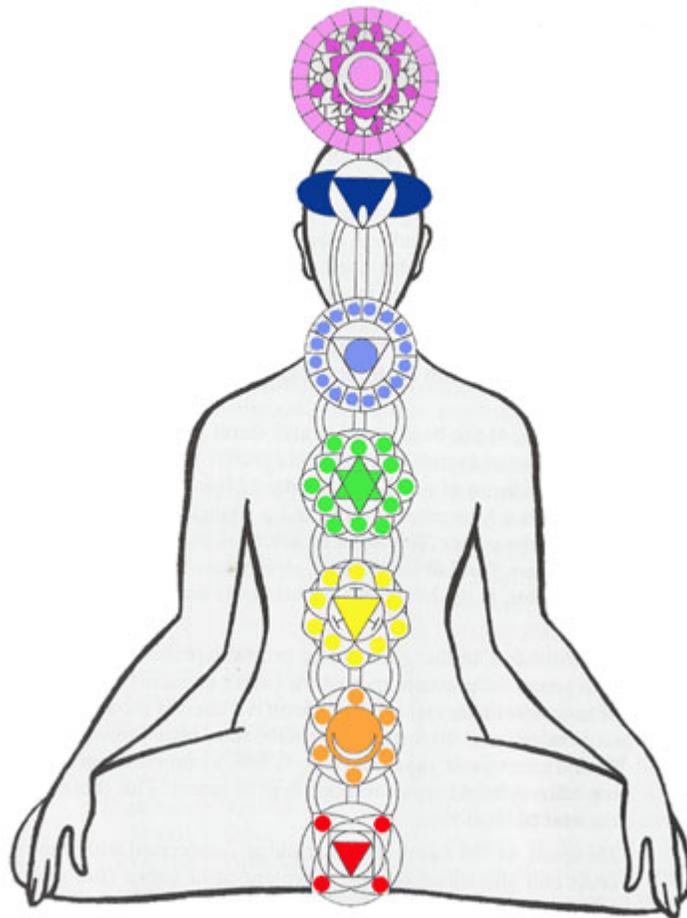


Chakra is a Sanskrit word meaning "spinning wheel of energy". These energy centers within our bodies receive and transmit energy, and each is situated at a major endocrine gland, and nerve bundle within the physical body, called a plexus. Each chakra is connected and associated with a different part of the body. There are seven chakras. Each chakra has a color, and different gemstones and crystals can be associated with these. Understanding and using your chakras can promote physical, emotional and spiritual healing, and can lend energy to your manifestational work.



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The Root Chakra is located at the base of the spine. It is closest to the Earth, and can be utilized for Earthly grounding. It controls your physical vitality, 'flight or fight' response, physical survival instincts, and the emotions of desire, anger, jealousy and greed. **Its color is red**, other colors associated with the Root Chakra are **black, brown, and gray**. **Gemstones like hematite, bloodstone, black tourmaline, labradorite, garnet, ruby, onyx, fire agate, smoky quartz, star ruby and red jasper are beneficial in balancing this chakra.** [Click here to see Gemstones.](#) The First, or Root, Chakra governs life lessons involving the lessons of the material world, such as survival, and stores information involving family beliefs and loyalty, your ability to stand up for yourself, superstition, instincts, physical pain or pleasure, and touch. Your sense of self esteem, safety and security are also based here. **An imbalance in the First Chakra may be indicated by a loss of interest in the 'real world' and practical survival, obsessions and addictions, volatile emotions, selfishness, restlessness and a lack of energy.** *Among the essential oils and flower essences used to balance the Root Chakra are corn, clematis, rosemary, ylang-ylang, myrrh, frankincense, benzoin, patchouli and sandalwood.* [Click here to see fragrant oils.](#) **Foods that fuel the First Chakra are** Root vegetables like carrots, potatoes, parsnips, radishes, beets, onions, garlic, Protein-rich foods like eggs, meats, beans, tofu and soy products, and peanut butter, and Spices like horseradish, hot paprika, chives, cayenne, and pepper.



