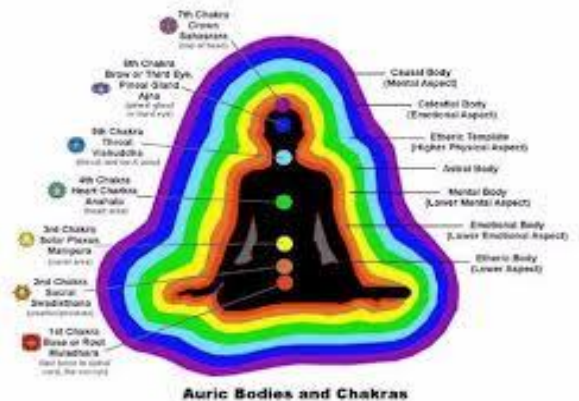
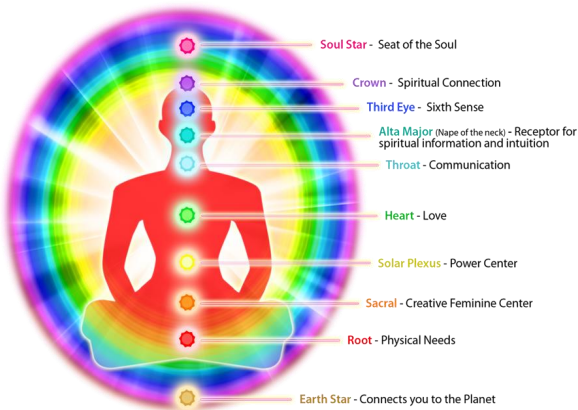
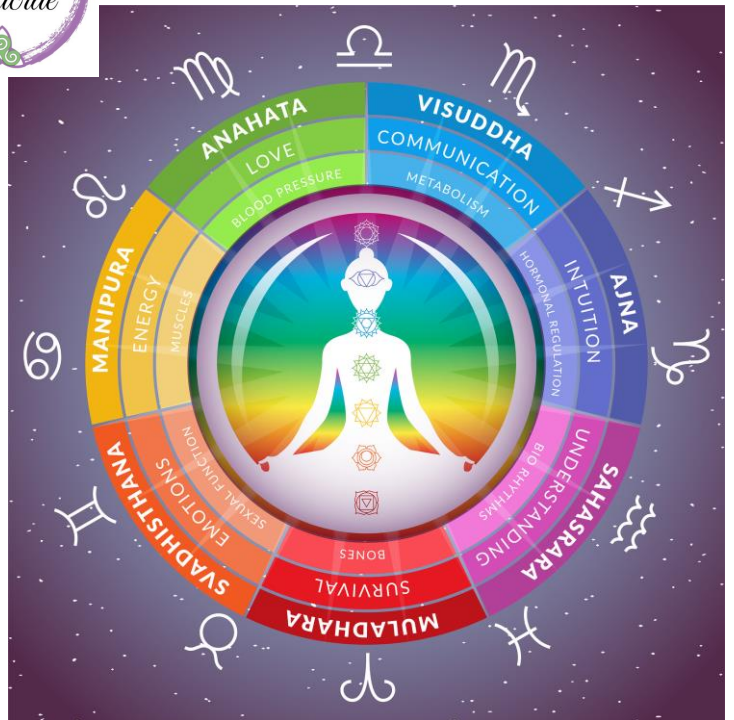


Mini-Blitz Workshops



Chakras, Auras & Energy

About Carol



Carol Macrae is a former Registered Nurse, owned and operated Fitness centres with her husband Kim, for more that 20 years. She has faced many personal, professional and medical challenges throughout her life, which lead Carol towards her healing journey, becoming a Reiki and Seichim Master and Teacher in 1999, a Clinical and 5-Path Hypnotherapist in 2005, and ultimately having a life-long quest to understand more about the connection between the mind

and the body, and our mental, physical and emotional well-being. She is qualified in several other healing modalities such as Touch For Health Kinesiology, Theta Healing, Kinetic Shift, NLP and other energy medicine techniques, and as a Clinical Member of the Australian Hypnotherapist's Association, and the Chair of Reiki Australia, she continues to maintain her professional requirements by ongoing study in the latest techniques to help her clients gain safe, rapid and effective transformations and move on to happy, healthy lives.

Carol has survived breast cancer twice and healed bone cancer in her rib, regardless of the oncologist telling her it couldn't been done, using many of the mind-body-energy medicine techniques and the knowledge she shares with her thousands of students and clients to empower them to live better lives and help others.

This knowledge is what she hopes to share with you during this series of free Mini-Blitz Workshops, designed to help as many people to benefit as possible, and they are available on her website at carolmacrae.com.

In this Mini-Blitz Workshop we will be covering a discussion about the chakras, however the Workbook goes into more detail.

Link to Workshop: https://youtu.be/ISkTfdI_jwM

Facebook Video: <https://fb.watch/sPp1dJIL23/>

The Harmony of The 7 Main Chakras: A Journey Through the Energy Centres



<i>I know</i>		<i>Sahasara</i> Crown	Seed Syllable: (!) Ahh Element: Thought <i>Wisdom, Knowledge, Spiritual Connection</i>
<i>I see</i>		<i>Anja</i> Brow	Seed Syllable: Aum (Om) Element: Light <i>Perception, Intuition, Imagination</i>
<i>I speak</i>		<i>Vishuddha</i> Throat	Seed Syllable: Ham Element: Ether <i>Communication, Creativity, Resonance</i>
<i>I love</i>		<i>Anahata</i> Heart	Seed Syllable: Yam Element: Air <i>Love, Compassion, Balance, Acceptance</i>
<i>I do</i>		<i>Manipura</i> Solar Plex	Seed Syllable: Ram Element: Fire <i>Will, Purpose, Strength</i>
<i>I feel</i>		<i>Swadhisthana</i> Sacral Area	Seed Syllable: Vam Element: Water <i>Fluidity, Pleasure, Sense of Self</i>
<i>I am</i>		<i>Muladhara</i> Root	Seed Syllable: Lam Element: Earth <i>Instinct, Security, Survival, Grounding</i>

Introduction

In the realm of spirituality and holistic wellness, chakras hold a place of profound significance. Chakras, meaning "wheels" in Sanskrit, are the energy centres in our body that influence our physical, emotional, and spiritual well-being. This mini-book aims to provide a comprehensive understanding of each chakra, its metaphysical effects, and practical techniques to maintain their balance.

A Brief History of Chakras

The concept of chakras originates from ancient Indian traditions, particularly within the practices of Hinduism and Buddhism. The earliest mention of chakras is found in the Vedas, sacred texts that date back to around 1500-500 BCE. The Upanishads, mystical writings that expand upon Vedic philosophy, further elaborate on the chakra system, describing them as energy centres that facilitate the flow of prana, or life force.

The knowledge of chakras has been passed down through generations, with detailed descriptions found in texts such as the Yoga Sutras of Patanjali and the Shat-Chakra-Nirupana. Over time, this knowledge spread beyond India, influencing various spiritual and healing practices worldwide.

In the 20th century, the chakra system gained prominence in the West, largely through the work of scholars like Sir John Woodroffe (also known as Arthur Avalon) and the influential book "The Serpent Power." This period also saw the integration of chakra knowledge into modern holistic and alternative healing practices, leading to the diverse techniques we use today.

Understanding Chakras and Their Role in Our Lives

Chakras are vital to our overall well-being, influencing our physical health, emotional stability, and spiritual development. They interact closely with our aura, the energetic field surrounding our body, reflecting our state of balance and harmony. Chakras can be envisioned as spinning wheels of energy, each vibrating at its own frequency, corresponding to different aspects of our being.

Chakras and the Human Body

Each chakra is associated with specific organs and bodily functions. For example:

- The Root Chakra governs the adrenal glands and is linked to our sense of safety and survival.
- The Sacral Chakra influences the reproductive system and creativity.
- The Solar Plexus Chakra affects digestion and personal power.
- The Heart Chakra regulates the heart and compassion.
- The Throat Chakra is connected to the thyroid and communication.
- The Third Eye Chakra impacts the brain and intuition.
- The Crown Chakra governs the pineal gland and spiritual connection.

Chakras and Emotions

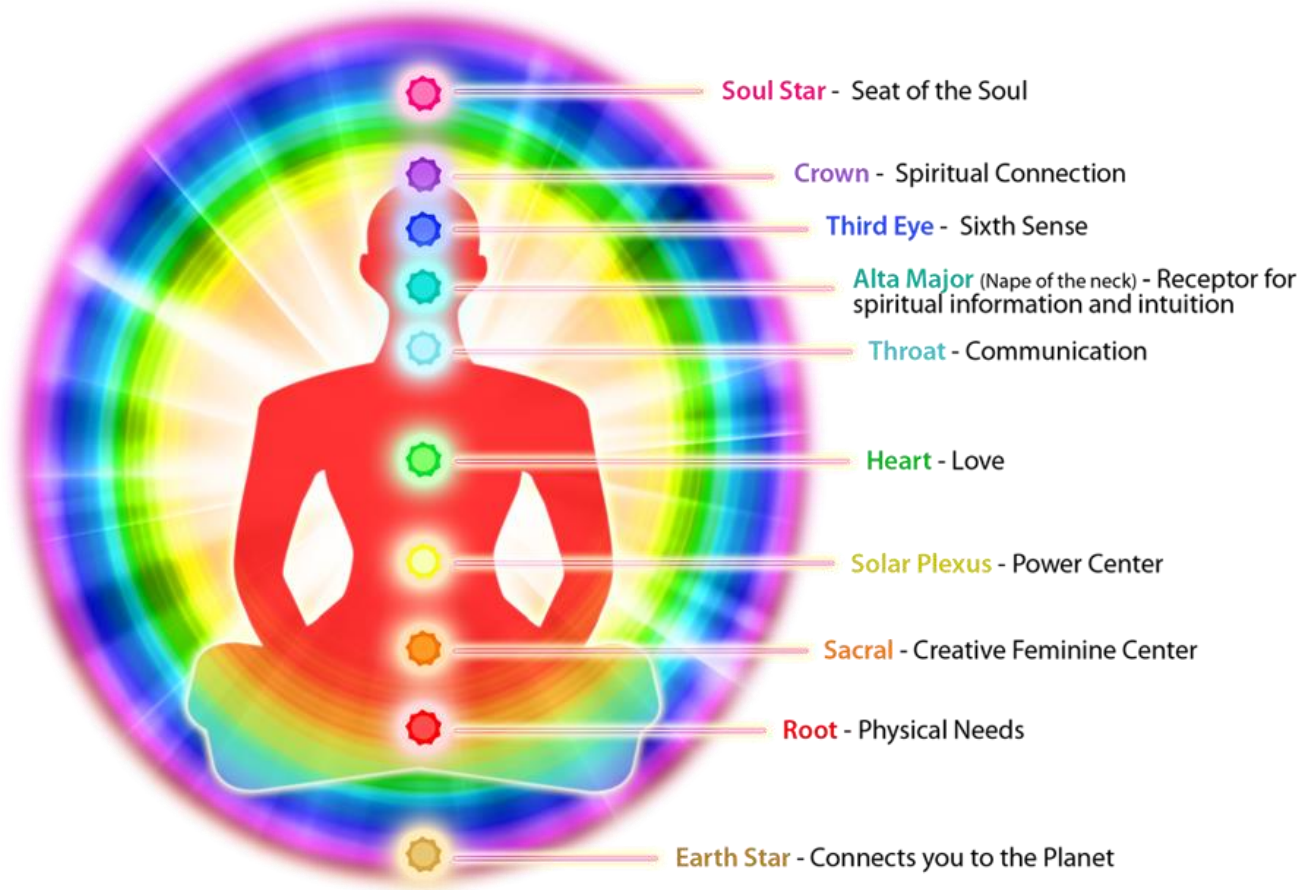
Chakras also correspond to our emotional states:

- A balanced Root Chakra brings security, while an imbalance can cause fear.
- A balanced Sacral Chakra fosters creativity, while an imbalance leads to guilt.
- A balanced Solar Plexus Chakra boosts confidence, while an imbalance results in low self-esteem.
- A balanced Heart Chakra promotes love, while an imbalance causes loneliness.
- A balanced Throat Chakra enables clear communication, while an imbalance creates suppression.
- A balanced Third Eye Chakra enhances intuition, while an imbalance leads to confusion.
- A balanced Crown Chakra connects us to the divine, while an imbalance results in disconnection.

Chakras and the Spiritual Path

On the spiritual path, chakras play a crucial role in our evolution and awakening. The journey of Kundalini, a dormant spiritual energy coiled at the base of the spine, involves the activation and balancing of all chakras. As Kundalini rises, it awakens each chakra, leading to higher states of consciousness and spiritual enlightenment.

The Seven Chakras (There are 9 but we are only working with 7 in this presentation)



1. Root Chakra (Muladhara)

Colour: Red

Musical Note: C

Frequency: 396 Hz

Crystals: Red Jasper, Hematite, Smoky Quartz

Element: Earth

Zodiac Signs: Taurus, Capricorn

Chinese Medicine Element: Earth

Meridians: Kidney, Bladder

Location: Base of the spine

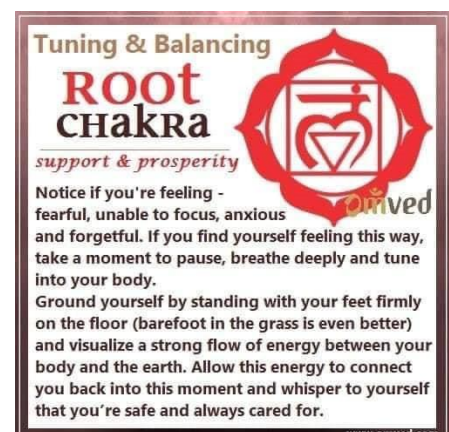
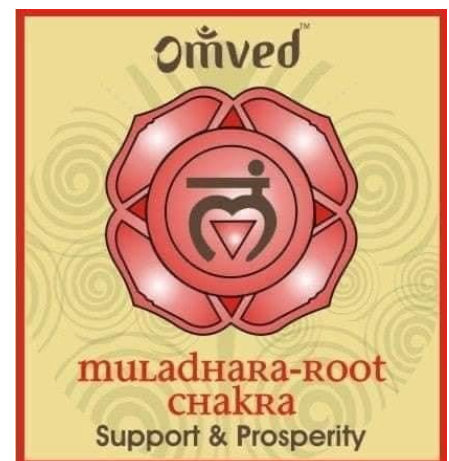
Affirmation: "I am grounded and secure."

