manifest as feelings of emotional disconnection, lack of creativity, and sexual dysfunction.
- Balancing the Svadhishtana chakra can be done through yoga poses such as the bound angle pose and the downward-facing dog pose, as well as through visualization and meditation practices that focus on the feeling of pleasure and joy.
- The element associated with Svadhishtana chakra is water, so incorporating water-based activities such as swimming or a relaxing bath can help bring balance to this chakra.
- The sound associated with Svadhishtana chakra is VAM, so repeating this sound during meditation can help to balance this chakra.
- Incorporating practices such as journaling, dance, and creative activities can help to bring balance to the Svadhishtana chakra.
- Visualizing an orange light in the area of the sacral chakra during meditation can help to activate and balance this chakra.
- Energy healing modalities such as Reiki, can also be helpful in healing the Svadhishtana chakra.
- It's important to remember that healing is a continuous process, and it takes time and consistent practice to bring balance to the Svadhishtana chakra.
- It's important to address and process any repressed emotions, traumas or past experiences that might be affecting the balance of this chakra.
- Addressing any physical issues related to the reproductive organs, urinary system and the kidneys can also aid in the healing of the Sacral chakra.
- Engaging in practices that promote self-acceptance, self-love and self-worth can help balance the Sacral chakra.
- Being mindful of setting healthy boundaries, learning to say no and practicing healthy communication can also help to balance the Sacral chakra.
- Exercising and engaging in physical activity can also be helpful in healing the Sacral chakra as it helps release tension and stress stored in the body.
- Crystals such as carnelian, moonstone and orange calcite can be used in meditation and crystal healing to help balance the Sacral chakra.
- Aromatherapy with essential oils such as ylang-ylang, jasmine, and sandalwood can be used to help balance the Sacral chakra.
- Incorporating healthy sexual practices, such as consent and communication, can also help to balance the Sacral chakra.

ABOUT CHAKRA 3

- The Manipura Chakra, also known as the Solar Plexus Chakra, is the third energy center in the body.
- It is located in the solar plexus area, just above the navel.
- It is associated with the element of fire and the color yellow.
- Manipura is associated with the sense of personal power, self-esteem, and self-worth.
- It is associated with the digestive system, the muscles, and the skin.
- Imbalances in Manipura can manifest as digestive issues, fatigue, and low self-esteem.
- To balance Manipura, one can practice yoga postures such as boat pose, upward facing dog, and sun salutations.
- Visualization and meditation on the color yellow can also help balance this chakra.
- Wearing yellow clothing or jewelry can also be used as a reminder to focus on Manipura.
- Manipura chakra is associated with the sense of sight and the power of transformation.
- Sense organ associated: Sight
- Endocrine gland: Pancreas
- Action: Transform
- Cosmic aspect: Fire
- Shape: Ten petals
- Mantra: RAM
- Bija mantra: RAM
- Seed sound: RAM
- Color: Yellow
- Function: Personal power
- Element: Fire

HEALING CHAKRA 3

- Affirmations: Repeat positive affirmations such as "I am confident" or "I am worthy" can help to balance the solar plexus chakra.
- Yoga Poses: Yoga poses such as Cobra Pose (Bhujangasana), Upward Dog Pose (Urdhva Mukha Svanasana) and Sun Salutation (Surya Namaskar) are some of the yoga poses that help balance the solar plexus chakra.
- Breathwork: Breathwork exercises such as diaphragmatic breathing and "fire breath" (Agni Pranayama) can help to balance the solar plexus chakra.
- Sound Healing: Listening to sounds such as chanting "Ram" or "Manipura" can help to balance the solar plexus chakra.
- Healing Touch: Healing touch therapies such as Reiki and massage can help to balance the solar plexus chakra.
- Essential oils: Using essential oils such as lemon, ginger and peppermint can help to balance the solar plexus chakra.
- Crystals: Carrying or wearing crystals such as citrine, yellow topaz and tiger's eye can help to balance the solar plexus chakra.
- Color therapy: Visualizing the color yellow or wearing yellow can help to balance the solar plexus chakra.
- Mindfulness: Practicing mindfulness and self-awareness can help to balance the solar plexus chakra.
- Food: Eating foods that are high in vitamin B, such as bananas, fish, and nuts, can help to balance the solar plexus chakra.

