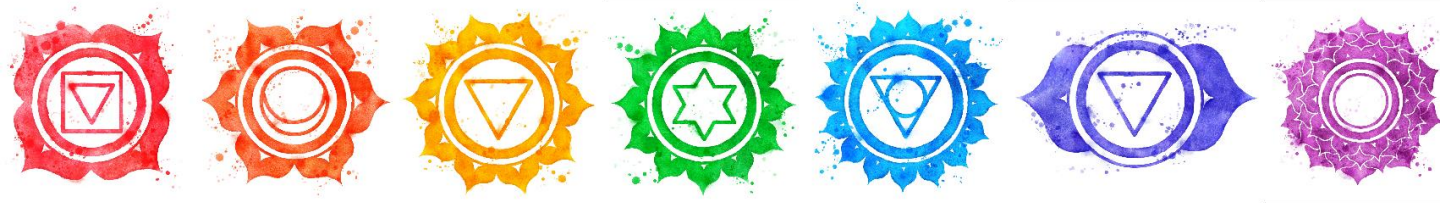


# Chakras



# Meditation Plus

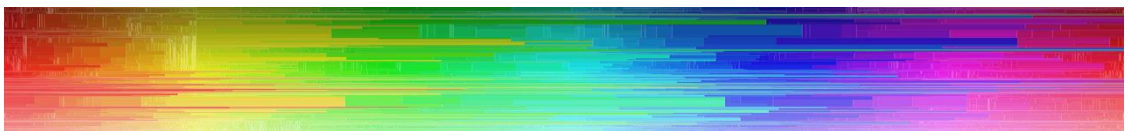
## What are Chakras?

Chakras are the energy centres of the body. The word Chakra is a Sanskrit word meaning 'wheel' or 'disk', and each chakra moves with a spinning motion, forming a vortex.

These vortices filter energy from the environment around us and disperse it throughout our body. As everything is energy, even our thoughts can manifest in a positive or negative way in our body.

There are seven major chakras which are continuously interacting with each other.

There are many exercises, meditations and healing techniques that focus on balancing the chakras, which aims to help in removing blockages or imbalances to the natural flow of energy.





## What does each Chakra do?

1. Root Chakra — Represents our foundation and feeling of being grounded.

Location: Base of spine in tailbone area.

Emotional issues: Survival issues such as financial independence, money and food.

2. Sacral Chakra — Our creative connection and ability to accept others and new experiences.

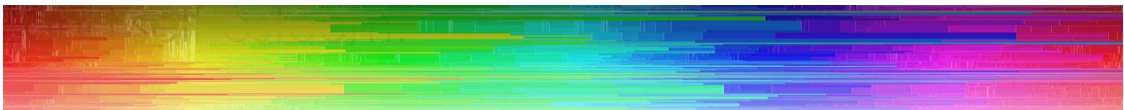
Location: Lower abdomen, about two inches below the navel and two inches in.

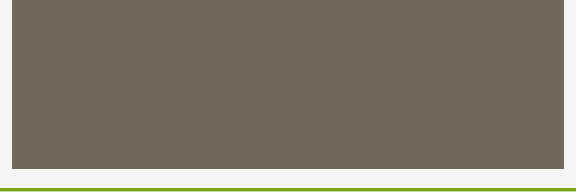
Emotional issues: Sense of abundance, creativity, well-being, pleasure and sexuality.

3. Solar Plexus Chakra — Our ability to be confident and in control of our lives.

Location: Upper abdomen in the stomach area.

Emotional issues: Self-worth, self-confidence





4. Heart Chakra — Our ability to love.

Location: Centre of chest just above the heart.  
Emotional issues: Love, joy and inner peace.

5. Throat Chakra — Our ability to communicate.

Location: Throat.  
Emotional issues: Communication, self-expression of feelings and the truth.

6. Third Eye Chakra — Our ability to focus on and see the big picture.

Location: Forehead between the eyes (also called the Brow Chakra).  
Emotional issues: Intuition, imagination, wisdom and the ability to think and make decisions.

7. Crown Chakra — The highest chakra represents our ability to be fully connected spiritually.

Location: The very top of the head.  
Emotional issues: Inner and outer beauty, our connection to spirituality and pure bliss.





I hope you have gained some insight into what chakras are and how they affect us.

As everything is energy, even our thoughts, so keep your thoughts positive and you will have happy chakras!

For meditations to clear your chakras, take a look at Book 2.

Enjoy!

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