Symptoms of Imbalance:

- Physical: Lower back pain, leg issues, immune disorders
- Emotional: Fear, anxiety, instability

Balancing Techniques:

- **Meditation:** Visualize a red light at the base of your spine.
- **Grounding:** Walk barefoot on natural ground.
- **Crystals:** Carry or meditate with Red Jasper.
- **Reiki:** Focus on energy flow in the lower body.
- **Kinesiology:** Muscle testing to identify energy blocks.



2. Sacral Chakra (Svadhithana)

Colour: Orange

Musical Note: D

Frequency: 417 Hz

Crystals: Carnelian, Orange Calcite, Moonstone

Element: Water

Zodiac Signs: Cancer, Scorpio

Chinese Medicine Element: Water

Meridians: Kidney, Bladder

Location: Lower abdomen, about two inches below the navel

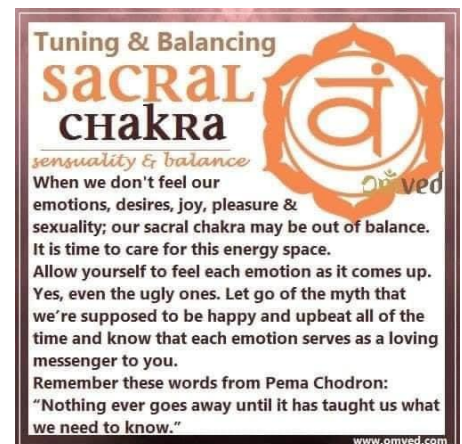
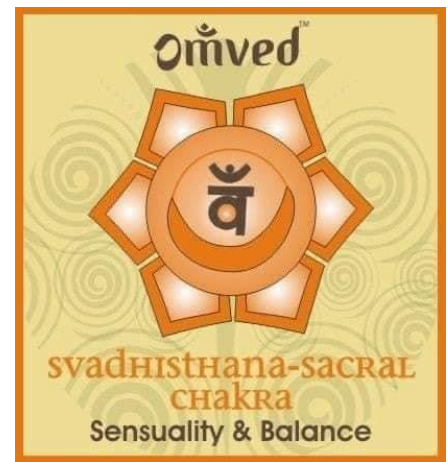
Affirmation: "I embrace my creativity and sensuality."

Symptoms of Imbalance:

- Physical: Reproductive issues, kidney problems
- Emotional: Guilt, lack of creativity, emotional instability

Balancing Techniques:

- **Meditation:** Visualize an orange light in your lower abdomen.
- **Creative Activities:** Engage in art, dance, or music.
- **Crystals:** Use Carnelian during meditation.
- **Hypnosis:** Access subconscious blocks related to creativity and pleasure.
- **Reiki:** Channel energy to the lower abdomen.



3. Solar Plexus Chakra (Manipura)

Colour: Yellow

Musical Note: E

Frequency: 528 Hz

Crystals: Citrine, Tiger's Eye, Yellow Jasper

Element: Fire

Zodiac Signs: Leo, Aries

Chinese Medicine Element: Fire

Meridians: Stomach, Spleen

Location: Upper abdomen, near the diaphragm

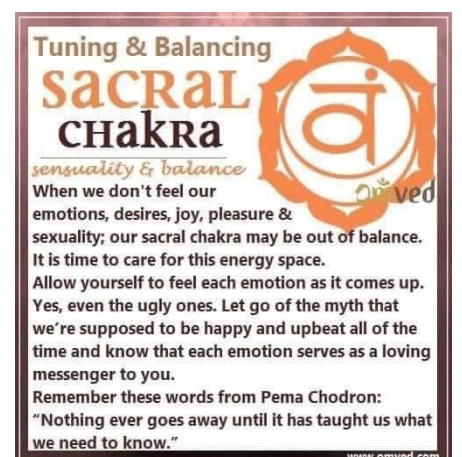
Affirmation: "I am confident and in control of my life."

Symptoms of Imbalance:

- Physical: Digestive issues, chronic fatigue
- Emotional: Low self-esteem, lack of willpower

Balancing Techniques:

- **Meditation:** Visualize a yellow sun in your solar plexus area.
- **Breathing Exercises:** Deep belly breaths.



- **Crystals:** Wear or carry Citrine.
- **Visualization:** Picture yourself achieving your goals with confidence.
- **Reiki:** Focus on balancing the middle body.

4. Heart Chakra (Anahata)

Colour: Green

Musical Note: F

Frequency: 639 Hz

Crystals: Rose Quartz, Green Aventurine, Malachite

Element: Air

Zodiac Signs: Libra, Taurus

Chinese Medicine Element: Air (Metal)

Meridians: Heart, Lung, Pericardium

Location: Centre of the chest

Affirmation: "I am open to love and compassion."

Symptoms of Imbalance:

- Physical: Heart conditions, respiratory issues
- Emotional: Loneliness, difficulty in relationships

Balancing Techniques:

- **Meditation:** Visualize a green light in your heart area.
- **Acts of Kindness:** Engage in activities that foster love and compassion.
- **Crystals:** Use Rose Quartz in meditation.
- **Hypnosis:** Address past emotional wounds.
- **Reiki:** Heal and open the heart space.

5. Throat Chakra (Vishuddha)

Colour: Blue

Musical Note: G

Frequency: 741 Hz

Crystals: Lapis Lazuli, Blue Lace Agate, Aquamarine

Element: Ether

Zodiac Signs: Gemini, Virgo

Chinese Medicine Element: Ether (Wood)

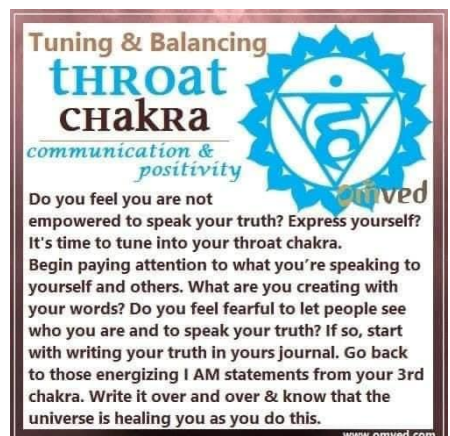
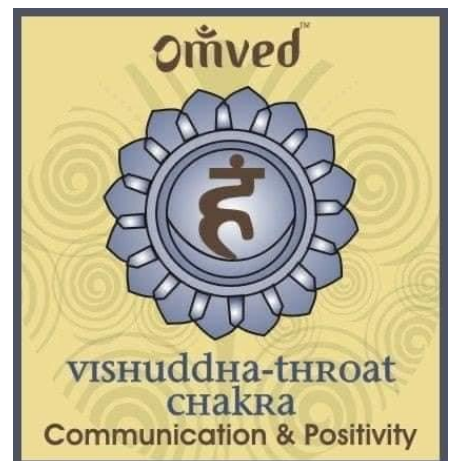
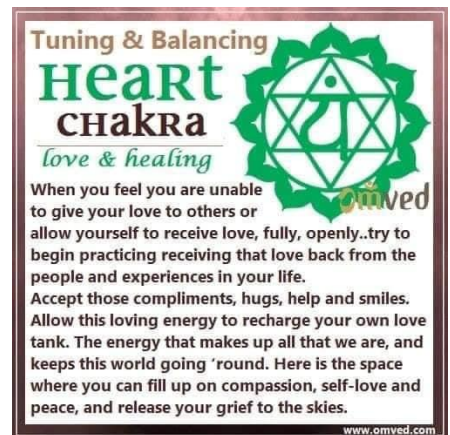
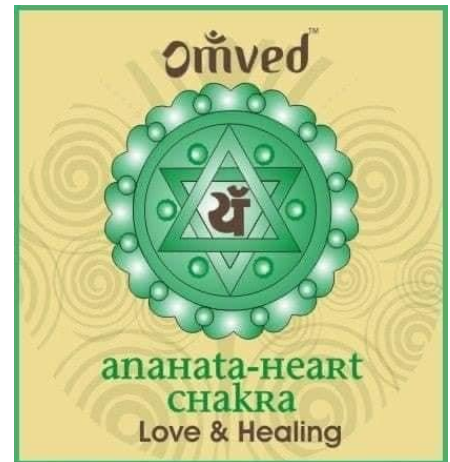
Meridians: Lung, Large Intestine, Triple Heater, Pericardium

Location: Throat

Affirmation: "I express myself freely and truthfully."

Symptoms of Imbalance:

- Physical: Throat pain, thyroid issues
- Emotional: Difficulty in communication, suppressed feelings



Balancing Techniques:

- **Meditation:** Visualize a blue light in your throat.
- **Voice Exercises:** Singing, chanting, or speaking affirmations.
- **Crystals:** Wear Aquamarine.
- **Pendulums:** Use a pendulum to clear blockages in the throat area.
- **Reiki:** Channel energy to the throat.

6. Third Eye Chakra (Ajna)

Colour: Indigo

Musical Note: A

Frequency: 852 Hz

Crystals: Amethyst, Fluorite, Labradorite

Element: Light

Zodiac Signs: Sagittarius, Pisces

Chinese Medicine Element: Ether

Meridians: Gall Bladder, Liver

Location: Between the eyebrows

Affirmation: "I trust my intuition and inner wisdom."

Symptoms of Imbalance:

- Physical: Headaches, vision problems
- Emotional: Lack of clarity, intuition, or insight

Balancing Techniques:

- **Meditation:** Focus on an indigo light between your eyebrows.
- **Visualization:** Practice visualizing your goals and desires.
- **Crystals:** Use Amethyst during meditation.
- **Kinesiology:** Muscle testing to enhance intuitive abilities.
- **Reiki:** Clear and activate the third eye.

7. Crown Chakra (Sahasrara)

Colour: Violet or White

Musical Note: B

Frequency: 963 Hz

Crystals: Clear Quartz, Selenite, Amethyst

Element: Divine Consciousness

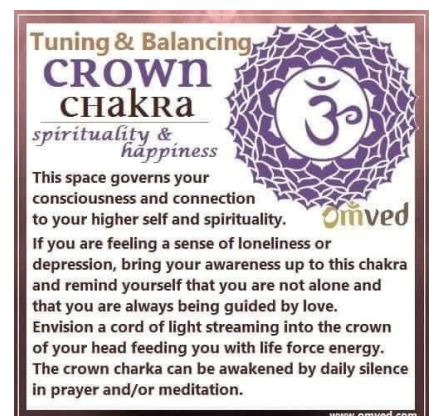
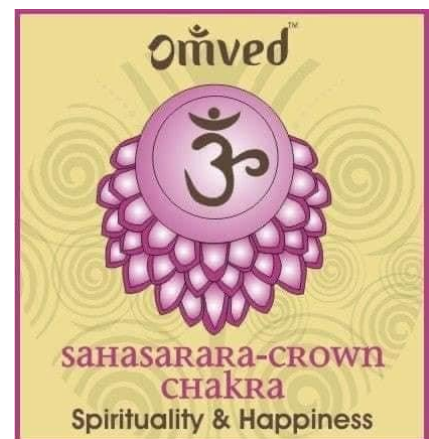
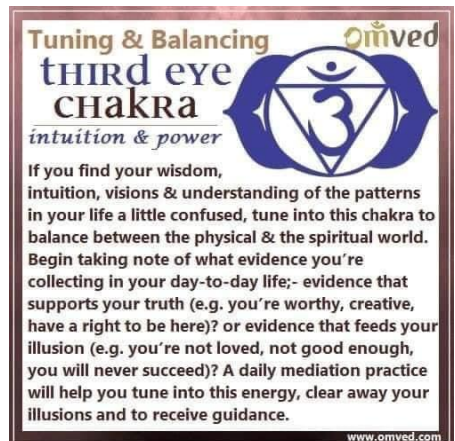
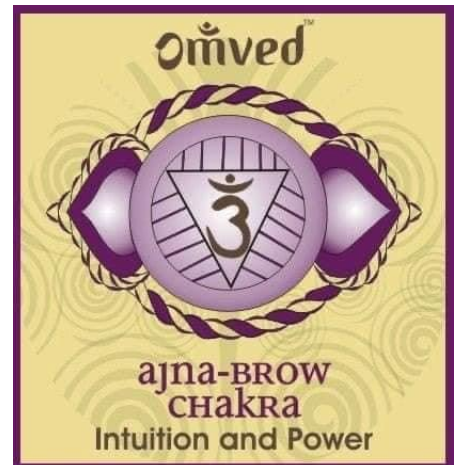
Zodiac Signs: Aquarius, Capricorn

Chinese Medicine Element: Ether

Meridians: Governing Vessel, Conception Vessel

Location: Top of the head

Affirmation: "I am connected to the divine and universal wisdom."



Symptoms of Imbalance:

- Physical: Headaches, nervous system disorders
- Emotional: Disconnection, lack of purpose

Balancing Techniques:

- **Meditation:** Visualize a violet or white light at the top of your head.
- **Spiritual Practice:** Engage in prayer, mindfulness, or connection with nature.
- **Crystals:** Meditate with Clear Quartz.
- **Visualization:** Picture yourself connected to the universe.
- **Reiki:** Open and balance the crown chakra.

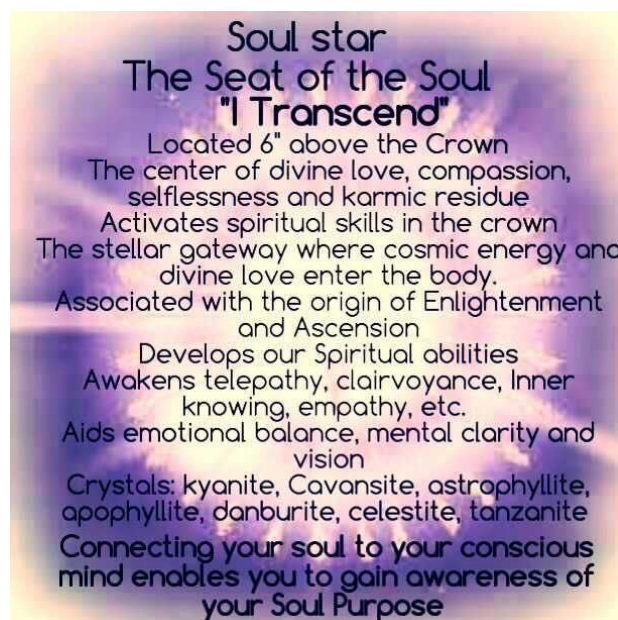
The Earth Star and Soul Star Chakras

The Earth Star Chakra is located below the feet and the Soul Star Chakra is above the body. These 2 chakras are beyond what we will discuss in our workshop, but here is a little bit about them for your information.