- Personal power: Building self-confidence and self-esteem can help to balance the solar plexus chakra.
- Creative expression: Engaging in creative activities such as painting, writing, or dancing can help to balance the solar plexus chakra.

ABOUT CHAKRA 4

- The Anahata Chakra, also known as the Heart Chakra, is the fourth energy center in the body.
- It is located in the center of the chest, near the heart.
- It is associated with the element of air and the color green.
- Anahata is associated with love, compassion, and emotional balance.
- It is associated with the heart, lungs, and circulatory system.
- Imbalances in Anahata can manifest as emotional issues such as anger, jealousy, and resentment.
- To balance Anahata, one can practice yoga postures such as camel pose, fish pose, and bridge pose.
- Visualization and meditation on the color green can also help balance this chakra.
- Wearing green clothing or jewelry can also be used as a reminder to focus on Anahata.
- Anahata chakra is associated with the sense of touch and the power of healing.
- Sense organ associated: Touch
- Endocrine gland: Thymus
- Action: Heal
- Cosmic aspect: Air
- Shape: 12 petals
- Mantra: YAM
- Bija mantra: YAM
- Seed sound: YAM
- Color: Green
- Function: Love and balance
- Element: Air

HEALING CHAKRA 4

- Affirmations: Repeat positive affirmations such as "I am loved" or "I am worthy of love" can help to balance the heart chakra.
- Yoga Poses: Yoga poses such as Camel Pose (Ustrasana), Fish Pose (Matsyasana), and Heart opener (Anahatasana) are some of the yoga poses that help balance the heart chakra.
- Breathwork: Breathwork exercises such as the "4-7-8" breathing and the "Lion's Breath" (Simhasana) can help to balance the heart chakra.
- Sound Healing: Listening to sounds such as singing bowls, chanting "YAM" or "YAM" can help to balance the heart chakra.
- Healing Touch: Healing touch therapies such as Reiki and massage can help to balance the heart chakra.
- Essential oils: Using essential oils such as rose, jasmine and lavender can help to balance the heart chakra.
- Crystals: Carrying or wearing crystals such as green aventurine, rose quartz, and jade can help to balance the heart chakra.
- Color therapy: Visualizing the color green or wearing green can help to balance the heart chakra.
- Mindfulness: Practicing mindfulness and self-compassion can help to balance the heart

chakra.

- Food: Eating foods that are high in magnesium and potassium such as leafy greens, avocados, and bananas can help to balance the heart chakra.
- Service: Practicing acts of kindness and service to others can help to balance the heart chakra.
- Music: Listening to music that resonates with the heart chakra such as classical music, new age, and gospel can help to balance the heart chakra.
- Nature: Spending time in nature and connecting with the natural world can help to balance the heart chakra.

ABOUT CHAKRA 5

- The Vishuddha Chakra, also known as the Throat Chakra, is the fifth energy center of the body.
- Located at the base of the throat and associated with the element of ether.
- "Vishuddha" is composed of two Sanskrit words "vi" meaning "especially" or "particularly" and "shuddha" meaning "pure" or "clean".
- Balancing the Throat Chakra helps in the expression of oneself and the ability to communicate effectively.
- When balanced, person experiences self-expression, clear communication, and creativity.
- Main color associated with the Vishuddha Chakra is blue, symbolizing self-expression and communication.
- Helps in recognizing our ability to communicate effectively and express ourselves.
- Also represents the ability to communicate, both verbally and non-verbally.
- Imbalance in the Throat Chakra can be caused by repressing emotions, holding back truth, and difficulty expressing oneself.
- Located at the base of the throat and associated with the thyroid gland, jaw, and mouth.
- Associated with the sense of communication and self-expression, as well as the ability to speak one's truth.
- Imbalanced Vishuddha chakra can manifest as feelings of insecurity, fear, and instability.
- Balancing the Vishuddha chakra can be done through yoga poses such as the fish pose, plow pose, and lion pose, as well as through visualization and meditation practices that focus on the feeling of self-expression and communication.
- The element associated with Vishuddha chakra is ether.
- The sound associated with Vishuddha chakra is HAM
- Vishuddha chakra is associated with the ability to communicate effectively and express oneself.
- Sense organ associated: Hearing
- Endocrine gland: Thyroid
- Action: Speak
- Cosmic aspect: The cosmic ether
- Shape: Sixteen petals
- Mantra: HAM
- Bija mantra: HAM
- Seed sound: HAM
- Color: Blue
- Function: Self-expression
- Element: Ether

