

Complete Guide To The Chakras

Balanced	Healing Modalities	Unbalanced
<ul style="list-style-type: none"> -Understanding that we exist with all of nature -Firmly connected to sacred earth energy or gaia -Maintaining full understanding of the complete soul purpose and dimensional alignment -Feeling of peace and knowing connectedness to family, circle of friends, job or other surroundings -Feeling empowered and connected to the community -Deeply connected to spiritual essence 	<p style="text-align: center;">Foundational Chakra (also Earth Chakra or The Plug)</p> <p>Color: Velvet Black</p> <p>Position: Extends 2-3' down below the feet when standing, sits below the body when lying down.</p> <p>Physical: feet, inner ear, hypothalamus, thyroid, parathyroid</p> <p>Affirmations: I am grounded in earth</p> <p>Crystals: Black Tourmaline, Chalcedony, Copper, Hematite, Black Onyx, Black Obsidian, Rutilated Quartz, Sandstone</p>	<ul style="list-style-type: none"> -Problems with decision making & commitment -Out of touch w/ nature -Feeling of not fitting in with family, circle of friends, associates, home, job or other surroundings -Loss of connection to our Spiritual essence, or God. -Inability to make friends or hold down a job -State of isolation -Inability to let go of past issues -Out of touch w/soul purpose -Obsessed with material possessions

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<ul style="list-style-type: none"> -Physically present -Feelings of stability, safety and stamina -Present in the here & now -We feel that our physical space is sufficient, respected and connected to our physical body. -Anchored in your environment -Solid sense of security -Healthy physical body -Healthy bones, feet, legs, colon, adrenal glands -Sense of having enough material resources -Connected with the earth -Mindfully eat healthy foods especially root Vegetables -Engaged in regular healthy physical activity -Self reliance -Personal abundance -Understanding your needs -Having developed healthy grounding habits. 	<p style="color: #E91E63;"><u>Root Chakra</u></p> <p><u>Color:</u> Red</p> <p><u>Element:</u> Earth</p> <p><u>Position:</u> base of spine, coccyx, and tailbone</p> <p><u>Physical:</u> large intestines, heart, blood, kidneys, bladder, rectum, vagina, penis, sacrum, coccyx, sciatic nerves, legs, feet, bones, colon, adrenal glands, joints, muscles.</p> <p><u>Affirmations:</u> I am safe, I have abundant resources, I feel abundance</p> <p><u>Crystals/Gemstones:</u> Garnet, Red Jasper, Red Tigers Eye, Ruby, Smoky Quartz, Rhodochrosite, Hematite, Black Onyx, Black Obsidian, Black Tourmaline, Clear Quartz.</p> <p><u>Sound Frequencies:</u> 256hz, 432hz, note=C. Vowel: Uh</p> <p><u>Essential Oils:</u> Cinnamon, Ginger, Patchouli and Sandalwood</p> <p><u>Herbs & Spices:</u> Dandelion, Burdock root, Ginger Root, Cloves/Clover, Ashwagandha, rosemary. Hot and Spicy: cayenne, Pepper, Paprika, chives, horseradish. Any Red or dark brown colored herb, spice or food. Any herb, spice or foods that has an earthy taste or a 'grounding' quality.</p> <p><u>Foods:</u> Any red or root vegetables like carrots, potatoes, turnips, parsnips, radishes, beets, onions, garlic, etc. Also protein-rich foods: eggs, meats, beans, tofu, soy products, almond or peanut butter.</p>	<ul style="list-style-type: none"> -Paranoid, fearful, full of hatred and anger -Overly possessive -Low blood pressure, circulatory and sexual dysfunction -Constantly challenged in getting your primary needs met -Self centered, greedy & angry -Looming feelings of Insecurity -Fear is a motivating factor -Greedy -Anger / becoming a bully -Overly concerned with physical survival -Sciatica, degenerative arthritis -Anorexia or other eating disorders -Tension in the spine -Knee troubles -Problems with circulation
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<ul style="list-style-type: none"> -Connected to and feeling inner joy -Enjoy creative expression -Able to express self without being overly emotional -The Sacral chakra is the seat of personal boundaries, trust, intimacy and the sense of attraction between two people. -Patience, desire and pleasure are balanced. -Able to manifest desires, have healthy attachments & emotional needs. -When the Sacral chakra is open we are open to intimacy -Able to maintain healthy boundaries -Awareness of and a strong, healthy desire for what you want in life -Connects and interacts easily with others -Self-confident, healthy sense of personal power -Nurtures both self and others equally -Able to both give and receive with ease -Embraces self as a sexual being and has a healthy and balanced relationship with sex -Healthy sex drive -Balanced hormones 	<h3 style="color: orange; text-decoration: underline;">Sacral Chakra</h3> <p>Color: orange Element: Water Position: Lower abdomen, about 2 inches below the navel Physical: digestive tract, small intestine, colons, lumbar vertebrae, kidneys, adrenal glands, spleen, prostate Affirmations: I am a sensual and creative being. Crystals: Carnelian, Aragonite, Copper, Moonstone, Orange Calcite, Sunstone, Orange Kyanite, Golden Rutilated Quartz, Golden Yellow Topaz Sound Healing: 480hz, 288hz. Note= D. Vowel sound: Ooh Essential Oils: Clary sage, geranium, cedarwood, Orange, Orange Blossom, Ylang Ylang, Jasmine, Cardamon, Sandalwood, Cinnamon, Coriander. Herbs & Spices: Coriander, Calendula, Fennel, Gardenia, Licorice, cinnamon, vanilla, carob, sweet paprika, sesame seeds, caraway seeds Foods: Any Orange colored foods. Any foods related to water or with a high water content, and those that benefit the reproductive system or that nourish the sexual/creativity center. Fats and oils, Fish (especially wild salmon). Nuts & Seeds: almonds, walnuts, pistachios, cashews, sunflower and pumpkin seeds, etc.,. Sweet & Tropical fruits: melons, mangos, strawberries, passion fruit, oranges, tangerines, coconut, honey etc,</p>	<ul style="list-style-type: none"> -Feeling guilt and shame -Doormat, excessive people pleasing -Detached from others -Overindulgence in food -When the sacral chakra is closed we are withdrawn. -We may have fears about our relationships -May be manipulative, suspicious and insecure. -May have a low sex drive -Addiction to relationships. -confusion, purposelessness -Selfishness, jealousy, desires to possess -Uterine, bladder or kidney trouble -Stiff lower back -Control freak -Creative blockage -Emotional imbalance -Self pity, stubborn pride ruthlessness -Over ambitious attitudes
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<ul style="list-style-type: none"> -A good connection with your intuition Creativity -Sharper senses -You know where you want to go and how to get there -Know to not to lose yourself on the way -Healthy, balanced, fulfilling sex life -Great passion for life & live it to the fullest -Very open to intimacy, fulfilled w/ family -Experience every day as a gift from God 	<p style="text-align: center;">Naval Chakra</p> <p>Color: coral, pink, some orange</p> <p>Position: at the navel above the groin</p> <p>Physical: Sexual organs, ovaries, prostate</p> <p>Affirmations: I do, I have passion for life and live life to the fullest,</p> <p>Crystals: Coral, Golden Topaz, Peach Aventurine, Red Jasper, Rose Quartz</p> <p>Sound Healing: 320hz.</p> <p>Note= E. Vowel sound: Oh</p> <p>Essential Oils: Cedarwood, Orange, Orange Blossom, Cinnamon,</p>	<ul style="list-style-type: none"> -Frigid, callous, insensitive, frosty, cold hearted, aloof, standoffish, cruel -Unfeeling, ruthless & over sensitive -Unhealthy emotional attachments -Over indulgence in sex, sexual difficulties, miscarriage -Pregnancy for the wrong reasons -Shame, jealousy, fear, remorse & disgust -Hard to find direction -Avoids change, feels frustrated -creativity blocked -allergies, constipation, creates drama
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BONUSES: The sound healing hz frequencies listed with each chakra include a link to a YouTube video that matches the frequency so you can click, listen and heal. The essential oils in colored font with an underline also link to a pure, therapeutic grade source. It's the oil I use personally for aromatherapy.

