

After any Chakra balancing treatment, it is important to maintain that balance. Removing stress is a life-long process that is meant to be enjoyed daily. Here are some ideas:

## Base Chakra – Muladhara - RED



**Location:** Base of the spine

**Function:**

- Roots the body and the soul to the earth and draws its energy from the ground
- Connects you to your instincts, giving you a sense of stability and of being physically grounded
- About survival, instincts and stability
- Connected to your physical vitality and endurance, nurturing your most basic needs and desires, first and foremost the desire to live

**When Balanced:**

- Feeling of connectedness with the world and those around you
- Deep sense of safety and stability
- Improved focus and the uncertainties of life will cease to be so daunting
- Strengthening, unblocking and balancing your Base Chakra will also allow you to balance your other Chakras more easily, providing an even greater sense of equilibrium and well-being and thus promoting better energy flow and health

**When Unbalanced:**

- Feelings of anxiety, fear, being unfocused, disconnectedness and fatigue
- The need to accumulate more and more material possessions
- Resistant to change
- Health problems, such as anaemia, digestive difficulties and low blood pressure

**Maintaining Balance in your Base Chakra:**

- Use scents and smells that positively affect the Base Chakra, e.g. ylang-ylang, rose and cinnamon bark
- Adopt physical habits such as yoga or other forms of exercise – walking is always good
- Integrate the colour red into your wardrobe and home décor
- Eat red fruits and vegetables like tomatoes and red apples
- Listen to a deep beat music, such as hip-hop or Latin music, that moves your body
- Start listening to your body and take breaks from your daily hustle and bustle when needed. Meditating or taking long, relaxing baths are simple, but effective ways to make these breaks count

## Sacral Chakra – Svadhithana - ORANGE



**Location:** On the abdomen about 5cm below the navel

**Function:**

- Governs our sense of abundance, well-being, pleasure and sexuality
- Governs our feeling and emotions
- Allow feelings to flow freely and be expressed without you being over-emotional

**When Balanced:**

- It is easy to give and receive love
- You can access and share creativity
- Able to have healthy relationships, including emotional and sexual intimacy
- Able to trust your instincts about other people and maintain appropriate boundaries
- Feeling confident in your body image
- Able to access the healing power of a strong and regenerative physical body

**When Unbalanced:**

- Boundary issues i.e. you are swallowed up in relationships. You smother/engulf others
- Feel everyone else's emotions and absorb these emotions as your own
- Ruled by your own emotions, resulting in frequent dramatic episodes with periods of aggression, vengeance, hostility and anger
- Internalise your emotions and become depressed
- Hold grudges
- Become too attached to what you have created, e.g. your children – including living vicariously through them – and home. You may also be overly attached to your possessions
- Emotionally cold, distant and disconnected
- Lack of creativity, passion and joie de vivre
- Health problems such as IBS, sexual dysfunctions and eating disorders

**Maintaining Balance in your Sacral Chakra:**

- Use scents and smells that positively affect the Sacral Chakra, e.g. sweet orange, ylang-ylang or sandalwood
- Get involved in sensual dancing, e.g. Salsa dancing, belly dancing – any dancing that could be considered as slow and sensual, flirtatious and erotic, with fluid movements of the hips and belly
- Integrate the colour orange into your wardrobe and home décor

- Eat orange fruits and vegetables like oranges, apricots, peaches, carrots and butternut
- Place crystal such as Moonstone, Carnelian and Golden Topaz on the location of the Sacral Chakra for clearing, revitalising and healing. You may also carry Sacral crystals with you throughout your day
- Use positive affirmations. Take a few moments to sit in quiet reflection. Tune into your Sacral Chakra and find the affirmations needed specifically at this time. Feel what you need to say to yourself to bring healing to your Sacral Chakra. Take a few minutes each day this week to repeat them. Embody them. Believe them! Use affirmations such as:
  - “Pleasure is a good and valuable part of my life”
  - “I give myself permission to fully enjoy my sexuality”
  - “I allow abundance and prosperity into my life”
  - “I allow my emotions to flow through me in a healthy way”
- Try not to keep feelings bottled up, but find safe ways to express and release emotions, e.g. talking to a friend, chanting, dancing, painting, writing a journal and getting the necessary and appropriate external support to assist in dealing with emotional issues
- Create opportunities for pleasurable feelings in your life. Find the time to do things you really enjoy; create some “you” time every day. And spend time with positive and uplifting people
- Create an emotionally calming environment in your home by cleansing and decluttering your personal space – do cleansing with incense and burning candles

## Solar Plexus Chakra – Manipura - YELLOW



**Location:** At the base of the sternum

**Function:**

- Energy centre that radiates vital life-force energy (prana) through-out our entire body
- Centre of personal strength, learning and comprehension
- Guides us through life by creating a strong sense of self, setting personal boundaries and building self-esteem and willpower
- Governs the emotional and mental aspect of your psyche as well as psychic experiences

