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A BEGINNERS GUIDE TO THE 7 CHAKRAS

Coaching with MaryRose

Create balance, confidence, clarity, and joy with a foundational understanding of your body's Chakra energy centres.

MULADHARA CHAKRA BASE / ROOT
RED - Grounded, Stable, Rooted, Foundations

SVADISTHANA CHAKRA SACRAL
ORANGE - Creativity, Pleasure, Emotions, Joy

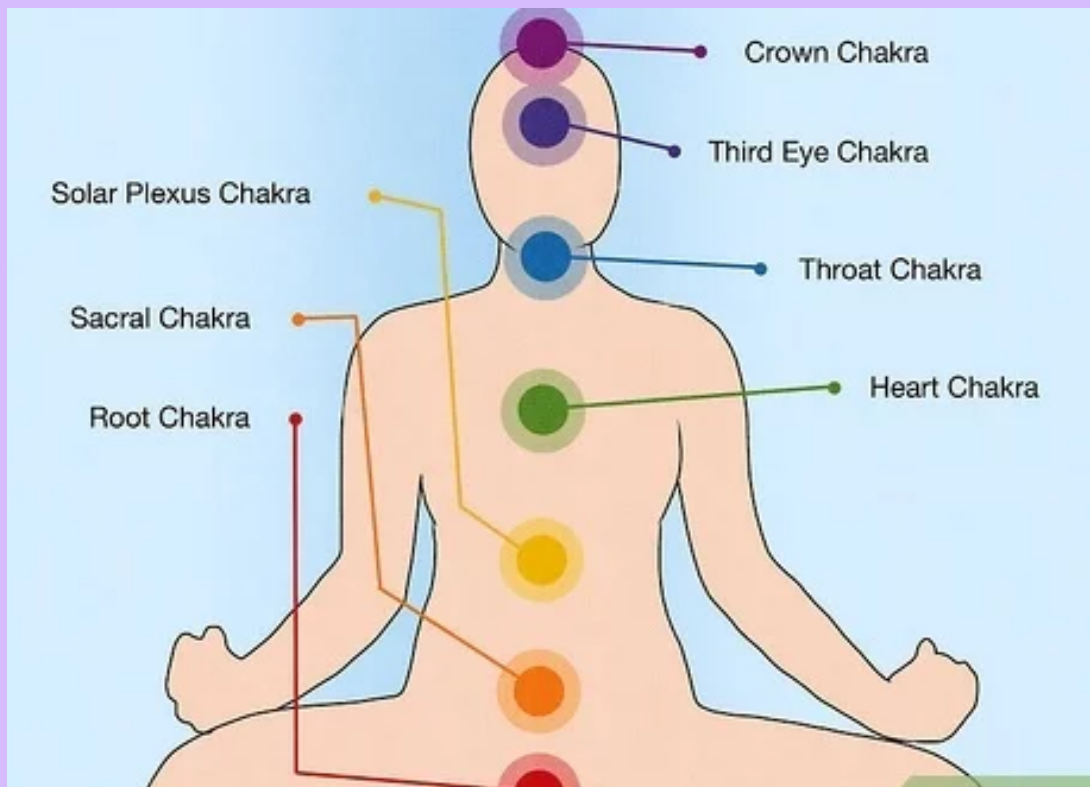
MANIPURA CHAKRA SOLAR PLEXUS
YELLOW - Inner confidence, Action, Power

ANAHATA CHAKRA HEART
GREEN - Love, Compassion, Gratitude, Empathy

VISHUDDA CHAKRA THROAT
BLUE - Truth, Honesty, Communication

AJNA CHAKRA THIRD EYE
PURPLE - Intuition, Knowing, Wisdom, Reality

SAHASRARA CHAKRA CROWN
WHITE - Connection, Enlightenment, Higher Guidance



What is the Chakra System?

Chakra in Sanskrit translates to 'wheel'. In the Chakra System, there are 7 energy wheels. These form up and down the spine, which is also known as Sushumna Nadi.

A Nadi is an energy line, you have 72,000 of them within your body, running down and around every nook and cranny. They are the lines in which prana or chi travel through the body. Prana = life force.

The Chakras are points along this central Nadi where thousands of the other Nadis cross-
intersect, this forms the moving wheels of energy.

