

The Seven Chakras of the Human Body



Crown Chakra Connection to the divine

Located at the crown of your head, it deals with your connection to the divine within you and all around you. Physically, it supports your central nervous system and deep brain functions.

Your Crown Chakra may be weak if you:

- Feel disconnected to a higher power
- Feeling of loneliness and insignificance
- Are stuck in an unfulfilling and unrewarding career
- Have a strong attachment to possessions and relationships, and define yourself by what you have
- Migraines and tension headache



Throat Chakra Self-expression

Located right in the center of your throat. It deals with issues of honesty, integrity, truth, expression and communication. Physically, it supports your neck, jaw, teeth, gums, mouth, lower sinus, throat and thyroid gland.

Your Throat Chakra may be weak if you:

- Are often afraid to speak up and voice your opinions around others
- Settle with following other people's opinions
- Are likely to be the "quiet one" in your professional and social circles
- Experience sore throats, swollen glands, sinus problems, disorders of the throat, mouth, teeth or gums



Solar Plexus Chakra Personal power and ability to channel

Located along your spine it deals with issues of willpower, ambition and action. Physically, it supports your liver, pancreas, gallbladder, stomach and spleen.

Your Solar Plexus Chakra may be weak if you:

- See yourself as powerless and struggle with self-esteem issues
- Have different ways of shaming yourself and feel embarrassed by what people think of you
- Feel like a victim in the world, and often feel powerless to circumstances and other people's desires
- Suffer from frequent stomach pains and stomach anxiety



Root Chakra Career, money mindset and sense of belonging

Located at the very base of your spine, is the most common chakra to be weakened. It deals with physical survival, safety, security, fear and insecurity.

Your Root Chakra may be weak if you:

- Feel a general lack of physical energy and vitality
- Are stuck in an unfulfilling and unrewarding career
- Find that your well-being is highly dependent upon external circumstances
- Believe that money creates security
- Suffer from eating disorders, adrenal fatigue, foot and leg pains/injuries, rectal or colon problems, immune disorders or bone disorders



Third Eye Chakra Intuition, sense of purpose and direction in life

Located right in the center of your forehead and deals with Intuition, your sense of purpose and direction in life. Physically, it supports your upper frontal sinuses, eyes, ears, and the outer layers of your brain.

Your Third Eye Chakra may be weak if you:

- Feel lost when it comes to having a sense of purpose in life
- Are indecisive, uncommitted and unconfident of the decisions you make
- Have an active imagination, but not in a good way as you spend much of your day in analytical mode
- Experience headaches and a feeling of tension in your brow area



Heart Chakra Love, relationships and self-acceptance

Located along your spine right in the center of your chest next to your physical heart. It deals with issues of love, compassion and belonging. Physically, it supports your heart, lungs, upper torso, shoulders, arms and hands.

Your Heart Chakra may be weak if you:

- Are guarded and closed and rarely allow yourself to open up to others
- Sabotage your relationships with distrust and anger
- Are unable to let a situation rest because it didn't go your way
- Are clingy and needy in relationships and anxious that your partner doesn't need you as much as you need them
- Experience heart disorders, chest pain, asthma, allergies, circulation problems

