

# Chakra Awareness Guide:

Activating the body's seven main energy centers.



-Holistic Health Lover-

## CROWN

7

**Location:** Top of the Head **Element:** Thought/ Will **Functions:** Vitalizes the upper brain (cerebrum) **Foods:** This chakra is associated with the idea of fasting; also violet (purple) fruits and vegetables. **Qualities / Lessons:** Unification of the Higher Self with the human personality. Oneness with the infinite. Spiritual will, inspiration, unity, divine wisdom and understanding. Idealism, selfless service. Perception beyond space and time. Continuity of consciousness. **Negative Qualities:** Lack of inspiration, confusion, depression, alienation, hesitation to serve, senility.

## THROAT

5

**Location:** Throat area **Element:** Akasha/Ether **Functions:** Speech, sound, vibration, communication. **Foods:** Blue/Purple fruits and vegetables. **Qualities / Lessons:** Power of the spoken word. True communication. Creative expression in speech, writing, and arts. Integration, peace truth, knowledge, wisdom, loyalty, honesty, reliability, gentleness, kindness. **Negative Qualities:** Communication and/or speech problems, knowledge used unwisely, ignorance, lack of discernment, depression, thyroid problems.

## AT THE NAVAL (Solar Plexus)

3

**Location:** Above the navel, below the chest **Element:** Fire **Functions:** Vitalizes sympathetic nervous system. Digestive processes, metabolism, emotions. **Foods:** Starches. Yellow fruits and vegetables. **Qualities / Lessons:** Will, personal power, authority, energy, mastery of desire, self-control. Radiance warmth, awakening, transformation, humor, laughter, immortality. **Negative Qualities:** Taking in more than one can assimilate and utilize too much emphasis on power and/or recognition, anger, fear, hate and digestive problems.

## ROOT

1

**Location:** Base of the spine (coccyx) **Element:** Earth **Functions:** Give vitality to the physical body. Life-force, survival, self preservation, instincts. **Foods:** Proteins (meat and dairy products not recommended) Red fruits and vegetables. **Qualities / Lessons:** Matters relating to the material world, success. The physical, mastery of the body. Grounding individuality, stability, security, stillness, health, courage, patience. **Negative Qualities:** Self-centered, insecurity, violence, greed, anger, overly concerned with one's physical survival, tension in the spine and constipation.

## BETWEEN THE EYEBROWS (Third Eye)

6

**Location:** Center of the forehead, between the eyebrows. **Element:** Light **Functions:** Vitalizes the lower brain (cerebellum) and central and nervous system. Vision. **Foods:** Blue/Purple fruits and vegetables. **Qualities / Lessons:** Soul realization, intuition, insight, imagination, clairvoyance, concentration, peace of mind. Wisdom, devotion, perception, beyond duality. **Negative Qualities:** Lack of concentration, fear, cynicism, tension, headaches, eye problems, bad dreams and overly detached from the world.

## HEART CENTER

4

**Location:** Center of the chest. **Element:** Air **Functions:** Anchors the life-force from the Higher Self. Energizes the blood and physical body with the life-force. Blood circulation. **Foods:** Green fruits and vegetables. **Qualities / Lessons:** Divine/unconditional love, forgiveness, compassion, understanding, balance, group consciousness, oneness with life. Acceptance, peace, openness, harmony, contentment. **Negative Qualities:** Repression of love, emotional instability, out of balance, heart problems and circulation problems.

## BELOW THE NAVAL (Sacral Plexus)

2

**Location:** Lower abdomen to navel area. **Element:** Water **Functions:** Procreation, assimilation of food, physical force and vitality, sexuality. **Foods:** Liquids, Orange fruits and vegetables. **Qualities / Lessons:** Giving and receiving, emotions, desire, pleasure, sexual/passionate love, change, movement. Assimilation of new ideas. Health, family, tolerance, surrender. Working harmoniously and creatively with others. **Negative Qualities:** Over indulgence in food or sex. Sexual difficulties, confusion, purposelessness, jealousy, envy, desire to possess impotence, uterine, and/or bladder problems.

