
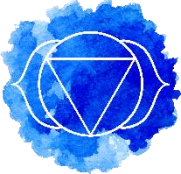







Chakra Summary Sheet

Chakra	Location, associated organs and endocrine glands, emotion	Imbalanced expression	Balanced expression
Crown 	Close to top of brain, pineal gland, bliss	Limited connection with Divine or Source, limited access to body's inner wisdom, mental imbalances.	Experiencing Source and Source within self, wisdom, awareness, self-realization.
Third-eye 	Between eyebrows (within head), Pituitary gland, fear and imagination	Focused on physical plane, poor vision, close minded, headaches, sleep issues, mental and hormonal issues.	Healthy intuition, creative, ability to manifest, strong memory and balanced hormones.
Throat 	Throat area near larynx, thyroid, vocal chords, expression	Speaking from programmed conditioning, overly talkative or non-communicative, thyroid issues, metabolic and hormonal conditions, coughing.	Strong communicator, expresses personal truth, maintenance of healthy weight.
Heart 	Heart center (behind physical heart), heart, lungs, thymus gland, love and joy	Not accepting love, problems in relationships, holding grudges, heart issues, lung issues and immune system imbalances.	Ability to love and receive love, healthy immune system, balance in relationships and other chakras, compassion, feelings of harmony and peace.

<p>Solar plexus</p> 	<p>Along spine in upper abdomen, liver, gall bladder, pancreas, spleen, stomach, anger, sense of purpose</p>	<p>Unsure of role on earth, feelings of rejection, extreme extroversion or introversion, ulcers and issues with organs associated.</p>	<p>Healthy digestion of food and life. Feeling a sense of personal power, confident</p>
<p>Sacral</p> 	<p>Behind and a little below the navel, feminine aspects of kidneys, reproductive organs, joy and desire</p>	<p>Imbalances around sexuality and creativity. Possessiveness and jealousy, immune system issues, low self-esteem</p>	<p>High self-esteem, healthy expressions of creativity and sexuality, joy and pleasure.</p>
<p>Root</p> 	<p>Base of spine, kidneys, adrenal glands, fear and passion</p>	<p>Insecure, resistant to physical world, spaced out, fatigue, fear around survival</p>	<p>Feeling grounded, motivated and comfortable in this material plane.</p>