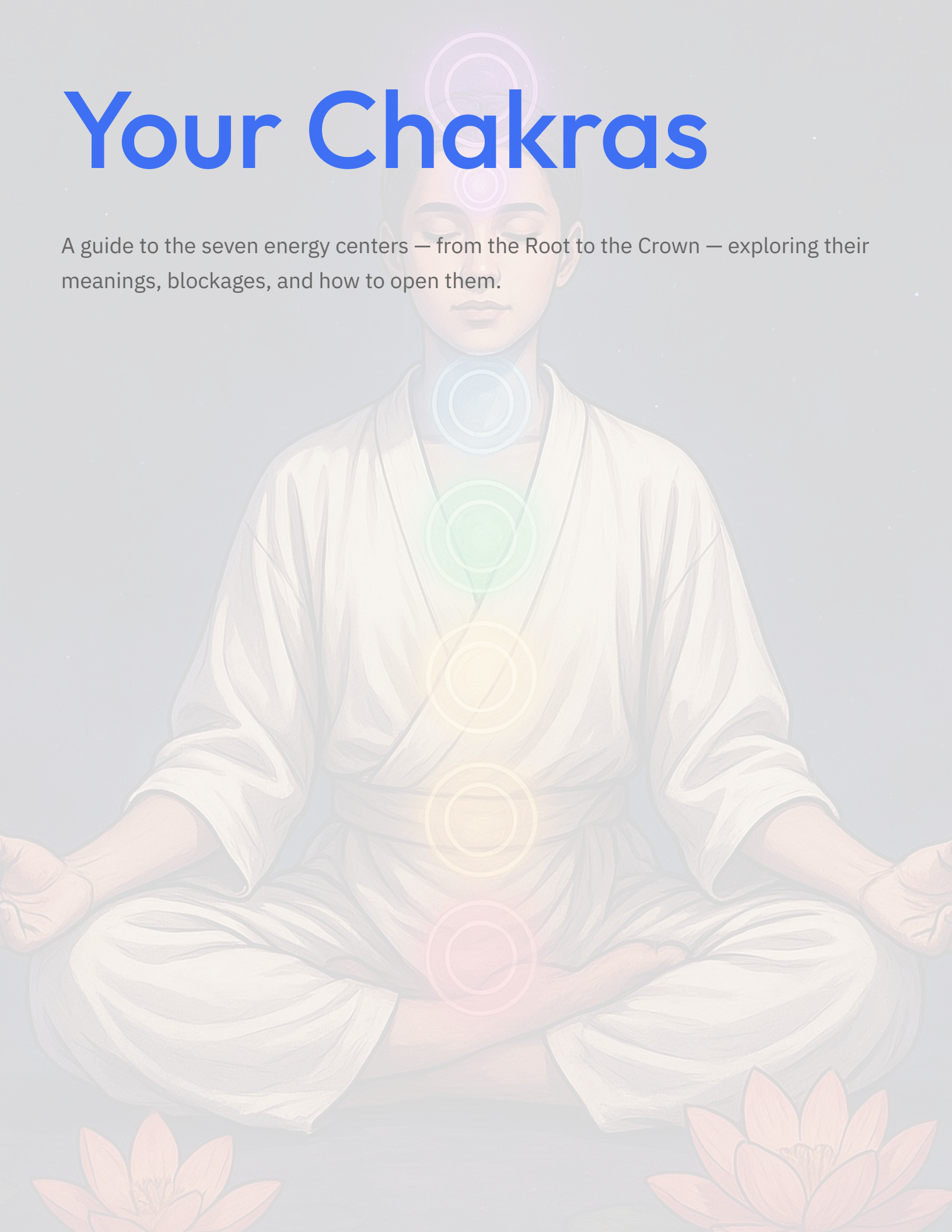


Your Chakras

A guide to the seven energy centers — from the Root to the Crown — exploring their meanings, blockages, and how to open them.



THE ROOT CHAKRA

Muladhara

Meaning: Root of Existence

Location: Base of the Spine

Element: Earth

Color: Red

It is located at the base of the spine, and is known as the Red Chakra. It is associated with the element of Earth. Any pain associated with the root chakra has to do with what makes you feel grounded to the earth — feeling secure. The feelings that bring about a sense of safety and security in us are different for different people, attributed to our environments growing up, our cultural norms, and our education. Some people have fears associated with "not having enough" — not enough love, money, time, health, or joy. These issues all connect to our root chakra.

Healing the Root Chakra

This mindset of lack must be changed to an abundance state of mind. The more we think we lack, the more we manifest lack in our lives. We do manifest our thought patterns, like it or not. There is a great expression that says, "whatever we resist persists." Stop resisting and start accepting. Accept abundance, love, universal support, joy, magic, perfect health into your life. Each time a thought of lack comes up, immediately replace it with a thought of abundance. If you do this consistently, watch the healing start to take place.