HEALING CHAKRA 5

- Voice and speech exercises: such as singing, chanting, or practicing different vocal techniques can help to balance the throat chakra.
- Journaling or writing: writing down one's thoughts and feelings can help to express oneself and balance the throat chakra.
- Artistic expression: engaging in creative activities such as painting, drawing, or writing can help to balance the throat chakra.
- Affirmations: repeating positive affirmations such as "I express myself clearly" or "I speak my truth" can help to bring balance to the throat chakra.
- Essential oils: using essential oils such as peppermint, eucalyptus, and lemon can help to balance the throat chakra.
- Crystals: carrying or wearing crystals such as turquoise, aquamarine, or blue lace agate can help to balance the throat chakra.
- Food: Eating foods that are cooling and soothing to the throat, such as mint, can help to balance the throat chakra.
- Yoga Poses: Yoga poses like Fish Pose (Matsyasana), Plow Pose (Halasana), and Shoulder Stand (Sarvangasana) are some of the yoga poses that help balance the throat chakra.
- Breathwork: Breathwork exercises such as ujjayi and lion's breath can help to balance the throat chakra.
- Sound Healing: Listening to sounds such as chanting, singing bowls, or toning can help to balance the throat chakra.
- Healing Touch: Healing touch therapies such as Reiki and acupuncture can help to balance the throat chakra.
- Connecting with nature: spending time in nature and listening to the sounds of nature can help to balance the throat chakra.

ABOUT CHAKRA 6

- The Ajna Chakra, also known as the Third Eye Chakra or the Brow Chakra, is the sixth energy center of the body.
- Located in the center of the forehead, between the eyebrows and associated with the element of light.
- "Ajna" comes from the Sanskrit word meaning "perceive" or "command".
- Balancing the Ajna Chakra helps to develop intuition, psychic abilities, and spiritual insight.
- When balanced, person experiences a heightened sense of intuition, wisdom, and clarity of thought.
- The main color associated with the Ajna Chakra is indigo, symbolizing intuition, wisdom, and inner vision.
- Helps in recognizing our connection to the spiritual realm, and relates to our ability to see beyond the physical world.
- Also represents the pineal gland, which is responsible for the production of melatonin and regulating the sleep-wake cycle.
- Imbalance in the Ajna Chakra can be caused by mental and emotional stress, fear, and doubt.
- Located in the center of the forehead, between the eyebrows and associated with the pineal gland and the nervous system.
- Associated with the sense of intuition, imagination, and the ability to see beyond the physical world.
- Imbalanced Ajna chakra can manifest as feelings of confusion, lack of focus, and difficulty in decision-making.

- Balancing the Ajna chakra can be done through yoga poses such as the child's pose and the fish pose, as well as through visualization and meditation practices that focus on the third eye.
- The element associated with Ajna chakra is light.
- The sound associated with Ajna chakra is OM
- Ajna chakra is associated with the ability to see beyond the physical world, to access higher levels of consciousness, and to develop intuition and psychic abilities.
- Sense organ associated: Extra-sensory perception
- Endocrine gland: Pituitary gland
- Action: Perception
- Cosmic aspect: The subtle
- Shape: Two petals
- Mantra: OM
- Bija mantra: OM
- Seed sound: OM
- Color: Indigo
- Function: Intuition
- Element: Light