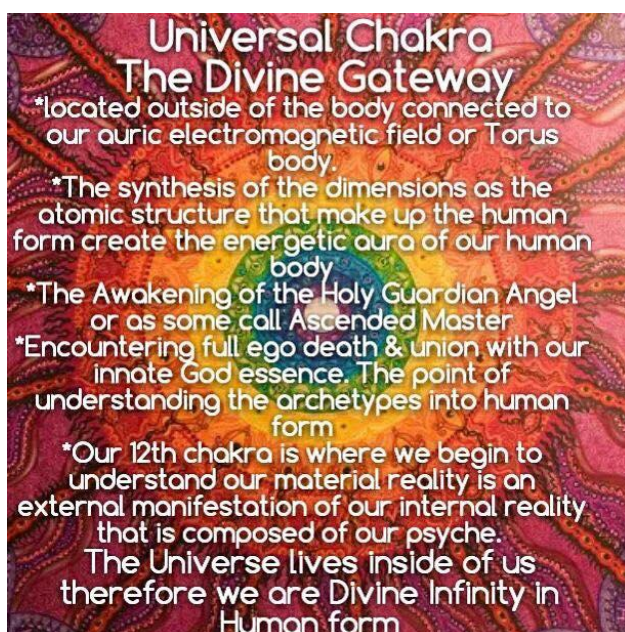
A diagram showing the Earth Star Chakra as a green, multi-pointed star shape with a central white point, set against a background of green leaves and a white star. The text is overlaid on the diagram.

Earth Star Chakra
The Heart of Mother Earth
Located beneath the feet, the minor chakras of the feet triangulate down to the Earth Star

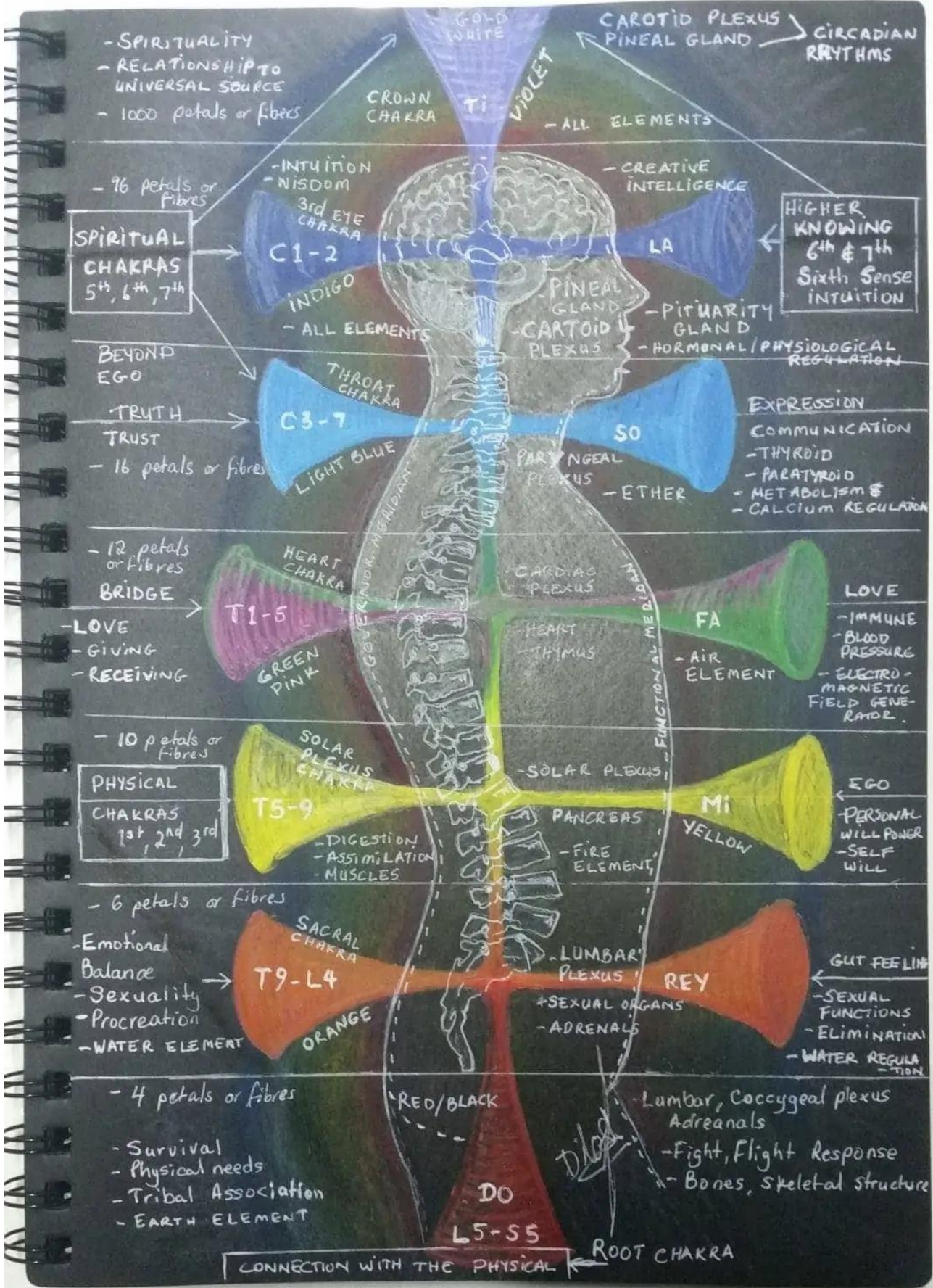
- *Naturally grounds and assimilates any healing changes taking place & draws new programs into cellular memory.
- *We carry records of our past but these memories remain dormant until we are ready. The opening process lives inside the Earth Star
- *Anchored in the Earth Star the light body can manifest faster & clearer as its directly connects to the Earth
- *It carries inside collective memories of Incarnation including DNA programs & our ancestral origins of belief and disease.
- *By showing these systems it relates to the make up of our grid structure
- *Crystals: moss agate, black kyanite, pyrite, hematite, celestial quartz, aragonite

A diagram showing the Soul Star Chakra as a purple, multi-pointed star shape with a central white point, set against a background of purple and blue clouds. The text is overlaid on the diagram.

Soul star
The Seat of the Soul
"I Transcend"
Located 6" above the Crown
The center of divine love, compassion, selflessness and karmic residue
Activates spiritual skills in the crown
The stellar gateway where cosmic energy and divine love enter the body.
Associated with the origin of Enlightenment and Ascension
Develops our Spiritual abilities
Awakens telepathy, clairvoyance, Inner knowing, empathy, etc.
Aids emotional balance, mental clarity and vision
Crystals: kyanite, Cavansite, astrophyllite, apophyllite, danburite, celestite, tanzanite
Connecting your soul to your conscious mind enables you to gain awareness of your Soul Purpose

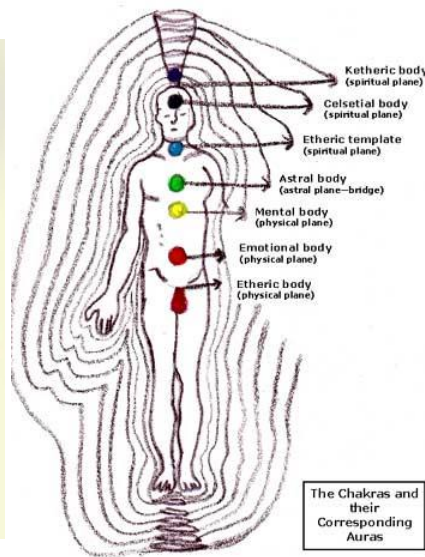
A diagram showing the Universal Chakra as a colorful, multi-pointed star shape with a central white point, set against a background of colorful, intricate patterns. The text is overlaid on the diagram.

Universal Chakra
The Divine Gateway
*located outside of the body connected to our auric electromagnetic field or Torus body.
*The synthesis of the dimensions as the atomic structure that make up the human form create the energetic aura of our human body
*The Awakening of the Holy Guardian Angel or as some call Ascended Master
*Encountering full ego death & union with our innate God essence. The point of understanding the archetypes into human form
*Our 12th chakra is where we begin to understand our material reality is an external manifestation of our internal reality that is composed of our psyche.
The Universe lives inside of us therefore we are Divine Infinity in Human form



Chakras and the Aura

The aura is an electromagnetic energy field that surrounds the body, composed of multiple layers, each reflecting different aspects of our physical, emotional, mental, and spiritual health. Chakras and the aura are intimately connected, each influencing and reflecting the state of the other.



Layers of the Aura and Chakra Connection

1. Etheric Layer (Physical Body)

- **Chakra:** Root Chakra
- **Description:** Closest to the body, this layer represents physical health and vitality.
- **Impact:** Physical health and survival instincts.

2. Emotional Layer

- **Chakra:** Sacral Chakra
- **Description:** Represents emotions and feelings.
- **Impact:** Emotional stability and creative expression.

3. Mental Layer

- **Chakra:** Solar Plexus Chakra
- **Description:** Relates to thoughts, beliefs, and mental clarity.
- **Impact:** Confidence, intellect, and personal power.

4. Astral Layer (Bridge Layer)

- **Chakra:** Heart Chakra
- **Description:** Acts as a bridge between the lower and higher layers, associated with love and relationships.
- **Impact:** Compassion, love, and connection with others.

5. Etheric Template Layer

- **Chakra:** Throat Chakra
- **Description:** Corresponds to the etheric double of the physical body, related to communication and expression.
- **Impact:** Communication and authenticity.

6. Celestial Layer

- **Chakra:** Third Eye Chakra
- **Description:** Associated with intuition, higher emotions, and spiritual awareness.
- **Impact:** Intuition, insight, and spiritual vision.

7. **Ketheric Template Layer (Causal Body)**

- **Chakra:** Crown Chakra
- **Description:** Represents the soul and connection to the divine.
- **Impact:** Spiritual enlightenment and connection to universal consciousness.

How the Aura Feeds into and Affects the Chakras

The aura acts as a filter and conduit for universal energy, which is absorbed and transmitted to the chakras. Here's how this process works:

1. **Universal Energy Absorption:** The outer layers of the aura capture universal life force energy from the environment.
2. **Energy Filtering:** This energy is filtered through each layer of the aura, where it is refined and aligned with the individual's vibrational frequency.
3. **Energy Transmission:** The refined energy is then transmitted to the corresponding chakras, feeding them with the necessary life force to maintain balance and harmony.

How Energy Moves from the Chakras to the Aura and Beyond

1. **Energy Generation:** The chakras generate energy based on the body's physical, emotional, mental, and spiritual activities.
2. **Energy Transmission:** This energy radiates outward from the chakras, moving through the layers of the aura.
3. **Aura Radiance:** The aura, now charged with this energy, radiates it outward, influencing the individual's surrounding environment and interactions.
4. **Interpersonal Impact:** The energy from one's aura can impact others, creating an exchange of energy that can influence emotions, thoughts, and even physical sensations in those around.

Testing for Chakra Imbalances

To determine which chakras are out of balance, various methods can be employed:

1. **Pendulum Testing:** Hold a pendulum over each chakra and observe its movement. A strong circular motion indicates balance, while a weak or erratic movement suggests imbalance.
2. **Muscle Testing (Kinesiology):** Use muscle testing techniques to identify energy blockages in specific chakras.
3. **Aura Reading:** Seek a professional aura reader who can visualize and interpret the state of your chakras and aura.
4. **Self-Assessment:** Reflect on physical, emotional, and mental symptoms to identify potential imbalances.

Balancing All Chakras Together

To achieve holistic well-being, it is essential to balance all chakras together, creating a harmonious flow of energy throughout the body and aura. Here are some techniques to balance all chakras:

1. **Meditation:** Practice a full-body chakra meditation, visualizing each chakra in sequence, from the Root to the Crown.
2. **Reiki Healing:** Receive Reiki or other forms of energy healing that address the entire chakra system. In Carol's workshop she teaches students some simple and effective ways to balance chakras..

3. **Kinesiology:** Muscle testing or monitoring is a biofeedback mechanism to test the flow of the energy in each meridian. Techniques can then be done to clear blocked energy and bring the system back into balance.
4. **Sound Healing:** Use a set of tuning forks or singing bowls tuned to the frequencies of each chakra, playing them in sequence.
5. **Yoga:** Perform a sequence of yoga poses that stimulate and balance each chakra.
6. **Affirmations:** Recite affirmations for each chakra, moving from the Root to the Crown.
7. **Crystals:** Use a set of chakra stones, placing each stone on its corresponding chakra during meditation or relaxation.

By understanding the intricate relationship between the chakras and the aura, and by practicing techniques that balance and harmonize these energy centres, we can achieve a state of overall well-being, enhance our spiritual development, and positively influence the world around us.

Managing emotions effectively often requires a combination of approaches. Don't just reach for a pill. Integrating these simple, non-invasive techniques into daily routines can significantly reduce pain and improve overall well-being. As always, it is essential to consult with healthcare professionals to develop a comprehensive pain management plan tailored to individual needs and medical conditions, but keep an open mind to trying some of these safer options first.

The way I look at pain and disease may be different to your view, but please keep an open mind. When we have emotional issues in our life and are unable to deal with them, it can cause a block in the flow of our energy field or aura. If we are unable to deal with them, these blockages can move into the body and present as blocks in our chakras or meridians so we then get out of balance and harmony. This can cause more mental/emotional issues, and move on to cause physical symptoms such as pain, illness or disease.

So we can approach this issue from several different angles!

