

Chakras Training

Information paraphrased from “Aromatherapy and Chakras” by Salvatore Battaglia along with personal experience.

Root Chakra. The root chakra is our “base” and it’s responsible for our feelings of safety and grounding. It’s concerned with physical needs and basic survival. It is located at the base of our spine. It’s color is red.

If you have issues with yourself, if you don’t trust yourself or your place in the world, you’ll have problems at your root.

A balanced root is represented by being comfortable in your own body, sense of trust in the world, feelings of safety and security, able to relax and be still.

- Excess in the root may result in overeating, hoarding, greed, sluggishness, laziness, fear of change, addiction to security and rigid boundaries.
- Deficiency may result in feeling disconnected from the body, underweight, fearfulness, anxiety, restlessness, poor focus, poor boundaries and being disorganized. They don’t tend to recognize the body’s importance, and grooming/hygiene tend to be poor. Details about life are not important and they tend to live in a fantasy world.

Health issues related to this chakra may include:

- Disorders of the bowel and large intestine,
- Disorders of the bones
- Issues with legs, feet, knees, base of spine
- Eating disorders
- Immune system
- Adrenal system issues

Sacral Chakra. Located at the level of the pubic bone, between the naval and the genitals, it's our center of creativity, passion, joy, intimacy, relationships and money. It's color is orange.

The word creativity brings up an image of an Artist for most people (painter, sculptor, etc) but it's any kind of action that results in something being created. Going into the kitchen and grabbing things out of the cabinets/fridge and cooking a tasty meal for your family is creativity. Looking at something and turning it into something else is creation.

It's the area of relationships, and that's not just with our spouse, that's relationships with ourselves, our family, our business partners, boss, etc. It's our relationship to money as well.

This chakra is our "feeling" center and challenges can arise when we're taught to suppress our feelings or are told our feelings are wrong. For example, being told "you have no right to feel angry", "boys don't cry", "you should be ashamed of yourself" etc. Feeling is a very important way of obtaining information about us, when our right to feel is affected we become out of touch with ourselves.

Sexual abuse can lock this chakra (either too open or too shut) and if you have suffered sexual abuse please seek the care of a trained and sympathetic therapist.

A balanced chakra – can tap into their creativity and talents, tend to be physically fit and eat healthy, are emotionally mature, playful and can experience pleasure, and have healthy boundaries.

- Excess in the sacral, may result in sexual addiction, excessively strong emotions, being ruled by emotions, oversensitivity, emotional dependency, and obsessive attachment. They need intense emotions. They are usually the ones creating drama and difficulties. They tend to identify with emotions, ie they say "I am angry" instead of saying "I feel angry" and their world revolves around their emotions, how they feel is all important, egotistical and even narcissistic.

Sacral Chakra continued:

- Deficiency may cause rigidity in the body and attitudes, fear of sex, poor social skills, denial of pleasure (any kind of pleasure) excessive boundaries, fear of change and lack of desire.

Health issues related to this chakra may include:

- Disorders of the reproductive organs, spleen, urinary system
Menstrual difficulties or Sexual dysfunction – impotence, frigidity, premature ejaculation, non- orgasmic
- Lower back pain
- Dull senses – loss of appetite for food, sex or life

Solar Plexus Chakra. The solar plexus is our “seat of self”, it’s where we find our power and self-confidence. It is closely tied to our self-esteem. When we feel “out of control” or have things we feel are out of our control then this area can have issues. It’s color is yellow.

A balanced solar plexus chakra you are responsible, reliable, balanced, able to let someone else be in control, “go with the flow”, confident in who you are and your place in the world, self-disciplined.

- Excess in the solar plexus may lead to aggression, dominating, controlling, need to be right, need to have the last word, manipulative attitude, temper tantrums, stubbornness, competitiveness, arrogance, and hyperactivity, bullying. Also, those who tend to need to be in dominant control of even their own body (treating and pushing their bodies like machines, refusing to accept physical limitations)
- Deficiency may lead to low energy, low self-esteem, emotional coldness.

Health issues related to this chakra may include:

- Digestive disorders
- Adrenal gland disorders
- Fatigue, weakness
- Eating disorders
- Diabetes, hypoglycemia
- Disorders of the stomach, pancreas, gallbladder and liver

Heart Chakra. The heart chakra is our area that is associated with compassion, affection, and love. Love to others and love for ourselves. Its common color is green, and is the “front” of the chakra and concerns our love for others. Non-traditional color is pink and it’s the “back” of the chakra and concerns our love for ourselves.

A balanced chakra is full of compassion, love, empathy, peace, balance, and a strong immune system. This person gives and receives freely and selflessly, is willing to be vulnerable, emotionally honest and treats others as unique human beings.

