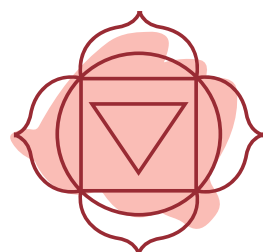
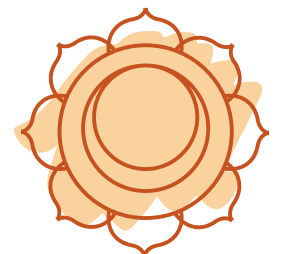
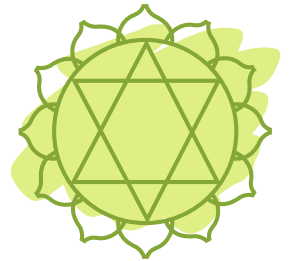
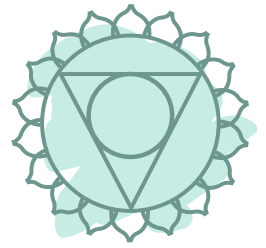
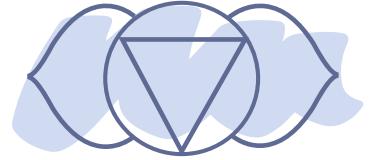
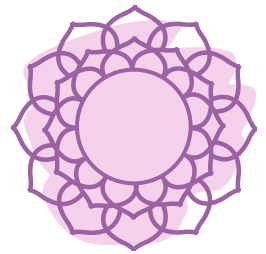


THE
CHAKRA
HEALING
Guide



ROOT CHAKRA MULADHARA

Location: Base of Spine

Element: Earth

Crystal: Red Jasper, Obsidian

Mantra: LAM

I AM SAFE.

A balanced Root Chakra allows us to feel safe and secure in all situations. We are reminded to trust that the Universe constantly provides us with what we need- nothing more and nothing less.

The Root Chakra governs the pelvis, kidneys, hips, legs, and feet.

DEFICIENCY & EXCESS

An underactive Root Chakra causes one to feel unsafe and have anxiety in relation to finances and shelter. One feels ungrounded and disconnected from the Earth.

An overactive Root Chakra can cause one to feel "too comfortable" and take their abundance for granted. May act pushy or snobby.

HEALING

Heal the Root Chakra by spending time in nature, connecting with the Earth. Truth that Mother Earth Provides. Ginger, sandalwood, or rosewood oil help bring the 1st Chakra into balance along with practicing mountain pose, balancing exercises, and yogi squats. The color Red also heals the Root Chakra.



HEALING THE

ROOT

Chakra

Spiritualistik

SACRAL CHAKRA SVADHISTHANA

Location: Center of Pelvis
Element: Water
Crystal: Sunstone, Carnelian
Mantra: VAM

I AM CREATIVE.

.A balanced Sacral Chakra allows us to fully experience earthly pleasures without overindulging. We feel creative and comfortable with our sexuality and emotions, balancing them appropriately.

The Sacral Chakra governs the sacrum, lower back, and reproductive organs.

DEFICIENCY & EXCESS

An underactive Sacral Chakra can manifest as workaholic behaviors. One deprives themselves of pleasure and creative outlets and may have an underactive libido.

An overactive Sacral Chakra is marked by addictive and gluttonous behaviour- typically in regards to negative emotions, sex, and creative outlets.

HEALING

Heal the Sacral Chakra by prioritizing. Provide space to express and feel, or provide others with the space to do so. Jasmine, Rose, and Patchouli oils bring the 2nd chakra into balance along with practicing child's pose, happy baby, and forward fold variations. The color Orange also heals the Sacral Chakra.



HEALING THE

SACRAL

Chakra

Spiritualistik

SOLAR PLEXUS CHAKRA MANIPURA

Location: Upper Abdomen

Element: Fire

Crystal: Citrine, Hessonite

Mantra: RAM

I AM POWERFUL.

.A balanced Solar Plexus Chakra encourages us to feel confident in our personal power, experience, and decisions. We acknowledge that the truth is multifaceted, and do not need validation from others.

The Solar Plexus governs the middle torso, digestive tract, lower ribs, breastbone, and gallbladder.

DEFICIENCY & EXCESS

An underactive Solar Plexus causes one to behave passively, and brings feelings of insecurity, shyness, and indecisiveness. Attention may be uncomfortable.

An overactive Solar Plexus makes one overconfident, controlling and greedy. Craving validation from others manifests as often being the center of attention.

HEALING

Heal the Solar Plexus Chakra by facing fears, practicing self-affirmations, and exercising your core. Frankincense, Myrrh, and Sandalwood oils bring the 3rd Chakra into balance, along with practicing planks, warrior pose, and rib cage isolations. The color Yellow also heals the Solar Plexus.



HEALING THE
SOLAR PLEXUS

Chakra

Spiritualistik

HEART CHAKRA ANAHATA

Location: Center of Chest
Element: Air
Crystal: Peridot, Malachite
Mantra: YAM

I AM LOVE.

