

The Chakras

What are chakras?

Chakras are energy centres which spin at a certain rate. This rate is known as the chakra's 'frequency'. There are many chakras in and around the human body, but most people are familiar with the 7 major chakras.

The chakra's energy sits inside of the human body, as well as outside of body. They are part of the human aura.

Each chakra links to organs, endocrine glands, emotions and mental attitudes. Some people like to balance their chakras to help with physical pain and discomfort, others like to balance their emotions. You can also work with them in both ways! I tend to focus more on emotions and mental attitudes.

Chakra imbalances

There are two types of chakra imbalance:

- ★ Underactive – lifeless, sluggish and passive, also called 'blocked'. This is when not enough energy is flowing in.
- ★ Overactive – lively, agitated, reactive and aggressive. This is when too much energy is flowing in.

What does each chakra relate to?

ROOT CHAKRA

- ★ Connects to the material world, our physical health, survival, security, instincts, being grounded/present.
- ★ When balanced – you will feel patient, strong, secure and stable, with physical vitality, connected with your community and able to meet your survival needs. You will also be connected to the world around you and will feel grounded. You have an inner sense of stability regardless of what is happening around you.
- ★ When unbalanced – you may display selfish behaviour, you can be too focused on materialism, you may feel insecure, anxious and unsafe. You may also feel restless and unstable, and suffer with addictions as a way of escaping reality. Feelings of anxiety and fear can also often live in the root chakra.

SACRAL CHAKRA

- ★ Connects to romantic and/or sexual relationships, sensuality and pleasure, desires, sexuality and creativity.
- ★ When balanced – you will have a positive relationship with your own body, and be able to accept change. You'll share your emotions freely and will be nurturing and creative. You will do things for pleasure and fun, feeling joyful and emotionally stable. You'll have good sexual boundaries.
- ★ When unbalanced – you may feel compulsive/obsessive and controlling, guilty and jealous. You may be unwilling to socialise with others. You may be needy and show emotional dependence on others. Repressed emotions can often live in the sacral chakra.

SOLAR PLEXUS CHAKRA

- ★ Connects to the intellect, ambition and willpower, motivation and self-confidence, self-worth and individuality, the ego and psychic abilities.
- ★ When balanced – you will be tolerant and accepting of others, confident, strong-willed and assertive. Happy to be unique. You will be able to back down when you're wrong. You will have strong boundaries and a clear gut instinct that you can connect to easily. You will be quick-thinking and quick-witted, and courageous.
- ★ When unbalanced – you will lack confidence and may suffer from bouts of anger and frustration. You may be afraid to be alone. You could also be overly sensitive to criticism, passive, indecisive and stubborn. You might need approval from others to feel a sense of self-worth. You may also feel a need to dominate or control others and be ego-focused.

HEART CHAKRA

- ★ Connects to love, compassion, emotional balance, forgiveness, and good relationships with family.
- ★ When balanced – you'll feel balanced and peaceful, generous and have healthy relationships with others. You will be aware of your right to be loved. You'll also feel compassionate, able to forgive others. You'll offer love and affection unconditionally and will be empathic with others, and patient.
- ★ When unbalanced – you may feel resentful, bitter and anti-social. You may be unable to accept love and affection and have negative feelings towards yourself and others. You may find it hard to forgive yourself or others, and suffer with

heartbreak. You could have poor boundaries – either too weak or too strong. You may be jealous and possessive and have intimacy problems. You might also be intolerant and judgmental of others.

THROAT CHAKRA

- ★ Connects to communication, self-expression, the inner voice, speaking your truth, listening abilities and clairaudience.
- ★ When balanced – you will be clear and confident in your speech. Your voice will sound strong. You will be able to express yourself and your emotions freely and will be creative in your communications. You'll speak with honesty and integrity and will be good at listening.
- ★ When unbalanced – you may stumble upon your words, your voice may be weak and timid. You may suffer from sore throats. You might also speak abruptly and with anger, and be prone to gossiping. You might overtalk too. You could be prone to dishonesty. You may also fear being judged and have negative self-talk, and be unable to articulate yourself.

BROW/THIRD EYE CHAKRA

- ★ Connects to sight, insight and visualisation. Also spiritual awareness, imagination and clairvoyance.
- ★ When balanced – you'll have clear vision and a good memory, you will be aware of the spiritual aspects of yourself and of life. You'll have good focus, clarity of thoughts and restful sleep. You can connect with your inner wisdom and use your intuition in your daily life. you will perceive the world free from judgment or prejudice. You will be self-reflective, able to be introspective. You'll have a good imagination.
- ★ When unbalanced – you may have prejudice towards other people and situations. You are overly focused on science and the intellect and reject your intuitive knowing. You may be unimaginative, and suffer from nightmares or delusions or hallucinations. You may feel confused with muddled thinking and feel out of touch with reality.

CROWN CHAKRA

- ★ Connects to energy, spirituality and pure awareness, the divine, cosmic consciousness and your higher self.

- ★ When balanced – you feel blissful and light, living in the present moment. You are aware of the unity of all of life and able to connect spiritually. You'll have knowledge, wisdom and clarity. You will feel connected to the greater world and will have purpose in your life. you will have an inquisitive curious mind.
- ★ When unbalanced – you may suffer from mental health disorders and insomnia. You may be living in the past or the future and not feel able to be present. You might feel lost in life, unsatisfied and without purpose. You could also feel confused and depressed. You might also be closed-minded and overly skeptical. You could also feel isolated and alone in the world.

Exercise to balance the Root Chakra

We balance the root chakra to feel grounded, safe and present. Here is a simple exercise you can do to help bring balance to this chakra:

1. Put your attention down into the soles of your feet.
2. Now imagine you have roots coming out of the soles of your feet, like the roots of a tree. Visualise these roots being thick, solid and heavy, plunging through the earth going deeper and deeper underground.
3. See them move through soil and dirt, moving down and down passing through rocks and boulders. Keep growing your roots down until they reach the core of the Earth. Once here, feel them being sucked into the core of the Earth and know that you are held steady, feeling strong and grounded. Like a tree with its roots buried deep underground, feel yourself as solid, strong, rooted into the planet.
4. Now feel the power of the Earth's energy flowing up your roots and coming up into your soles. Feel this energy pulsing within your body.
5. Allow this feeling to grow as you feel your deep connection to the Earth. Our planet has infinite strength and can help us to feel connected with all that is. This is called 'grounding'.
6. Now bring your awareness back to the rest of your body and back into the room.

Further learning

For a deeper dive into the chakras, read my blog: www.melanie-stevens.com/blog

If you subscribe to my website you will have access to a members-only area of the site containing **exercises to balance the other 6 chakras!** Simply visit my website and click the Blog page, you will be prompted to subscribe by entering an email address or using your Facebook or Gmail details. Once logged in, you will see a 'Members-Only' tab in the main site menu.