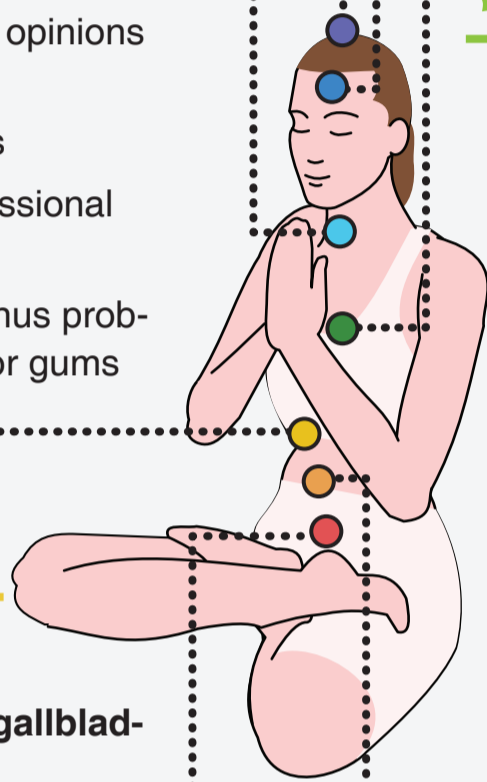


Sacral Chakra Sexuality and pleasure

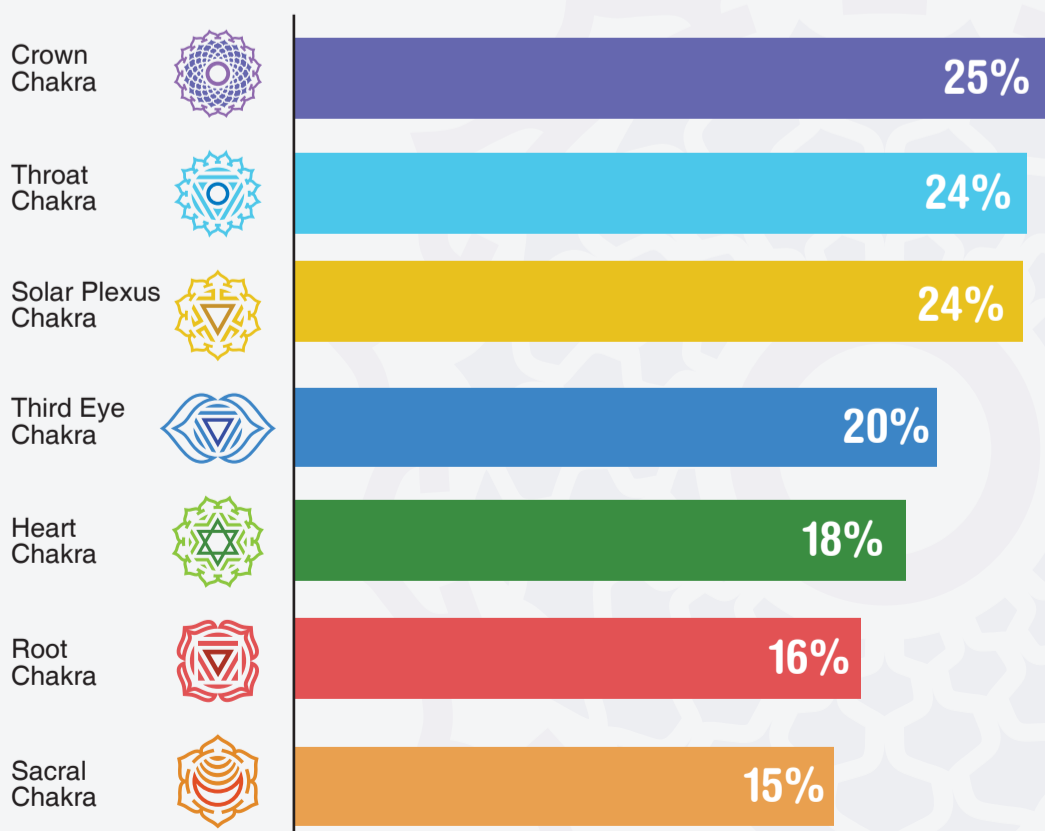
This is where we awaken our kundalini energy. Located in our hips, sacrum and genitals, it is where we experience the joys of intimacy, creativity, pleasure, our desires and sexuality

Your Sacral Chakra may be weak if you:

- Struggle to see yourself as "sexy", and sometimes wonder how anyone could desire you
- Find it difficult to open up in relationships
- Have a tendency to end up in sexually incompatible relationships and find yourself wondering if you'll ever find "the one"
- Rarely have the time or desire to have sex



Chakras that people have most of their problems with



Are your chakras opened or closed?
Take the **free 3 minute CHAKRA TEST** to find out.
Go to www.chakrahealing.com