

A GUIDE OF YOUR ENERGY CENTERS

# UNDERSTAND, SUPPORT & STRENGTHEN YOUR CHAKRAS



#### THE ROOT CHAKRA

- Location Base of the spine
- Focus Survival
- Affirmation I Am

#### **Problems:**

 colon issues, lower back pain, varicose veins, emotional issues surrounding money & security

#### Foods:

• Beets, parsnips, rutabaga, apples, pomegranates, protein

# THE SACRAL CHAKRA PLEASURE

### LOWER ABDOMINAL AREA CREATIVITY, SENSUALITY, GUT FEELINGS, WISDOM

#### Foods:

- Seeds, nuts, oranges, carrots, pumpkins
- Affirmation: I Feel

#### **Problems:**

• Infertility, UTI, uterus, testies, spleen, gallbladder, hip pain, sexual dysfunction or trauma, emotional imbalances, creative blocks

#### THE SOLAR PLEXUS

Power

The Problems:

Gas, bloating, liver Issues, stomach ulcers, eating

disorders, lack of confidence, procrastination Foods:

Yellow peppers, yellow lentils, bananas, yellow squash,oats,spelt

#### Affirmation: I Do

#### THE HEART CHAKRA LOVE

Problems: heart & lung problems, asthma, allergies, fear of intimacy

Affirmation: Llove





# Foods Blueberries,blueraspberries,figs,kelp

#### FOODS:

Broccoli, kale, chard, all other green leafy vegetables

THROAT CHAKRA
Expression
Problems: Thyroid
Disease, frequent sore
throat, difficulty
expressing feelings.

#### Affirmation: I Speak

# THE THIRD EYE INTUITION

Problems: Depression, poor eyesight, hormonal imbalances, poor nutrition

Foods: purple potatoes, blackberries, plums, purple grapes

Affirmation:

# THE CROWN CHAKRA SPIRITUAL

Problems: Issues with sleep/wake cycle, feeling disconnected from yourself & others

Solutions: Fresh air, sunlight, nature

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## A Channeled prayer for Healing the mind, body & spirit

Dear God, our source. I know that there is nothing you cannot heal. You know all things, you can do all things and I know you love me very much. With faith in your promise that whatever I ask in prayer, you will grant me, only if it is for the highest good of my soul.

I come before you to ask for the healing of my mind, body & spirit. Release these anxieties & echoes of anything that wont let me be in peace. Touch me now where i am hurting most. You know what kind of healing I need most right now.

Let the grace of your Divine love flow & spread to the different parts of my body, reaching the inner recesses of my being. Comfort me in my pain & anguish. Root out all unresolved hurts, resentments, fears, despair & frustration. Heal all painful memories & traumatic experiences, from past lives, ancestral chords & this life.

Help me to realize the deeper meaning of this trial & lead me closer to you as I find comfort in your loving heart.

And so it is!

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