

Chakra Balancing
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Each person has seven main chakras which serve as energy centers. They also have two chakras located over each ear. These centers continually receive and transmit energy. When your chakras are open the energy flows easily, and your life is harmonious and peaceful.

First Chakra: located at the base of the spine. The color is red. This chakra is about survival and physical security. It is related to your finances, eating the right amount of food for your body, your career, and your home. When this chakra is balanced you are centered, grounded and able to manifest abundance.

Second Chakra: located between the base of the spine and the navel. The color is orange. This chakra is about your emotions, pleasure and sensuality. When this chakra is balanced you are friendly, optimistic, intuitive and sensual.

Third Chakra: located above the navel in the area of the solar plexus. The color is yellow. This chakra is about self confidence, power, and control. When this chakra is balanced you are outgoing, have respect for yourself and others, and have a strong sense of personal power.

Fourth Chakra: located at the level of your heart in the center of your body. The color is green. This chakra is about relationships and love. When this chakra is balanced you are nurturing to yourself and others, balanced, and in touch with your feelings.

Fifth Chakra: located at the level of your throat. The color is sky blue. This chakra is about speaking your truth and the communication process. When this chakra is balanced you are able to communicate easily and effectively and ask for your needs to be met.

Sixth Chakra: located on your forehead between your eyes and just above your eyebrows. Also called the Third Eye. The color is indigo (dark blue). This chakra is about seeing the future and beliefs about spirits. When this chakra is open, balanced and active you are able to receive guidance.

Seventh Chakra: located at the top of your head. The colors are purple and white. This chakra is about your spiritual connection: awakening, enlightenment and wisdom. When this chakra is balanced you are open to the Divine.

Ear Chakras, right and left: located above each ear. The color of these chakras is a beautiful shade of red-violet. These chakras are about being able to hear the voices of your angels and the voices of your spiritual mentors. This chakra is often shut down in those who have suffered verbal abuse. When this chakra is balanced you are able to hear messages from your angels and the spiritual realm.