HEALING CHAKRA 6

- Meditation: meditating on the third eye chakra can help to bring balance and clarity to the energy center. One can focus on the color purple, or imagine a purple light shining in the center of the forehead during meditation.
- Visualization: Visualizing oneself as having clear perception and insight, like a owl or a seer, can help to balance the third eye chakra.
- Affirmations: repeating positive affirmations such as "I trust my intuition" or "I am open to new perspectives" can help to bring balance to the third eye chakra.
- Essential oils: Using essential oils such as lavender, frankincense, and peppermint can help to balance the third eye chakra.
- Crystals: Carrying or wearing crystals such as amethyst, lapis lazuli, or sodalite can help to balance the third eye chakra.
- Yoga Poses: Yoga poses like child's pose (Balasana), seated forward bend (Paschimottanasana), and headstand (Sirsasana) are some of the yoga poses that help balance the third eye chakra.
- Sound Healing: Listening to sounds such as singing bowls, chanting, or soft instrumental music can help to balance the third eye chakra.
- Healing Touch: Healing touch therapies such as Reiki, acupuncture or cranial sacral therapy can help to balance the third eye chakra.
- Mindfulness: Practicing mindfulness and paying attention to one's thoughts, feelings and surroundings can help to balance the third eye chakra.
- Creative activities: Engaging in creative activities such as painting, writing, or photography can help to balance the third eye chakra.
- Connecting with the spiritual: Engaging in spiritual practices such as prayer, reading spiritual texts, or attending a spiritual service can help to balance the third eye chakra.

ABOUT CHAKRA 7

- The Sahasrara Chakra, also known as the Crown Chakra, is the seventh and highest energy center of the body.
- Located at the top of the head and associated with the element of thought.

- "Sahasrara" comes from the Sanskrit word meaning "thousand" or "infinity".
- Balancing the Sahasrara Chakra helps to achieve spiritual enlightenment and union with the divine.
- When balanced, person experiences a sense of oneness, transcendence, and spiritual fulfillment.
- The main color associated with the Sahasrara Chakra is violet or white, symbolizing spiritual purity, wisdom, and transcendence.
- Helps in recognizing our connection to the spiritual realm and relates to our ability to understand the true nature of reality.
- Also represents the pineal gland, which is responsible for the production of melatonin and regulating the sleep-wake cycle.
- Imbalance in the Sahasrara Chakra can be caused by spiritual confusion, lack of purpose, and disconnection from the divine.
- Located at the top of the head and associated with the central nervous system and the pineal gland.
- Associated with the sense of spiritual connection and the ability to access higher states of consciousness.
- Imbalanced Sahasrara chakra can manifest as feelings of spiritual emptiness, lack of purpose, and disconnection from the divine.
- Balancing the Sahasrara chakra can be done through yoga poses such as the headstand and the corpse pose, as well as through visualization and meditation practices that focus on the crown of the head.
- The element associated with Sahasrara chakra is thought.
- The sound associated with Sahasrara chakra is Silence
- Sahasrara chakra is associated with the ability to access higher states of consciousness, spiritual enlightenment, and union with the divine.
- Sense organ associated: None
- Endocrine gland: Pineal gland
- Action: Transcendence
- Cosmic aspect: The causal
- Shape: Thousand petals
- Mantra: Silence
- Bija mantra: Silence
- Seed sound: Silence
- Color: Violet or White
- Function: Spiritual Enlightenment
- Element: Thought

HEALING CHAKRA 7

- Healing the Sahasrara chakra, also known as the crown chakra, is associated with spiritual enlightenment, cosmic consciousness, and connection to the divine.
- Imbalanced Sahasrara chakra can manifest as feelings of disconnection from the world, depression, and a lack of meaning in life.
- Balancing the Sahasrara chakra can be done through meditation, visualization, and yoga poses such as the headstand and the corpse pose.
- The element associated with Sahasrara chakra is thought, so focusing on positive thoughts and visualization can help to bring balance to this chakra.
- The sound associated with Sahasrara chakra is Silence, so incorporating silence into

meditation practice can help to balance this chakra.