THE SACRAL CHAKRA

Svadhithana

Meaning: Own Abode

Location: Below the Navel

Element: Water

Color: Orange

It is located under the navel and is known as the Orange Chakra. It is associated with our femininity, creativity, sexuality, intimacy, and pleasure. It is also known as the Sex Chakra. It is associated with the element of Water — feminine, emotional, and life-giving. If you are experiencing pain in the sacral chakra, explore all things feminine, and look to see where you are not supporting your own inner Goddess. Examine issues having to do with your female ancestral line, past and present.

Healing the Sacral Chakra

Do you have a creative outlet? Having a creative outlet is like taking your chakra out for a 5-star dinner. Try to do something creative, and do not judge the outcome. Draw something, write something, sing something. Creation is creation — whether it's giving birth to a baby, creating a novel, or choreographing a dance. It is so important to feed that part of us that creates. Allow yourself to feel your sexuality and sensuality if you've neglected yourself. Get something new to wear. Get a fabulous new haircut. Get a massage. In other words, start radically loving yourself.



THE SOLAR PLEXUS CHAKRA

Manipura

Meaning: Lustrous Gem / City of Jewels

Location: At the Navel

Element: Fire

Color: Yellow

It is located at the navel and is known as the Yellow Chakra. It is also called the Navel Chakra. The solar plexus has everything to do with our will, confidence, asserting ourselves, and decision making. At a day to day living level, this chakra has to do with our desire for self-improvement and gaining recognition. It's connected to our competitive aspect — not competition with others, but always striving to become better today than you were yesterday.

Healing the Solar Plexus Chakra

Think about what you can achieve which will bring out more self confidence. It doesn't have to be an overwhelming goal like running a marathon. Do something that will give you a sense of achievement or self-worth — complete a jigsaw puzzle, read a book you've always wanted to read, take a course, cook an amazing meal. When you receive a compliment for something you've done, it instantly feeds your self-esteem. There is absolutely nothing wrong with a healthy dose of self love. We should live in peace, rather than conflict with our ego. When our solar plexus is balanced, it shows up in a healthier relationship between us and the rest of the world.



