

# More About Chakras ( )



**The ROOT CHAKRA** communicates to the color red and is situated at the base of the spine in the perineum. The root chakra grasps important teachings about liveliness, groundedness, and association to the earth, confidence, protection, continued existence and our capability to be completely in our bodies.

Parts of the body that are associated with this chakra are the lymph system, teeth and bones, prostate gland, bladder and the legs, feet and ankles. The sense of smell is also related to the root chakra.

If you have been experiencing a frightening impression of insufficiency or lack of confidence, or if you from time to time feel detached, your root chakra may be unbalanced.



**The SACRAL CHAKRA** is positioned at the centre of the abdomen and is orange in color. It rules the reproductive system and sexual organs and is related to the sense of taste and appetite.

The SACRAL CHAKRA unites us to happiness, craving; our craving for sexuality and our desire for life, and emotive understanding.

If the chakra is too open, there is an inclination to experience each person's feelings or to be excessively lined by one's own sentiments with repeated and extraordinary expressive incidents.

If the chakra is unbalanced, then we are unexciting, uninteresting, motionless and boring. We are absent with our feelings, have very little craving or excitement, and modest or no appeal in sexuality.



**The SOLAR PLEXUS CHAKRA** is positioned above the abdomen but under the rib cage. It is yellow in color.

The parts of the body associated with this chakra include the muscular, skin, solar plexus, the large intestine, stomach, liver and the eyes. The sense governed by this chakra is eyesight.

When the third chakra is unbalanced, one may experience exhausted, frightened, unstable, become quiet, or reserved.

If the chakra is too wide open, then there is a tendency to always want to be in charge of others or to try and overshadow people and be overtly authoritarian.



**The HEART CHAKRA** is located at the centre of the chest and is green in color.

The heart chakra is associated with the heart, the circulatory system, lungs and chest.

This chakra governs the sense of touch and the sensitivity that comes from being touched.

If the heart chakra is unbalanced, the very foundation of us undergoes pain and suffering. Our breathing is low, reducing the speed of our metabolism and our material force. Our mind and body feel separated.



**The THROAT CHAKRA** appears at the base of the throat and is sky blue in color. This chakra controls the throat, neck, the arms and the hands.

The throat chakra governs the sense of hearing. And is related to communication, creativity, and all aspects of imagination.

When your articulation is out of all proportion, you many times hold back what you are really feeling. A well-balanced throat chakra allows you to easily converse and listen to others.



**The THIRD EYE CHAKRA** is located at the centre of the forehead. The indigo colored chakra is associated with the temples and the carotid plexus.

It is related to the act of seeing, both physically and intuitively and tunes in to our psychic ability.

This subject also includes, clairvoyance (inner sense of vision), clairaudience (inner sense of hearing) and clairsentience (inner sense of touch) are all interlinked with this chakra.



**The CROWN Chakra**

The crown chakra is also known as the cosmic consciousness centre. It is located at the top of the head and associated with the brain and the nervous system.

The color linked to chakra is violet.

This chakra gives of a sense of empathy and unity and is calming when centered on.