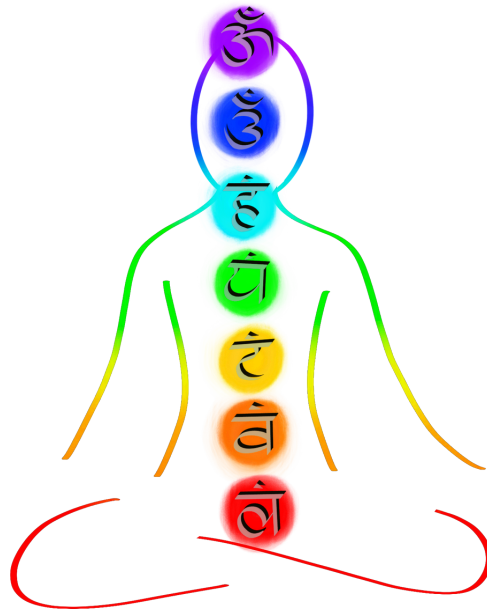


# The Chakras

Tips & Tools to Support the Seven Main Energy Centres



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# The Chakras



## WHAT ARE THE CHAKRAS?

Chakras are energy centres within the body of every living thing. The chakras, which can be described as “wheels” of spinning energy, receive, transform and distribute life force energy (prana) throughout the body. There are 7 major chakras in our physical body, 5 in our energy field as well as numerous minor chakras throughout our body. They connect us down to the earth and up towards the divine. The seven major chakras stack linearly throughout the body starting at the base of our spine and extend up to the crown of our head. Each chakra resonates with a specific colour as well as frequency and corresponds to various emotions, mental functions and physical systems/organs within the body.

## TO BEST UNDERSTAND THE CHAKRAS, WE MUST UNDERSTAND ENERGY

We are energy and everything around us is energy. As everything is made of energy, everything also carries a unique vibration and frequency including ourselves. Our life force energy (also as known as prana) flows in and around the body and is considered the invisible energy that supports all life on the planet. Life force energy is made of the highest vibrations and highest frequencies of source. When any one of our chakras becomes imbalanced or blocked, we have difficulty accessing this life force energy. When energy becomes stuck in our body and the healthy flow of life force energy is disturbed, it can begin to manifest as an illness or ailment in our physical, mental, emotional, spiritual and energetic bodies. In an energy healing session the practitioner sets the intention to connect with this “life force energy” and then acts as a conduit to channel this energy into the recipient to improve energy flow.



## UNDERSTANDING OUR CHAKRAS

Understanding and having an awareness of our chakra system can act as a roadmap for what areas in our body and life need attention and care right now. When our chakras are healthy and clear our life flows harmoniously and with ease but when any one of them becomes imbalanced or blocked, we can get stuck in unhealthy patterns and our overall well being can become compromised.

## WHAT CAUSES IMBALANCE WITHIN THE CHAKRAS?

- **Emotional** - When you experience difficult or traumatic events in your life it can cause extreme emotions. These emotions create an energy within the body that needs to be released, when this energy is suppressed it can become stuck, create resistance, affect our beliefs as well as behaviours and ultimately become our identity.
- **Familial** -(Generational, Gestational) - Generational blocks or energetic patterns that were unable to be healed in previous generations can continue on through generations until someone is able to fully transmute the energy. This energy has been imprinted on our bodies at a cellular level that runs as deep as our DNA and results in the temptation to repeat unhealthy patterns. Gestational Blocks occur during the nine months the baby is in the mother's womb, through energetic channels shared with their mother, where the mom's beliefs, emotions and experiences transfer to the child.
- **Environmental** - Caused by toxins in our food/water, as well environmental pollution. However on a deeper level, environmental blocks can be caused by empathically absorbing the energies of others

## HOW CAN WE REBALANCE OUR CHAKRAS?

We can re-balance our chakras by improving the healthy flow of "Life Force Energy" in and around our body. We can achieve this through the use of various modalities such as meditation, food, reiki/energy healing sessions, breath work, somatic movement, sound healing, crystal therapy, colour therapy and much more. When given the optimal environment, our body has the innate ability to heal itself, so when we ensure that our energetic body is healthy we can begin bringing harmony and overall well being back into our lives on all levels!