**When Balanced:**

- In complete control over our emotions and thoughts
- Sound self-esteem, respect for ourselves and others, calmness and initiative
- Feeling friendly, joyful and confident
- Deeply fulfilling emotional life
- Outgoing and sociable attitude to the world

**When Unbalanced:**

- Judgemental or critical and easily finding fault in ourselves and others
- Demanding and have extreme emotional problems
- Very rigid or stubborn, not willing to see other’s point of view
- Aggressive and often anger at the slightest provocation
- Planning to do things, but never actually doing what you planned on doing
- Being a workaholic where your work or interests become a priority over everything else
- Being a perfectionist that can’t settle on something that is already good enough
- Suffering from severe emotional problems
- Experiencing a lot of doubt and mistrust towards the people in your life
- Worrying too much about what other people might think of you
- Running on “auto pilot”, avoiding your feelings of depression and/or anxiety
- Feeling afraid or alone when you start to look at what you have been avoiding
- Feeling that you are not good enough and be seeking a constant approval of others – this can lead to a need or dependency on the people in your life

**Maintaining Balance in your Solar Plexus Chakra:**

- Embrace life and the warm, yellow energy of the sun. Awaken lost curiosities, develop your photographic memory, do puzzles, pick up an old hobby!
- Use scents and smells that positively affect the Solar Plexus Chakra, e.g. rosemary, grapefruit and orange
- Find the time to be outdoors and bask in the yellow energy of the sun
- Integrate the colour yellow into your wardrobe and home décor
- Eat yellow foods such as bananas, granola, pasta, rice, flax, sunflower seeds, cheese and yogurt. Spice up food with spices that include ginger, melissa, chamomile, turmeric, cumin and fennel and mint
- Wear a gold bracelet or necklace or carry yellow gemstones like Amber or Topaz
- Place crystal such as Malachite, Jasper, Tiger’s Eye, Citrine, Yellow Tourmaline, Golden Beryl, Rhodochrosite on the location of the Solar Plexus Chakra for clearing, revitalising and healing
- Use positive affirmations. Take a few moments to sit in quiet reflection. Tune into your own Solar Plexus Chakra and find the affirmations needed specifically for you at this time. Feel what you need to say to yourself to bring healing to your Solar Plexus Chakra and take a few minutes each day this week to repeat them. Embody them. Believe them! Use affirmations such as:
  - “I am confident in all that I do”
  - “I am successful and release my creative energy into this reality, effortlessly”
- The Solar Plexus’ Element is Fire. Taking a walk out in the sun is extremely beneficial. Sitting in front of a camp fire or fire place can have an instant healing effect
- Spend some time each day on self-care – treat yourself to a relaxing bath with candle light and soft music, or that extra hour of uninterrupted reading

## Heart Chakra – Anahata – GREEN/PINK



**Location:** In the centre of the chest

**Function:**

- Energy centre from which love, joy, happiness and compassion emanate
- Allows us to feel sorrow, sadness, anger and lust
- Centre of unconditional love
- It is the balance point, integrating the world of matter (the lower three Chakras) with the world of spirit (the upper three Chakras). Through the Heart Chakra, we open to and connect with harmony and peace. The health of our heart centre registers the quality and power of love in our life

**When Balanced:**

- Feel great compassion for all living creatures
- You will be kind, caring, understanding, joyous and outgoing
- Feeling completely at ease with yourself and the people in your life
- Able to spend time alone, not rushing into relationships for the sake of having relationships

**When Unbalanced:**

- You will be defensive, critical, controlling, suspicious, withdrawn, possessive and afraid of letting go
- Negative thinking and finding it difficult to keep a positive out-look in life
- Feeling unloved, unworthy and unappreciated
- Trust issues and keeping others at a distance
- Being ruled by your emotions, i.e. sadness, anger, grief, despair, greediness and happiness will come over you with no or little control
- Manipulative, over critical and judgemental of yourself and others
- Your love may have conditions and co-dependency

**Maintaining Balance in your Heart Chakra:**

- Be green, see green and breathe green. Get out in nature. Light a green candle. Visualise a strong, clear green light filling up your heart centre. With each inhale imagine your heart centre—and possibly the rest of your body—filling up with a soft, green light and with every exhale feel your heart centre purge pent-up negativity. Don't be too forceful on your exhalations. Rather, focus more energy on your positive, "green" inhalation
- Allow yourself to be loved—including, and most especially, by yourself. Also give love. One of the best and easiest ways to cleanse and balance this Chakra is by loving others unconditionally and unselfishly