- Incorporating practices such as mindfulness, self-reflection, and connecting with nature can help to bring balance to the Sahasrara chakra.
- Visualizing a white or violet light shining from the crown of your head during meditation can help to activate and balance this chakra.
- It's important to clear and balance all the lower chakras before working on Sahasrara chakra, as it is the highest chakra and its balance is dependent on the balance of the lower chakras.
- Energy healing modalities such as Reiki, can also be helpful in healing the Sahasrara chakra.
- It's important to remember that healing is a continuous process, and it takes time and consistent practice to bring balance to the Sahasrara chakra.

The seven main chakras are:

1. Muladhara (Root Chakra) located at the base of the spine
2. Svadhisthana (Sacral Chakra) located in the lower abdomen
3. Manipura (Solar Plexus Chakra) located in the upper abdomen
4. Anahata (Heart Chakra) located in the center of the chest
5. Vishuddha (Throat Chakra) located in the throat
6. Ajna (Third Eye Chakra) located in the forehead, between the eyes
7. Sahasrara (Crown Chakra) located at the top of the head.

There are several secondary chakras that are considered to be part of the overall chakra system. Some examples include:

- Hrit chakra (Heart Chakra) located in the center of the chest
- Bindu chakra (Ajna Chakra) located at the crown of the head
- Kundalini chakra located at the base of the spine
- Soma chakra (Crown Chakra) located at the top of the head
- Talu chakra (Root Chakra) located at the base of the spine
- Nabhi chakra (Solar Plexus Chakra) located in the upper abdomen
- Vishuddhi chakra (Throat Chakra) located in the throat
- These chakras are less known and not commonly used in most chakra practices and are said to be located at different positions and have different functions than the seven main chakras.

In some spiritual and religious teachings, additional chakras are believed to exist above the crown chakra (Sahasrara). These are often referred to as "transpersonal" or "higher" chakras.

Examples include :

- The soul star chakra located just above the crown chakra, it's said to be connected to the soul, spiritual connection and ascension.
- The causal chakra located beyond the physical body and is said to be connected to the soul's journey and the experience of oneness with the universe
- The stellar gateway chakra, located above the head, is said to be the entry point for spiritual energy to enter the body and consciousness.

In some spiritual and religious teachings, additional chakras are believed to exist below the root chakra (Muladhara). These are often referred to as "subterranean" or "earth" chakras.

Examples include:

- The earth star chakra, located below the feet, is said to be connected to the grounding, stability and connection to the earth.
- The base/root chakra is located at the base of the spine and is connected to the physical

body, grounding, and survival instincts

- The grounding chakra, located below the feet, is said to be responsible for connecting the body to the earth and allowing for energy to flow freely through the body.

As with the higher chakras, it's important to note that these lower chakras are not universally accepted and may not be recognized or used in all chakra practices. The traditional system of chakras describes seven main chakras and the root chakra is considered as the first one.

HEALING SUBTERRANEAN / EARTH CHAKRAS

- Grounding exercises: such as walking barefoot on the earth, sitting on the ground, or doing yoga poses that connect you to the earth can help to balance the subterranean chakras.
- Meditation: meditating on the subterranean chakras can help to bring balance and stability to the energy centers. One can focus on the color black, or imagine a black light shining at the base of the spine during meditation.
- Visualization: Visualizing oneself as rooted to the earth, like a tree with deep roots, can help to balance the subterranean chakras.
- Affirmations: repeating positive affirmations such as "I am connected to the earth" or "I am one with nature" can help to bring balance to the subterranean chakras.
- Essential oils: Using essential oils such as patchouli, myrrh, and vetiver can help to balance the subterranean chakras.
- Crystals: Carrying or wearing crystals such as black tourmaline, obsidian, and onyx can help to balance the subterranean chakras.
- Food: Eating grounding foods like root vegetables, such as carrots and potatoes, can help to balance the subterranean chakras.
- Yoga Poses: Yoga poses like Child's Pose (Balasana), Butterfly Pose (Baddha Konasana) and Sitting Forward Bend (Paschimottanasana) are some of the yoga poses that help balance the subterranean chakras.
- Breathwork: Breathwork exercises such as alternate nostril breathing (Nadi Shodhana) and 4-7-8 breathing can help to balance the subterranean chakras.
- Sound Healing: Listening to sounds such as drumming, chanting, or singing bowls can help to balance the subterranean chakras.
- Healing Touch: Healing touch therapies such as Reiki and reflexology can help to balance the subterranean chakras.
- Connecting with nature: Spending time in nature and connecting with the earth by going for a walk, gardening, or sitting in nature can help to balance the subterranean chakras.