# Root Chakra



**Survival, Safety, Security & Grounding**

**Sanskrit Name: Muladhara**

**Affirmation: I AM**

**Location: Base of Spine**

**Colour: Red**



## PHYSICAL BODY ASPECTS

Adrenal Glands (Which can trigger your Fight or Flight response), Autoimmune deficiencies, Colon, Bones, Lower back/Spine, Legs, Hips, Knees

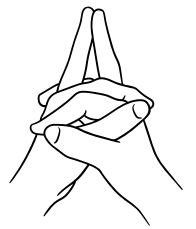
**Element: Earth**

**Mantra : LAM**

**Frequency: 396 Hz**

**Note: C**

**Muladhara Mudra:**



## WHEN BALANCED YOU FEEL...

- Grounded, present in your body, safe & secure
- Confident and trust that your basic survival needs will always be met.

## CRYSTALS

Red Jasper  
Ruby  
Blood stone  
Tourmaline  
Hematite  
Smoky Quartz

## SYMPTOMS OF AN IMBALANCE IN THE ROOT CHAKRA...

- Feeling insecure, fearful and anxious
- Feelings of depression and disconnect
- Feeling tired and having difficulty sleeping
- Tension in the lower back, hips or legs
- Weight gain or loss
- Digestive issues such as constipation
- Lack of healthy boundaries with others
- Constantly worried about money

## ESSENTIAL OILS

Patchouli  
Cedarwood  
Vetiver  
Frankincense





**“Maybe you are searching among the branches, for what only appears in the Roots.” - Rumi**

## **RECOMMENDATIONS TO BALANCE THE ROOT CHAKRA**

- Nourish your body with red foods (tomatoes, strawberries, red apples, pomegranates), root vegetables and protein
- Surround yourself with the colour red, wear red, visualize red during meditation at the base of your spine, growing and glowing
- Spend time in nature, plant a garden, sit against a tree
- Get up early, with the sun
- Clean and organize your home
- Keep a regular routine
- Use, wear and surround yourself with essential oils and crystals that support the root chakra
- Move your body, dance, and practice yoga (Warrior, Chair Pose, Mountain Pose), put your bare feet on the earth
- Energy healing, breathwork
- Say daily affirmations and journal

## **ROOT CHAKRA AFFIRMATIONS**

**I am grounded. I am enough. I am strong. I am powerful. I am supported by the universe and I have everything I need. I am safe. I am blessed.  
In my world, all is well.**

## **ROOT CHAKRA JOURNAL PROMPTS**

- How is fear keeping me stuck in unhealthy patterns and how can I move forward with courage?
- What are my basic needs to survive? Do I have access to all of these? Was there a time when I didn't? How did it feel?
- Which relationships/places make me feel unconditionally supported and secure? Are there any that don't? How can I change that?
- Write a compassionate letter to your body. Use affirmations to affirm that you feel safe, supported and at ease in your body.



# Sacral Chakra



**Creativity, Sexuality, Pleasure & The Inner Child**

**Sanskrit Name: Svadhishtana**

**Affirmation: I FEEL**

**Location: Lower Abdomen**

**Colour: Orange**



## PHYSICAL BODY ASPECTS

Bladder, kidneys, pelvis, spleen, and ovaries and testes, lower back, hips, sexual organs/functions reproductive organs

**Element: Water**

**Mantra : VAM**

**Frequency: 417 Hz**

**Note: D**

**Shakti Mudra:**



## WHEN BALANCED YOU ...

- Have a healthy sense of who you are
- Feel satisfied and joyful
- Are in flow with your creative expressive
- Are confident and in touch with your sexuality
- Are able to create/maintain healthy relationships