- Realise that the grass isn't always greener on the other side. It's often human nature to naysay. Resist the urge to find fault in everything. Be thankful for what you already have
- Forgive. Many blockages in this Chakra are fostered by not letting go of past hurts, anger, grief, regret, etc. Let go. If you need professional counselling, don't put it off any longer. Take care of yourself and try to remember that when a door closes a new one opens
- Crystals that are beneficial for the Heart Chakra include, Rose Quartz, Jade, Green Aventurine, Emerald, Green Tourmaline, Malachite, Rhodochrosite and Chrysoprase
- Aromatherapy oils for the Heart Chakra include angelica, marjoram, hyssop, lavender, rose, chamomile, ylang-ylang, jasmine, sandalwood, rosemary and frankincense
- Use positive affirmations. Take a few moments to sit in quiet reflection. Tune into your own Heart Chakra and find the affirmations needed specifically for you at this time. Feel what you need to say to yourself to bring healing to your Heart Chakra and take a few minutes each day this week to repeat them. Embody them. Believe them! Use affirmations such as:
  - "Love is the answer to everything"
  - "I am an infinite being full of Divine Love, which I give and receive freely and openly"
- The Heart Chakra's Element is Air. Sit outside and feel the breeze upon your skin is very beneficial to your Heart Chakra. Because the colour green is around us in the trees and in the grass, going out walking, or laying in the grass and allowing the heart to feel it, can begin to bring it into balance!

## Throat Chakra – Vishuddha - BLUE



**Location:** Base of the throat.

**Function:**

- Associated with self-expression and communication
- Relates to all aspects of expressing and receiving of feelings – also artistic expression, e.g. painting, dancing, playing music, poetry, etc.

**When Balanced:**

- No problem in expressing yourself and your needs in the world
- Very creative and helpful, offering sound advice when asked
- Not afraid to express your weaknesses and people respect you for this
- Experience true freedom by speaking your truth
- Faithfulness, an ability to express ourselves and our ideas, good communication skills, will power and honesty
- Ability to sincerely listen to others

#### When Unbalanced:

- Unfaithfulness (to either yourself or to others)
- Feelings of not being heard or not being able to express your ideas/who you are
- Feeling afraid to talk about things
- Lack of honesty (to yourself and/or others)
- Lack of willpower
- Verbally abusive, yelling and not allowing others their say
- Health problems include sensitivity in the throat, neck and ears, Thyroid problems, anorexia nervosa, asthma, bronchitis, hearing problems, mouth ulcers and tonsillitis

#### Maintaining Balance in your Throat Chakra

- Use scents and smells that positively affect the Throat Chakra, e.g. frankincense, chamomile and sandalwood
- Self-expression is paramount and one way of doing this is by writing thoughts and emotions down – start journaling on a regular basis
- Integrate the colour blue into your wardrobe, home décor and life
- Sitting outside under a beautiful blue sky with the sun shining down on you help balancing this Chakra. Lighting blue candles will also be greatly beneficial
- Water, lemons and limes, apples and peaches can help you to cleanse, clear and open this Chakra
- Place crystals such as Lapis Lazuli, Blue Quartz, Turquoise Blue Calcite, Blue Kyanite, Aquamarine, Sodalite, Tanzanite, Blue Lace Agate and Lazulite on the Throat Chakra for clearing, revitalising and healing. You may even choose to use one of these crystals as a pendant around your neck
- Use positive affirmations. Take a few moments to sit in quiet reflection. Tune into your own Throat Chakra and find the affirmations needed specifically for you at this time. Feel what you need to say to yourself to bring healing to your Throat Chakra, and then take a few minutes each day this week to repeat them. Embody them. Believe them! Use affirmations such as:
  - “I speak freely and with confidence”
  - “It is now safe for me to express my feelings and to create the life I desire”
  - “Everything I do is an expression of Love”
- Meditating out in nature will begin to balance the Throat Chakra so that you can begin to receive messages from the Universe
- And sing... as much as can. In the shower, in the car, while cooking or gardening. Anywhere, anytime. Uninhibited

## Brow Chakra – Anja - INDIGO



**Location:** In the centre of the forehead.

#### Function:

- Centre of our perception and command
- Directs our sight and everyday awareness of the world
- Our consciousness is located here
- It captures our view of the world, our ability to see the truth in situations with an open mind
- It pertains to our psychological characteristics, but more importantly, it is the Chakra of wisdom
- Associated with the deep inner level of Being we call the Spirit and with what we consider spirituality

#### When Balanced:

- We see clearly and understand what we see – we interpret visual cues and our perception is high
- Healthy thoughts and internal communications with ourselves
- Good perspective on events and ideas
- Open to new ideas, dreams, and vision
- Quietly observant and reflective