The Navel Chakra is located just below the navel, about 2-3 fingers. **It is also known as the Sacral, or Second Chakra. In Martial Arts, it is called the "Hara".** It represents your sexuality, creativity, self esteem, pleasures and frustrations. **Its color is orange. Orange Gemstones like carnelian, orange tourmaline, tangerine quartz, fire opal, citrine, moonstone, and orange zirconite help to bring this chakra into balance.** [Click here to see Gemstones.](#) The Second Chakra governs life lessons involving blaming

and guilt, manifesting, money and prosperity, sex, power, control, and it is the base of you creativity and sense of morality. Information stored in the Second Chakra involves feelings of duality, personal magnetism, your patterns of control, your sociability, and emotions and feelings. **An imbalance in the Second Chakra may be experienced as an eating disorder, drug or alcohol addiction, depression, and intimacy issues, including impotence and frigidity.** *Among the essential oils and flower essences used to balance the Second Chakra are all citrus oils, such as neroli, melissa, and orange. Also rose, hibiscus, jasmine, Indian Paintbrush, and lady's slipper.* [Click here to see fragrant oils.](#) **Foods that fuel the second Chakra include** sweet and tropical fruits like melons, mangos, strawberries, passion fruit, oranges, coconut, etc. Also Honey and Nuts and seeds like almonds, walnuts, peanuts, sunflower seeds etc. and Spices such as cinnamon, vanilla, carob, sweet paprika, sesame seeds, and caraway seeds.



The Solar Plexus Chakra is just above your navel, at the center of your solar plexus. Emotional memories are stored here, and it's where your 'gut feelings' come from. It is the seat of your emotional life, and many of us are naturally connected to our environments through this chakra. **Its color is yellow. Gemstones like citrine, golden topaz, amber, yellow tourmaline and yellow sapphire are used to bring this chakra into balance.** [Click here to see Gemstones.](#) The Solar Plexus, or Third Chakra, governs life lessons involving your self esteem, a fear of rejection or an oversensitivity to criticism, distorted self-image, and a fear of your "secrets being found out". Information stored in the Third Chakra involves your personal power, your personality, your sense of 'knowing' and your sense of belonging. An imbalance in the Third Chakra may manifest as a difficulty concentrating, a poor ability to make decisions, or to judge a situation accurately, a feeling that you are more important, or less than, than other people and trouble taking action or getting things done. *Among the essential oils and flower essences used to balance the Third Chakra are yarrow, chamomile, peppermint, lemon juniper, vetivert, petigrain and marjoram.* [Click here to see fragrant oils.](#) **Foods that fuel the**

Third Chakra are granola, grains, pastas, breads, cereal, rice, flax seed, sunflower seeds, etc. Dairy foods like milk, cheese, and yogurt, and spices like ginger, mints, melissa, chamomile, turmeric, cumin, and fennel.

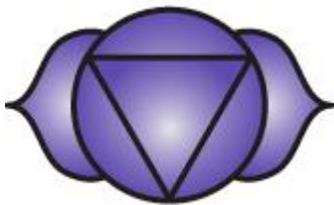


The Heart Chakra is in the heart. It is the center for unconditional love, tolerance, empathy, forgiveness, and compassion. It is the seat of the soul. **Its color is green and the secondary color is pink. Gemstones like rose or green quartz, ruby zoisite, watermelon, pink or green tourmaline, aventurine, malachite, jade, emeralds, moss agate, peridot, and pink sapphire are useful for bringing this chakra into harmony.** [Click here to see Gemstones.](#) The Heart, or Fourth Chakra, governs life lessons involving love and compassion, self confidence and self acceptance, inspiration and hope, generosity, and on the flip side, feelings of despair, hate, envy, fear, jealousy, and anger. Information stored in the Heart Chakra includes the connections or "heart strings" to those we love. An imbalance in the Heart Chakra may be felt as a lack of self discipline, difficulty in relationships, attempts to live vicariously through others, and depending on someone else for your happiness. *Among the essential oils and flower essences used to balance the Fourth Chakra are holly, poppy, rose, eucalyptus and pine, bergamot, melissa, jasmine or rosewood.* [Click here to see fragrant oils.](#) **Foods that fuel the Heart Chakra are** leafy greens and vegetables like spinach, kale, dandelion greens, broccoli, cauliflower, cabbage, celery, squash, etc. liquids like green and herbal teas, and spices such as basil, sage, thyme, cilantro, and parsley.