<ul style="list-style-type: none"> -The solar chakra is the center of our power. It is about personal power, will and metabolism. -Self-confidence and self-esteem reside here. -This energy is empowering as well as protective from negative energy. -When the solar chakra is open we are in control, we are decisive and motivated. -Emotional balance -Healthy self esteem -Connected and confident in your willpower -Good self discipline -Able to meet challenges and move forward, confident in abilities -Move forward in life with confidence and power -Love & accepts self -Know we have the freedom to choose and direct our life 	<p style="text-align: center;"><u>Solar Plexus Chakra</u></p> <p>Color: Yellow</p> <p>Element: Fire</p> <p>Position: Between lower rows of ribs Physical: lungs, liver, spleen, stomach, gallbladder, pancreas</p> <p>Affirmations: I completely love and accept myself, I stand up for myself, I am strong and courageous</p> <p>Crystals: Citrine, Pyrite, Golden Lemurian, Golden Quartz, Yellow Calcite, Tigers Eye</p> <p>Sound Healing: 528hz. Note= C Vowel sound: Uuh-Cup</p> <p>Essential Oils: Frankincense, Grapefruit, Juniper, Ginger Root, Lemon, Lemongrass, Peppermint, Marjoram, Rosemary</p> <p>Herbs & Spices: Coriander, Calendula, Fennel, Gardenia, Licorice, cinnamon, vanilla, carob, sweet paprika, sesame seeds, caraway seeds, Herbs & Spices: Fennel, Milk Thistle, Rosemary, Cinnamon, Ginger, Turmeric, Cumin, Anise, Mints (peppermint, spearmint, etc). Celery, lily of the Valley, marshmallow, melissa, Any yellow or gold colored herb, spice or food. Any herb, spice or food that benefits the liver and aids digestion, and those that boosts energy or self esteem.</p> <p>Foods: Foods rich in complex carbohydrates (fiber, whole grains, legumes, etc) Granola and Grains: pasta, breads, cereal, rice, oats, rice, flax or hemp seed, millet, spelt, sunflower seeds, etc.</p>	<ul style="list-style-type: none"> -If the solar chakra is closed we are passive and indecisive -We have low energy and are apathetic. -We don't get what we want. -We may be jealous and have an inflated ego. -We may have indigestion, constipation and liver ills. -Emotional outbursts -Overly ambitious -Often feel stressed out -Passive and inactive, allowing life to pass them by -Overly self critical -Lack of self love -Unable to meet challenges -Lack of confidence -Lack of power in life -Easily feel depressed or rejected -Blame other for insecurity
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<ul style="list-style-type: none"> -The Heart chakra is centered in love -Open to change & growth -Feel more sympathy and empathy, are sensitive to others. -Hopes for the future & awareness of spiritual purpose. -Integrates & connects opposites; ego and being connected to the mind and the body. -Compassionate & friendly -Experience love, joy, acceptance & fulfillment -Ability to show and receive love and compassion -Connected to others & living things -Connected to unconditional love, peace & compassion -Oneness with life -Feeling harmony, contentment & confidence -Self-acceptance -Hope, inspiration & generosity -Practice forgiveness & acceptance -Rises above anger, hatred & jealousy to higher consciousness -Experiences deep inner balance -Lovingly connected to your soul purpose 	<p style="text-align: center;"><u>Heart Chakra=Seat of the Soul</u></p> <p>Color:Emerald Green</p> <p>Element: Air</p> <p>Position: over sternum at the level of the heart</p> <p>Physical: Heart, Circulatory System, Blood, Lungs, Diaphragm, Thymus and Breasts</p> <p>Affirmations: All love resides within my heart, love opens and heals me, I am love I am peace I am light, I follow my heart's desire for truth peace and love</p> <p>Crystals: Malachite, Rose Quartz, Tourmaline, Kunzite, Emerald, Jade, Peridot, Green Aventurine</p> <p>Sound healing: 624, 594 & 552 hz, Note: D, D# and C# C Vowel Sound: Ah</p> <p>Essential Oils: Rose, Peppermint, Rosemary, Ylang Ylang, Geranium, Lavender, Bergamot, Marjoram</p> <p>Herbs & Spices:Hawthorn Berry, Jasmine, Rose, Basil, Chamomile, Sage, Marjoram, Thyme, Parsley, Cilantro, Cayenne, Lavender (Any Green colored herb, spice or food) Green Tea. Any herb, spice or food that benefits the heart and blood, or any warming or comforting foods that one particularly enjoys or loves.</p> <p>Foods:Any green colored herb, spice or food. Leafy vegetables: spinach, kale, dandelion greens, chard, etc. Raw foods and foods rich in chlorophyll; plant compounds like phytoestrogens & phytosterols. Broccoli, cauliflower, cabbage, celery, squash, etc</p>	<ul style="list-style-type: none"> -Manifesting, feeling and experiencing hatred, despair, fear, jealousy, anger, revenge, lack of empathy -Not able to show love easily -Disconnected from others -Feeling closed off -heart attacks, poor circulation, -When our heart chakra is closed we have fears about our involvement with others. -We may distance ourselves from others. -Inflated ego -Jealous & ungrateful -Circulation problems -High blood pressure -Seasonal allergies -Angina -Weak immune system -Breathing difficulties -Lack of independence -Acting naive -Suffocating others in loving and giving -Lack of compassion -Lack of joy -Heavy feelings of grief
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<ul style="list-style-type: none"> -Able to express yourself -Can communicate verbally & non-verbally. -Creative expression for an artist -When it's open we are good communicators -We are connected and interact with others to mutually beneficial ends -We are good breathers with an open throat chakra -We can release well and take in the breath of life. We heal better with this open. -Able to express your sacred truth with authenticity -Can freely express inner vibrations through thoughts, feelings and sounds. -Can say what is on your mind and in your heart -Can accurately express how they feel -Free flowing words & expression -Honest & truthful yet firm -Good listeners -Can be seen like a tornado of light 	<p><u>Throat Chakra</u></p> <p>Color: Light blue</p> <p>Affirmations: I have a right to speak my truth, I express gratitude towards life, I am open.