#### When Unbalanced:

- Confused, difficulty seeing things clearly and difficulty making a distinction between what is important and what is not
- Little command of your body or your thoughts
- Lack of a sense of purpose and a path in life
- Ritualistic and dogmatic due to a loss of your inner guidance
- Unhealthy imagination, stuck in regret and worry mode and imagining all the things that could go wrong, all the negative things that people might be thinking about you and a future that is scary if you don't take massive action now to fix everything that is broken
- Spending too much time in analytical, churn mode, trying to figure everything out and getting frustrated when you can't
- Difficulty falling asleep or staying asleep as a result of analysis paralysis
- Emotional roller coaster ride where you feel up when things seem to be going your way and down when they don't
- Physical and health issues include frequent headaches, upper/frontal sinus conditions, neurological disorders, disorders of the eyes or ears and disorders of the outer brain

#### Maintaining Balance in your Third Eye Chakra:

- Practice Meditation to develop your intuition
- Use aroma therapeutic essential oils such as patchouli and myrrh

- Add purple/indigo colours to your wardrobe – even a scarf can assist the flow of energy
- Choosing music that is classical in nature such as Mozart, Beethoven and Bach can enhance the energies flowing to the Brow Chakra
- Place crystals such as Amethyst, Tourmaline and Tanzanite on the Third Eye for clearing, revitalising and healing
- Use positive affirmations. Take a few moments to sit in quiet reflection. Tune into your own Third Eye and find the affirmations needed specifically for you at this time. Feel what you need to say to yourself to bring healing to your Third Eye, and then take a few minutes each day this week to repeat them. Embody them. Believe them! Use affirmations such as:
  - “I am in touch with my inner guidance”
  - “I listen to my deepest wisdom”
  - “I seek to understand and to learn from my life experiences”
  - “I am wise, intuitive and connected with my inner guide”
  - “I nurture my spirit”
  - “I trust my intuition”
  - “I forgive the past and learn what was there for me to learn”
  - “I forgive, accept and love myself”
  - “I am connected with the wisdom of the universe”
  - “I am at peace”
- Meditation is a very important part of balancing the Brow Chakra. Indigo crystals held during any meditation should be aimed at ensuring the free flow of energy within the Brow Chakra. Quiet reflection with a small indigo crystal placed on the forehead will help focus the wisdom of the indigo ray on the Brow Chakra, releasing any blockages

## Crown Chakra – Sahasrara – PURPLE/WHITE



**Location:** On top of the head at the crown.

**Function:**

- Associated with our sense of empathy and unity as part of the greater Universal consciousness
- Facilitates our relationship with the Divine, the Universe. It is the level of the soul and spiritual connection
- Centre of knowing and enlightenment and door to Universal energy and conscience

**When Balanced:**

- Higher state of awareness, leading you beyond materialism to the true nature of life which is abundant in joy, purpose and curiosity
- Accept the self as a part of the Universe

- Fulfilling your highest potential
- Strong spirituality

**When Unbalanced:**

- Lack of purpose and lacking focus and direction
- Experiencing boredom, frustration and lack of joy that may result in migraines, melancholy, senility and loss of self
- Unable to control your encounters with other realms of existence
- Trouble grounding yourself, making it hard for people to take you seriously
- Possible god-complex, considering yourself better than others in the world around you
- Feelings of being unloved, thinking all is meaningless and even developing a mental “disease”
- Unable to grasp or accept new ideas or newer, positive out-looks on life
- Lack spiritual exploration and have no desire to discover your inner self
- Excessive fear of dying

**Maintaining Balance in your Crown Chakra:**

- Connect with your inner self through yoga, meditation and contemplation
- Silence is the white energy's music. Turn off the TV, radio and computer and just listen to the Universe around you
- Use aromatherapy oil extracts like cedarwood, frankincense, jasmine, lavender, myrrh, neroli, rose, rosewood and sandalwood
- Write down your dreams and imaginations
- Wear or carry white or violet crystals, e.g. Amethyst, Apophyllite, Calcite (clear, white, optical), Chevron Amethyst, Clear Quartz, Herkimer Diamond, Moonstone, Opal, Rainbow Moonstone and Selenite
- Use positive affirmations. Take a few moments to sit in quiet reflection. Tune into your own Crown Chakra and find the affirmations needed specifically for you at this time. Feel what you need to say to yourself to bring healing to your Crown Chakra and take a few minutes each day this week to repeat them. Embody them. Believe them! Use affirmations such as:
  - “I am part of the Divine”
  - “I honour the Divine within me”
  - “I cherish and nourish my spirit”
  - “I listen to the wisdom of the Universe”
  - “I am open to letting go of my attachments”
  - “I live in the present moment”
  - “I am grateful for all the goodness in my life”
  - “My life moves with grace”