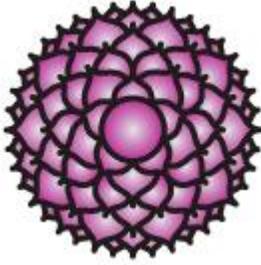
The Throat Chakra is located in the throat, near the thyroid gland. It is the chakra of communication, expression and judgment. **Its color is aqua or turquoise, secondary colors are various shades of light blue. Gemstones like turquoise, blue opal, blue topaz, fluorite, or blue lace agate balance this chakra.** [Click here to see Gemstones.](#) The Throat, or Fifth Chakra, governs life lessons of self expression and speaking one's truth, creativity

(especially writing or speaking) faith, and making decisions and will power. On the flip side, issues of addiction, the need to criticize, lack of authority, and indecisiveness. Information stored in the Fifth Chakra includes self-knowledge and truth, attitudes, and the senses of hearing, taste, and smell. An imbalance in the Throat Chakra can be felt as difficulty in self expression, poor learning ability, habitual lying, fear, doubt, and uncertainty. *Among the essential oils and flower essences used to balance the Fifth Chakra are cosmos, trumpet vine, larch, blue chamomile, sage, lemongrass, geranium or hyssop.* [Click here to see fragrant oils.](#) **Foods that fuel the Fifth Chakra are liquids in general, such as** water, fruit juices, and herbal teas, tart or tangy fruits like lemons, limes, grapefruit, and kiwi, other tree growing fruits like apples, pears, plums, peaches, apricots, etc. and spices like salt, and lemon grass.



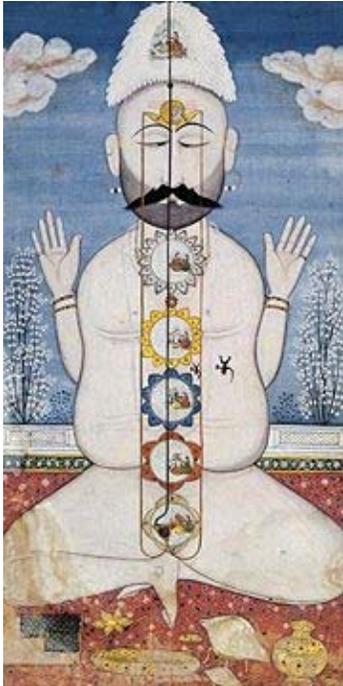
The Brow Chakra is located in the center of the brain (*not the center of the forehead*), and is also known as "the Third Eye". This chakra governs spiritual direction and wisdom. It is the seat of dreams, inner vision, and the spiritual life. **Its color is indigo or shades of dark blue.**

Gemstones like lapis lazuli, purple fluorite, sugalite, azurite or sodalite compliment this Chakra. [Click here to see Gemstones.](#) Life lessons centering around the Brow Chakra include understanding, "reality checks", detachment, open mindedness, trusting your intuition and insights, and developing your psychic abilities. Self-realization, and releasing hidden and repressed negative thinking. The information stored within the Third Eye Chakra include seeing things clearly (symbolically or literally), wisdom, intuition, and intellect. An imbalance in the Sixth Chakra might be felt as a learning disability, co-ordination problems, or sleep disorders. *Among the essential oils and flower essences used to balance the Sixth Chakra are wild oat, Queen Anne's Lace, madia, rosemary, lavender, peppermint, spruce, frankincense, patchouli, elemi or clary sage.* [Click here to see fragrant oils.](#) **Foods that fuel the Brow Chakra include** dark bluish colored fruits such as blueberries, red and concord grapes, black berries, raspberries, etc. and liquids such as red wines and grape juice, and spices like lavender, poppy seed, and mugwort.