</p> <p>Element: Ether (Sky above the clouds)</p> <p>Position: base of the neck/throat</p> <p>Physical: cervical vertebrae, hypothalamus, thyroid, throat, clear and honest in my communication, I am listening</p> <p>Crystals/Gemstones: Aquamarine, Blue Calcite, Blue Fluorite, Blue Lace Agate, Blue Chalcedony, Blue Quartz, Celestite, Amazonite, Kyanite</p> <p>Sound Healing: 672hz, 384hz music. Notes: E, G, chanting & mantras. Vowel sound: Oh-Go</p> <p>Essential Oils: Eucalyptus, Tea Tree, Peppermint, Bergamot, Geranium, Rosemary, Basil, Lemongrass</p> <p>Herbs & Spices: Coltsfoot, Peppermint, Red Clover Blossoms, Sage, Salt</p> <p>Foods: Any blue colored foods. Any foods that benefit the lungs or soothe the throat or voice. Tart or tangy fruits/tree growing fruits: lemons, limes, grapefruit, kiwi, apples, pears, plums, peaches, apricots, etc. Liquids in general: water, fruit juices, herbal teas (especially chamomile and red clover), sea plants, foods with high water content, soups & sauces.</p>	<ul style="list-style-type: none"> -Not speaking your sacred truth can close this chakra. -Unable to express ourselves -Addicted to cigarettes, nasal inhalers and runners high. -Fever of unknown origin, inflammations, chronic throat ailments and thyroid problems. -Fearful and timid. -Behaving in a manner that is honest and true to yourself opens this chakra. -Problems setting boundaries -Sore throat, stiff neck, colds, thyroid problems, TMJ -Engage in negative communication -Lack of discernment before speaking -Depression -Feel like speaking out is a risk -Fear of no power or choice -No willpower or out of control
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<ul style="list-style-type: none"> -Trusts intuitive insights -Able to see both literally & intuitively -Very self aware & perceptive -Heightened Clairvoyance -Better at healing -More sure of the future -Make better choices -The chakra of visions, dreams & imagination -Able to overcome fears -Able to manifest what you want -Seeing not just for self but others -Fantastic imagination -Devoted & faithful -Self-responsibility for action -Open to receiving wisdom & insight 	<p style="text-align: center;"><u>Third Eye (Brow) Chakra</u></p> <p>Color: Indigo blue</p> <p>Element: Ether (sky above clouds)</p> <p>Position: Between the eyes</p> <p>Physical: Balances right and left side of brain, eyes,nose, facial muscles, central nervous system, pituitary gland, hypothalamus</p> <p>Affirmations: I am open to trust my inner guidance, I release and forgive the past, I am wise, intuitive and aligned with my highest good.</p> <p>Crystals/Gemstones: Lapis Lazuli, Sapphire, Sodalite, Tanzanite, Apophyllite, Kyanite, Labradorite</p> <p>Sound Healing: 720hz, 426.7hz music. Notes:F and A.. Vowel sound: Ah-Mah</p> <p>Essential Oils: Clary Sage, Rosemary, Peppermint, Frankincense, Lavender, Sandalwood, Cedarwood</p> <p>Herbs & Spices: Eyebright, Mugwort, Mint,Rosemary, Passionflower, Poppy, juniper, lavender.Any Indigo or dark bluish colored herb, spice or food. Any herb, spice or food that benefits the mind, nervous system, and eyes/vision, and those that strongly enhance or awaken the senses.</p> <p>Foods: Any Indigo or dark bluish colored foods.nervous system, and eyes/vision, and those that strongly enhance or awaken the senses. Caffeine, Chocolate</p> <p>Herbs/Spices: Juniper, Mugwort, poppy, rosemary,lavender, poppy seed, mugwort. Liquids: red wines, grape juice & herbal teas: (Mint, Star anise,eyebright, gotu kola, lavender)</p>	<ul style="list-style-type: none"> -Not thinking for ourselves -Easily confused -Rely too much on others for guidance and direction. -Without purpose. -Physically we can have a depressed thyroid and respiratory trouble. -Blindness,headaches, nightmares,eye strain, migraines, blurred vision & seizures -Not able to use or follow intuition -Issues with moodiness & volatility -Live in a world with exaggerated, unfocused imagination -Lack of commitment & confidence -Living in own world of fantasies -Inability to face oneself
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<ul style="list-style-type: none"> -Unification between higher self and human personality -Strong connection to others and to the world outside of ourselves -Able to greet the divine in everyone. -We experience without prejudice -Have knowledge, wisdom & understanding that promotes peace -Deep spiritual connection -Better at manifesting desires -Live in the present moment -Unshakable trust in inner guidance -Access subconscious mind -Not judgemental of self or others -Wise & see things as they are -Open to divine energy -Very understanding & wise -Selflessness humanitarianism 	<p><u>Crown Chakra</u></p> <p>Color: Purple</p> <p>Element: Air</p> <p>Position: Slightly on the back of the highest point of the skull.</p> <p>Physical: pineal gland, skull, cerebral cortex, central nervous system.</p> <p>Affirmations: I understand, I honor and protect my divine spirit, God is in me/above me/around me at all times</p> <p>Crystals/Gemstones: Amethyst, Charoite, Sugilite, Selenite, Rutilated Quartz, Howlite, labradorite.</p> <p>Sound Healing: 768hz, 480hz, 963hz music. Notes: G & B. Vowel sound: OM</p> <p>Essential Oils: Frankincense, Rose/Rosewood, Jasmine, Myrrh, Sandalwood, Lavender, Cedarwood</p> <p>Herbs & Spices: Gotu, Kola, Lavender, Lotus Flower, Valerian Root, Sage, Holy Basil, All-spice. Any violet & purple or white colored herb, spice or food. Any herb, spice or food that is considered holistically healing or sacred, or those that have spiritual cleansing or energizing benefits</p> <p>Foods: Any foods that are considered holistically healing or sacred, or those that have spiritual cleansing or energizing benefit.</p> <p>Fasting / Detoxing Incense and Smudging Herbs: Sage, Copal, Myrrh, Frankincense & juniper (consumed in raw, natural form in small amounts)</p>	<ul style="list-style-type: none"> -Rigid in our impressions. -Feel unaware of our own spirituality as well as that of others. -Low energy -Feel depressed & isolated -Generally anxious & worried -Negative feelings about yourself -Feel inefficient & forgetful. -Physical problems related to the bladder & cramping. -Issues with self knowledge & greater power -Experience boredom & confusion -Frustration & lack of joy -Carry prejudices & judgements -Feel a need to be popular & have status -Crave attention -Alienation, confusion, boredom, apathy -Inability to learn or comprehend -Lack of inspiration -Lacking focus or direction -Loss of meaning or identity
