










7 MAJOR CHAKRAS

The golden rules of doing energy work on the chakras...

- ④ We can clear our own chakras with Reiki when it is combined with meditation;
- ④ We can work on others' chakra and clear elements which we have worked to clear on ourselves;
- ④ We must recognize the relationship between the various energy bodies is complex and does not follow the rules of cause and effect;
- ④ We must be clear in our energy and keep our eyes open.
- ④ We must not apply pressure or massage the area we are working on.

#	Chakras	Color	Position	Body and Glands	Senses	Dimension	Strength	Symptoms of blockage
7	Crown (Spiritual)		Top of the head	Pineal gland, produces melatonin Balances biological rhythm	Empathy	Spiritual	Global Consciousness	Tendency towards anxiety or depression; Tendency to consume stimulants or downers; Dependant on rituals, prayers and excess meditation.
6	3 rd Eye Intuition		Between eye-brow	Pituitary Trophic hormones	Clairvoyance	Visionary	Commanding	Self-esteem in connection with appearance, chocolate, excessive hand-washing, tendency to self-criticise and over-criticise; tendency towards compulsive behaviors.
5	Throat (Ears) Communication		Center of the throat	Thyroid Weight balance and hairiness	Hearing	Communication	Unity	Constant reading and talking (chatter), eating more than necessary; cigarettes and other forms of tobacco.
4	Heart (Balance)		Center heart area	Heart and heart rate	Touch	Relation	Contentment	Searching the feeling of falling in love, dependant towards someone, cigarette, wine, sugar and other forms of sweets.
3	Solar Plexus (Manifestation)		Below xyphoid area	Pancreas	Sight	Mental	Light	Focuses on work, perfection, caffeine, beer, corn, alcohol.
2	Sacral (Control)		Below the naval	Ovaries and testis	Taste	Emotional	Purity	Gluten, starch, chocolate, emotional eating.
1	Root (Vitality)		Lower hip area	Feet and earth connection Adrenals glands	Smell	Physique	Patience	Internal agitation, throws themselves into projects, sex, overspending and debts.