



CROWN  
*Sahasrara*



**Location:**  
Top of the head

**Represents:**  
States of higher consciousness and divine connection

**Imbalanced Attributes:** Cynicism, disregarding what is sacred, closed mindedness, and disconnection with spirit

**Color:** Violet

**Stones:**  
Selenite  
Clear Quartz  
Amethyst  
Diamond

**Symbol:**  
Thousand-petaled lotus



THIRD EYE  
*Ajuna*



**Location:**  
The center of the forehead, between the eyebrows

**Represents:**  
Intuition, foresight, and is driven by openness and imagination

**Imbalanced Attributes:** Lack of direction and lack of clarity

**Color:** Indigo

**Stones:**  
Amethyst  
Purple Fluorite  
Black Obsidian

**Symbol:**  
Two large petals, circle containing a down-facing triangle



THROAT  
*Vishuddha*



**Location:**  
The center of the neck

**Represents:**  
The ability to speak and communicate clearly and effectively

**Imbalanced Attributes:** Shyness, being withdrawn, arrogance, and increased anxiety

**Color:** Light Blue

**Stones:**  
Lapis Lazuli  
Turquoise  
Aquamarine

**Symbol:**  
Sixteen petals, circle containing a down-facing triangle containing a circle



HEART  
*Anahata*



**Location:**  
The center of the chest

**Represents:**  
Love, self-love, and governs our relationships

**Imbalanced Attributes:** Depression, difficulty in relationships, and lack of self-discipline

**Color:** Green

**Stones:**  
Rose Quartz  
Jade  
Green Calcite  
Green Tourmaline

**Symbol:**  
Twelve-petaled lotus, circle containing two intersecting triangles



SOLAR PLEXUS  
*Manipura*



**Location:**  
Below the chest

**Represents:**  
Self-esteem, pleasure, willpower, and personal responsibility

**Imbalanced Attributes:** Low self-esteem, control issues, manipulative tendencies, and misuse of power

**Color:** Yellow

**Stones:**  
Malachite  
Calcite  
Citrine  
Topaz

**Symbol:**  
Ten petals, circle containing down-facing triangle



SACRAL  
*Svadhishthana*



**Location:**  
Below the navel

**Represents:**  
Creative and sexual energies

**Imbalanced Attributes:** Lack of or repressed creativity, sexual dysfunction, withheld intimacy, and emotional isolation

**Color:** Orange

**Stones:**  
Citrine  
Carnelian  
Moonstone  
Coral

**Symbol:**  
Six petals, circle containing a crescent moon



ROOT  
*Muladhara*



**Location:**  
The base of the spine

**Represents:**  
Safety, security, stability, and foundation

**Imbalanced Attributes:** Scattered energies, anxiety, and fear

**Color:** Red

**Stones:**  
Bloodstone  
Tiger's Eye  
Hematite  
Fire Agate  
Black Tourmaline

**Symbol:**  
Four red petals, square with a down-facing triangle

# Chakra Guide

**Rebecca Keating**

A red circular graphic with a gradient, appearing as a stylized chakra or energy wheel, positioned to the right of the author's name.

## Chakra Guide:

*Chakras for Beginners* Athena Perrakis, 2024-06-18 Chakras for Beginners is a simple guide to healing and balancing the chakras and working with the body's energy system

**The Complete Idiot's Guide to Chakras** Betsy Rippentrop, Ph.D., Eve Adamson, 2009-07-07 Get into the spirit of chakras In the last decade as Westerners have become more familiar with Eastern medicine the term chakra has entered the mainstream lexicon The Complete Idiot's Guide to Chakras introduces both the major and minor chakras energy centers along the nervous system that are said to revitalize both the body and the spirit and explains their qualities the signs of balance and imbalance and the healing techniques for each teaching readers how to enjoy healthier lives The most comprehensive and up to date guide on the subject Realigning your chakras is popular in spas yoga massage Reiki