Note: Subterranean chakras are not widely recognized by traditional chakra systems, and some descriptions of these chakras may vary.

ABOUT TRANS-PERSONAL CHAKRAS

- Transpersonal chakras are believed to exist above the crown chakra (Sahasrara) and are said to be responsible for spiritual enlightenment and self-realization.
- There is no consensus on the number or specific location of these chakras, and they are not as widely recognized or studied as the traditional seven chakras.
- Some believe in the existence of additional chakras above the crown chakra, such as the Soul Star chakra, the Stellar Gateway chakra, and the Cosmic Gateway chakra.
- The Soul Star chakra is said to be located just above the crown chakra, and is associated with spiritual connection and the ability to access higher states of consciousness.

- The Stellar Gateway chakra is said to be located even higher, above the Soul Star chakra, and is associated with the connection to the spiritual realm and the ability to access past lives.
- The Cosmic Gateway chakra is located above the Stellar Gateway chakra and is said to be the connection to the universal consciousness, and the ability to access the wisdom of the ages.
- The transpersonal chakras are believed to be activated through spiritual practices such as meditation, yoga, and energy work.
- There is no scientific evidence to support the existence of these chakras, and they should not be considered as medical or psychological treatments.

HEALING TRANSPERSONAL / HIGHER CHAKRAS

- **Meditation:** meditating on the transpersonal chakras can help to bring balance and stability to the energy centers. One can focus on the color white, or imagine a white light shining above the crown chakra during meditation.
- **Visualization:** Visualizing oneself connecting with the divine and the higher self can help to balance the transpersonal chakras.
- **Affirmations:** repeating positive affirmations such as "I am connected to the divine" or "I am one with the universe" can help to bring balance to the transpersonal chakras.
- **Essential oils:** Using essential oils such as frankincense, myrrh, and sandalwood can help to balance the transpersonal chakras.
- **Crystals:** Carrying or wearing crystals such as clear quartz, selenite, and amethyst can help to balance the transpersonal chakras.
- **Yoga Poses:** Yoga poses like Headstand (Sirsasana), Shoulderstand (Sarvangasana) and Meditation Pose (Padmasana) are some of the yoga poses that help balance the transpersonal chakras.
- **Breathwork:** Breathwork exercises such as "Brahmari" (Humming Bee breath) and "Kechari" (Tongue lock) breath can help to balance the transpersonal chakras.
- **Sound Healing:** Listening to sounds such as chanting "Om" or "Aum" or singing bowls can help to balance the transpersonal chakras.
- **Healing Touch:** Healing touch therapies such as Reiki and energy healing can help to balance the transpersonal chakras.
- **Connecting with nature:** Spending time in nature and connecting with the natural world can help to balance the transpersonal chakras.
- **Service:** Practicing acts of kindness and service to others can help to balance the transpersonal chakras.
- **Mindfulness:** Practicing mindfulness and self-awareness can help to balance the transpersonal chakras.

Note: Transpersonal chakras are not widely recognized by traditional chakra systems, and some descriptions of these chakras may vary.

ABOUT THE SOUL STAR CHAKRA

- The Soul Star Chakra, also known as the 8th chakra, is believed to be located 6-18 inches above the crown chakra.
- It is associated with the element of spiritual energy and is considered as the connection between the physical and spiritual realms.
- The Soul Star Chakra is said to be responsible for the connection of the individual soul to the divine, and for the connection to one's spiritual purpose and destiny.