What is the Chakra System?

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When the Chakras are aligned, open and spinning, you feel a sense of ease and flow within life. Energy flows effortlessly to you and through you. When they are blocked, clogged, or unbalanced, you can feel like life is a drag, everything is hard, low energy, like you're forever walking uphill.

Cleansing, balancing and working with these wheels of energy promotes vitality and a sense of flow, to add brightness and lightness to life.



BASE CHAKRA (MULADHARA)

The Base Chakra is known as the root of all things and represents your connection to the Earth. The Base Chakra is in charge of your needs. This Chakra governs your sense of safety, strength, stability and commitment, and it is responsible for feeling grounded, as well as self-preservation.

WHERE IS THE BASE CHAKRA LOCATED?

The Base Chakra is located at the base of the spine, where your tailbone is located, and the colour it is represented by is red. The Base Chakra's element is Earth. It grounds and gives structure to life.



WHAT HAPPENS WHEN THE BASE CHAKRA IS PROPERLY ALIGNED AND FULLY OPEN?

A balanced Base Chakra provides you with a sense of stability and security.

When Muladhara Chakra is balanced and aligned, we cease to attach our security and stability to other people, places and things. Instead, we find our own root support, we realise that our stability and security, our solid foundation can only come from within.



WHAT HAPPENS WHEN THE BASE CHAKRA IS BLOCKED?

An imbalanced Base Chakra can show itself physically, which might be problems within the colon, issues with the bladder, issues with elimination, as well as issues with the lower back, legs or feet. Another sign of a Base Chakra imbalance might show through anxiety or problems around eating.

An imbalanced Base Chakra can show mentally and spiritually as well, which is when you may experience anxiety, irrational fears, or have frequent and vivid nightmares.



SACRAL CHAKRA (SVADISTHANA)

The Chakra in which your centre of sexual, emotional and creative energy is located. The Sacral Chakra is connected to your passion, pleasures and the ability to feel connected to others and live a fulfilling life.

WHERE IS THE SACRAL CHAKRA LOCATED?

The Sacral Chakra is the second in line. The Sacral Chakra is located about 10 centimetres (3 inches) below your belly button, and it is associated with the colour orange.



WHAT HAPPENS WHEN THE SACRAL CHAKRA IS ALIGNED?

When your Sacral Chakra is open, it makes you feel dynamic, stimulated and full of ideas. When balanced, this energy centre offers direct access to flexibility, flow, and fun. This Chakra also regulates the energy associated with your pleasure, passion and sensuality. You will feel more aligned with your emotions, as well as more understanding of the emotions of others.

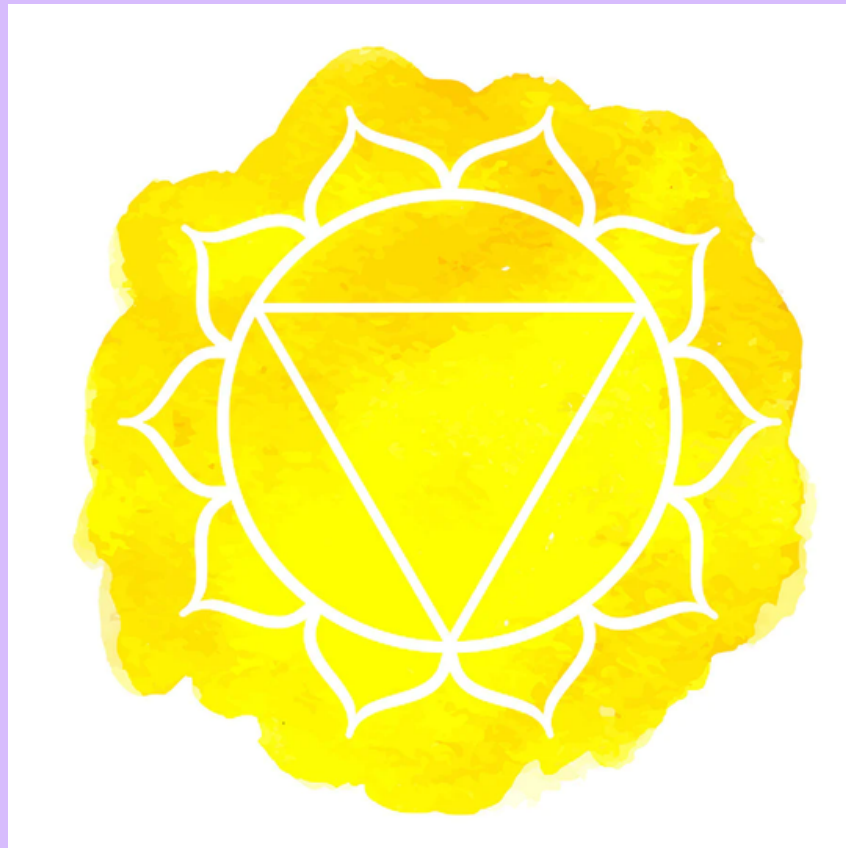
Proper alignment in your Sacral Chakra also gives you the confidence to make big, important changes to the way you live your life and move forward with the confidence and strength that comes from within.