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<ul style="list-style-type: none">-Maintain an inner smile-Aware of soul signature concepts-Can enter realms transcending space and time-Illumination of the soul-Accessing loving Christ consciousness-Self acceptance-Karmic understanding-Communication with spirit guides-Able to heal yourself-Can access wisdom and knowledge from lessons-When open (if you can see chakras) it looks like a white halo behind a person's head.	<p>10th chakra (Causal, Lunar & Christ Consciousness Chakra)</p> <p>Color: White & silver</p> <p>Position: back of the head above the neck</p> <p>Dimension: 5th</p> <p>Affirmations: I am the divine, I have a soul purpose which I seek daily. I receive insight from my highest guides, I transcend</p> <p>Crystals/Gemstones: Blue kyanite, tanzanite</p> <p>Physical: Spinal cord, brain, sympathetic and parasympathetic nervous systems</p> <p>Sound Healing: 432hz, 10.5hz, 33hz music.</p>	<ul style="list-style-type: none">-Overwhelmed with rules and regulations-Self destruction-Undeveloped, sporadic energy energy flow-Unable to access knowledge from Spirit Guides-Unable to tie together lessons from experiences-Unable to learn the value in healing yourself-Unable to complete the transition from lesson, to knowledge to wisdom-Unable to connect to higher self-Lack of wisdom
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<ul style="list-style-type: none"> -Access to akashic records -Ability to live your dreams -Divine creativity -Experiencing the divine synchronicity of life -Merging of the masculine and feminine within -Able to integrate skills from past lives -Seem to excel at anything they undertake -Can use the energy of the higher spiritual chakras to access more harmony in physical 3D life -Strength in convictions 	<p>11th chakra (Solar chakra)</p> <p>Color: Gold and rainbow</p> <p>Position: 8-10 feet above the crown</p> <p>Dimension: 5th</p> <p>Physical: Connected to the solar plexus chakra of the higher light bodies.</p> <p>Affirmations: I can manifest my dreams, I have balanced Yin/Yang Female/Male energy, I can access wisdom from past lives.</p> <p>Crystals/Gemstones: Hematite, aquamarine, clear quartz</p> <p>Physical: Connects to throat chakra</p> <p>Sound Healing: 1296hz</p>	<ul style="list-style-type: none"> -Unable to see or experience sacred synchronicities -Experiencing Spiritual disharmony -Inability to integrate masculine & feminine currents/energy -Experiencing a lot of limiting fear -Feel threatened by non-physical skills -Unable to find your "flow" -Some fear still resides in aura from past lives -Difficulty accessing skills from past lives -Fear of acquiring needed skills -Stuck in 3D world perceptions
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<ul style="list-style-type: none"> -Can access the Universes book of life -Can transcend space and time -A channel for prophesy -Can manifest advanced spiritual skills -Can travel beyond limits of time and space -teleportation, bio-location abilities -Instantaneously transform thoughts into matter, power of manifesting -Aware of the big picture of the multidimensional self -Implementation of advanced spiritual skills -Houses the spiritual library -Expanded consciousness and understanding 	<p>12th chakra / Galactic Chakra)</p> <p>Color: Gold and rainbow</p> <p>Position: 15 feet above head</p> <p>Dimension: 5th</p> <p>Physical: Connected to the third eye chakra of the higher light bodies.</p> <p>Affirmations: I am Spiritually awake, I understand the meaning of life, I can access higher realms of wisdom</p> <p>Crystals/Gemstones: Clear quart, rose quartz, diamond, rhodochrosite</p> <p>Sound Healing: 728 hz</p>	<ul style="list-style-type: none"> -Unable to see the big picture -Stuck in limited 3D thinking, ideas and existence -Unable to use powers of manifestation -limited spiritual skills and abilities -Lack of spiritual understanding -Limited realms of awareness reached in meditation & in life -Limited Spiritual understanding of collective and expanded consciousness. -Limited idea of self
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<ul style="list-style-type: none"> - Activating your unlimitedness -Connected to your bliss -Feel & express unconditional love -Can tap into very high vibrational frequency healing energy for self & others -Feel unconditional love -Liberated to complete your true soul purpose -Connected to & acting upon your soul purpose -Answering your highest calling -Assists with teleportation -Can time travel to different dimensions in meditation to access healing frequencies and communications. -No longer let the experience of trauma cause behaviors that make us reactive or feel unhealed. -Can freely experience forgiveness for self and others -Are a beacon of love and light 	<p style="text-align: center;">13th Chakra (Soul Star)</p> <p>Color: pink/magenta</p> <p>Position: Above body, and merges with third eye chakra. Dimension: 4th</p> <p>Symbol: The rose</p> <p>Physical: Is connected to the heart chakra</p> <p>Affirmation: I am loved, I am unlimited, I am connected to my soul purpose and highest calling Crystals: Pink Sapphire, Pink Topaz, Pink, Malachite, Rhodochrosite, Pink Tourmaline, Rhodonite, Pink Fluorite , Rose Quartz</p> <p>Sound Healing: 4hz frequency</p>	<ul style="list-style-type: none"> -Feeling limited -Not connected to joy -Stuck in lower vibrational frequencies -Feeling stuck -Unsure of your soul purpose -Not responding to your soul calling -Feeling constrained in the 3D world -Unable to forgive -Harboring resentments -Not trusting that the Universe has your back. -Not able to show unconditional love
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<ul style="list-style-type: none"> -Brings clairvoyance into the 4th and 5th dimension -Can allow the Divine Plan to show you the way -Can act on Divine plan without letting your life challenges or emotional challenges hinder you. -Transcended personal struggles to see the bigger picture with universal understanding -Able to tap into & access the collective consciousness. -Can manifest high vibrational communications with Archangels, Ascended Masters & high vibration Spirit Guides -Can experience “oneness” with the Creator -Can tap into divine intuition with ease -Able to participate in ancestral healing 	<p>14th chakra: The Divine Plan Color: Deep blue indigo violet Position: 20 feet above head Dimension: 4th Physical: Connected to the third eye and crown chakra's of the higher light bodies. Affirmations: I am part of the Divine plan, of the Divine, I see through the eyes of the Sacred Universe, I am deeply connected to my divinity. Crystals: Lapis lazuli, Blue sapphire, Opal, Tanzanite, Amethyst, Fluorite, Labradorite Sound Healing: 639hz</p>	<ul style="list-style-type: none"> -Lack of clairvoyance -Feeling stuck in past traumas -Not seeing the bigger picture -Unable to surrender and gain the lesson from the challenges -Not being able to step into your Light body -Unable to tap into intuitive knowledge -Feeling separated from the Creator
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Chakra Balance Emotional Spectrum

