

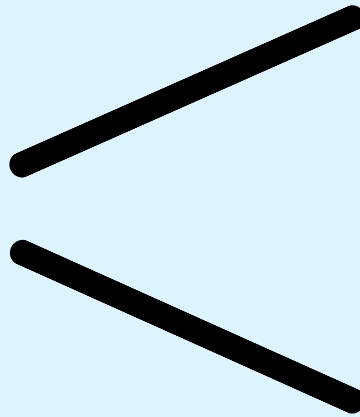
**WHAT ARE THE 7  
CHAKRAS AND  
WHAT ARE THEIR  
MEANINGS?**

**Chakra (in Sanskrit cakra)  
- wheel**

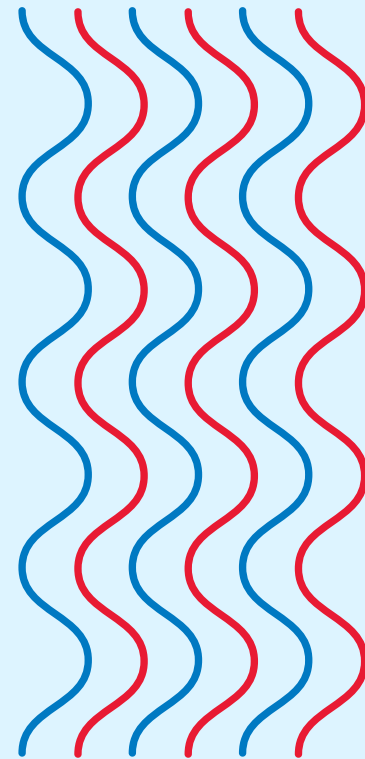


**refers to the energy points  
in the body**

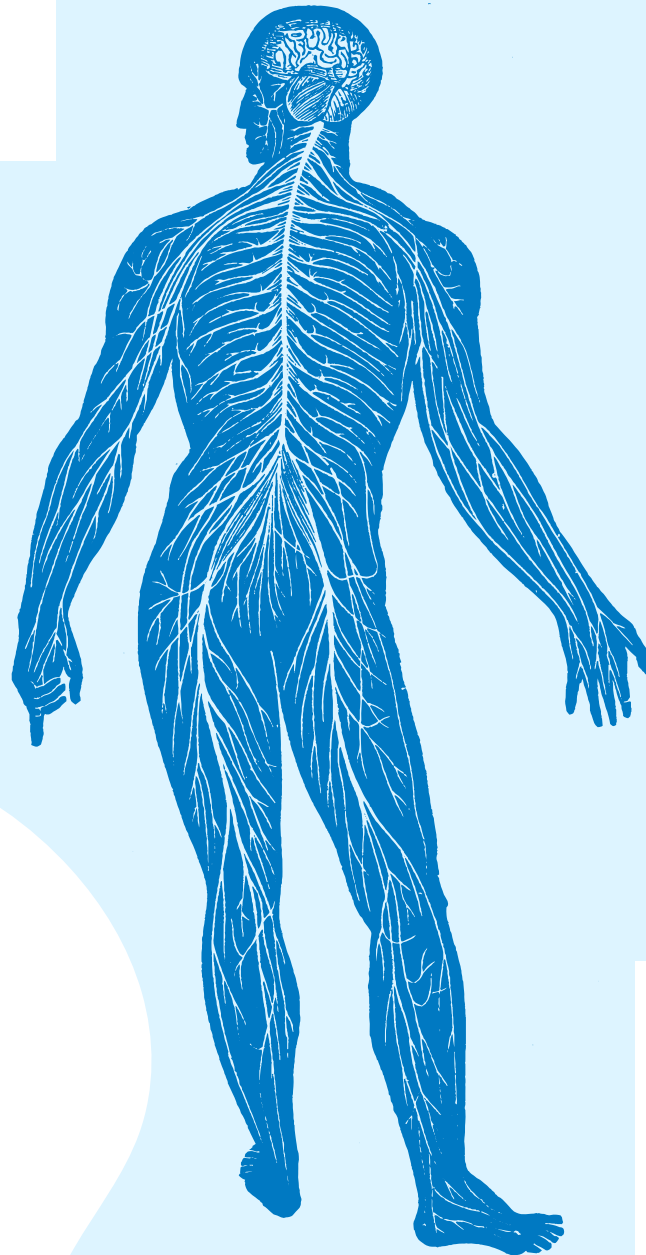
**They are  
thought to  
be spinning  
discs of  
energy that  
should stay:**