WHAT HAPPENS WHEN THE SACRAL CHAKRA IS BLOCKED?

When your Sacral Chakra is blocked and out of alignment, you may experience any of the following symptoms:

Impotence , Chronic low back pain , Problems and complications with reproductive organs , Issues and several difficulties with the bladder and kidneys , Urinary tract infections , Pain during intercourse ,
Other pelvic-lower abdominal issues

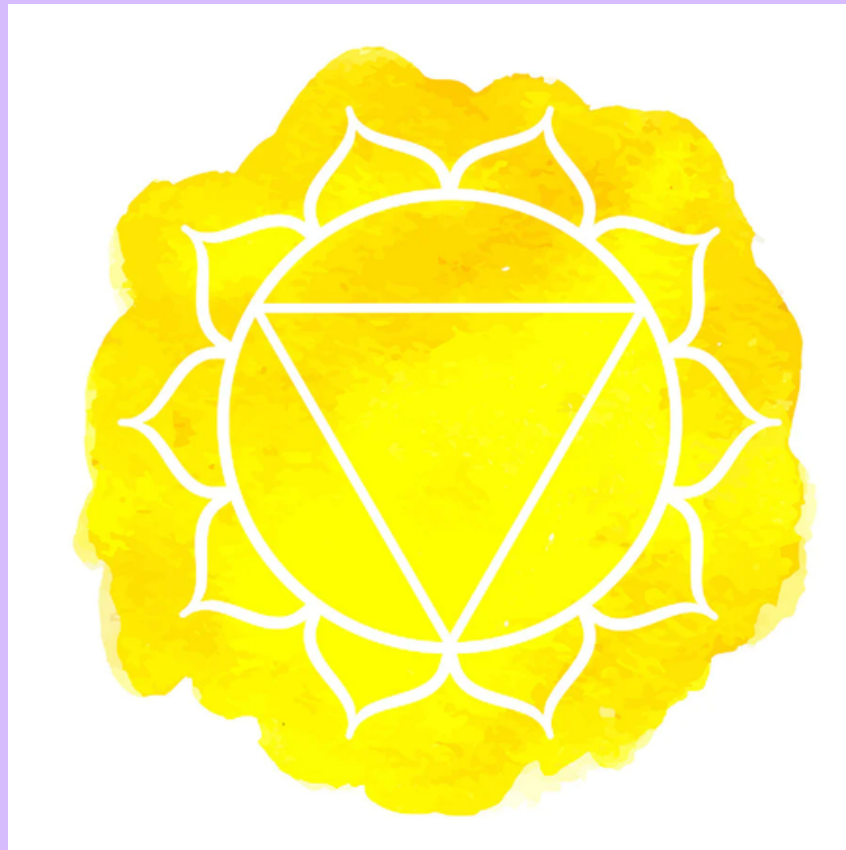


SOLAR PLEXUS (MANIPURA)

The centre of your personal power. This is in charge of your identity, personality, ego, individual freedom, choice and authenticity. It also affects your motivation, willpower and purpose.

WHERE IS THE SACRAL CHAKRA LOCATED?