## CRYSTALS

Carnelian

Amber

Moonstone

Sunstone

Tiger's Eye

## SYMPTOMS OF AN IMBALANCE IN THE SACRAL CHAKRA...

- Issues with your reproductive system
- Chronic lower back pain or sexual issues
- Difficulty understanding & expressing emotions
- Hold onto anger and out of touch with pleasure
- Unable to let your creativity flow
- Fearful of change & focused on the material world
- Addiction

## ESSENTIAL OILS

Orange

Sandalwood

Cinnamon

Ylang Ylang





**“Water is fluid, soft, and yielding. But water will wear away rock, which is rigid and cannot yield. As a rule, whatever is fluid, soft and yielding will overcome whatever is rigid and hard. What is soft is strong” - Lao Tzu**

## **RECOMMENDATIONS TO BALANCE THE SACRAL CHAKRA**

- Nourish your body with orange foods (oranges, carrots, sweet potatoes), tropical fruits, healthy fats (nuts) and lots of water
- Surround yourself with the colour orange, wear orange, visualize orange during meditation in your lower abdomen, growing and glowing
- Spend time in nature, specifically near or in the water
- Dance, move your hips, practice yoga (Bridge, butterfly pose)
- Get in touch with your inner child and creative side
- Get in touch with your sexual side
- Journal about your emotions, desires and needs
- Use essential oils and crystals that support the sacral chakra
- Energy healing, breath work
- Say daily affirmations

## **SACRAL CHAKRA AFFIRMATIONS**

**I feel radiant and beautiful. I trust my feelings and express them in healthy ways. I am healing my inner child. I celebrate and embrace my sexuality. My creativity is flowing through my body freely. It is my birthright to experience joy and receive pleasure.**

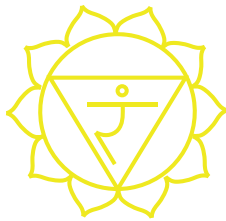
## **SACRAL CHAKRA JOURNAL PROMPTS**

- Do I have a healthy relationship with my own body and physical desires? ...Or am I uncomfortable with it?
- Do I deny myself pleasure or avoid pursuing my innermost desires?
- Do I feel connected with my inner child? Is she/he still carrying wounds from the past that need to be healed? Shame or guilt? Have I become a responsible loving parent to my inner child? What daily habits reflect that?
- Do I have healthy relationships with others? If not, why?





# Solar Plexus Chakra



Personal Power & Confidence

Sanskrit Name: Manipura

Affirmation: I DO

Location: Upper Abdomen

Colour: Yellow



## PHYSICAL BODY ASPECTS

Pancreas, small intestine, liver, stomach, digestive system, gall bladder, skin, lower/mid back

Element: Fire

Mantra : RAM

Frequency: 528 Hz

Note: E

Rudra Mudra:



## WHEN BALANCED YOU ...

- Feel confident and empowered
- Feel whole, energized, motivated and worthy
- Can easily make decisions
- Cultivate your own personal power in healthy ways
- Discover your purpose in life

## CRYSTALS

Citrine  
Yellow Topaz  
Golden Healer  
Pyrite  
Tiger's Eye

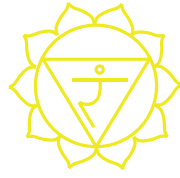
## SYMPTOMS OF AN IMBALANCE IN THE SOLAR PLEXUS CHAKRA...

- Feel powerless and have low energy
- Experience significant feelings of anger
- Difficulty making decisions
- Lack of confidence and willpower
- Feeling an extreme need to control situations
- Chronic Fatigue
- Digestive, stomach, liver, gall bladder problems

## ESSENTIAL OILS

Lemon  
Lemongrass  
Chamomile  
Rosemary





**“My pigment is of the earth, and collecting my sacred fire from my solar plexus with the central sun of the earth” - Jimmy Cliff**

## **RECOMMENDATIONS TO BALANCE THE SOLAR PLEXUS CHAKRA**

- Nourish your body with yellow foods (banana, mango, lemon), chamomile tea, complex carbohydrates and whole grains
- Surround yourself with the colour yellow, wear yellow, visualize yellow during meditation in your upper abdomen, growing and glowing
- Spend time in the sun
- Try something new that makes you feel excited
- Work on recovering from past trauma, cut ties with negative people and regain your personal power
- Use essential oils and crystals that support the solar plexus chakra
- Energy healing, breath work
- Say daily affirmations and journal

