

Understanding Chakras

There are seven major or what I call focal energy centers that are within your body. These are called chakras. It is my belief that when the chakras are aligned, free flowing energy helps keep a balanced, clean and clear mind, body and spirit. Keeping your chakras open and working harmoniously with each other will bring you a sense of joy and wholeness, health and well-being. I like to think of my body as an orchestra because I believe in the music my body makes. I feel that I am able to hear my own music when I am in deep meditation. When I listen to my body speak or sing, I can hear sometimes that something is off key. To me, this means one or more of my chakras need fine tuning. To help identify where you may need fine tuning, you too can learn more about your chakras. You can also relate to the chart below once you have finished reading the following helpful information.

The first chakra is the **Root Chakra**, which is located at the base of the spine. The color associated with Root Chakra is red. In my research, I learned that the Root Chakra is associated with the spinal column, bones, teeth, nails, anus, rectum, colon, prostate, blood and blood cells. This chakra also relates with acceptance, survival, vitality, security, stability, trust, and courage. Because of this, I would use clove as an oil to help you ground yourself with this chakra, as clove has wonderful emotional benefits, such as helping a person feel empowered, and learning to feel loved and accepted by themselves and others. Some healthy foods associated with the Root Chakra are cherries, red peppers, red plumbs, strawberries and watermelon, so perhaps you could include these foods in your diet if you feel that your Root Chakra is in need of balance. To help you understand the Root Chakra and its association with your body, I would like you to close your eyes and take a few deep breaths. I would like you to focus on the area where the Root Chakra is located (the base of the spine) and imagine it glowing brilliantly with the color red. Continue to breath and focus on this point and ask yourself, “Do I accept the beautiful person that I am and find that I am stable, safe and secure in my life?” If you quiver or have doubt with any part of this question, then may I suggest that you continue to focus on your Root Chakra point and repeat this affirmation – *I have trust in myself, feeling safe, secure and stable. I am a beautiful and successful person, and I have the ability to achieve my goals.*

The second chakra is the **Sacral Chakra**, which is located between the naval and the genitals. The color associated with Sacral Chakra is orange. Through my research, I learned that this chakra is associated with the pelvic area, sex organs, potency, fluid functions, kidneys and bladder. This chakra relates to sexuality, desire, procreation, pleasure, relationships, union with earth and nature, openness and creativity. Because of these emotions, I would recommend using Gardenia Oils to help ground this chakra and create balance. Gardenia oil reduces stress and anxiety, and creates spiritual, mental and physical health benefits. The aroma of this sweet oil has a perfect association to the spirituality within this chakra. Some healthy foods associated with the Sacral Chakra are Mango, carrot, peaches, and pumpkins, so perhaps you could include these foods in your diet if you feel that your Sacral Chakra is in need of balance. To help you

understand the Sacral Chakra and its association with your body, I would like you to close your eyes and take a few deep breaths. I would like you to focus on the area where the Sacral Chakra is located (between the naval and the genitals) and imagine it glowing brilliantly with the color orange. Continue to breath and focus on this point and ask yourself, “Have I opened myself to my own creative/sexual energy?” (which ever applies to you) If you feel doubt or hesitation in this question, then may I suggest that you continue to focus on your Sacral Chakra point and repeat this affirmation – For creativity – *I am a beautiful person and I feel creativity flowing through my body, heart, mind and soul.* For sexuality – *I feel the sexual energy coursing through my veins, bones, heart, mind and soul, I love and accept who I am.*

The third chakra is the **Solar Plexus Chakra**, which is located above the naval and below the chest. The color associated with this chakra is yellow. In my research, I learned that this chakra is associated with liver, digestive system, stomach, spleen, gall bladder, nervous system, lower back and muscles. This chakra is related to influence, authority, energy, self-control, radiance, joy, harmony, strength, action and vitality. Because of these emotions, I would recommend using Bergamot Oils to help ground this chakra and create balance. Bergamot oil promotes joy and freshness of energy and is antidepressant. Some healthy foods associated with this chakra are bananas, eggs, lemons, pineapples and yellow peppers. To help you understand the Solar Plexus Chakra and its association with your body, I would like you to close your eyes and take a few deep breaths. I would like you to focus on the area where the Solar Plexus Chakra is located (above the naval and below the chest) and imagine it glowing brilliantly with the color yellow. Continue to breath and focus on this point and ask yourself, “Do I accept the person I am and respect the radiant beauty I have within?” If you feel doubt or hesitation in this question, then may I suggest that you continue to focus on your Solar Plexus Chakra point and repeat this affirmation – *I can be a radiant light, and I can accept the beautiful person that I am.*