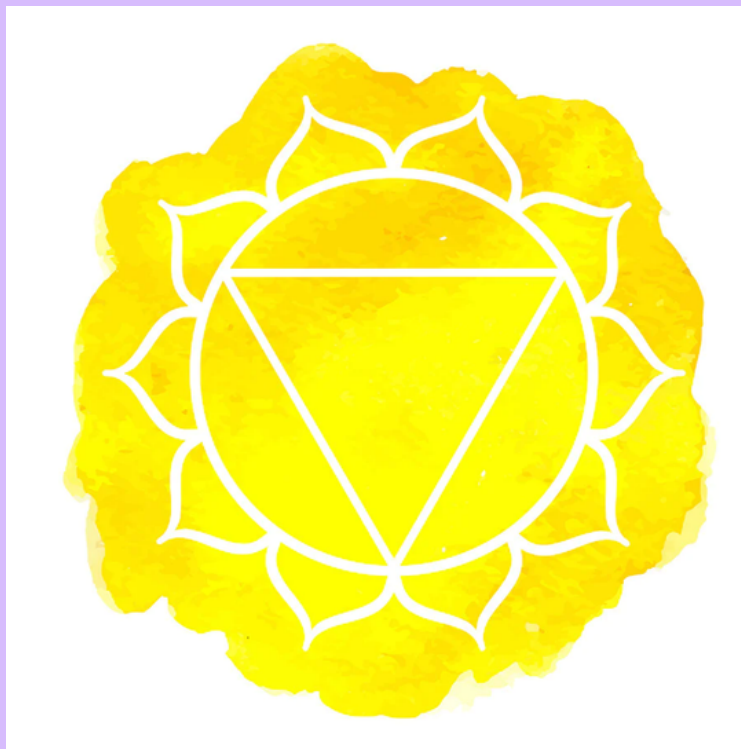
It is located in the abdomen, above the belly button and just below the sternum. This Chakra is represented by the colour yellow, The element this Chakra is connected to is fire.



WHAT HAPPENS WHEN THE SOLAR PLEXUS IS ALIGNED?

When your Solar Plexus Chakra is in balance and fully opened, you feel self-motivated, you exude confidence (without arrogance), and you have a deep and motivating sense of purpose that pushes you forward in the most natural and balanced way.

In addition, a balanced Solar Plexus Chakra brings ease of making decisions without too much thinking/going back and forth, and improves self-esteem and control issues.



WHAT HAPPENS WHEN THE SOLAR PLEXUS IS BLOCKED?

When the Solar Plexus Chakra is blocked and out of alignment, you might experience some of the following changes and symptoms:

An excessive need for control in all aspects of your life, Victim mentality , Irresponsibility ,The overwhelming feelings of helplessness and hopelessness , Insecurity , The feeling of inauthenticity , The feeling of being lost ,The feeling of being out of touch with yourself and your loved ones around you.



HEART CHAKRA (ANAHATA)

The Heart Chakra acts as your centre of empathy, love, compassion and forgiveness. The

Heart Chakra also rules your senses of fearlessness, peace, gratitude, trust, generosity and connectedness.

Anahata Chakra also rules changes and transformations, the sense of emotional control, setting healthy boundaries in your life, the depth of your relationships with people around you, and the love you have for yourself.

WHERE IS THE SACRAL CHAKRA LOCATED?

It is located at the centre of the spine and it is precisely at the heart level. The Heart Chakra is unique because it is the fourth of the seven Chakras, which makes it the exact halfway point of the Chakra system.



WHAT HAPPENS WHEN THE HEART CHAKRA IS ALIGNED?

When your Heart Chakra is fully open and properly aligned, you are a giving, compassionate person without effort; these two qualities come naturally to you because they come straight from your heart.

A fully open and properly aligned Heart Chakra makes you feel loving and calm, open to the good in the world, open to help others in need and open to love and prosper.



WHAT HAPPENS WHEN THE HEART CHAKRA IS BLOCKED?

Mental symptoms of a blocked Heart Chakra include:

- Irritability and impatience for others and yourself
- Difficulty trusting and understanding others
- Restlessness
- Lack of empathy

Physical symptoms of a blocked Heart Chakra often can include:

- Insomnia
- Increase in blood pressure
- A decrease in immune system function.