**&**



**They correspond to  
bundles of nerves,  
major organs...**



**... and areas of our  
energetic body that  
affect our emotional  
and physical well -  
being.**

**There are**

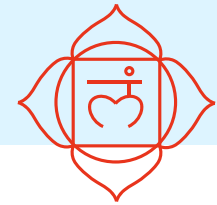
**7**

**chakras in  
the body.**

# ROOT CHAKRA



A blocked **root** chakra can manifest as physical issues like **arthritis**, **constipation**, and bladder or colon **problems**, or emotionally through feeling **insecure** about finances or our basic needs and **well-being**. When it's in alignment and open, we will feel **grounded** and **secure**, both physically and emotionally.



**physical  
identity**

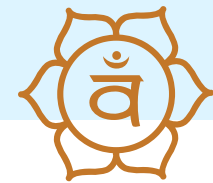
**stability**

**grounding**

# SACRAL CHAKRA



Issues with this chakra can be seen via problems with the associated organs, like **urinary tract infections**, lower **back pain**, and impotency. Emotionally, this chakra is connected to our feelings of self-worth, and even more specifically, our self-worth around **pleasure**, **sexuality**, and **creativity**.

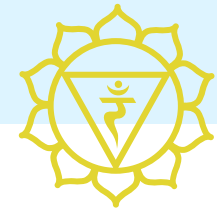


**sexuality**  
**pleasure**  
**creativity**

# SOLAR PLEXUS CHAKRA



**Blockages** in the third chakra are often experienced through digestive issues like **ulcers, heartburn, eating disorders, and indigestion**. It's the chakra of our **personal power**. This means it's related to our **self-esteem** and **self-confidence**.



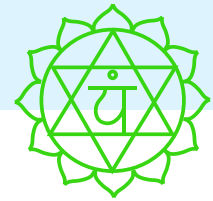
**self -  
esteem**

**confidence**

# HEART CHAKRA



Blocks in our heart chakra can manifest in our physical health through **heart problems**, **asthma**, and **weight issues**. But blocks are often seen even more clearly through people's actions. People with heart chakra blocks often **put others first**, to their own detriment. It's the middle of the seven chakras, so it **bridges the gap** between our upper and lower chakras, and it also represents our ability to love and connect to others. When **out of alignment**, it can make us feel **lonely**, **insecure**, and **isolated**.



**love**  
**compassion**



# THROAT CHAKRA



As one would expect, this chakra is connected to our ability to communicate verbally. **Voice** and **throat problems** as well as any problems with everything surrounding that area, such as the **teeth**, **gums**, and **mouth**, can indicate a blockage. Blocks or misalignment can also be seen through **dominating conversations**, **gossiping**, **speaking without thinking**, and **having trouble speaking your mind**. When in alignment, you will **speak** and **listen** with **compassion** and feel confident when you speak because you know **you are being true to yourself** with your words.



**communication**

# THIRD EYE CHAKRA



Since this chakra is physically located on the head, blockages can manifest as **headaches**, issues with **sight** or **concentration**, and **hearing problems**. People who have trouble listening to reality (who seem to “**know it all**”) or who are **not in touch** with their **intuition** may also have a block. When open and in alignment, it’s thought that people will **follow their intuition** and be able to **see the big picture**.



**intuition**  
**imagination**

# CROWN CHAKRA



The crown chakra is **linked** to every other chakra (and therefore every organ in this system), and so it affects not just all of those organs, but also our **brain** and **nervous** system. It is considered the chakra of **enlightenment** and represents our connection to our **life's purpose** and **spirituality**. Those with a blocked crown chakra may seem **narrow-minded**, **skeptical**, or **stubborn**. When this chakra is open, it is thought to help **keep all the other chakras open** and to bring the person **bliss** and **enlightenment**.



**awareness**  
**intelligence**