The fourth chakra is the **Heart Chakra**, which is located in the center of the chest. The color associated with this chakra is green. In my researched, I found that the Heart Chakra is associated with the hear, blood circulation, immune system, lower lungs, rib cage, skin, upper back and hands. This chakra is related to unconditional love, harmony, forgiveness, healing, understanding, warmth, sharing, devotion, selflessness and sincerity. Because of these emotions, I feel that Rose Oil is a wonderful oil to help reach the Heart Chakra, as this oil helps bring emotions of confidence and love, and will help create balance in all of the emotions associated with this chakra. Some healthy foods associated with the Heart Chakra are avocado, cucumber, green peppers, lettuce, olives, peas and zucchini. To help you understand the Heart Chakra and its association with your body, I would like you to close your eyes and take a few deep breaths. I would like you to focus on the area where the Heart Chakra is located (above the naval and below the chest) and imagine it glowing brilliantly with the color green. Continue to breath and focus on this point and ask yourself, “Am I open to divine love and do I put my whole heart into everything I do?” If you feel doubt or hesitation in this question, then may I

suggest that you continue to focus on your Heart Chakra point and repeat this affirmation – *I am a beautiful person and I love to open my heart and share all that I am in all that I do.*

The fifth chakra is the **Throat Chakra**, which is located in the throat area. The color associated with this chakra is blue. From what I have learned, the Throat Chakra is associated with the jaw, neck, throat, voice, airway, upper lungs and arms. This chakra is related to self-expression, communication, inspiration, integrity, wisdom, truth, freedom, and independence. Because of the emotions involved with the throat chakra, I think one would benefit greatly from the power of sage oil. Sage oil helps bring about great confidence and security in protection, which I feel would allow one to indulge in the wisdom and truth within themselves as well. Some healthy foods associated with the throat chakra are bilberries, blueberries, plums and potatoes. To help you understand the Throat Chakra and its association with your body, I would like you to close your eyes and take a few deep breaths. I would like you to focus on the area where the Throat Chakra is located (in the throat area) and imagine it glowing brilliantly with the color blue. Continue to breath and focus on this point and ask yourself, “Am I able to communicate clearly and express myself freely?” If you feel doubt or hesitation in this question, then may I suggest that you continue to focus on your Throat Chakra point and repeat this affirmation – *I am a beautiful person and I speak freely, expressing my thoughts and communicating clearly.*

The sixth chakra is the **Third Eye Chakra** and is located at the center of the forehead. The color associated with this chakra is indigo. In my research, I found that this chakra is associated with the endocrine system, left brain hemisphere, left eye, nose ears and parts of the nervous system. This chakra is related to inner vision, intuition, imagination, idealism, concentration, peace of mind and manifestation. I think it would be beneficial to use Jasmine oil to awaken this chakra, as it possesses the ability to clear emotional stress and bring a spring to your libido, which would help someone to be open to the imagination and vision and confidence within. Some healthy foods associated with the Third Eye Chakra are blueberries, plums, eggplant and purple cabbage. To help you understand the Third Eye Chakra and its association with your body, I would like you to close your eyes and take a few deep breaths. I would like you to focus on the area where the Third Eye Chakra is located (in the center of the forehead) and imagine it glowing brilliantly with the color indigo. Continue to breath and focus on this point and ask yourself, “Do I use my imagination for positive purpose and to help me move toward my vision?” If you feel doubt or hesitation in this question, then may I suggest that you continue to focus on your Third Eye Chakra point and repeat this affirmation – *I see that I am a beautiful, creative person and I see my vision filled with creative purpose.*

The seventh and final chakra is the **Crown Chakra** and is located at the top of the head. The color associated with this chakra is violet. I learned that this chakra is associated with the cerebrum, right brain hemisphere, central nervous system and the right eye. The Crown Chakra is related to perfection, divine wisdom, bliss, understanding, and enlightenment. The Spruce oil is a wonderful oil one could use to awaken the ability to release emotional blocks, which I feel

would leave the person available to divine wisdom and a sense of wholeness. Some foods associated with this chakra are beets, blackberries, purple broccoli and purple grapes. To help you understand the Crown Chakra and its association with your body, I would like you to close your eyes and take a few deep breaths. I would like you to focus on the area where the Crown Chakra is located (in the center of the forehead) and imagine it glowing brilliantly with the color violet. Continue to breath and focus on this point and ask yourself, "Am I in harmony, physically, mentally, and spiritually, helping myself to be one with all of creation?" If you feel doubt or hesitation in this question, then may I suggest that you continue to focus on your Crown Chakra point and repeat this affirmation – *I know that I am a beautiful person who is one with all of creation, creating within me a clean heart and harmony physically, mentally and spiritually.*