Unbalanced @Psychic.medium.christina.eagle

Balanced @BadassEmpath



Judgemental **Understanding**
Doubtful, unfocused **Trusting, devoted**
Dishonest, afraid to speak **Truthful, Honest**
Hateful, jealous **Loving, Content**
Self critical, pasive **Confident, Purposeful**
Guilt, shame **Passionate, joyful**
Self centered, angry **Secure, connected**

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Signs of Trapped Emotions

As they relate to our chakra energy points



CROWN - Depression, confusion, dissociation
I Understand - I Judge

THIRD EYE - migraines, seizures, eye strain
I Trust - I Fear

THROAT - Thyroid problems, stiff neck, TMJ
I Speak Truth - I Gossip

HEART - Angina, poor circulation, HBP
I Love - I Hate

SOLAR PLEXUS - Gall bladder & stomach issues
Confident in Abilities - Self esteem Problems

SACRAL - Uterine, bladder & kidney trouble
inner Joy & Creativity - Guilt and Shame

ROOT - Back & joint pain, sciatica
Solid Sense of Security - Fear, Greed & Anger

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Energy is Contagious



11 Signs Your Third Eye Is Opening



You begin to see bright colors around people (chakras/auras)

Feeling of pressure between the eyebrows or migraines

**Receiving more meaningful higher consciousness
"downloads" that you understand**

Feeling more oneness & connection to ALL life forms

You have more so called "paranormal experiences"

Increase in vivid dreams, some with visitations

Notable increase in uncanny coincidences

Increased foresight of future events

Your gut instincts are rarely wrong

Increasing manifesting abilities

Increased sensitivity to light

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11 Signs Your Crown Chakra Is Opening

