

## The 7 Chakras

Chakra, a Sanskrit word meaning “wheel”, is used to describe the major energy centres of the body. There are hundreds of chakras all over the body, however, seven are considered to be the main centres. These centres transmit life force energy to and from the physical body.



### **Muladhara Chakra – base/root chakra – I AM**

Physical survival, energy distribution and vitality.

Location: base of the spine/ perineum.

Colour: red.

Element: earth.

Crystals: Smokey Quartz – strong connection to mother earth energy, helps to release the old and transforms dark into light.

Red Jasper – stabilising and grounding stone. For strength, stamina & equilibrium. Earth connection. Brings energy to the base chakra when people are stuck in their head / disassociated.

### **Svadhithana Chakra – sacral/sex chakra – I FEEL**

Creativity, feelings, sexual drive, pleasure, and exploration. Seat of the sub- conscious.

Location: lower abdomen / 3 fingers below navel.

Colour: orange.

Element: water.

Crystals: Carnelian – helps energise relationships, sexuality and creativity.

Moonstone – emotional balance and flow. Balances the hormonal system. Helps one to trust intuition. Carries energy of the moon.

### **Manipura Chakra – solar plexus/navel chakra – I WILL**

Sense of identity, self-confidence, self-esteem and personal power.

Location: between the ribs just under the diaphragm, or at the navel.

Colour: yellow.

Element: fire.

Crystals: Citrine – carries the energy of the sun, great for manifesting and for willpower.

Helps to uplift ones self esteem.

Tiger's Eye – aids harmonious and balanced action. Helps with courage, confidence and strength of will. Helps to release fears and anxieties.

### **Anahata Chakra – heart chakra – I LOVE**

Unconditional love, relationships, personal development, direction and sharing, emotional balance.

Location: at the centre of the chest.

Colour: green (& pink).

Element: wind.

Crystals: Aventurine – promotes compassion and balance. A comforter and heart healer.

Good for heart circulation and congestion. Good for dissolving negative emotions. Joy and light.

Rose Quartz – allows one to trust in love and to give and receive unconditionally. Helps release any fears around love. Stone of compassion.

### **Vishuddha Chakra – throat chakra – I EXPRESS**

Communication, personal expression, truth and the flow of information.

Location: at the throat.

Colour: turquoise blue.

Element: ether.

Crystals: Blue Lace Agate – boosts your ability to communicate, especially the thoughts and feelings received from your higher self. Soothing and nurturing. Releases anger and nervous tension. Emotional healing stone.

Kyanite – encourages self-expression and speaking one's truth. Releases blocked energy. Powerful crystal that integrates the spiritual into the physical.

### **Ajna Chakra – third eye chakra – I SEE**

Understanding, perception, intuition, knowledge and mental organisation. Psychic centre.

Location: at the centre of the brow.

Colour: purple / indigo blue

Element: mind.

Crystals: Amethyst – healing and meditative. Great to bring peace and calm to the mind (relieves headaches). Opens up the spiritual and psychic centres. Enhances intuition and psychic powers of all kinds by making a clear connection between the earth plane and other planes and worlds.

**Sodalite** – helps to stimulate thought. It increases intelligence, knowledge and learning, and can unite the logical with the spiritual. Stone of rationality. Stone of truth.

### **Sharasrara Chakra – crown chakra – I UNDERSTAND**

Maintains an overall balance of the chakra system, stimulating cosmic perception and inspiration. The thousand petalled lotus.

Location: just above the top of the head.

Colour: golden / white.

Element: above all elements– union

Crystals: Clear Quartz – magnifies the energy of this chakra, allowing connection to own wisdom and to guidance of angels, guides, spirit helpers and ancestors.

Amethyst – spiritual and healing stone. Connection to ALL THAT IS. Helps to bring relaxation to the whole nervous system and facilitates connection to spirituality.