THE HEART CHAKRA

Anahata

Meaning: Unhurt / Unstuck

Location: Center of the Chest

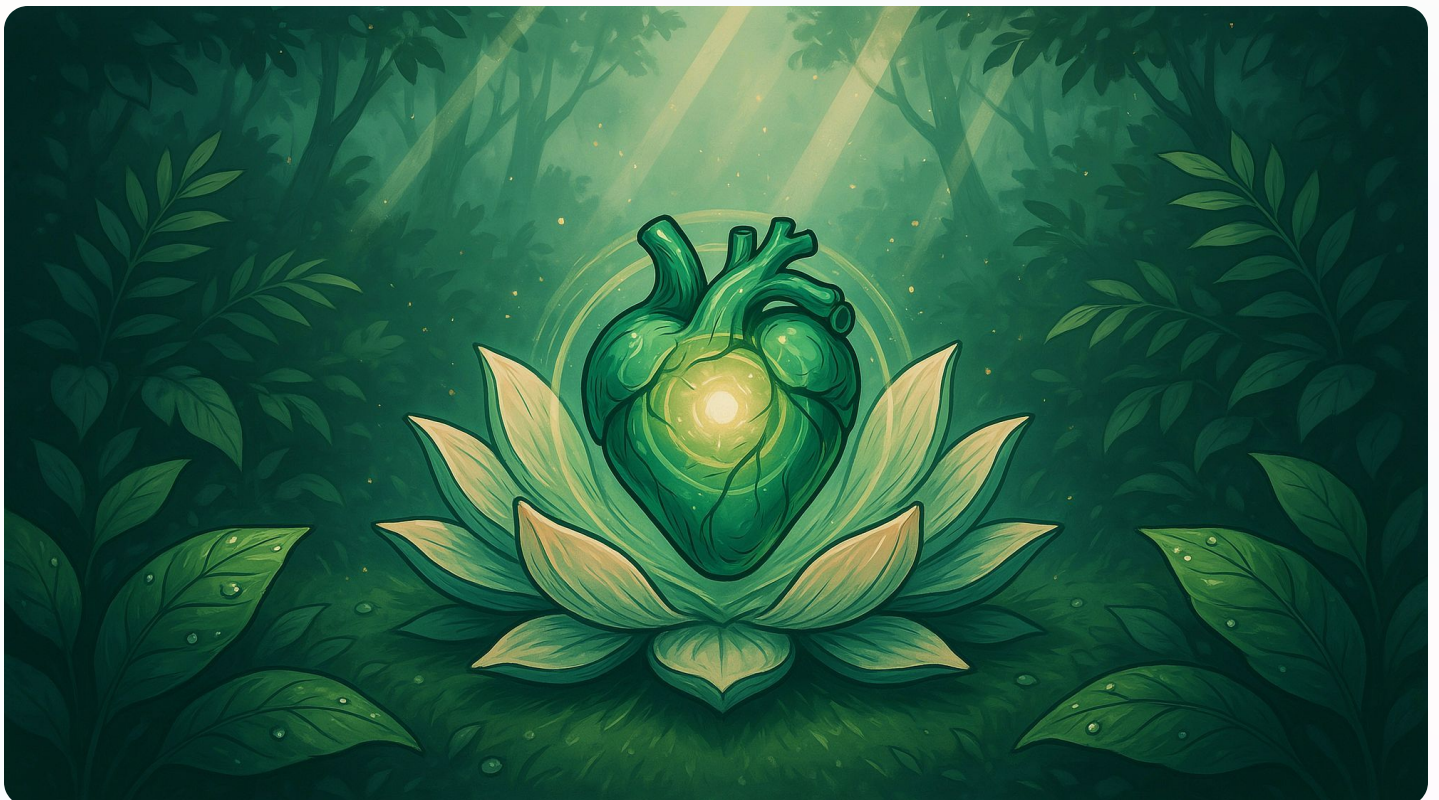
Element: Air

Color: Green

It is located at the chest and is known as the Green Chakra. The heart chakra has everything to do with love and how you express it, both to others and to yourself. It has to do with compassion and forgiveness, unconditional love, and joy. The heart chakra sits in the center of your chest — the 4th energy center — sitting in the middle of the three lower and three upper chakras. Therefore it also serves to balance the other six chakras.

Healing the Heart Chakra

If you are having chest pain, start to do activities which will open your heart chakra. Find the things in life that enable you to express love. Spend time with family and friends. Laughter is one of the best ways to open the heart chakra — it's instant unencumbered joy. Spend time with animals, who only know unconditional love. Being in nature in general helps to open the heart chakra. Learn to practice forgiveness. Forgiving, allowing, and accepting will help you release any heart blockages associated with past events, relationships, or traumas. Expressing gratitude for everything wonderful in your life only brings more of those wonderful things.