1. Work with mind techniques such as Hypnotherapy, NLP, meditation, CBT, counselling etc., that can work in the conscious and subconscious parts mind to clear emotional trauma and effect change in thought and behaviours. This can then clear energy blockages, which can then clear physical blockages, resulting in a speeding up of the healing process.
2. Work with Energy medicine techniques such as Reiki, TFH Kinesiology, etc., to clear the energetic blockages first, which can then clear the mental, emotional and physical blocks, reduce stress, promote feeling of wellbeing, reduce swelling and inflammation, boost the immune system, reduce adrenaline and cortisol, speed up the healing process, shift perceptions and reduce pain.
3. Work with the physical body using things like deep breathing, exercise, stretching, yoga, tai chi, chi kung, acupuncture, massage, Bowen, and other techniques which will then stimulate the energy flow on the body, improve flexibility, increase endorphins and help to alleviate mental and emotional issues as well.

Please note that many of the techniques I use cross over and incorporate the other systems of healing as well, to have a holistic effect on the body-mind system.

I have included a lot of information as a reference for you to go back and read through at your own time, so we will only skim over the surface in our Mini-Blitz Workshop, however you will now have this Workbook to assist you further in the future.

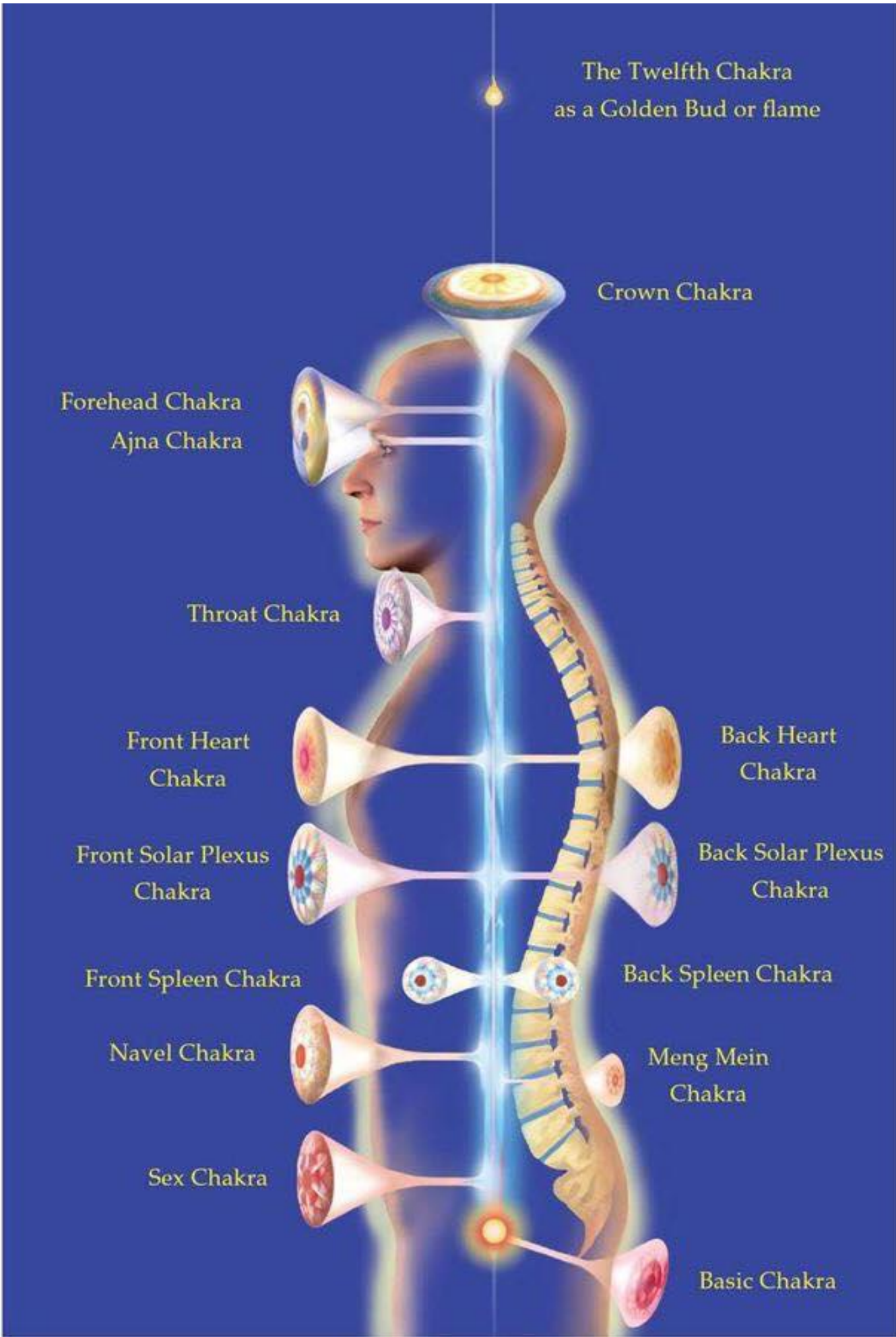




Figure 22-20: Patient's Aura After Healing

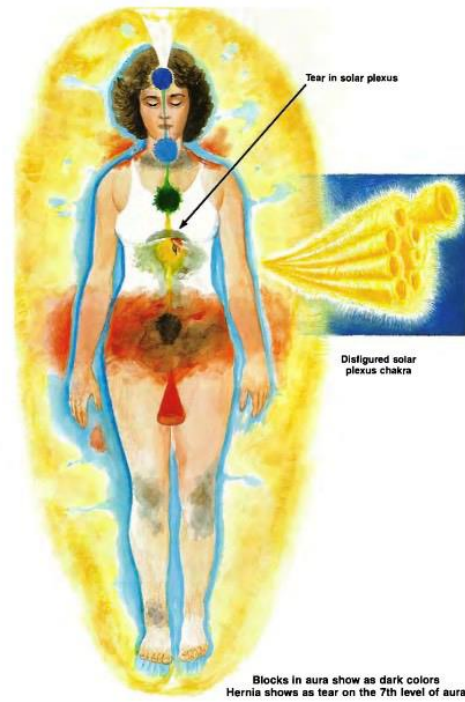
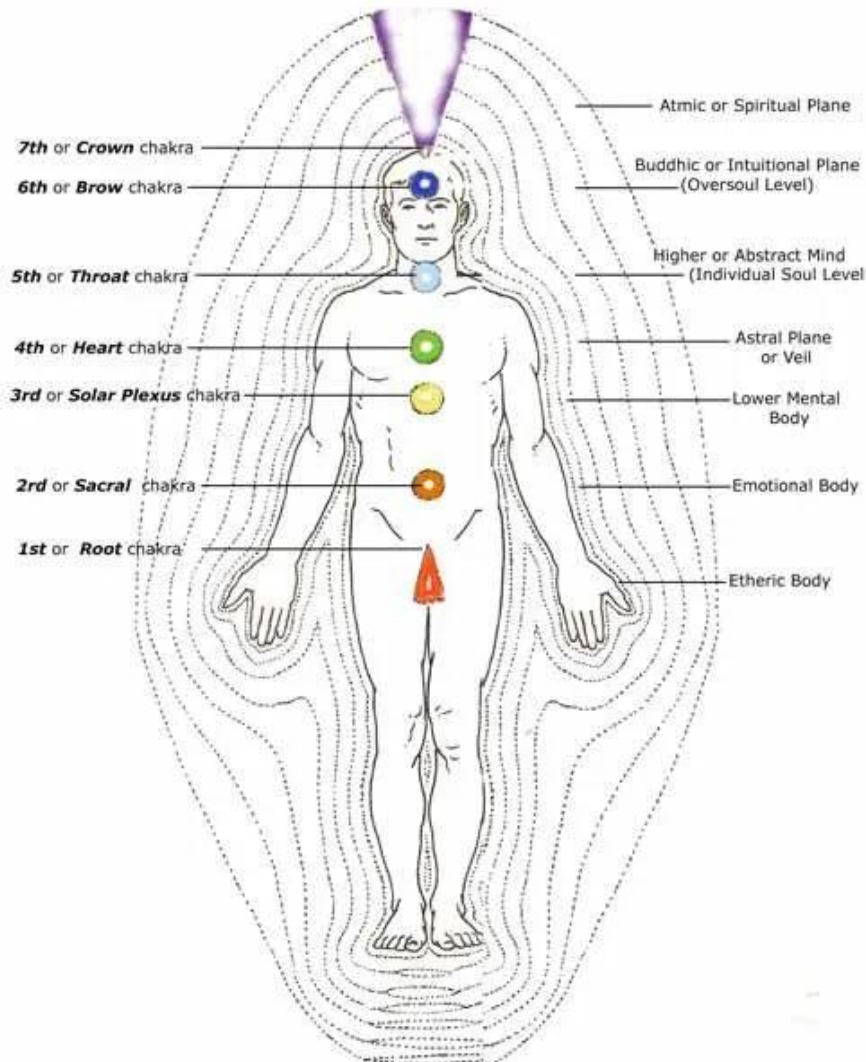


Figure 22-4: Patient's Aura Before Healing With Insert of Disfigured Solar Plexus Chakra



AWAKENING CHAKRAS WITH MUDRAS and MANTRAS

LAM  **ROOT CHAKRA
MULADHARA
(SURVIVAL)**
Base of Spine,
on Perineum  Thumb & Index fingers
touch. Arms Straight,
hands on knees.
Chakra Sound...
Long: L-A-A A-A-M

VAM  **SACRAL CHAKRA
SWADHISTHANA
(CREATIVITY)**
Hips  Place Hands in your lap
with your palms facing
upwards, right palm
resting on top of left.
Chakra Sound...
Long V-A-A-A-A-M

RAM  **SOLAR PLEXUS
CHAKRA
MANIPURA
(WILL POWER)**
Two-Inches Below
Naval  Place Hands between your
heart and your stomach.
Chakra Sound...
Long R-A-A-A-A-M

YAM  **HEART CHAKRA
ANAHATA
(Love)**
Heart  Right Hand:
Index finger & thumb touching
at Heart Centre. Left Hand
in same Mudra resting on
the Knee. Chakra Sound...
Long Y-A-A A-A-M

HAM  **THROAT CHAKRA
VISHUDDHA
(EXPRESSION)**
Throat  Hand by Stomach, fingers
interlaced & thumb tips
touching. Focus on
Throat Chakra.
Chakra Sound...
Long H-A-A-A-A-M

SHAM  **THIRD EYE
CHAKRA
AJNA
(INTUITION,
WISDOM)**
Third Eye  Hands in front of the lower
part of your breast. Middle
fingers stand up tips
touching, other fingers
bent at first joint as shown
Chakra Sound...
Long S-H-A-A-A-M

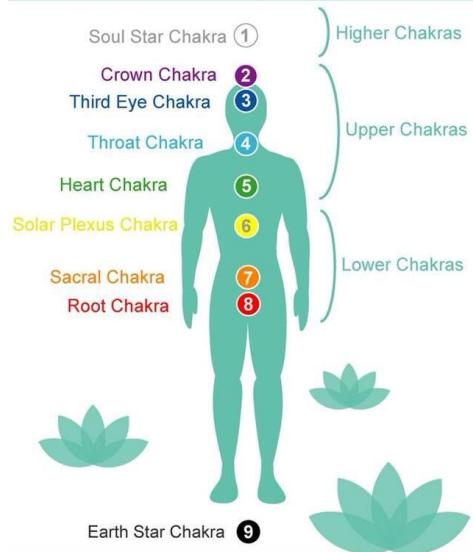
OM  **CROWN CHAKRA
SAHASRARA
(SPIRITUAL
CONNECTION)**
Crown  Hands in front of your
stomach, fingers
interlaced. Little fingers
pointing upwards
Chakra Sound...
Long O-O-M-M-M-M

7chakrastore.com

Which of your Chakras are blocked?

	Poor or inconsistent sleep habits	Bodily disconnect
	Headaches Depression Hormonal imbalance	unblockyourchakras.com Poor Intuition
	Thyroid problem Sore throat	Struggle to express feelings
	Heart disease High blood pressure	Lack of empathy Fear of intimacy
	Poor digestion Low blood sugar	Low self-esteem Lack of will power
	Painful period Infertility	Low sex drive Creative block
	Constipation Fatigue	Spacey Unsafe

10 Minute Chakra Cleanse

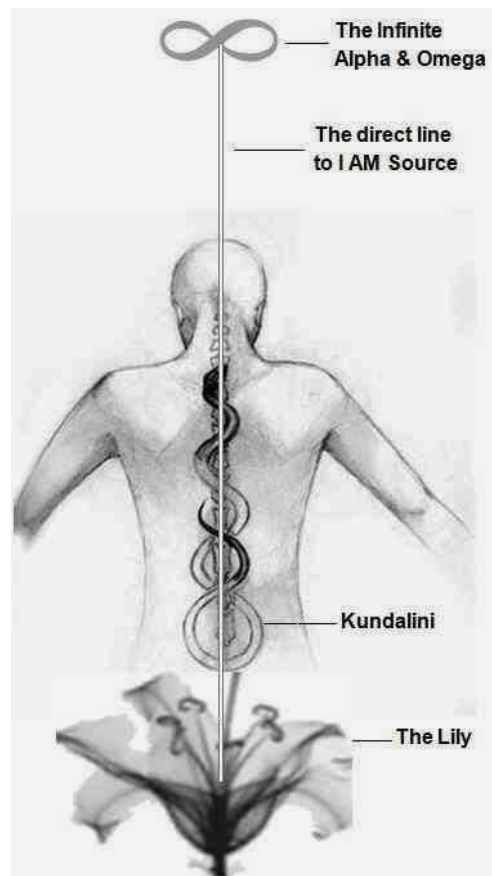
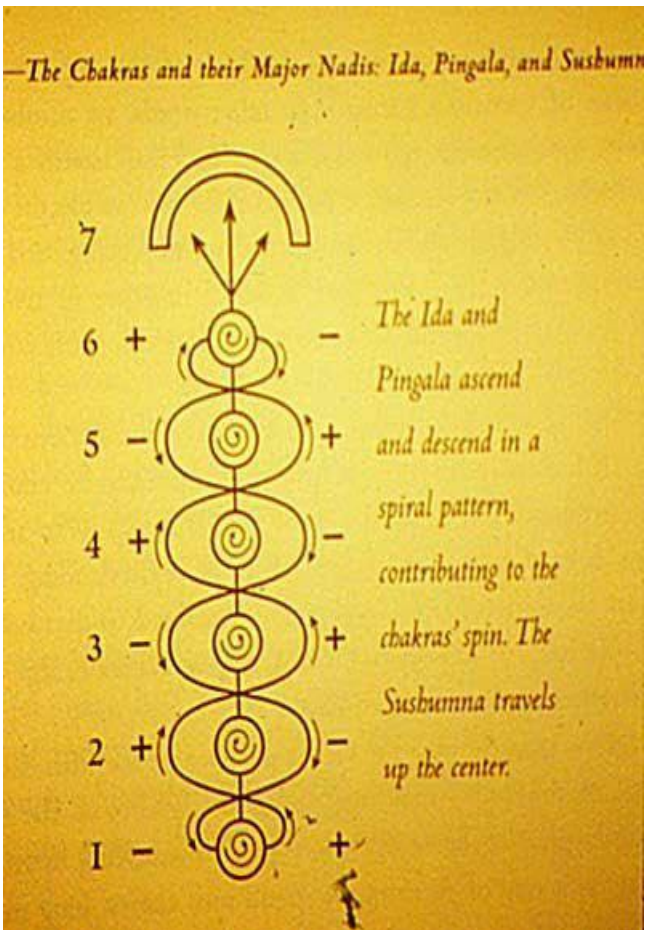


Use These Chakra Crystals:

Lay down somewhere quite and place the following crystals on the associated Chakras. Close your eyes and relax. After ten minutes remove the stones.