Unification between one's higher self & personality

Not judgemental towards self and others

Less and less need for popularity or status

Strong and personal Spiritual connection

Knowing & alignment with life purpose

Unshakable trust in inner guidance

Access to the subconscious mind

More able to see the big picture

Letting go of prejudices

Open to Divine energy

Very wise

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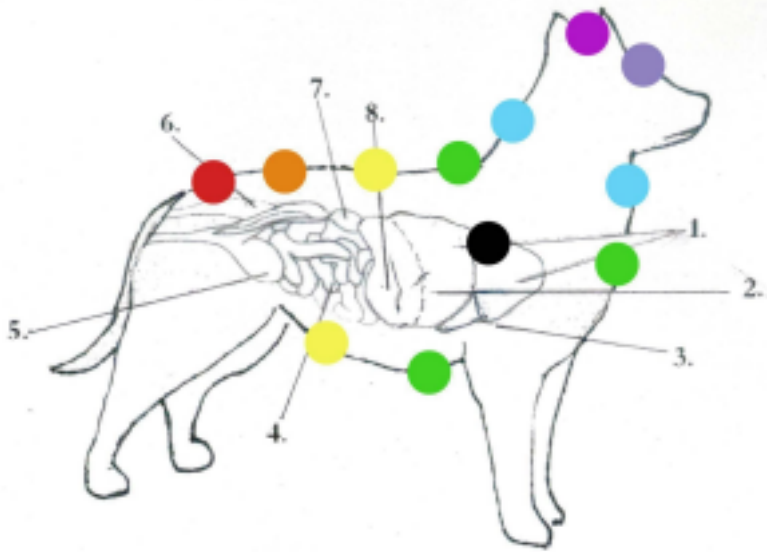
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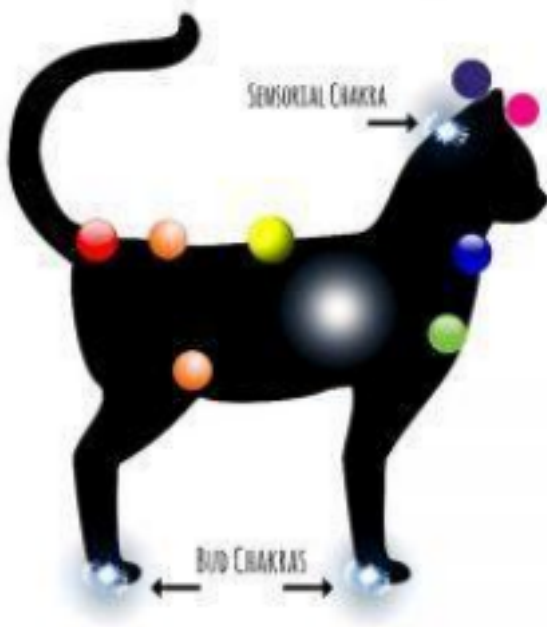
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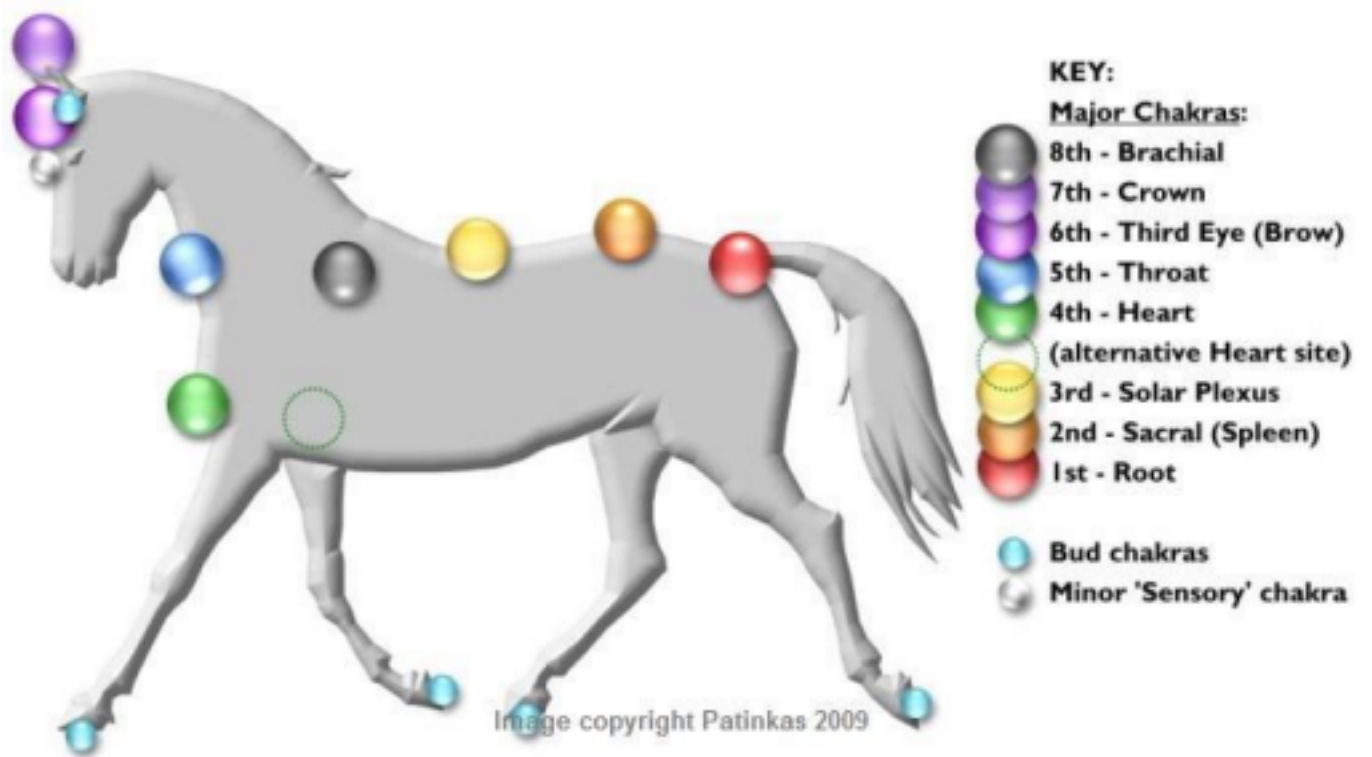


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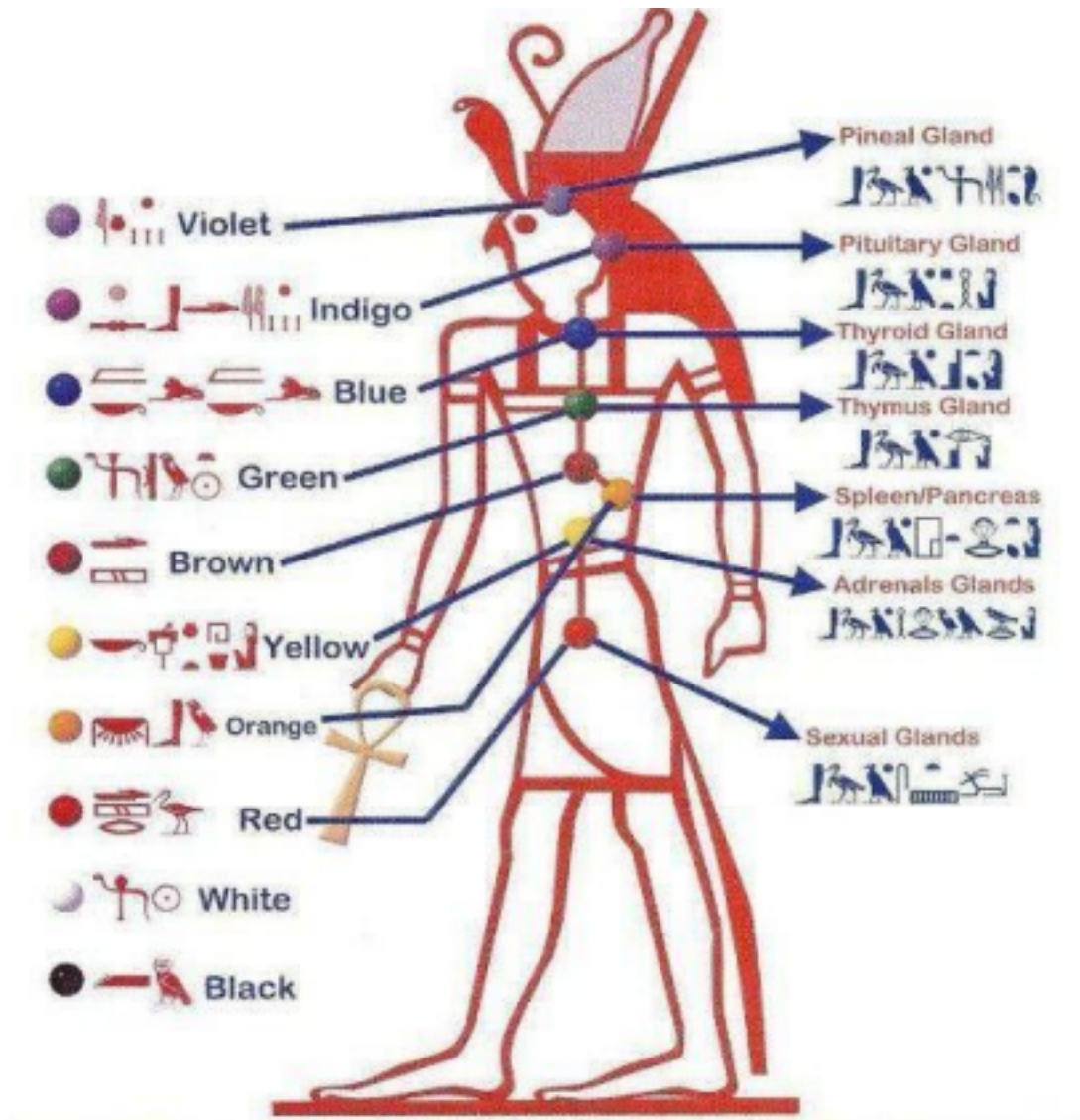


