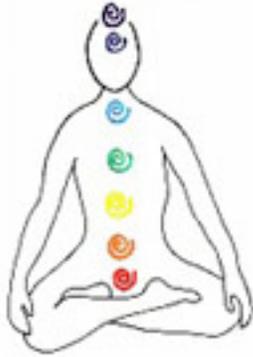


# CAKRA GUIDE

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*the correct spelling of chakra in Sanskrit is cakra  
the plural of cakra in Sanskrit is cakrani*

*Your Cakrani are inner energy centers that govern your physical, mental, emotional, and spiritual energy flow. Each cakra offers a key meditation point and has a coordinating color frequency. Color vibration, sound energy, mantras, mudras, marmas, bandhas, specific pranayamas, and*

*asanas can help awaken the energy in the cakrani for optimal balance. When your cakrani are activated and harmonious, the quality of your life is enhanced on all levels.*

## ROOT CAKRA- Muladhara (moola dar ah) "Base foundation"

### RED ENERGY- Earth element

LOCATION: Starts below tailbone at perineum to source lower body & feet, as well as upward flow of energy along the spine, including hands

ENERGETICALLY GOVERNS:

bones, colon, blood and circulation (shared with heart), male sex organs, prostate

WHEN AWAKENED:

grounded, centered, stable, secure, ambitious, determined, active, vibrant life force energy

WHEN OVER-ACTIVATED: angry, aggressive, indulgent with food/alcohol/sex/\$, high blood pressure, diarrhea, insomnia (need for rest)

WHEN UNDER-ACTIVATED: depressed, sluggish, constipated, low blood pressure, tired

## SACRAL CAKRA- Swadhisthana (sva dee stahn ah) "One's own home"

### ORANGE ENERGY- Water element

LOCATION: Starts below navel (between front body and back body) to source low belly (abdomen), hips, lower back, wrists & lower forearms

ENERGETICALLY GOVERNS:

kidneys, bladder, reproductive organs, ovaries

WHEN AWAKENED:

creative, sensual, able to "go with the flow," patient, sociable, comfortable with feelings

WHEN OVER-ACTIVATED: impatient, anxious about future, worries, urinary tract infections

WHEN UNDER-ACTIVATED: disconnected from emotions, stuck in past, controlling, perfectionist tendencies, dehydrated

## SOLAR PLEXUS CAKRA- Manipura (ma knee pur ah) "Lustrous gem"

### YELLOW ENERGY- Fire element

LOCATION: Starts above navel (between front body and back body) to source mid-body (mid-belly to mid-back), upper forearms, elbows, and lower part of upper arms

ENERGETICALLY GOVERNS:

stomach, digestive system, spleen, pancreas, liver, gallbladder, adrenal glands

WHEN AWAKENED:

clarity, wisdom, focused, joyful, blissful, positive, self esteem & confidence, inquisitive

WHEN OVER-ACTIVATED: egoistic, over-thinker, resentful, angry, tense

WHEN UNDER-ACTIVATED: doubtful, fearful, confused, unconfident, sad & gloomy, hoarding, lack of curiosity

-OVER-

## HEART CAKRA- Anahata (ah nah ha ta) “Unstruck”

### GREEN ENERGY- Air element

LOCATION: Starts at center of chest (between front body and back body) to source upper body across breastbone (chest to upper back), including upper arms

ENERGETICALLY GOVERNS:

heart, lower lungs, breasts, thymus gland (immune function), blood/circulation (shared with root), respiration (shared with purification)

*WHEN AWAKENED:* compassionate, generous, balanced between giving and receiving in relationships

*WHEN OVER-ACTIVATED:* “over-giver,” sense of “not enough time,” overly concerned with others, lack of care for self, high blood pressure *WHEN UNDER-ACTIVATED:* “under-giver,” selfish, stressed about “not enough time,” withdrawn in to self, dislike of nature, low blood pressure, feeling a lack of love

## PURIFICATION CAKRA- Vishuddha (vee shu da) “To purify”

### PALE BLUE ENERGY- Ether element

LOCATION: Starts at shoulders, to source up to ears including throat, neck, jaw, mouth and nose, meditation point is generally in the center of the throat (between front body and back body)

ENERGETICALLY GOVERNS:

upper lungs, bronchial tubes, trachea, throat, thyroid gland (metabolism), mouth, teeth, gums, sense of smell, taste and hearing, respiration (shared with heart)

*WHEN AWAKENED:* effective, inspiring, and peaceful communicator, peaceful about communicating heart’s wants, needs, desires, and feelings, sense of peace between heart (feelings) and head (thoughts), overall sense of calm, relaxed, peaceful

*WHEN OVER-ACTIVATED:* thoughtless communication, challenges with loud vocal volume, poor listener, agitated, overly excited, jaw tension, insomnia

*WHEN UNDER-ACTIVATED:* unclear communication, shy around communicating, challenges with quiet vocal volume

## INNER EYE CAKRA- Ajna (ah sh na or ogg na) “To command” ROYAL

### BLUE ENERGY- Space element

LOCATION: Starts behind the center of the eyebrows to the center of the head at top of spine to source across forehead to temples and around to back of head, lives at top of spine

ENERGETICALLY GOVERNS:

sinuses, eyes, brain, central nervous system, pineal & pituitary glands (shared with crown)

*WHEN AWAKENED:* ability to trust inner wisdom, intuitive, imaginative inner images, connected to psychic abilities

*WHEN OVER-ACTIVATED:* disconnected from reality, overly-confident/trusting

*WHEN UNDER-ACTIVATED:* lack of trust in intuition, dull & dreary view of life

## CROWN CAKRA- Sahasrara (sah ha swar ah) “Thousand fold” VIOLET ENERGY- no element

LOCATION: At top of head at center and hovering slightly above

ENERGETICALLY GOVERNS:

pineal & pituitary glands (shared with inner eye) brain, nervous system, 6 lower cakrani

*WHEN AWAKENED:* open to higher reason/purpose, connected to spirituality/Spirit worlds/purity

*WHEN OVER-ACTIVATED:* ungrounded, confused, “floating in the heavens,” not grounded on the Earth plane *WHEN UNDER-ACTIVATED:* disconnected, untrusting, dislike of humanity and being on Earth, disbelief in energy/cosmos/Universe

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