*The Complete Guide to Chakras* April Pfender, 2025-06-17 A complete chakra guide to help you achieve spiritual growth wellness and healing If you've ever wondered how each chakra the foundational energy centers of the body can help you heal and harmonize your body mind and spirit The Complete Guide to Chakras is the perfect resource It features detailed profiles that illuminate the innate power of 12 different chakras and how they govern our physical bodies our emotions and our potential The wide range of meditation based exercises will help you explore how every chakra in your body can be harnessed for strength vitality healing and personal growth You'll even discover how to use that spiritual knowledge to seek guidance expand your consciousness and attract what you desire to live a full and healthy life This comprehensive chakra guide offers A complete reference This book is a comprehensive but accessible introduction to what a chakra is and how each one can regulate your body's energy system for peace and growth Discover the 12 chakras Learn about the Earth Star the Divine Gateway and every chakra in between along with empowering exercises for activating and aligning them for spiritual healing and a deeper connection with yourself Beyond chakras Find background information about the long history of the chakras the endless ways to engage with them and even some discussion about auras different dimensions and more Understand and align every chakra in your body with this clear and informative guide to inner balance

[The Ultimate Guide to Channeling](#) Amy Sikarskie, 2022-02-08 Channeling is considered the apex of intuitive development The Ultimate Guide to Channeling provides a safe structured step by step approach for awakening one's abilities written by mega influencer and creator of Spirit School Online Amy Sikarskie

*Pocket Guide to Chakras, Revised* Joy Gardner, 2020-06-02 A revised and updated approachable and down to earth guide to understanding the chakras and their energy in the body A clairvoyant can see seven energy vortexes radiating like multi colored suns along the axis of the human spine These whorls of spinning energy are known as chakras the Sanskrit word for wheel Today the ancient awareness of chakras is recognized as a legitimate model for health and illness providing us with a rich complex method of organizing the holistic mind body spirit connection This concise introduction to the chakras addresses what they are where they are located how they function how they open and close and how their energy can be changed In a time when

spirituality is preferred over religion all you need to know about chakras is right here **Chakra Balance** April Pfender, 2018-06-26 Help heal your body and soul the essential beginner's guide to balancing chakras Chakra imbalances can manifest in a number of physical and emotional ailments Chakra Balance is a practical beginner's guide to identifying energy imbalances and restoring harmony with powerful energy healing practices Chakra Balance offers illustrated easy to follow guidance for using yoga poses crystals and essential oils to harness your energy and heal With in depth profiles of each of the seven chakras you'll gain a fundamental understanding of the physical emotional and spiritual elements of every chakra Push past blockages and keep your chakras clear and open with A symptom reference chart that allows you to diagnose which chakra is blocked based on the emotional or physical symptoms you experience Effective energy exercises that don't require previous experience and specifically target the chakra in distress through yoga crystals essential oils and other healing practices Straightforward chakra profiles that explain the characteristics and causes of imbalance for each chakra Visual guidance with photos illustrations and charts for easy reference Take a deep breath Tune into the energy running through you and feel the connection between your mind and body with this practice based guide for chakra healing **Chakras for Beginners** Sabrina Lockett, 2014-07-31 DISCOVER The Magical Powers of Chakras Want to Master the Basics of Chakras for Beginners You are in the right place LIMITED TIME OFFER 50% OFF Regular Price 5.99 If you have been looking to understand the world of Chakras then you've come to the right place Chakras for Beginners A Complete Guide to Chakras and the Healing Power Contained Within is a book that will help you with finding yourself and will help you learn how to move forward in different areas of your life The Chakras are different areas of the body and mind that are connected and by understanding what they are what they do and how you can take care of them you can help provide healing power in every area of your life Whether you're looking for spiritual relief emotional strength physical healing or mental clarity the Chakras can help you find all of those with some simple exercises and the time to focus your life into a number of different places It takes time and effort but the Chakras So if you're just getting started with it this book is the place where you want to go There are a lot of different things that you need to consider and Chakras for Beginners A Complete Guide to Chakras and the Healing Power Contained Within will help you to get your feet on the ground and start taking the right path toward healing your whole self Thanks for considering Chakras for Beginners A Complete Guide to Chakras and the Healing Power Contained Within and we hope that this book is able to help you get started on a spiritual journey unlike any other that you may have taken before Find your freedom and healing with your own Chakras DOWNLOAD Chakras for Beginners This book could very well change your life Inside You'll Learn the Following What is a Chakra Root Chakra Sacral Chakra Solar Plexus Chakra Third Eye Chakra Throat Chakra Heart Chakra Crown Chakra Want to Know More Hurry For a limited time you can download Chakras for Beginners Your Definitive Guide to Chakras for Beginners for Healing Clearing and Balancing Techniques for a special discounted price of only 2.99 Download Your Copy Right Now Just Scroll to the top of the page and