1 Selenite	4 Blue Lace Agate	7 Carnelian
2 Amethyst	5 Green Aventurine	8 Red Jasper
3 Lapis Lazuli	6 Tiger's Eye	9 Black Tourmaline

Learn more *Chakra Hacks* in
Crystal Healing For The Chakras by Ethan Lazerini



Position in Head



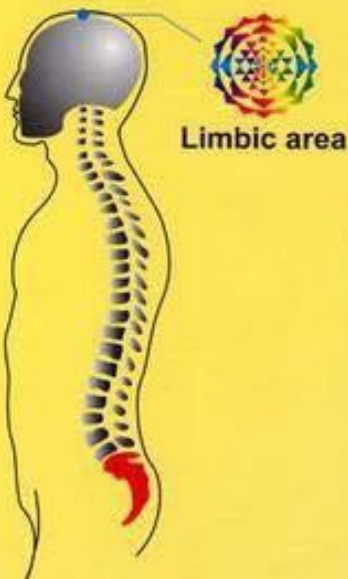
In Hands



In Feet



Gross Expression in Vertebral Column



Limbic area

Position Within Subtle System



7° CHAKRA

SAHASTRARA

integration

This thousand petalled centre known as Sahastrara is the most important centre situated in the brain or limbic area. Actually there are thousand nerves, and if you take transverse section of the brain, you can see all these nerves beautifully arranged in a petal like structure to form lotus of thousand petals. This centre covers the limbic area of the brain, before realization, like a closed bud of lotus. Above this is covering of two balloon like structures of Ego and Super Ego.

When Kundalini rises and pierces this centre, it awakens all the nerves thus enlightening every nerve centre and we say that the person is enlightened soul. Kundalini further pierces the fontanelle area and opens a gateway into the cosmos and we experience this as cool breeze on the head. This is actualization of the Union (Self-Realization) with the all pervading Power of Divine.


Correspondences

Colour	All
Element	All
Planet	Pluto
Day	Monday
Stone	Pearl
Symbol	Bandhan
Quality	Integration Self realization
Organs controlled	Limbic Area

muladhara

— the root chakra —

heal & balance your earth chakra



The energy center at the base of our spine, connects to our sense of groundedness as well as instincts of survival. When off balance, it can make us feel low energy, alienated – from ourselves and others – and easily angered. When in balance, it makes us feel secure, stable, full of health, energy and vitality. Here are some ways to heal your chakra:


I AM positive affirmations

I am safe. I am secure. I am grounded.
 I belong in this world. I have all that I need.
 I am where I need to be. I am at peace with my surroundings, with the people and events that occur. I trust more and fear less.

Repeat as often as you wish with eyes closed. Best if done first thing in the morning and the last thing at night!

visualisations

Picture a red lotus flower at the base of your spine, unfolding. Allow its energy to flow into your body as you inhale. Do this every other inhalation until you feel your body is highly charged.



Find a quiet place, sit ideally in lotus pose and close eyes. Breathe. Visualise.

CRYSTAL THERAPY

Hematite, Bloodstone, Garnet, Ruby, Carnelian, Jasper, Red Jasper, Smokey Quartz



Wear as jewelry or just keep with you.


nutrition

red foods; apples, bean raspberries, tomatoes, strawberries, cherries, pomegranate, pepper, radish, beets, watermelon



AROMATHERAPY

The root chakra is associated with our sense of SMELL. Aromatherapy is a great way to engage your sense of smell. Essential Oils of VETIVER, Patchouli, Cedarwood, Ginger, Rosewood, Cloves, Black pepper.



Use - diffuse with vaporiser, light a candle, burn an incense stick, apply a roll on or take a bath.


The grounding sound associations:

- Bij Mantra: Lam
- Keynote: C
- Frequency: 256 Hz
- Thunder

sound therapy

CHAKRA mudra

GNYAN MUDRA - Let the tips of your thumb and index finger touch. Close eyes and focus on chakra site. Chant the bij sound LAM.




YOGA poses

Perform these yoga asanas to ground, stabilize and connect with your ROOT chakra.

tadasana mountain pose uttanasana forward bend balasana child pose


virabhadrasana warrior 1



Try this routine whenever you feel the need, or try just practicing it twice a week when you wake up in the morning. It will strengthen the Root Chakra, and you'll begin to experience the benefits.


REFLEXOLOGY

Massage these areas to stimulate the energy in muladhara chakra; On the arm; a finger's width below the base of wrist. On the sole; areas of the internal & outer edge of feet. Start with the right.



Prostate. Utérus.
 Testicules. Ovaires.

Healing with nature: The muladhara's element is Earth, so simply going outdoors and experiencing the sounds and smells of Nature will have a positive effect. Sit on the grass, under a tree and allow yourself to absorb these earthly energies!



svadhishthana

— the sacral chakra —

heal & balance your water chakra



The second chakra, located in the reproductive area, connects to our feelings, emotions, sexuality & creativity. When off balance we may feel jealousy, guilt, possessiveness, shame of our body/sexuality. When in balance this chakra brings us grace, flexibility, depth of feeling, sexual fulfillment & creativity. Here are some ways to heal your chakra;

I FEEL positive affirmations

I acknowledge my uniqueness. I am a sensual and creative being. I attract only whole & nurturing relationships into my life. My senses are alive & connected. I embrace life with passion & feel abundant joy. I am radiantly beautiful, healthy & strong. Repeat as often as you wish with eyes closed. Best if done first thing in the morning & last thing at night.

VISUALISATIONS

Picture the orange of a risen sun emanating from just below your navel. Stir this colour anti-clockwise, creating a cone-like vortex of orange energy. Stir faster & faster. Visualise drawing white energy in through the cone as you breathe in, and as you breathe out continue visualising the vortex spinning, don't breathe out of it.

CRYSTAL THERAPY

red and brown aventurine, red garnet, red jasper, carnelian,



Wear as jewelry or just keep with you.

Find a quiet place. Sit ideally in lotus pose & close eyes. Breathe. Visualise.

NUTRITION

almonds, papaya, melon, passion fruit, pumpkin, orange, coconut, mandarins, mangos, walnuts, melon



AROMATHERAPY

The Sacral chakra is associated with the element of WATER. Use the power of aromatherapy in a bath or as a body scrub. Apply with a remedy roller on temples to balance. Use any of these oils: ORANGE, Tangerine, Neroli, Jasmine, Rosewood,



Clary Sage, Grapefruit, Bergamot, Geranium.

Use - diffuse with vaporiser, light a candle, burn incense stick, apply rollon, take bath.



The sensual sound associations:
-Bij Mantra: Vam
-Keynote: D
-Frequency: 288 Hz
-Ocean/rainfall/waterfall

SOUND THERAPY

CHAKRA MUDRA

DHYANI MUDRA - Rest the back of your right hand in palm of other with tips of thumbs lightly touching.

Chant the bij sound Vam.



YOGA POSES

Perform these Yoga asanas to gain inner confidence and enhance healthy desire, balance your SACRAL chakra.



Try this routine whenever you feel the need, or try just practicing it twice a week when you wake up in the morning. It will strengthen the Sacral Chakra, and you'll begin to experience the benefits.



REFLEXOLOGY

Massage these areas to stimulate the energy in Svadhishthana Chakra. On the arm; below the base of the wrist. On the sole; areas on the internal edge of the sole of the foot & back on the internal edge of the foot.




HEALING WITH NATURE: The Svadhishthana's element is water so spending time by the ocean, a lake, or river, taking walks by the water or sitting with it in view, going wading or swimming, is especially energizing for this chakra. Drink more water.

manipura

-the solar plexus chakra-

heal & balance your fire chakra



The third chakra, located in our solar plexus, connects to our ego, will, personal power and autonomy. When off balance it can threaten our self confidence, cause depression and confusion. When in balance it brings us harmony & protection, the feeling of being comfortable with oneself and with others. Here are some ways to heal your chakra;

I DO positive affirmations

I do enough. I am more than enough. I accept myself and stand confidently in my power. I respect differences and express my identity without imposing my will upon others. I am in harmony with all I see. I live with integrity.

Repeat as often as you wish, with eyes closed. Best if done first thing in the morning or last thing at night!

visualisations

Visualize a ball of fire & watch it rise to the sun and feel that same sensation with your solar plexus as it rises to the sun and stretches your spine and torso up as high as possible. Breathe in as you do this. Exhale, relax & repeat. Feel its energy radiating out to your entire body filling it with warmth and light. Find a quiet place sit ideally in lotus pose and close eyes. Breathe. Visualize.



CRYSTAL THERAPY

Topaz, Citrine, Yellow zircon, Amber, Tiger's eye

Wear as... jewelry or just keep with you.



nutrition

yellow foods; corn, pineapples, squash, beans, peppers, banana, brown rice, oats, millet, quinoa, amaranth and spices; ginger, tumeric



AROMATHERAPY

The solar plexus chakra is associated with the element fire. The best way to heal with aromatherapy is by burning incense or candles. Suggested essential oil aromas are Lemongrass, Fennel, Corriander, Lime, Myrrh, Frankincense, Juniper, Lemon. Regenerate your sense of smell.

Use: diffuse with vaporiser, light a candle, burn incense stick, apply rollon, take a bath.




The powerful sound associations:

- Bij Mantra: Ram
- Keynote: E
- Frequency: 320 Hz
- Roaring fire

sound therapy

CHAKRA mudra

HAKINI MUDRA: Place this mudra over the solar plexus to create a vortex to balance & heal. Chant the bij sound Ram




YOGA poses

Perform these yoga poses to empower and activate your SOLAR PLEXUS chakra.

Navasana boat pose, Ardha Matsyendrasana - half lord of the fishes, Dhanurasana bow pose, Setu bandhasana bridge pose

Try this routine whenever you feel the need, or try just practicing it twice a week when you wake up in the morning. It will strengthen the third Chakra, and you'll begin to experience the benefits.




REFLEXOLOGY

Massage these areas to stimulate the Manipura chakra; On the arm; across the base of the palm. On the sole; at the center of two muscles of the foot reflex points. Massage both feet simultaneously.



HEALING WITH NATURE:

Manipuras element is fire, so invite the energies of the fire by sitting, dancing, singing and laughing with friends around a bonfire. Get into the full light of the sun and take an invigorating walk.



anahata

— the heart chakra —

heal & balance your air chakra



The fourth chakra located in the region of the heart, connects us to our emotional self, bringing harmony, forgiveness, sincerity and love. When off balance it can lead to over-loving, jealousy, abandonment, anger, loneliness and bitterness. When in balance we feel joy, love, gratitude & compassion. Here are some ways to heal your chakra;

I LOVE positive affirmations

I love myself. I am a being of compassion. I share this love to everyone. I live in balance, with grace and gratitude. I release all fears, concerns and worries about giving and receiving love. I know forgiveness. I am one. Repeat as often as you wish, with eyes closed. Best if done first thing in the morning or last thing at night!

VISUALISATIONS

Visualize a green rosebud at the center of your chest. Steady your breath. Allow the rosebud to open with each inhale and exhale. See the petals unfolding, one by one, filling while also letting go of any negative emotion or energy or that was locked in the bud. Be patient as you slowly bloom. Find a quiet place sit ideally in lotus pose & close eyes. Breathe. Visualize.



CRYSTAL THERAPY

Malachite, jade, green tourmaline, emerald, chrysoprase, peridot. Wear as jewellery or just keep with you.



NUTRITION

green foods; spinach, kale, chard, lettuce, broccoli, cabbage, peas, peppers, leeks, zucchini, celery, green apples, pears, grapes, kiwi, avocados



AROMATHERAPY

The Heart chakra is associated with the element AIR...so breathe-in pure therapeutic aromas of floral essential oils like Ylang Ylang, Rose, Jasmine or Vetiver, Pine, Rosewood, to help open your heart and feel the love and compassion. Use - diffuse with vaporiser, light a candle, burn an incense stick, apply a roll-on or take a bath.




The harmonising sound associations:
 -Bij Mantra: Yam
 -Key note: F
 -Frequency: 341.3 Hz
 -Wind/air blowing



SOUND THERAPY

CHAKRA MUDRA
 Join the tips of your right hand index finger & thumb & place in front of the lower part of your breastbone. Chant the bij sound YAM.



YOGA POSES

Perform these heart warming yoga asanas to balance, heal and energise your HEART chakra.

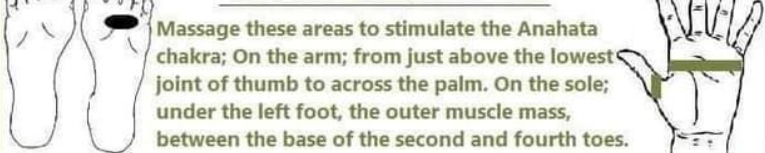
Ustrasana Camel Pose, Bhujangasana Cobra Pose, Uttanasana Forward Bend Pose, Marjariasana Cat pose




Try this routine whenever you feel the need, or try just practicing it twice a week when you wake up in the morning. It will strengthen the fourth Chakra, and you'll begin to experience the benefits.