## **SOLAR PLEXUS CHAKRA AFFIRMATIONS**

**I do belong. I do believe in myself. I am worthy. I use my power wisely. I am powerful. I am worthy. I am calm and confident. I am ready to make positive change. I face challenges with courage and resilience. I reclaim my power.**

## **SOLAR PLEXUS CHAKRA JOURNAL PROMPTS**

- Am I able to face new challenging situations without fear?
- Do I hold onto anger, frustration, and resentment? Can I move through and release these feelings without blame or defensiveness? Why or why not?
- How was I raised to think about personal power? Who held the power in my family? How did they exert their power (calmly and lovingly or threatening and manipulating)?
- Am I a compulsive over achiever? Am I looking for approval from others?



# Heart Chakra



## Love & Compassion

Sanskrit Name: Anahata

Affirmation: I LOVE

Location: Centre of the Chest

Colour: Green



### PHYSICAL BODY ASPECTS

Heart, Lungs, Chest, Arms,  
Hands, Thymus/Immune System,  
Circulatory System

Element: Air

Mantra : YAM

Frequency: 639 Hz

Note: F

Padma Mudra:



### WHEN BALANCED YOU ...

- Feel loving, open-hearted, empathetic & grateful
- Feel connected to yourself and emotionally balanced
- Are able to give and receive love easily
- Have compassion for yourself and others
- Are able to show forgiveness to yourself and others

### CRYSTALS

Green Aventurine  
Rose Quartz  
Malachite  
Rhodonite  
Emerald  
Jade

### SYMPTOMS OF AN IMBALANCE IN THE HEART CHAKRA...

- Feelings of bitterness and you struggle to forgive
- Feeling disconnected, lonely or jealous
- Difficulty loving yourself. You have guilt and struggle to give yourself self love/care
- Difficulty processing and releasing grief
- Difficulty giving, receiving & feeling worthy of love
- Heart, lung, blood pressure difficulties

### ESSENTIAL OILS

Rose  
Neroli  
Jasmine  
Geranium  
Ylang Ylang





**“If your compassion does not include yourself. it is incomplete”-  
Buddha**

The heart chakra serves as the gateway for the lower chakras/physical self, to the higher chakras/spiritual self. It is your spiritual heart center and the point of inner balance. It is the most important energy centre because love is the greatest human power we are given and one of the highest frequencies of life force energy available to us. It reminds us that everything in life evolves from either fear or love but only love heals.

### **RECOMMENDATIONS TO BALANCE THE HEART CHAKRA**

- Nourish your body with green foods (kiwi, avocado, leafy greens, lime, broccoli), add chlorophyll to your water
- Surround yourself with the colour green, wear green, visualize green during meditation in your chest, growing and glowing
- Spend time in nature, add plants around your home
- Spend time with pets/animals
- Practice gratitude and forgiveness
- Use essential oils and crystals that support the heart chakra
- Yoga poses to open the heart - Camel, Upward facing dog, Cobra
- Energy healing, journalling, breath work
- Say daily affirmations

### **HEART CHAKRA AFFIRMATIONS**

I love myself. I am worthy of loving and caring for myself. I deserve to be loved. I am welcoming love with open arms. I am happy and grateful for having loving people in my life. I forgive myself and others for the mistakes in the past. I release the grief I hold within my heart.

### **HEART CHAKRA JOURNAL PROMPTS**

- How was love expressed to me as a child? Do I possess any fears or limiting beliefs preventing me from accepting and giving unconditional love? How can I begin to release these beliefs?
- How do I express love to myself? Do I feel guilty taking time for self care and self love? What are some ways I can show myself self love?
- Do I hold resentment towards others who have hurt me? How can I begin to forgive so I no longer carry this burden?