THROAT CHAKRA (VISHUDDA)

This is in charge of communication. The qualities this Chakra represents are truth, communication and self-expression. The Throat Chakra rules your innate ability to express yourself clearly and openly, without any issues.

Visuddha Chakra directly affects your relationships with yourself and others and your emotional stability. The Throat Chakra also determines how well you handle conflict, whether you are living an authentic life, and whether you are aware of your own deep needs, and how to fulfill them.

WHERE IS THE THROAT CHAKRA LOCATED?

The Vishuddha Chakra is located at the throat, and is closely connected with the thyroid gland. The thyroid gland affects mental and physical development and regulates metabolism.



WHAT HAPPENS WHEN THE THROAT CHAKRA IS ALIGNED?

When in balance, Vishuddha Chakra allows you to have a more productive conversation, as well as tune in and listen to the guidance of your intuition. Vishuddha Chakra also gives you the opportunity to find your inner truth and to communicate and live your truth in daily life. A balanced and aligned Vishuddha Chakra allows you to be honest with yourself and easily communicate with others.



WHAT HAPPENS WHEN THE THROAT CHAKRA IS BLOCKED?

Emotional symptoms include:

Choosing not to speak out

Feeling insecure, shy, or socially anxious around others, Being unable to express oneself

Dominating conversations in a very unnatural

way , Complaining excessively , Gossiping

Speaking aggressively or without thinking

Not allowing others around you to express

themselves , Needing to always be right



THIRD EYE CHAKRA (AJNA)

We all have intuition, whether you are more open to it or whether you are a skeptic that denies its existence. Once you've felt it, there is no denying that human intuition is one of the most important things for you to live a full and aligned life.

Intuition, which is also referred to as your sixth sense is a natural human sense, just like physical sound, smell, sight, taste, and touch.

If your Third Eye Chakra is open and aligned, the wisdom to find the lessons in every situation, even when things do not go your way, becomes unlocked.

WHERE IS THE THROAT CHAKRA LOCATED?

Right between your eyebrows, hence, the third eye.



WHAT HAPPENS WHEN THE THIRD EYE CHAKRA IS ALIGNED?

Everything in this universe is some form of energy, which means that receiving any form of intuitive information is just picking up on non-physical energy that is coming your way. If your Third Eye Chakra is open and aligned, the wisdom to find the lessons in every situation, even when things do not go your way, becomes unlocked.

The colour associated with the Third Eye Chakra is indigo. The parts of the body affected by the Third Eye Chakra are the endocrine (hormone) system, nose, sinuses, pituitary gland and eyes.



WHAT HAPPENS WHEN THE THIRD EYE CHAKRA IS BLOCKED?

EMOTIONAL

Feeling confused and out of place in your life,
Feeling confused and unclear about how to handle situations, Feeling out of touch with your emotions, Being afraid or doubtful of your success, Being unable to see the bigger picture of the position you are in, Being completely unaware of the energy of the people around you.

PHYSICAL

Frequent headaches or migraines, Clogged sinuses that are not related to allergies.
Issues with vision, Chronological poor sleep and nightmares.



CROWN CHAKRA (SAHASRARA)

The Crown Chakra is the top Chakra in the row, which means that the universe's energy starts its journey in the Crown Chakra and travels down to the lower Chakras

WHERE IS THE CROWN CHAKRA LOCATED?

In the traditional 7 Chakra system, the Crown Chakra is the only Chakra that sits outside the body. In fact, it hovers just above the crown of your head and is sometimes referred to as the bridge to the cosmos.



WHAT HAPPENS WHEN THE CROWN CHAKRA IS ALIGNED?

On an emotional level, the Sahasrara Chakra generates devotion, prophetic and inspirational thought, intangible ideas and mystical connections. For example, are you experiencing some incredibly vivid dreams lately? If the answer is yes, the reason is probably your Crown Chakra communicating with you.



WHAT HAPPENS WHEN THE CROWN CHAKRA IS BLOCKED?

- Having difficulty meditating
- Having difficulty staying motivated / positive
- Having difficulty feeling connected
- Spiritual disinterest
- Extreme boredom
- Getting bored with the routine that you once enjoyed and cherished
- Desiring complete isolation from others and the outside world
- Depression

DID YOU FIND THIS HELPFUL?

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