REFLEXOLOGY

Massage these areas to stimulate the Anahata chakra; On the arm; from just above the lowest joint of thumb to across the palm. On the sole; under the left foot, the outer muscle mass, between the base of the second and fourth toes.



HEALING WITH NATURE: The Anahata's element is AIR so connect to the wind to nurture your heart chakra. Drive with the windows down in the car, or fly a kite on a breezy day. Practice deep breathing during a heart-focused meditation!



VISHUDDHA

— the throat chakra —

heal & balance your space chakra



The fifth chakra, located in the throat region, connects us to our expressive self, reinforcing communication, speech and healing. When off balance there may be issues of self-expression, fear of no power or control. When in balance, we can express our truth without worrying about what others may think. Here are some ways to heal your chakra;

ISPEAK **positive affirmations**

I speak my thoughts clearly, with grace and integrity. I am aligned with my highest truth and communicate this with love and honour. I acknowledge the power of my word to create my own reality. I express who I am.

Repeat as often as you wish, with eyes closed. Best if done first thing in the morning or last thing at night!

VISUALIZATIONS

Visualize your taste buds and a thing you love to eat; maybe a fresh fruit amid the blue skies. Visualize it entering your mouth and you tasting it. Open mouth with each inhale take in pure turquoise light, with each exhale visualize the light loosening and releasing any blockages in your throat. Feel your confidence to speak your mind come to bloom.

Find a quiet place, ideally sit in lotus pose. Close eyes. Breathe. Visualise.

CRYSTAL THERAPIES

Turquoise, Blue agate, Lapis lazuli, Sodalite, Sapphire, Blue topaz, Aquamarine

Wear as jewellery or just keep with you.



NUTRITION

Blue foods; Currants, Blackberries, Blue grapes, Blueberries, Dragon fruit, Kelp, Kombu, Barley, Wheatgrass, Mushroom, Barley



AROMATHERAPY

The throat chakra is associated with the element Ether/space, so assist in vibrational healing with plant energies of essential oils to simulate, subdue, or provide chakra balancing. Nurture your throat chakra; Roll on essence to pulse points inhale. Recommended aromas; Rosemary, Lime, Sage, Indian Champa and Cedarwood.

Use in a diffuser, vaporiser, light a candle, burn an incense stick, apply a roll on or take a bath.



SOUND THERAPY

The harmonizing sound associations:

- Bij Mantra: Ham
- Key note: G
- Frequency: 384 Hz
- Singing of birds & crickets

CHAKRA MUDRA

DHYANA MUDRA - Cross fingers on the inside of hands. Let thumbs touch at the tops. Pull slightly up. Chant the bij sound HAM.




YOGA POSES

Perform these yoga asanas to physically open the front & back of throat area. Strengthen your THROAT chakra.

Halasana Plow Pose, Matsyasana Fish Pose, Salamba Sarvangasana supported shoulder stand, Setu Bhandasana Bridge Pose

Try this routine whenever you feel the need, or try just practicing it twice a week when you wake up in the morning. It will strengthen the fifth Chakra, and you'll begin to experience the benefits.




REFLEXOLOGY

Massage these areas to stimulate the Vishudha chakra; On the arm; across the finger bases where they join hands. On the sole; at the base of the big toes. Apply pressure, upward from the base of the thumb towards the second toe.



HEALING WITH NATURE:

The Vishuddha's element is ether (sky) and is related to communication, so express yourself by singing a song, calling a friend, writing a letter to someone you love. Being in the outdoors, taking a walk on a sunny day is also healing!



ajna

-the third eye chakra-

heal & balance your mind chakra



The sixth chakra located in the middle of the eyebrows, connects to our cosmic insight. When off balance there may be moodiness, day-dreaming and distrust. When in balance, we feel open and focused, a deep spiritual connection, strong morality and can easily determine between truth and illusion. Here are some ways to heal your chakra;

I SEE positive affirmations

I see the truth in all situations. I trust my intuition and inner wisdom and follow them. My life is divinely guided and always taking me in the direction best for me. I accept my path. I am healing in body, mind and spirit. Repeat as often as you wish, with eyes closed. Best if done first thing in the morning or last thing at night!

VIZUALISATIONS

Visualise a spinning indigo-blue ball of energy in your minds eye, between your eyebrows. Imagine it expand all around your head with purpose strengthening your ability to dream, to visualize, to think without attachment. Connect to your inner knowing. Visualize your mind illuminating with the light until you feel fully clear. Find a quiet place, ideally sit in lotus pose & close eyes. Breathe. Visualise.

CRYSTAL THERAPY

Lapis Lazuli, Indigo, Sodalite, Sapphire, Azurite, Celestite, Blue Aventurine



Wear as jewelry or just keep with you.

nutrition

Purple foods; figs, grapes, raisins, blackberries, prunes, eggplant, purple cabbage, purple kale, purple potatoes, purple carrots, purple asparagus



AROMATHERAPY

The brow chakra is associated with the element light, so assist your focus to gain further intuition with pure therapy essential oils. Light a candle & meditate on its flame. Recommended aromas: Geranium, Basil, Jasmine, Lavender, Rosemary.



Use - diffuse with vaporiser, light a candle, burn an incense stick, apply a roll-on or take a bath.

sound therapy

The intuitive sound associations:

- Bij Mantra: Ksham
- Keynote: A
- Frequency: 426.7 Hz
- Bells & chimes

CHakra mudra

KALESVARA MUDRA - hands on lower part of breast. Middle fingers; straight & tops touch. Other fingers; bent. Thumbs pointing towards you. Chant the bij sound Ksham.



YOGA poses

Perform these yoga poses to connect with your inner self by opening & balancing your THIRD EYE chakra.

Adho Mukha Svanasana Downward Facing Dog

Balasana Childspose

Vajrasana Thunderbolt Pose

Anjaneyasana Low Lunge/Crescent

Try this routine whenever you feel the need, or try just practicing it twice a week when you wake up in the morning. It will strengthen the sixth Chakra, and you'll begin to experience the benefits.


REFLEXOLOGY

Massage these areas to stimulate the Ajna chakra; On the arm; the middle segments of 1st, 2nd & 3rd fingers and the end segment of 4th finger. On the sole; the center areas of the plantar surface of the big toe, clockwise.



HEALING WITH NATURE:

The Ajnas element is light, so light therapy, sitting in stillness in nature basking in the sunlight or lying quietly with an eye pillow is energizing. For sharpening the intellect try logic puzzles or brain-training exercises.



Sahasrara

the crown chakra



heal & balance your consciousness chakra omved

The seventh chakra located at the top of the head connects us to our higher consciousness. When off balance there may be depression, an inability to learn, rigid thoughts on religion, constant confusion and a fear of alienation. When in balance, we live in the now with a strong trust in our inner guidance. Here are some ways to heal your chakra;

I UNDERSTAND positive affirmations

I understand the impermanent nature of reality. I accept and honour the spirit within me and all living things. I embrace the unity of all beings and release all attachment. I invite sacred transformation. I am complete.
Repeat as often as you wish, with eyes closed. Best if done first thing in the morning or last thing at night!

VISUALIZATIONS

Imagine a lotus flower, ultimate purity of energy, inside the top of your head, opening and becoming larger, enlarging your field of consciousness, spreading out into the universe. Feel connected to the higher energies & free from lower energy fields that drain you.



Find a quiet place, ideally sit in lotus pose & close eyes. Breathe. Visualise.

CRYSTAL THERAPY

Amethyst, White calcite, Selenite, Obsidian, Clear Quartz, Sugilite

Wear as jewelry or just keep with you.



nutrition

Since this chakra is more spiritual than physical, it is not nourished with food in the same way that they feed other chakras. Its food is simply prayer, meditation and fasting. The vibrations of this chakra often prefer no food at all. Consider a detox or fast to energise the crown chakra. Try fresh fruit and vegetable juices and drink lots of water.



aromatherapy

The crown chakra is associated with the element thought, so ease into a meditative state of reflection and allow in the energies of nature through pure therapy essential oils. Diffuse incense or light a candle & focus on its flame. Recommended aromas; Sandalwood, Saffron, Lotus, Jasmine.

Use - diffuse with vaporiser, light a candle, burn an incense stick, apply a roll on or take a bath.



The enlightening sound associations:
-Bij Mantra: Om
-Keynote: B
-Frequency: 480 Hz
-Silence

sound therapy

chakra mudra

AKASH MUDRA - Touch the tip of the middle finger with that of the thumb. Keep the other fingers straight. Chant the bij sound OM.



YOGA poses

Perform these yoga poses to open your CROWN chakra & let energy flow through all your seven chakras also.



Padmasana
Lotus Pose



Salamba Sirhasana
Headstand
Savasana
Corpse Pose



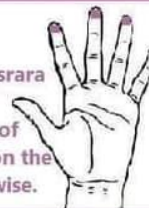
Matsyasana
Fish Pose
Vrikshasana
Tree Pose

Try this routine whenever you feel the need, or try just practicing it twice a week when you wake up in the morning. It will strengthen the crownChakra, and you'll begin to experience the benefits.







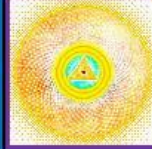






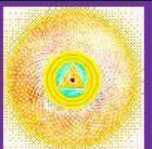


REFLEXOLOGY

Massage these areas to stimulate the Sahasrara chakra; On the arm; the tips of 1st, 2nd & 3rd fingers. On the sole; on the end areas of the plantar surface of big toe, brimming on the inner face opposite the second toe, clockwise.



Healing with nature: Sahasrara is connected with all the elements and with thought in particular, so meditative and spiritual practices, singing hymns or spiritual songs, prayer, chanting and group spiritual practices are all healing & balancing.

CHAKRAS			ROOT	SACRUM	SOLAR PLEXUS	HEART	THROAT	THIRD EYE	CROWN
			FEAR	FEELINGS	PROACTIVITY	HARMONY	PHILOSOPHY	WISDOM	SPIRITUALITY
									
ROOT	FEAR		1. Surviving	2. Awakening of feelings (I want, I don't want)	3. Active discovery of the World. Asking "What's that?"	4. Happiness of socialising, body is stabilised	5. Attempts to understand the World	6. First experience and teaching others	7. Craving for the mysterious and the unknown
SACRUM	FEELINGS		8. Misunderstanding of new desires, awakening of hormones	9. First love. Feeling are getting out of control	10. Establishing relationships with the opposite sex	11. Friendship in different forms	12. Understanding of the difference between the sexes. Interest in studying the philosophy of friendship and love	13. First stable understanding of loyalty, honesty, and morality	14. Attempts of spiritualization of the relationships with other people, possibly in poetic way
SOLAR PLEXUS	PROACTIVITY		15. Fear of love, fear of the future, fear of studying away from home	16. Sweet 16. The time of engagement in an active form of love, a relationship. The age that one is first able to find pleasure	17. Selfish love. Don't care about anyone!	18. Desire to get understanding from everyone	19. Philosophising about love, idea of family life	20. First realizations, possibly first divorce	21. Search for the spiritual side of the partner, or development together
HEART	HARMONY		22. Fear of living together whole life, fear to stay alone for the rest of the life	23. Respecting others feelings, understanding about the needs of people	24. Care about every aspect of your life and family members	25. Stability and harmony in life. First signs of boredom	26. Thought of the destination and meaning of life	27. Foundation of the philosophy of mother and father	28. Desire to raise benevolent kinds and leave a mark in this World
THROAT	PHILOSOPHY		29. Fear of the future, realization of your silliness	30. Attempts to prove yourself that you can be happy through your feelings	31. Justifying your activities, its importance and indispensability	32. Attempts to combine your destination and work	33. Maturation of the philosopher	34. Ability to change and adapt in your work place and family	35. Spiritualization of your work, family life etc.
THIRD EYE	WISDOM		36. Fear of socializing with the conscious people, fear of losing balance of life	37. Control of feelings, joy of first philosophical realizations	38. Active socializing with wise people	39. Finding yourself in the system of wisdom	40. Ability to prove your point to others	41. Wiseman is ready	42. Understanding that wisdom leads to spirituality
CROWN	SPIRITUALITY		43. Fear before getting involved in spirituality	44. Spiritual pleasure, spiritualization of the feelings	45. Systematization of spirituality	46. Search for spiritual harmony and connections	47. Understanding of the philosophy of the spiritual development	48. Ability to give spiritual advices	49. A teacher of the highest ideals