The Heart Chakra houses the unconditional love and gratitude within ourselves, allowing us to give and receive this love. We love ourselves, practice forgiveness, and have a sense of inner stillness. The Heart Chakra governs the heart, chest, upper back/shoulders, lungs, and circulatory system.

DEFICIENCY & EXCESS

An underactive Heart Chakra makes it hard to let others in. The focus is self preservation, so one may behave cold and unwelcoming while prioritizing their feelings over those of others. Behaves ungratefully.

An overactive Heart Chakra can manifest as neglecting oneself for the needs of others. Being too forgiving may cause one to feel unseen or unimportant. May ignore their own personal boundaries.

HEALING

Heal the Heart Chakra by meditating on gratitude and unconditional love. Volunteer, practice forgiveness, and eat more green foods. Lavender, rosemary, and rose oils heal the 4th Chakra along with practicing puppy, cobra, and wheel poses. The color Green also heals the Heart Chakra.



HEALING THE

HEART

Chakra

Spiritualistik

THROAT CHAKRA VISHUDDHA

Location: Center of Throat

Element: Wood

Crystal: Blue Lace Agate,
Turquoise

Mantra: HAM

I AM EXPRESSIVE.

The Throat Chakra allows us to feel comfortable speaking our truth with love. We feel comfortable expressing ourselves in front of others and practice communicating the truth.

The Throat Chakra governs the throat, neck, jaw, tongue, teeth, lips, thyroid, and ears.

DEFICIENCY & EXCESS

An underactive Throat Chakra causes one to behave shy and quiet, feeling repressed by their environment. Inability to express can hinder communication of thoughts, feelings, and truth.

An overactive Throat Chakra manifests as a loud voice with a hard time listening. Overexpression causes one to ignore the experiences and truths of others for their own.

HEALING

Heal the Throat Chakra by practicing chants and affirmations, singing, and opening up to someone authentically. Be honest, express your feelings, and communicate openly with others. Basil, peppermint, and juniper oils balance the 5th chakra along with practicing fish pose, shoulder stands, and lion's breath. The color Blue also heals the Throat chakra.



HEALING THE

THROAT

Chakra

Spiritualistik

THIRD EYE CHAKRA AJNA

Location: Center of Forehead

Element: Space

Crystal: Dumortierite, Lapis

Lazuli

Mantra: OM

I AM INTUITIVE.

The Third Eye Chakra gives us access to our sixth sense and decalcifies the pineal gland. We follow our natural intuition and psychic abilities while remaining in the present moment. The body and mind are One, experiencing 5 dimensions and constantly seeing new perspectives.

The Third Eye Chakra governs the eyes, forehead, pineal gland, pituitary gland, and brain.

DEFICIENCY & EXCESS

An underactive Third Eye Chakra causes one to be “asleep” and out of tune with their intuition. Seemingly unpresent, their body and mind are disconnected which limits one to a 3 dimensional experience.

An overactive Third Eye Chakra manifests as an overt psychic with no opinion of physical matters. They may be obsessed with trivial concepts and therefore is not fully present in the 3rd dimension.

HEALING

Heal the Third Eye Chakra by focusing attention to the pineal gland and practicing empathic observation. Empathy allows us to tap into the feelings and experiences of others, which then allows us to connect with the collective, our Spirit guides and eventually our clair abilities.

Sandalwood, Carrot seed, and Geranium oils balance the 6th Chakra, as well as child’s pose, candle gazing, and forward fold. The color Indigo also balances the Third Eye Chakra.

© Spiritualistik | The Chakra Healing Guide



HEALING THE

THIRD EYE

Chakra

Spiritualistik

CROWN CHAKRA SAHASRARA

Location: Top of Head
Element: Consciousness
Crystal: White Calcite,
Amethyst
Mantra: AUM

I AM DIVINE.

The Crown Chakra unifies the mind and body with our etheric body and spirit. We feel connected to the Divine, the collective, and the body at the same time and are comfortable with death and detachment. Focused on love and light, we are granted infinite wisdom and access to 12 dimensions.

The Crown Chakra governs the crown of the head, the aura, etheric body, and spirit.

DEFICIENCY & EXCESS

An underactive Crown Chakra manifests as a disconnection from a higher power, and a feeling of being “lost” on one’s path. One is disconnected from their spirit and is stubborn. Prone to depression due to limiting their spirit to the 3D realm.

An overactive Crown Chakra can make someone spacey and distant. Spending too much time meditating and exploring alternate realms causes one to neglect the physical body in favor of connection with the Divine. Prone to depression, one may feel their etheric body is “trapped” in their 3D body.

HEALING

Heal the Crown Chakra by meditating, setting earthly thoughts aside, and putting yourself in observer mode. Practice prayer, use crystals, and accept guidance from everything around you. Lime and lavender oils and the color Violet balance the 7th Chakra along with focused meditation.



HEALING THE

CROWN

Chakra

Spiritualistik