Cats Chakra System

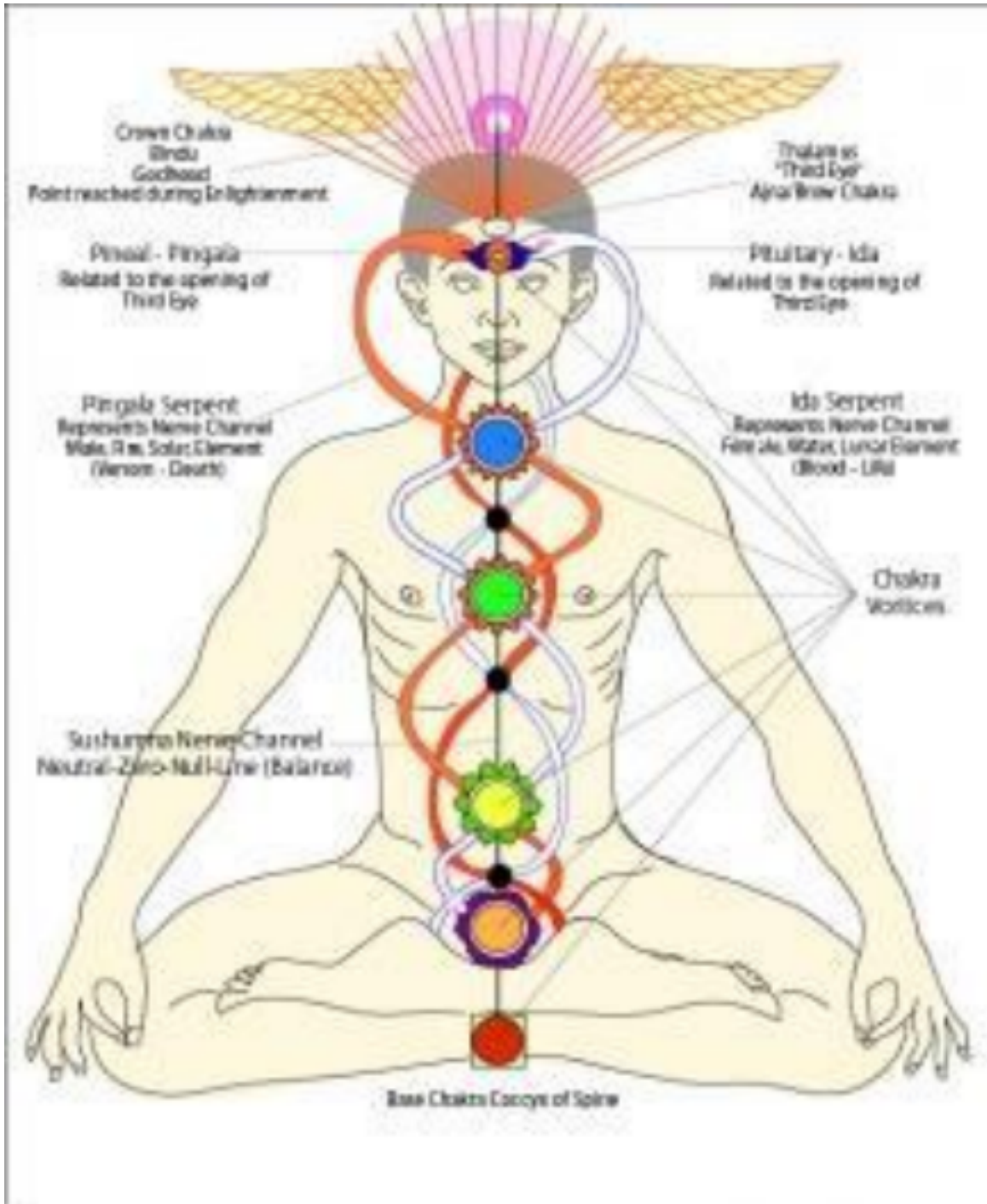




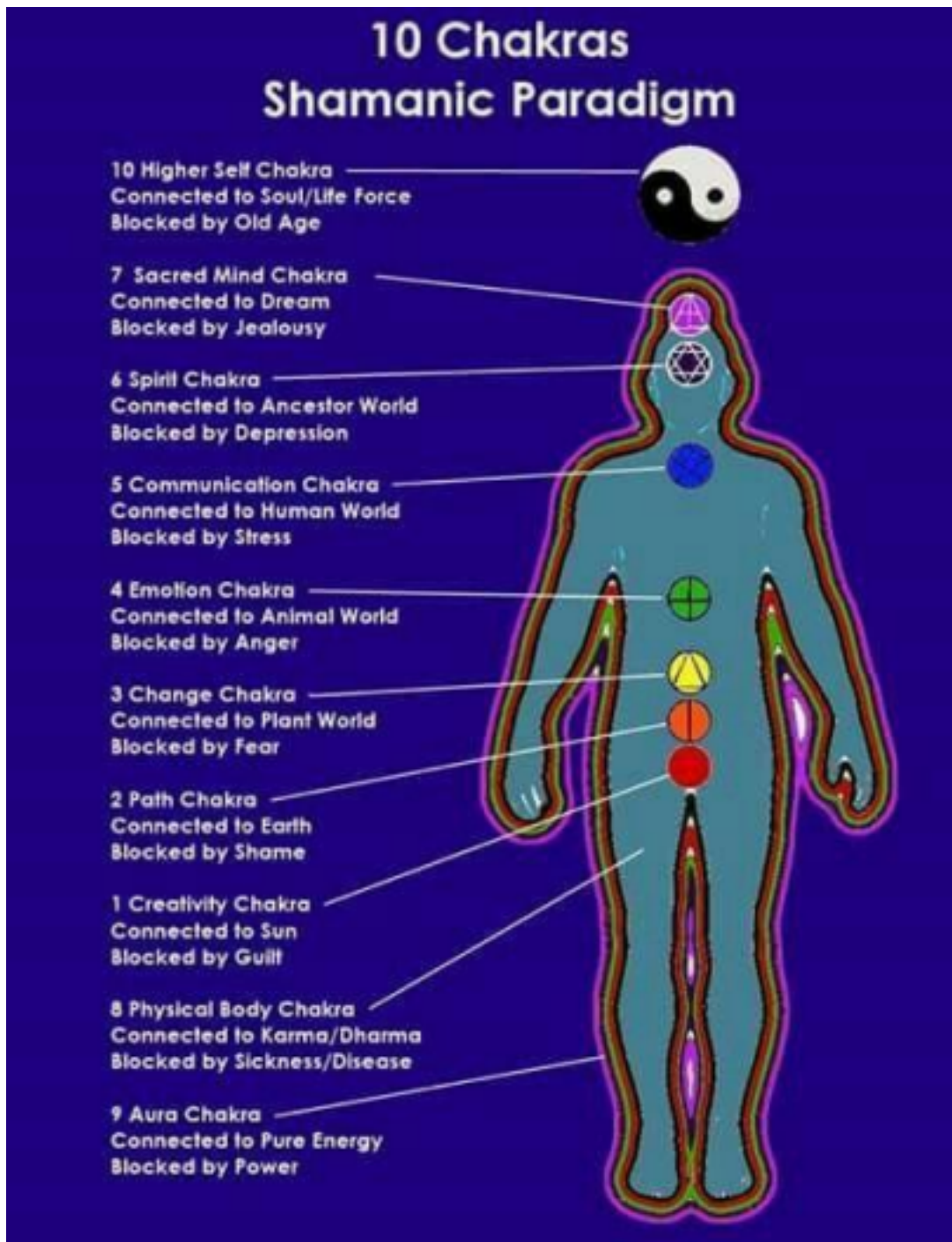
Complete Guide To The Chakras



Ancient Egyptian Chakra Chart



Tibetan Buddhism Chakra Chart

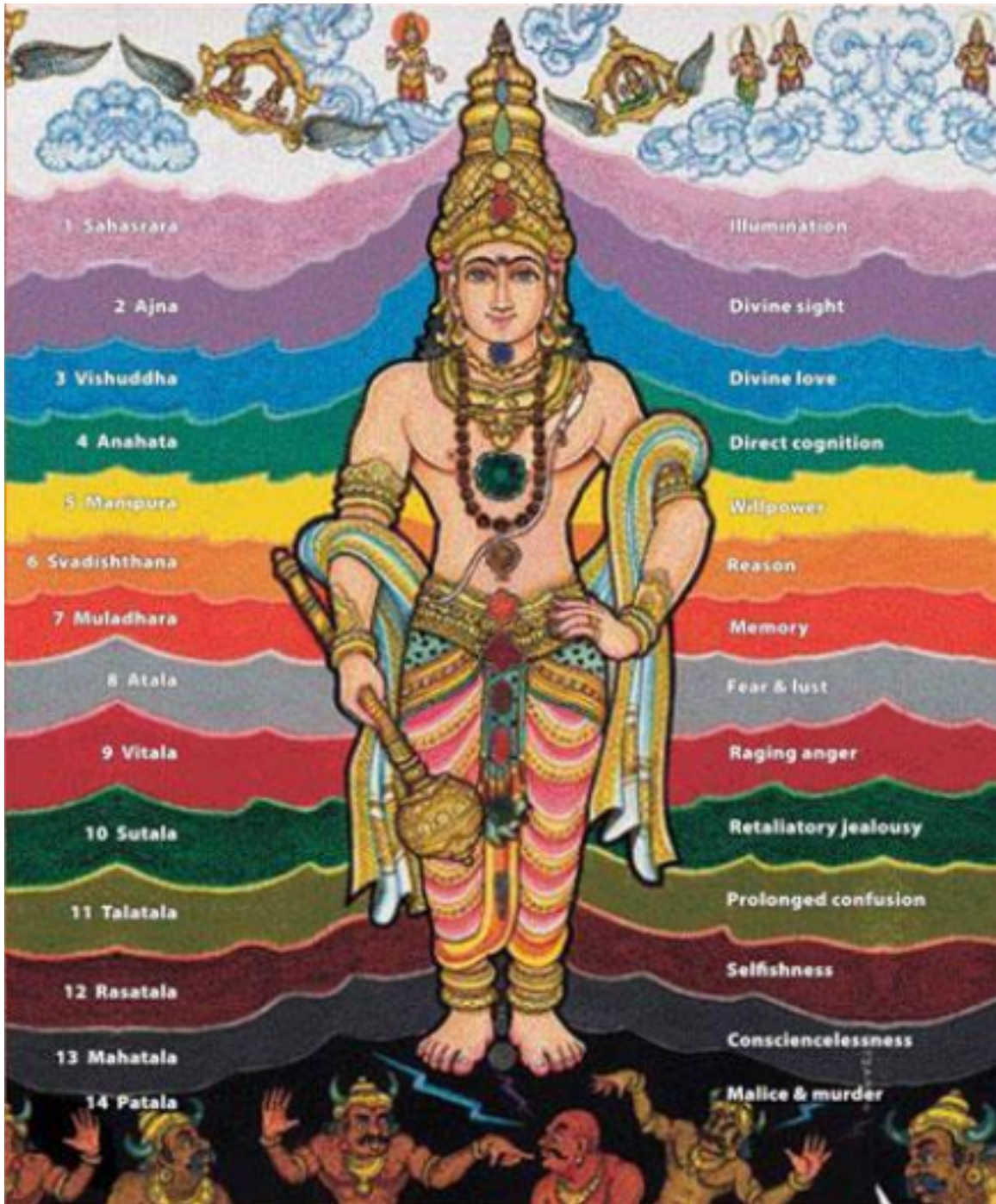


Native American Shaman Chakra Chart



Chinese, Vietnamese and Korean 3 Chakra Chart

Contact Medium Christina for booking via email:
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[Click To Text via WhatsApp: +1 207-801-1278](https://www.whatsapp.com/text/+12078011278)



Hindu 14 Chakra Chart

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