CHAKRAS + Elements	PHYSICAL	EMOTIONAL	MENTAL	COLOUR + Yin/Yang	MALFUNCTION (+Phys Emo Ment)	TONAL	PLANETS + Zodiac	CRYSTALS
CROWN Air	Skull Skin Upper Brain Pineal Gland Cerebral Cortex Nervous System	Clarity Peace Divine Acceptance All Consciousness Angel Energy Cosmic Healing	Higher Self Sum of all chakras Perception Angelic Cosmic Divine Perception	Light + Dark Purple UV Yin/Yang	Idealism Confusion Spiritual Obsession/ Atheism Depression Irrationality Apathy Alzheimers Epilepsy	B	Uranus Mercury Aquarius Gemini	Clear Quartz Clear Calcite Apophyllite Selenite Sugalite
3rd EYE Air	Eyes Sinuses Ears Nose Lower Brain Upper Neck Pituitary Gland	Intuition Inspiration Truthfulness Dreams states Perceptiveness	Wisdom Insight Intellect Intuition Mind Power	Light Purple/Dark Blue Yin/Yang	Headache Insomnia Nightmares Vision Hallucinations Dizziness Amnesia Nervous breakdown	A	Neptune Jupiter Moon Pisces Sagittarius	Amethyst Iolite Azurite Sodalite Kyanite
THROAT Air + Water	Breathing Throat Jaw Lower Neck Vocal Chords Thyroid Lungs	Sharing Angel Creativity Expression Power of Choice Communication	Innovation Self-Expression Stores memories as Fear or Love Communication	Royal Blue Light Blue Yang	Misguidance Creative blocks Not hearing Angels Sore Throats Colds	G	Moon Venus Gemini Aquarius	Lapis Lazuli Blue Calcite Celestite Aquamarine Turquoise
HEART Water	Breathing Circulation Heart Lungs Arms Hands Fingers Ribs Immune System	Self Love. Love of Nature+others Forgiveness Compassion Vulnerability Trust Empathy	Self Love. Love of Nature+others Fear Isolation Centered-ness In/co-dependence Self-maintenance	Green and Pink Yin	Lack of Self Love Cardiac / Breath / or Lung problems Trust/openess fear Depression Lonely Lack of Self Love	F	Venus Earth Cancer Libra Sagittarius	Diopase Aventurine Malachite Cat's Paw Rhodonite Rose Quartz
SOLAR PLEXUS Fire	Stomach Digestion Gall Bladder Pancreas Liver Nervous System	Joy Anger Fear Self-belief Will Ego Spontaneity Empowerment Seat of Emotions	Intention Will Intelligence Manifestation Ambition Focus Critical/defensive	Peach + Yellow Yang	Control Issues Stomach ulcers Fatigue Anxiety Action Imbalance Hyper-sensitivity	E	Mercury Sun Mars Leo Aries Gemini	Rhodochrosite Sunstone Tiger's Eye Sfrim Calcite
SACRAL Fire + Water	Bladder Lower Back Ovaries Testes Womb Uterus Fluid Functions	Raw Creativity Passion Sexuality Desire Attraction Isolation Victim Guilt Fear Anger	Wisdom Creation Interaction Relationships Seat of stored sexual memories	Orange Yin	Creative balance Lower back pain Fertility Passion Sex-related issues Emotional stability	D	Moon Pluto Cancer Scorpio	Moonstone Vanadinite Calcite Carnelian Aragonite
BASE Earth	Feet Knees Hips Spine Intestines Legs Vitality Stamina Strength Energy	Protection Foundations Grounded-ness Stability Trust Survival Security	Foundations Contentedness Grounded-ness Inability to let go Lack /Abundance	Red and Black Yang	Lack of Vitality Security or survival issues. 'Spaciness' Food/health issues Un-grounded-ness	C	Earth Pluto Saturn Scorpio Capricorn Taurus	Ruby Garnet Smokey Quartz Hematite Obsidian

Main ISSUE

Plexus/Glands Related Functions

- Spirituality
- Relationship to God/TAO
- Universal Source

- Intuition
- Wisdom
- Creative Intelligence

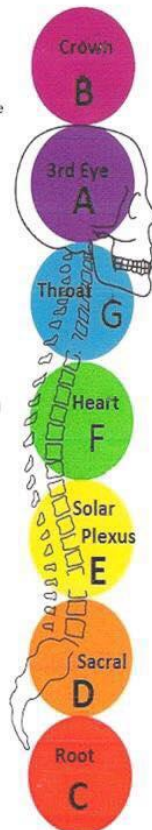
- Communication

- Giving/Receiving
- Love

- Personal Power
- Self Will

- Emotional Balance
- Sexuality
- Procreation

- Survival
- Physical needs
- Tribal Association



Crown
B
Carotid Plexus
Pineal Gland } -Circadian Rhythms

3rd Eye
A
C1-2
-Carotid Plexus
-Pineal Gland
-Pituitary Gland } -Hormonal/Physiological Regulation

Throat
G
C3-7
-Pharyngeal Plexus
-Thyroid/Para-Thyroid Plexus } -Metabolism & Calcium Regulation

Heart
F
T1-5
-Cardiac Plexus
-Heart/Thymus } -Electromagnetic Field Generator
-Blood Pressure
-Immune

Solar Plexus
E
T5-T9
-Solar Plexus
-Pancreas } -Digestion
-Assimilation
-Muscles

Sacral
D
T9-L4
-Lumbar Plexus
-Sex Organs/
-Adrenals } -Sexual Functions
-Elimination
-Water Regulation

Root
C
L5-S5
-Lumbar & Coccygeal Plexus
-Adrenals } -Adrenals
-Fight/Flight Response
-Bones/Skeletal Structure

How To Do a Crystal Chakra Body Layout

for Healing, Self-Care, & Wellness

CrystalCurious.com

- Clear Quartz
- Amethyst
- Blue Lace Agate
- Rose Quartz
- Tiger Eye
- Carnelian
- Red Jasper



Maslow's Hierarchy of Self Actualisation and their correlation to [The Chakras](#)

Chakra Name and Number.	Aspect of Life.
1. Mooladhara.	Security.
2. Swadhisthana.	Relationships.
3. Manipura	Power and reputation.
4. Anahata	Feeling and empathy.
5. Visuddha	Creativity for the benefit of all.
6. Ajna	Visualisation and thoughtforms.
7. Sahasrara	Self Realisation. The Understanding of the Unification of All Life. Experiencing Life as One System.

Erickson's Eight Ages of Man and The Chakras.

Approximate Age (years)	Developmental Task of That Stage.	Psychosocial Crisis of That Stage.	Corresponding Major Chakra influence.
0 - 1.5	Attachment to mother, which lays foundations for later trust in others.	Trust Versus mistrust.	1 and 2 .
1.5 - 3	Gaining some basic control of self and environment (e.g., toilet training, exploration)	Autonomy versus shame and doubt	1 , 2 , and 3 .
3 - 6	Becoming purposeful and directive	Initiative versus guilt.	3 .
6 - puberty	Developing social, physical, and school skills.	Competence versus Inferiority.	1 , 3 , 4 , and 5 .
Adolescence	Making transition from childhood to adulthood; developing a sense of identity.	Identity versus role confusion.	3 and 6 .
Early Adulthood	Establishing intimate bonds of love and friendship	Intimacy versus Isolation.	2 and 4 .
Middle Age	Fulfilling life goals that involve family, career, and society; developing concerns that embrace future generations.	Productivity versus Stagnation.	4 , 5 , and 6 .
Later Years.	Looking back over one's life and accepting its meaning.	Integrity versus despair	6 and 7 .

THE STAGES OF DEVELOPMENT AND THE SEVEN CHAKRAS

Chakras, Kabbalah, Sacrements And Stages Of Human Development.

KABBALAH SEFIRAH	SEFIRAH ATTRIBUTES.	CHRISTIAN SACRAMENT	CHAKRA NAME AND NUMBER.	STAGE OF INDIVIDUAL DEVELOPMENT	APPROXIMATE AGE WHEN THE STAGE OCCURS
Shekhinah.	Creation	Baptism	1. Mooladhara.	Birth and Infancy.	0 - 2
Yesod.	Foundation.	Communion	2. Swadhisthana.	Child and Juvenile	2 - 7
Hod and Nezah.	Majesty and Endurance	Confirmation	3. Manipura.	Adolescent.	11 - 18
Tiferet.	Beauty	Marriage	4. Anahata	Young Adult.	18 - 28
Gevurah and Hesed	Judgment and Mercy	Confession. Out with the old.	5. Visuddha	Early Responsible Adulthood.	28 - 35
Binah and Hokhmah	Understanding and Wisdom	Ordination	6. Ajna	Developed Responsible Adulthood.	35 - 55
Keter	Spiritual Connectivity	Extreme Unction	7. Sahasrara	Mature Years.	55 - 75

Understanding Your Chakras

Chakras are the energy centers in your body through which energy flows. These energy centers are directly linked to mental, physical, and spiritual attributes. By understanding what each chakra represents and what you can do to keep this energy flowing freely, you can achieve an optimal quality of life for yourself and those around you.

Suggested Use: Place 1–3 drops over appropriate chakra, on the bottoms of the feet, or inhale throughout the day.

Note: Dilute hot oils or lavender with a carrier oil before applying them directly onto the skin.

Crown	<p>Purpose: Cognition/Our Connection to Spirituality and Higher Self/Life/Purpose Location: Top/center of the head Color: Violet/White Element: Thought Sound: B/Om Crystals: Clear Quartz, Diamond, Herkimer Diamond, Lepidolite, Moonstone, Sugilite, Amethyst, Sapphire Essential Oils: Frankincense, helichrysum, lemon, melissa, Roman chamomile, rosemary, sandalwood <i>"I am one with my higher self and one with the Divine."</i></p>	
Third Eye	<p>Purpose: Intuition/Imagination/Wisdom/Ability to Think and Make Decisions Location: Middle of forehead Color: Indigo Element: Light Sound: A/Eem Crystals: Amethyst, Blue Quartz, Charoite, Lepidolite, Purple Fluorite, Sodalite, Sugilite, Lapis Lazuli Essential Oils: Clary sage, lemongrass <i>"I am tuned into the Divine to follow the path towards my purpose."</i></p>	
Throat	<p>Purpose: Communication/Self-expression of Feelings/Speaking the Truth/Holding Secrets Location: Center of throat/neck Color: Blue Element: Ether/sound Sound: G/Ehm Crystals: Angelite, Apatite, Aquamarine, Celestite, Blue Lace Agate, Sodalite, Lapis Lazuli, Turquoise Essential Oils: Birch, lavender, oregano <i>"I am speaking clearly and truthfully with grace and ease."</i></p>	
Heart	<p>Purpose: Love/Joy/Inner Peace Location: Heart region Color: Green Element: Air Sound: F/Ah Crystals: Amazonite, Chrysocolla, Chrysoprase, Emerald, Rose Quartz, Green Aventurine Essential Oils: Cardamom, eucalyptus, geranium, lime, marjoram, melaleuca, peppermint, rose, thyme, ylang ylang <i>"I am giving and receiving love effortlessly and unconditionally."</i></p>	
Solar	<p>Purpose: Power/Self-worth/Self-confidence/Self-esteem Location: Slightly above the navel Color: Yellow Element: Fire Sound: E/Ahm Crystals: Amber, Golden Topaz, Sunstone, Citrine, Yellow Calcite Essential Oils: Bergamot, cassia, clove, coriander, fennel, ginger, grapefruit, juniper, wintergreen <i>"I am powerful, confident, and successful in all my ventures."</i></p>	
Sacral	<p>Purpose: Authentic Creation/Creator/Soul Fire/Sexuality Location: Slightly below the navel Color: Orange Element: Water Sound: D/Ohm Crystals: Carnelian, Citrine, Orange Calcite, Orange Carneline, Fire Opal Essential Oils: Black pepper, cinnamon, cypress, tangerine, orange <i>"I am authentically creating a life free of stress and full of bliss."</i></p>	
Root	<p>Purpose: Survival/Security/Stability Location: Base of spine Color: Red Element: Earth Sound: C/Oohm Crystals: Bloodstone, Garnet, Ruby, Red Jasper Essential Oils: Basil, cedarwood, cilantro, myrrh, patchouli, vetiver, white fir <i>"I am a divine being of light. I am peaceful, protected, and secure."</i></p>	

Clearing & Balancing Your Chakras

Chakras can be imbalanced by becoming blocked (underactive) or overly intense (overactive). When this happens, our being as a whole is imbalanced, often leading to illness and/or emotional blocks and creating an unhealthy environment. The following chart can help you determine the well-being and balance of your chakras.

	Underactive	Balanced	Overactive	Physical
<i>Root / 1st</i>	Neglecting of self, underweight, poor discipline/boundaries, depression, passivity, lethargy, chronic disorganization, fear of change, feelings of not belonging Crystal: Bloodstone, Garnet, Ruby Oil: Cassia	Abundant health and energy, feeling grounded and settled, comfortable with own body, sense of safety and security, happiness in job/career, satisfied with life, material prosperity	Overeating, craving unhealthy foods, paranoia, nervousness, aggression, dominant behavior, addiction to adrenaline activities, hoarding, material fixation Crystal: Hematite, Smoky Quartz, Black Tourmaline Oil: Patchouli	Constipation; lower back/sciatica pain; issues with legs, feet, knees, groin, hips, ankles; rectal/anal problems; frequent illness (deficient/excessive)
<i>Sacral / 2nd</i>	Unemotional, guarded, self-deprivation, sexual repression, poor social skills, denial of pleasure, lack of desire or passion Crystal: Ruby, Carnelian Oil: Cinnamon	Healthy creative expression, balanced hormones, ability to experience pleasure, generous and giving, nurturing to self, healthy boundaries	Excessive sex drive, compulsive behaviors, tension, frustration, overly emotional, hypersensitive, emotional dependency Crystal: Chrysocola, Jade, Clear Quartz Oil: Grapefruit	Disorders of reproductive organs, fertility, urinary system, spleen, gallbladder, kidney; menstrual difficulties; sexual dysfunction; lack of flexibility; deadened senses
<i>Solar / 3rd</i>	Low self-esteem, lack of self-trust, weak will, poor digestion, victim mentality, unreliable, unable to take responsibility, attraction to stimulants Crystal: Citrine, Calcite Oil: Bergamot	Responsible and reliable, healthy self-esteem, spontaneity, playfulness, sense of humor, able to make decisions and meet challenges, warmth in personality	Overly aggressive, need to be right, bossy, power hungry, competitive, attraction to sedatives, conceited, self-centered, hyperactive, narrow-minded Crystal: Amber, Moonstone, Peridot Oil: Wintergreen	Eating, intestinal, or digestive disorders; hypoglycemia; diabetes; eczema; acne; food allergies; chronic fatigue; depression; disorders of stomach, pancreas, gallbladder, liver
<i>Heart / 4th</i>	Shy, fear of getting hurt, feelings of loneliness or being unloved, suspicious, possessive, antisocial, judgmental, fear of relationships Crystal: Rose Quartz, Kunzite, Rhodochrosite Oil: Geranium	Compassionate, understanding, loving of self and others, empathetic, inner peace, strong immune system	Overly empathetic, overly concerned, jealous, poor boundaries, codependency, clinging, tendency to stay in abusive relationships, overly sacrificing Crystal: Emerald, Malachite Oil: Melaleuca	Disorders of heart, lungs, thymus, breast, arms; shortness of breath; circulation problems; asthma; immune system deficiency
<i>Throat / 5th</i>	Suppressed feelings, fear of expression, fear of offending others, shyness/weak voice, poor rhythm Crystal: Kyanite, Azarite, Blue Topaz Oil: Lavender	Good listener, communicates easily/clearly, lives creatively, speaks with confidence, sings well, good sense of timing/rhythm, expresses self freely, comfortable with body language	Excessive talking, stuttering, inability to listen, gossiping, loud or dominating voice, tendency to interrupt Crystal: Turquoise, Sapphire, Aquamarine Oil: Oregano	Problems with nasal area, teeth, or gums; irritated sinuses; jaw pain/TMJ; disorders of throat, ears, voice, or neck; ailments with esophagus/tonsils
<i>Third Eye / 6th</i>	Inability to plan or set goals, narrow-minded, denial, poor vision/memory, difficulty seeing future, lack of imagination Crystal: Amethyst, Sugilite, Moonstone Oil: Clary Sage	Intuitive/psychic, optimistic, perceptive, imaginative, watchful, aware, good memory, wise, able to plan and carry out plans, sleeps well, can recall dreams, calm mind	Obsessed with psychic vision, paranoid, hallucinations, tendency to space out, difficulty concentrating, nightmares Crystal: Spectrolite, Lapis, Watermelon Tourmaline Oil: Lavender	Headaches, migraines, seizures, neurological disorders, personality disorders, scalp/hair issues, vision problems, mental illness
<i>Crown / 7th</i>	Sense of separation/isolation, trouble trusting the universe, lack of belief in a higher power, learning difficulties, excess in lower chakra Crystal: Diamond, Herkimer Diamond, Clear Quartz Oil: Melissa	Love and acceptance of the Divine, intelligent, thoughtful, aware, open-minded, ability to recognize and receive spiritual guidance, sense of oneness, ability to transcend physical laws, comfortable on earth	Overly intelligent, spiritual addiction, overly concerned with humanity, confused, dissociation from body Crystal: Opal, Tourmaline, Apophyllite Oil: Rosemary	Dementia, autoimmune disorders, epilepsy, coma, migraines, brain tumors, amnesia, cognitive delusions

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More copies of this chart are available at www.aromaready.com



THANK YOU

Thank you so much for attending today's mini-workshop, which was designed to open your mind to new possibilities. My purpose in life is to help as many people as I can to have a better quality of life.