- When balanced, person experiences a sense of spiritual connection and purpose, inner peace and harmony.
- The main color associated with the Soul Star Chakra is white, symbolizing spiritual purity and connection to the divine.
- Helps in recognizing our connection to the spiritual realm and relates to our ability to understand the true nature of reality.
- Imbalance in the Soul Star Chakra can be caused by feeling disconnected from one's spiritual path and purpose, lack of inner peace and harmony.
- Located above the crown chakra, associated with the spiritual connection and purpose.
- Associated with the sense of spiritual connection and the ability to access higher states of consciousness.
- Imbalanced Soul Star chakra can manifest as feelings of spiritual emptiness, lack of purpose, and disconnection from the divine.
- Balancing the Soul Star chakra can be done through visualization and meditation practices that focus on the connection to the divine and one's spiritual purpose.
- The element associated with Soul Star chakra is spiritual energy.
- The sound associated with Soul Star chakra is Silence
- Soul Star chakra is associated with the connection to the divine, spiritual purpose, and inner peace and harmony.
- Sense organ associated: None
- Endocrine gland: N/A
- Action: spiritual connection
- Cosmic aspect: spiritual realm
- Shape: N/A
- Mantra: Silence
- Bija mantra: Silence
- Seed sound: Silence
- Color: White
- Function: spiritual connection
- Element: spiritual energy.

ABOUT THE CAUSAL CHAKRA

- The Causal Chakra, also known as the "Bindu Visarga" or the "Karmendriya", is said to be located above the crown chakra.
- It is associated with the element of cosmic energy and is considered as the connection between the individual and the cosmic consciousness.
- The Causal Chakra is said to be responsible for the connection of the individual to the spiritual realm, and for the connection to one's spiritual purpose and destiny.
- When balanced, person experiences a sense of spiritual connection and purpose, inner peace and harmony.
- The main color associated with the Causal Chakra is purple, symbolizing spiritual purity and connection to the cosmic consciousness.
- Helps in recognizing our connection to the spiritual realm and relates to our ability to understand the true nature of reality.
- Imbalance in the Causal Chakra can be caused by feeling disconnected from one's spiritual path and purpose, lack of inner peace and harmony.
- Located above the crown chakra, associated with the spiritual connection and purpose.
- Associated with the sense of spiritual connection and the ability to access higher states of

consciousness.

- Imbalanced Causal chakra can manifest as feelings of spiritual emptiness, lack of purpose, and disconnection from the divine.
- Balancing the Causal chakra can be done through visualization and meditation practices that focus on the connection to the divine and one's spiritual purpose.
- The element associated with Causal chakra is cosmic energy.
- The sound associated with Causal chakra is Silence
- Causal chakra is associated with the connection to the cosmic consciousness, spiritual purpose, and inner peace and harmony.
- Sense organ associated: None
- Endocrine gland: N/A
- Action: spiritual connection
- Cosmic aspect: spiritual realm
- Shape: N/A
- Mantra: Silence
- Bija mantra: Silence
- Seed sound: Silence
- Color: Purple
- Function: spiritual connection
- Element: cosmic energy

ABOUT THE STELLAR GATEWAY CHAKRA

- The Sahasrara chakra, also known as the Crown chakra or the Stellar Gateway chakra, is located at the crown of the head.
- It is associated with the color violet or white and is related to the element of thought or consciousness.
- The Sahasrara chakra is the highest chakra and is associated with spiritual enlightenment, inner wisdom, and the connection to the divine.
- It is related to the pituitary gland, the central nervous system, and the brain.
- Imbalances in this chakra can manifest as feelings of disconnection from the spiritual realm, lack of purpose or meaning in life, or difficulty accessing inner wisdom.
- To balance this chakra, one can practice meditation, visualization, yoga, or other spiritual practices.
- Crystals and essential oils associated with this chakra include amethyst, selenite, and frankincense.
- The seed mantra associated with this chakra is "Om" or "Ong"
- The deity associated with this chakra is Shiva or Shakti, who represent the balance between masculine and feminine energies.
- The symbol associated with Sahasrara chakra is a thousand petals lotus.
- The sense associated with this chakra is the "mind" or "consciousness"
- This chakra is said to be associated with the ability to access higher states of consciousness and spiritual transcendence.

It's worth noting that the soul star chakra is not one of the 7 traditional chakras and is not commonly recognized by mainstream Hindu or Buddhist teachings. It is a more recent idea in the field of energy healing and spiritual practices.