The Crown Chakra is located at the crown of the head. It balances the inner and outer person, and is the connection for the higher self. It is the channel through which we receive divine guidance, purpose and wisdom. **Its color is purple, the secondary color is clear or white.** Gemstones like amethyst, clear quartz, diamonds, moldavite, and peacock ore are perfect for bringing the crown chakra into alignment and balance. [Click here to see Gemstones.](#) Life lessons to be learned through the Crown Chakra are intuitive knowing, integration of the whole Self, spirituality, living in the now, discovery of the Divine, the ability to see the big picture in the stream of Life, devotion, inspiration, values, ethics, trust, selflessness, humanitarianism. The information stored in the Seventh Chakra includes your connection to the Divine, your life's purpose, your connection to past lives, and Immortality. An imbalance in the Crown Chakra may be felt as lack of purpose, loss of meaning or identity, mental illness, and senility. *Among the essential oils and flower essences used to balance the Seventh Chakra are lotus, angelica, star tulip, frankincense, sandalwood, myrrh, jasmine, benzoin, neroli, lavender, angelica or St. John's Wort.* [Click here to see fragrant oils.](#) **Foods that fuel the Seventh Chakra are... none!** Fasting and detoxing are recommended, and using incense and smudging with herbs like sage, copal, myrrh, frankincense, and juniper. [For incense, click here.](#)

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Magickal Balance

The top three chakras- the crown, third eye and throat- are the seat of your masculine energy. They are responsible for critical and analytical thought, logic and reason.

The lower three chakras- the root, navel and solar plexus- are the seat of your feminine energy. They are responsible for your emotional reactions and memories, your creativity, and your capacity for childlike wonder and delight.

The heart chakra is where the male and female energies meet- it is the most potent place from which to imagine and visualize your desires. Staying centered in the heart will help you avoid the pointless mind chatter of the masculine, and the anxious worry of the feminine; stay focused on your heart's desire for the best manifestational results! Controlling the flow of your own energy is not only the key to success in manifestation, but to your happiness, health and success in life. How do you do this? Through practicing the art of meditation.



Five Pointed Star Meditation

Find a quiet place and time, where you can have at least fifteen minutes of peace and quiet. Lie down, with your arms and legs gently spread apart- comfortably, and not too wide. Make sure your hands are facing palms up.

Feel yourself sinking into the floor, just melting and glowing, feeling very heavy. Locate the minor chakras in your hands and feet- your hand chakras are in the center of your palms, and your feet chakras are in the center of the arch of each foot.

Open these chakras up, and feel energy flowing through them, up your arms and legs. Let the energy flow up to your heart chakra- combine the energy from your arms and legs in your heart center. From the heart center, let the energy flow freely upwards, through the center of your head, and out the crown chakra. Let this energy fountain out through your crown, flowing out into your aura. Feel your aura glowing big and bright, like a star.

Keep 'glowing' until you feel your energy field is whole and complete. Gently relax the flow of energy, until you feel solid, and back in the 'real world'. Your mind should now be free of clutter, and your body should feel both energized and relaxed!

Sacred Tree Meditation

The Buddha found Enlightenment while meditating under a Bo tree. This quick and easy meditation may not free you from the Cycles of Rebirth or the Wheel of Karma, but it might just free you from the psychic stress and tensions of your day to day life, thus enabling you to focus more clearly on your true purpose, magickal or otherwise.



Find a quiet place and time, take off your shoes, close your eyes, and stand with your hands hanging heavily at your side. Imagine yourself surrounded by a warm, white light, and breathe this energy in, deeply and slowly.

Feel your feet on the floor, and imagine growing roots- let these roots grow way down deep, right to the center of the Earth. As these roots ground you and connect you to our Mother Earth; release all the psychic negativity of your day- release all the people, the problems, all the responsibilities back to the Earth. Breathe deeply, and feel all the energy that's been keeping you from feeling grounded and centered drain out, and into the core of the Earth.

Now, imagine your roots absorbing the nourishment Mother Earth has to offer- feel this warm, powerful energy from the Earth's core rise up through your roots, through your feet, your legs, your hips, your torso. When you feel the energy reach your head, let your tree grow "branches". Reach these branches up into the Universe, far out into the Cosmos. Feel the psychic energy of the Universe flowing through your "branches", through your head, and down through your trunk. Allow this Cosmic energy to flow right down through your roots, into the Earth. Feel the Earth energy rising up, the Cosmic flowing down. You are now grounded to the Earth, and in tune with the Cosmos.

When you are ready, call back all the psychic energy you've lost and left behind through out the day, and gather it up into a hot, glowing golden sun above your head. Let this golden sun of your own psychic energy envelope you, flowing through your head, down your arms, filling up your entire body, right down to your feet. If you want, make another gold sun to shine down and nourish your 'tree'. When you are ready, open your eyes, stretch, and feel refreshed!

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