As we've seen today, hypnotherapy and these other techniques can be a powerful tool for creating positive change in our lives. Whether you're looking to overcome a specific challenge or simply want to enhance your overall well-being, hypnotherapy offers a personalized approach that can be tailored to your unique needs.

Imagine what it could be like to feel more relaxed, more focused, and more in control of your life. For those of you who are ready to take the next step, I have a couple of special offers available exclusively for workshop participants.

You can book an individual hypnotherapy or integrative wellness session, designed to address your specific goals and help you achieve lasting results. Or, for those looking to delve deeper and experience even greater benefits, we have a special 3-session or 6-session packs that offers a comprehensive approach to your well-being.

For the next 48 hours, we're offering a 10% discount on these sessions as a thank you for attending and engaging with us.

Feel free to come up and chat with me afterwards if you have any questions or if you'd like to schedule your first session. Thank you all for being here today, and I look forward to supporting you on your path to greater health and happiness.

Our mini-blitz was just a small sample of what we can do together. If you're ready to clear away the triggers and make some serious change, book in for your free 30 minute health assessment or make an appointment to begin your journey as we clear away mental, physical, emotional and energetic blockages and move you towards a life of comfort and less pain. Start your journey today at carolmacrae.com.

Let's do great things together!

Carol Macrae

Carol Macrae

Clinical & 5-PATH Hypnotherapist

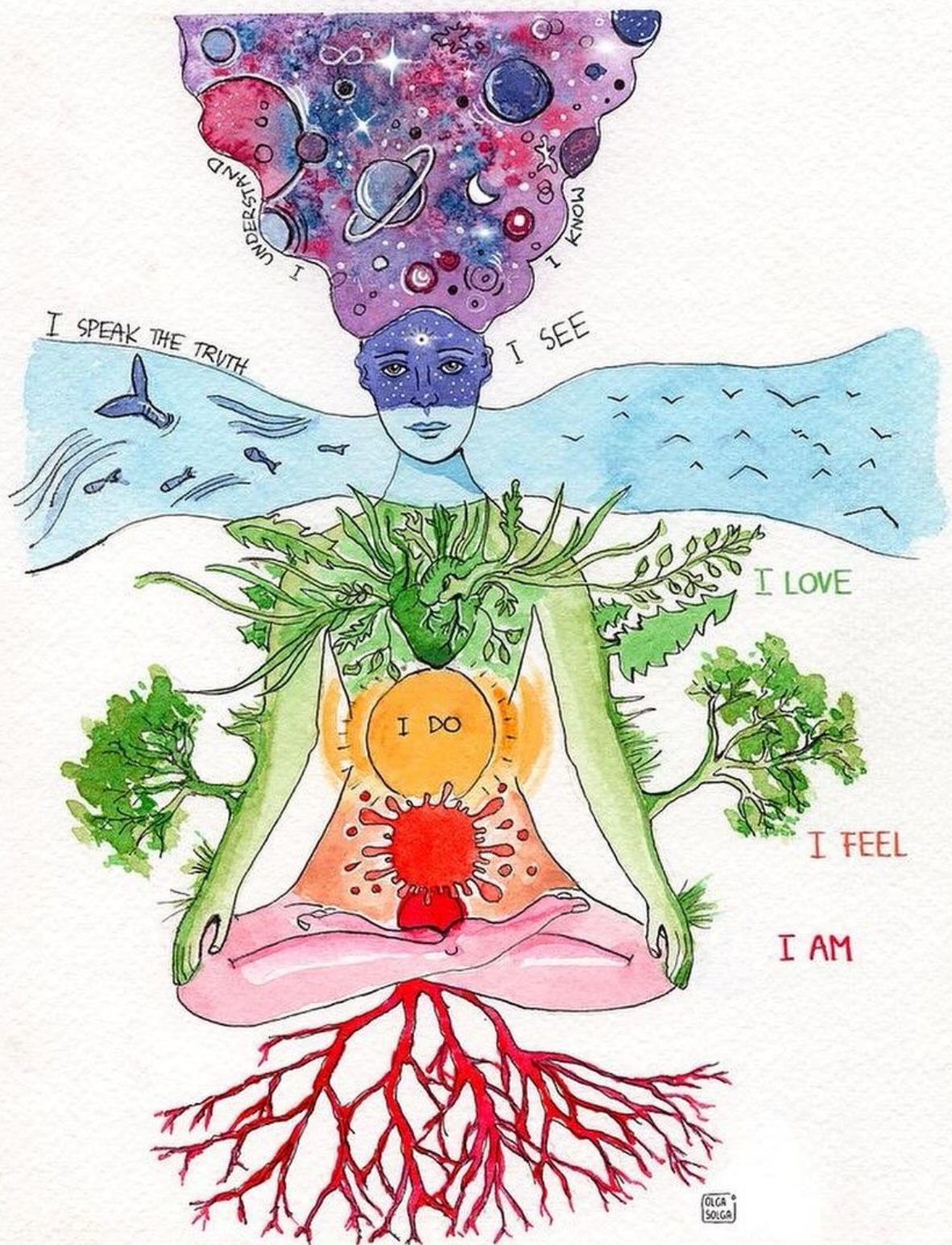
Reiki Master & Teacher / Chair Reiki Australia

Energy Medicine Specialist

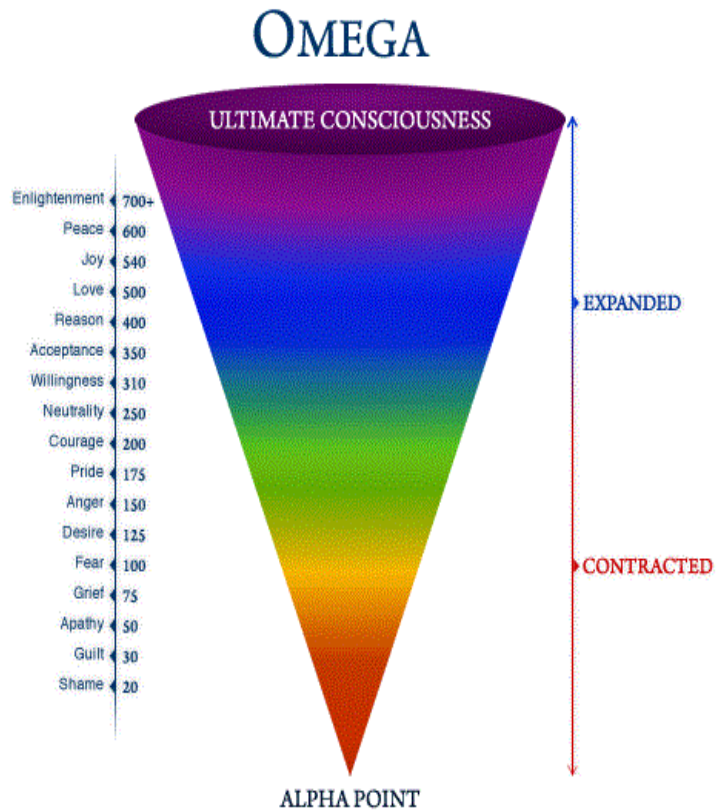


ADDITIONAL LINKS

1. Mini-Blitz Workshop for Pain: <https://youtu.be/kC1iVGLUAb8>
2. Heal Your Body Booklet: <https://carolmacrae.com/wp-content/uploads/2022/08/louise-hay-heal-your-body.pdf>
3. My Healing Support Web Page with more information Videos and MP3s: <https://carolmacrae.com/healing-support/>



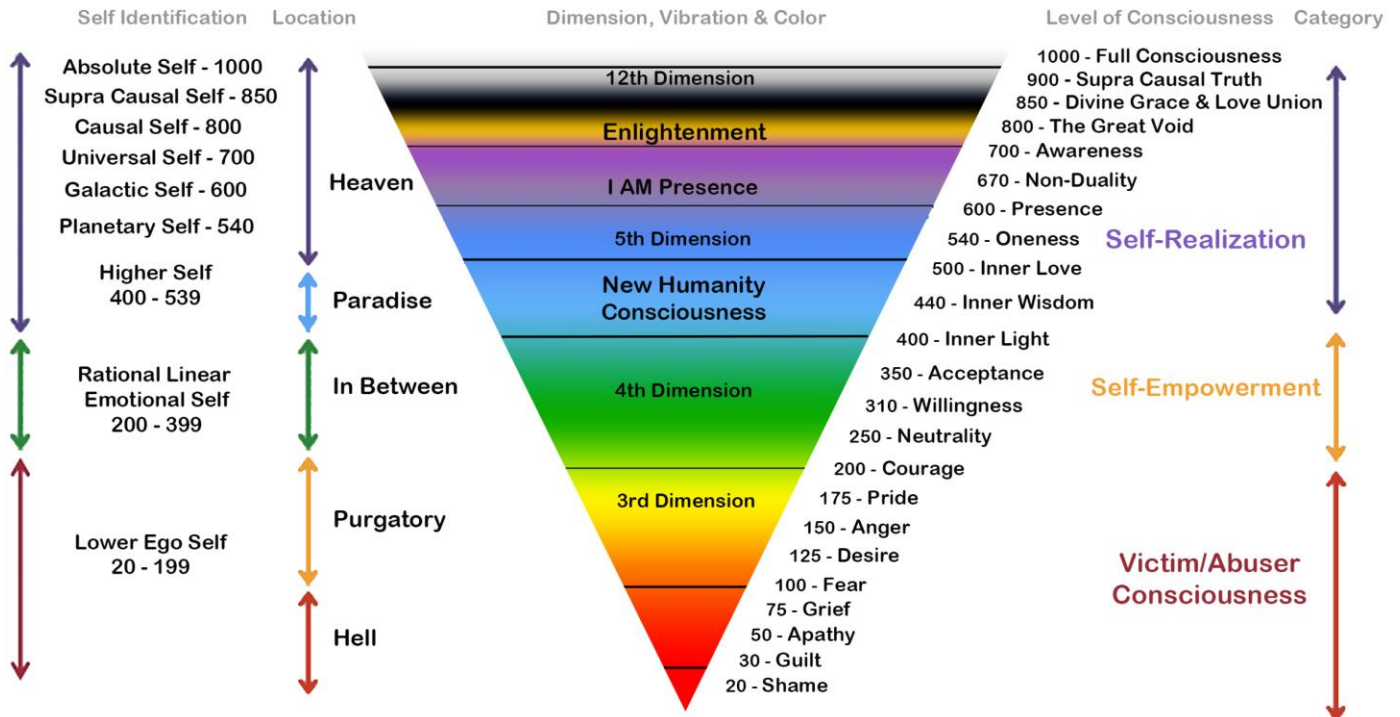
	Level	Scale (Log of)	Emotion	Process	Life-View
POWER	Enlightenment	700-1,000	Ineffable	Pure Consciousness	Is
	Peace	600	Bliss	Illumination	Perfect
	Joy	540	Serenity	Transfiguration	Complete
	Love	500	Reverence	Revelation	Benign
	Reason	400	Understanding	Abstraction	Meaningful
	Acceptance	350	Forgiveness	Transcendence	Harmonious
	Willingness	310	Optimism	Intention	Hopeful
	Neutrality	250	Trust	Release	Satisfactory
	Courage	200	Affirmation	Empowerment	Feasible
FORCE	Pride	175	Dignity (Scorn)	Inflation	Demanding
	Anger	150	Hate	Aggression	Antagonistic
	Desire	125	Craving	Enslavement	Disappointing
	Fear	100	Anxiety	Withdrawal	Frightening
	Grief	75	Regret	Despondency	Tragic
	Apathy	50	Despire	Abdication	Hopeless
	Guilt	30	Blame	Destruction	Condemnation (Evil)
	Shame	20	Humiliation	Elimination	Miserable



The Scale of Consciousness- Dr David Hawkins from his book Power VS Force

Levels of Consciousness[©]

A Map to Full Consciousness by Master Mindo www.NewHumanitySchool.com



Healthy Aura with Chakras

Aura of a Person with Disease



READ THIS SLOWLY

The universe responds to your frequency. It doesn't recognise your personal desires, wants or needs. It only understands the frequency in which you are vibrating at. For example; if you are vibrating in the frequency of fear, guilt or shame you are going to attract things of a similar vibration. If you are vibrating in the frequency of **love, joy and abundance**, you are going to attract things that support that frequency. It's kinda like tuning into a radio station. You have to be tuning into the music you want to listen to just like you have to be tuned into the energy you want to manifest into your life. **Change your mindset, it will change your life.**