THE THROAT CHAKRA

Vishuddha

Meaning: Purification

Location: At the Throat

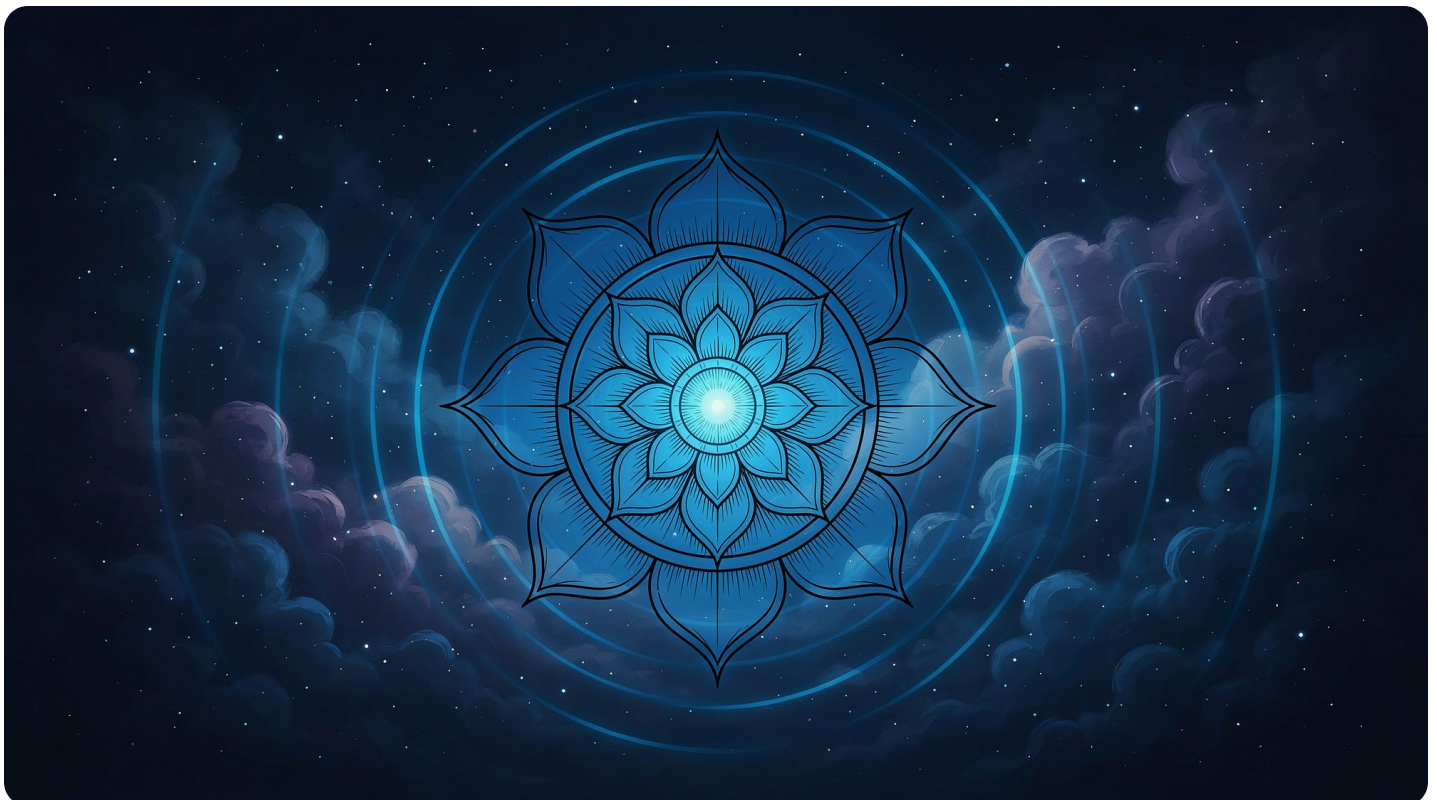
Element: Ether / Sound

Color: Blue

It is located at the throat and is known as the Blue Chakra. This chakra is associated with self expression and communication. If you are having issues with your thyroid, or a sore throat, start examining the ways in which you express yourself. Expressing yourself does not necessarily have to be with only verbal or written words — you can express yourself creatively through dance, song, artwork, or sports.

Healing the Throat Chakra

Are your thoughts being heard and do you feel validated and supported in your beliefs? Take a look at how honest you are with close friends, relatives, and associates. Do you have trouble speaking your truth? On the flip side, do you listen well to others? The two are connected — if you are a poor listener, you probably are a poor communicator as well. The two chakras above the throat are connected to our intuition and higher self. The chakras below are connected with more tangible aspects of ourselves. Look to see if there is a flow between your higher self and your physical self. Ideally your actions, thoughts, and ideas should reflect both selves.



THE THIRD EYE CHAKRA

Ajna

Meaning: Beyond Wisdom

Location: Center of the Forehead

Element: Light / Mind

Color: Indigo

It is located at the center of the forehead and is known as the Third Eye or the Mind's Eye. Its color is indigo and it is our 6th chakra or energy center. This chakra is associated with intuition, enlightenment, and spirituality. It is also connected to inspiration and imagination. It is connected to our pineal gland — a tiny pine cone shaped gland at the base of our skull which produces melatonin. Visible symptoms of a third eye blockage could be poor sleep, confusion, brain fog, headaches, light sensitivity, lack of focus, poor self-esteem, and feeling imbalanced.

Healing the Third Eye Chakra

If you want to open your third eye, regular meditation is one of the best practices. Even a 10 minute meditation a day will help. There are specific breathing patterns you can use which will open your third eye. Chanting the word 'Om' is also helpful — the vibration of this sound resonates with the frequency of the third eye. Star, sun, and moon gazing all help. Other helpful aides to awakening the 6th chakra are crystals, aromatherapy, daily positive affirmations, yoga, and music. Try to adopt a few practices that take you into that space beyond this world — that is the vantage point of the third eye.



THE CROWN CHAKRA

Sahasrara

Meaning: Thousand-Petaled

Location: Top of the Head

Element: Cosmic Energy / Thought

Color: Violet

It is located at the top of the head and is also known as the Seventh Chakra. Its color is violet. It is associated with the pituitary, hypothalamus, and the pineal glands. The 'thousand-petaled' reference reminds us of a lotus flower — the crown which lets in the light above our head. Another name for this chakra is the Gateway to the Divine. It is our opening to Angelic, Source, or God energy — our connection to spirit, universal, and cosmic consciousness. It has everything to do with our higher consciousness and wisdom, and reminds us that we are primarily a soul with a body attached.

Healing the Crown Chakra

A blocked crown chakra could result in poor coordination, dizziness, depression, or possibly a feeling of being alienated.

Opening the crown chakra involves many of the same practices which help to open the third eye chakra — meditation, mantra repetition, visualization, breathing exercises, essential oils, crystals, and music. In addition to these, it also helps to do cardiovascular exercises. Eating healthy is also recommended — especially reducing your sugar intake.

Remember: you are primarily a soul with a body attached, not the other way around.





Created with love by Sharon Wajswol

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