



Chakra summary and affirmations

1-Root/base. Perineum/base of spine. Red/smell/earth. 4 petals. Survival, security, money, needs, body, health, home

Body parts: Adrenals. Bones, legs/feet, large intestine

Challenges: Fear, anxiety, conflict, money issues, feeling undeserving, fight, flight or freeze, feeling scattered

Tips: Grounding, resolution of conflicts, self-worth mantras, self care, adequate protein (not necessarily animal), body-love statements/activities

Mantra: *"I am a divine being of light, and I am peaceful, protected and secure."*

2- Sacral. Below belly button. Orange/taste/water. 6 petals. Desire, sexuality, emotional identity, movement, nurturing, duality/polarity, choice, passion

Body parts: Sexual organs. Lower abdomen, kidneys, womb, genitals, low back

Challenges: Guilt, fear of change, flat or excessive emotions, urinary issues, sexual issues, low back pain

Tips: Acknowledge/allow feelings, healthy sexual expression, drink plenty of water, move (walk, dance, exercise), try new things

Mantra: *"I am radiant, beautiful and strong and enjoy a healthy and passionate life."*

3- Solar Plexus. Diaphragm/below sternum. Yellow/sight/fire. 10 petals. Personal power, self identity, self esteem, action, will, transformation, vitality

Body parts: Adrenals. Liver, gallbladder, pancreas, digestive organs

Challenges: Anger, fatigue, digestive issues, hypertension, inertia/lack of motivation, diabetes, ulcers

Tips: Do...push past inertia, acknowledge male and female sides...balance them, shift focus/mindset from victim to co-creator, let go of what doesn't serve, do something fun

Mantra: *"I am positively empowered and successful in all my ventures"*

4 – Heart. Green/touch/air. 12 Petals. Balance between spirit and matter, love (non-romantic, of self and other), peace, self acceptance

Body parts: Thymus. Heart/circulatory system, lungs, arms/hands

Challenges: Grief, heart disease, lung disease, asthma, self doubt/loathing

Tips: Breath work, establish/maintain boundaries, self love/self care exercises, give to others, focus on lightness

"Love is the answer to everything in life, and I give and receive love effortlessly and unconditionally."

5 – Throat. Blue/hearing/sound. 16 petals. Communication, purification, speaking our truth, self-expression

Body parts: Thyroid. Throat, neck, shoulders, mouth, ears

Challenges: Lies, hiding from others/self, sore throats, thyroid issues, neck/shoulder pain, excessive talking or shyness

Tips: Pay attention to/create vibrations, hum, sing, express through creative activities, chant, purification ceremonies, write your story

"My thoughts are positive, and I always express myself truthfully and clearly."

6 – 3rd Eye, between eyebrows, center of head. Indigo/6th sense/light. 2 petals. Inner wisdom, inner knowing, intuition, self-reflection, internalize outer world/externalize inner world, psychic abilities

Body parts: Pineal gland. Eyes, forehead, head

Challenges: Illusion, headaches, vision issues, nightmares, insensitivity or overwhelm

Tips: practice listening to your intuition, look for symbols and patterns, practice 'looking at' things...taking in more information (internal and external), keep a dream journal, establish good energetic boundaries

"I am tuned into the divine universal wisdom and always understand the true meaning of life situations."

7 – Crown, top of head. Purple (or white)/thought/universal connection. 1,000 petals. Consciousness, divine connection, oneness, intelligence, core matrix/understanding

Body parts: Pituitary gland. Nervous system, cerebral cortex

Challenges: Attachment, confusion, apathy, depression, alienation, difficulty learning, righteousness

Tips: Practice seeing the bigger picture, meditate, expand awareness through learning, challenge your own perceptions and belief systems, try a silent retreat (even at home, with no distractions), fast

"I am complete and one with the divine energy."