- Excess may lead to codependency, poor boundaries, being demanding, clingy, jealous, and overly sacrificing. Excess here doesn’t mean excess of actual love; it is excess love for self and one’s own needs. Needs constant reassurance and doesn’t allow others freedom to be who they are.
- Deficiency may lead to antisocial behavior, being withdrawn, cold, critical, judgmental, intolerant of others, lonely, isolated, depressed, fear of relationships, lack of empathy.

Health issues related to this chakra may include:

- Disorders of the heart, lungs, thymus, breasts, arms
- Shortness of breath
- Sunken chest
- Asthma
- Immune system deficiency
- Tension between shoulder blades, pain in chest

Throat Chakra. The throat chakra is responsible for communication, self-expression, and the ability to speak truth, truth to others but also your personal truth. Its color is blue. This chakra can have special challenges, often stemming from childhood, and is resolved by reclaiming our right to truth. When our parents, culture or government lie to us, there is an abuse of this right. Traumas and abuses associated with the throat chakra include lies, verbal abuses, excessive criticism, secrets (threats for telling), authoritarian parents (don't talk back) and alcoholic chemical dependent family (don't talk, don't trust, and don't feel right)

Being told we have no right to feel a certain way when in fact that is how we feel, makes a lie of our experience: hearing the words "I love you" while being abused, neglected, or shamed makes a lie of love. Being told to apologize for something we don't feel sorry for, to be nice to someone we clearly dislike, or to be thankful for something we didn't want are all experiences that teach us to lie. They teach us to lie to ourselves, to each other and to our bodies.

A balanced chakra is reflected by a resonant voice, being a good listener, having a good sense of timing and rhythm, having clear communication, and living creatively.

- Excess may lead to too much talking, inability to listen, gossiping and a dominating voice. Excess talking is used as a way of staying in control, so they remain the center of attention.
- Deficiency may show up as a fear of speaking, a weak voice and shyness, inability to get their words together, extreme self-consciousness, fear of humiliation.

Health issues related to this chakra may include:

- Disorders of the throat, ears, voice and neck
- Tightness of the jaw
- Mouth ulcers and gum problems
- Laryngitis
- Swollen glands
- Thyroid problems

Third Eye Chakra. The third eye chakra connects us to our dreams, governs our intuition and helps us see with perspective and clarity. It's how we see ourselves, others, and the world around us. It can be affected when we're going through life changes or a perception shift. It is also impacted if someone wants you to see things their way instead of your own. It's color is indigo and it's located in the forehead, slightly above and between the eyebrows.

Our physical eyes are the tools with which we perceive tangibles, while the "third eye" offers us the ability to see and understand all things.

When we are told, usually as children, that what we perceive is not real, when things are deliberately hidden or denied our right to "see" is damaged. Reclaiming this right helps to balance this chakra. This chakra can also be "damaged" when, again usually as children, we see things that are beyond our scope of understanding, when we see angry, frightening and overwhelming scenes.

A balanced chakra will have intuition, perception, imagination, good memory, good dream recall, the ability to visualize and a trust in their inner guidance. A balanced chakra can calm the mind and see clearly, without any personal issues.

- Excess in this chakra may lead to hallucinations, delusional obsessions, difficulty concentrating and nightmares.
- Deficiency in this chakra may lead to insensitivity, poor vision, poor memory, difficulty seeing the future, lack of imagination, poor dream recalls and denial. Someone with this may have difficulty imagining things differently.

Health issues related to this chakra may include:

- Headaches
- Vision problems - poor eyesight, glaucoma, cataracts, macular degeneration
- Conditions of the upper or frontal sinuses
- Neurological disturbances
- Diseases caused by a dysfunction of the third eye chakra may be caused by an individual's not wanting to see something that is important to their soul growth.

Crown Chakra. The crown chakra is our area of spiritual connection, it lifts and inspires us, connects us to “Source” (I personally prefer the term God), helps our awareness that we are a soul in a human body. Its color is violet (also can be white), it’s located at the top of the head.

The crown chakra holds our “right to know”, this includes the right to accurate information, the right to truth, the right to knowledge and the right to know what’s going on. Equally important is one's spiritual rights, the right to connect with the divine in whatever way we find most appropriate. Traumas and abuses associated with the crown chakra include withheld information, education that thwarts curiosity, invalidation of one’s beliefs, forced blind obedience (no right to question or think for oneself), spiritual abuse.

A balanced chakra can perceive, analyze and assimilate, is intelligent and thoughtful, open minded, able to question, spiritually connected, faith in the transcendent realms and a sense of purpose in life. Does not judge or criticize others, embodies love, compassion, and awareness.

- Excess in this chakra may lead to over-intellectualization (over questioning information, confusion and disassociation from the body.
- Deficiency in this chakra may lead to spiritual cynicism, learning difficulties, rigid belief systems, apathy.

Health issues related to this chakra may include:

- Anxiety,
- Depression
- Insomnia
- Amnesia
- Headaches, strokes, brain tumor, epilepsy
- ADD and hyperactivity.
- Dementia, Alzheimer’s
- Cognitive delusions