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[The Everything Guide to Chakra Healing](#) Heidi E Spear, 2011-05-18 When your chakras are in balance you feel safe creative strong and secure in yourself and in your relationships However at times in your life your chakras can lose their equilibrium If you can learn to balance your chakras you will enjoy better health increased contentment and a stronger awareness of your life's true purpose This easy to grasp guide teaches you how your chakras function and provides simple techniques and meditations to keep them active and healthy Inside you'll find Exercises and guided meditations to balance the energy of each chakra Methods for removing energy blocks that cause illness dissatisfaction and pain A comprehensive list of physical emotional and social problems associated with each chakra Techniques for chakra work to complement the law of attraction to bring positive energy and people into your life This guide helps you take charge of your mental and physical well being and develop the skills to create the life you desire

*Pocket Guide to Chakras* Joy Gardner-Gordon, 1998-09-01 A person with the gift of clairvoyance can see your seven energy vortexes radiating like multicolored suns along the axis of your spine These whorls of spinning energy are known as chakras the Sanskrit word for wheel Today the ancient knowledge of chakras is recognized as a legitimate model for understanding health and illness The POCKET GUIDE TO THE CHAKRAS answers such questions as What are the chakras Where are they How do they function What causes them to open or close How can their energy be changed

**The Ultimate Guide to Crystals** Rachel Hancock, 2022-08-30 The Ultimate Guide to Crystals is a beginner's guide to crystals from Instagram influencer LovingThyselfRocks 222K featuring profiles of 100 of the most popular stones plus information on using crystals in ritual and healing

[The Ultimate Guide to Auras](#) Eileen Lee, 2025-06-17 A gorgeously designed comprehensive guide to uncovering and interpreting the unique energy fields that surround us harnessing them for growth healing and shaping our realities from aura photographer Eileen Lee Your energy introduces you before you even speak Our physical bodies exist within larger energy fields known as our auras each with a unique shape size and frequency that reflect our individual mental

emotional physical and spiritual states connecting our chakras and radiating from and through us This complex system of electromagnetic energy acts as a prism reflecting vibrations from our thoughts feelings and experiences back to us as the colors of the rainbow Understanding the aura and its chakras and colors can provide profound insight that leads to growth healing and expanded possibilities This stunningly illustrated guide unlocks the secrets to using your aura as your personal energetic blueprint through the journey of the human experience one that you can use to mold and shape your reality

**A Simple Guide to the Main Chakras** Traci Savel, 2024-04-01 A book that is a basic description of the main chakras along with their associated qualities functions and aspects of human experience

**The Ultimate Guide to Shamanism** Rebecca Keating, 2021-06-08 A modern approach to an ancient tradition The Ultimate Guide to Shamanism teaches you how to incorporate shamanic practices and ceremonies into your everyday life A popular spiritual practice today shamanic practice spans civilizations continents and countries Indeed it can be traced as far back as humankind itself It has existed for as long as we have existed Today's shamanic practitioner is a mystic a healer and a keeper of ancient wisdom They navigate and balance the seen and unseen energies between the natural world and modern society Along with the history of shamanism learn these shamanic skills for healing and empowerment Calling in the four directions and setting ceremony Building an altar and setting sacred space How to work with shamanic tools and power objects Working with spirit allies ancestors and your Higher Self Shamanic journeying With The Ultimate Guide to Shamanism you too can access the power of these ancient practices The Ultimate Guide to series offers comprehensive beginner's guides to discovering a range of mind body spirit topics including tarot divination crystal grids numerology aromatherapy chakras and more Filled with beautiful illustrations and designed to give easy access to the information you're looking for each of these references provides simple to follow expert guidance as you learn and master your practice

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**Lightworker's Guide to the Astral Realm** Sahvanna Arienta,2019 We are all energy energy creates consciousness Right now you are conscious energy manifested in physical form The physical body is able to learn to release that energy to venture into other realms This book will guide you through seven of the astral realms

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