# Throat Chakra



## Communication, Truth & Self Expression

Sanskrit Name: Vishuddha

Affirmation: I SPEAK

Location: Throat

Colour: Blue



### PHYSICAL BODY ASPECTS

Throat, Vocal Cords, Thyroid,  
Neck, Nose, Sinus, Teeth, Gums,  
Jaw, Ears, Bronchial Area,  
Esophagus

Element: Ether

Mantra : HAM

Frequency: 741 Hz

Note: G

Vishuddha Mudra:



### WHEN BALANCED YOU ...

- Speak your truth and are honest
- Communicate well with others
- Express yourself authentically
- Actively listen and genuinely hear others
- Have a balance between silence and speaking

### CRYSTALS

Lapis Lazuli  
Turquoise  
Blue Aventurine  
Sodalite  
Sapphire

### SYMPTOMS OF AN IMBALANCE IN THE THROAT CHAKRA...

- Feeling shy and difficulty expressing yourself
- Being dishonest with yourself and others
- Feeling silenced and judged for what you say
- Fearful of what others will think of you, people pleasing to fit in
- Struggling to actively listen to others
- Self critical and judgemental of others
- Throat or thyroid issues

### ESSENTIAL OILS

Peppermint  
Lavender  
Eucalyptus  
Spearmint  
Chamomile





**“If you are not living your truth, you are living a lie”  
- Joseph Curiale**

The throat chakra is the first of the higher spiritual chakras and the place of connection to source. Our connection to source is our connection to our truth. The psychic gift of clairaudience is governed by this area as well as the ability to hear your own inner voice and the energy of speech that supports you with speaking your truth. The throat chakra is the gateway to the higher spiritual realms.

## **RECOMMENDATIONS TO BALANCE THE THROAT CHAKRA**

- Nourish your body with blue foods (blueberries, blackberries, plums, seaplants)
- Surround yourself with the colour blue, wear blue, visualize blue during meditation in your throat, growing and glowing
- Sing, hum
- Listen to throat chakra frequency music, 741 Hz
- Journal about the things you struggle to say to others
- Use essential oils and crystals that support the throat chakra
- Yoga to open the throat (Camel pose, fish pose)
- Energy healing, breath work, daily affirmations

## **THROAT CHAKRA AFFIRMATIONS**

I speak with honesty and integrity. It is easy for me to speak my truth to others. I believe that what I say is worthy of being listened to. I allow my true self to be expressed in every part of my life. I listen respectfully to the opinions of others. I am learning to listen to myself and trust my inner voice. I communicate with my higher self.

## **THROAT CHAKRA JOURNAL PROMPTS**

- What was communication like in my family growing up? Did people express their feelings and opinions? Did they scream and yell or become silent and retreat? Was I encouraged to speak up for myself?
- What truth has my inner child been unable to express? What are they still holding inside?
- Am I able to speak my truth confidently today? Am I free to be the real me? Why or why not? What is holding me back?



# Third Eye Chakra



Intuition, Insight & Perception

Sanskrit Name: Anja

Affirmation: I SEE

Location: Between the Eyebrows

Colour: Indigo



## PHYSICAL BODY ASPECTS

Eyes, sinuses, base of skull,  
pineal gland, temporal  
lobe, brain, nervous system  
headaches, migraines, vision

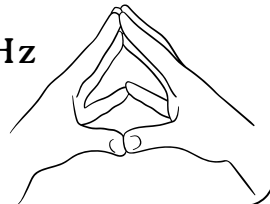
Element: Light

Mantra : OM

Frequency: 852 Hz

Note: A

Hakini Mudra:



## WHEN BALANCED YOU ...

- Listen to and trust your intuition
- Have a deep knowing of what's beyond the physical
- Will have clarity & your emotions will be balanced
- Receive guidance through messages and visions
- Make decisions that allow you to follow your dreams

## SYMPTOMS OF AN IMBALANCE IN THE THIRD EYE CHAKRA...

- Feeling anxious
- Lack of clarity and imagination
- You don't trust your inner voice/intuition
- You reject the spiritual aspects of yourself
- You feel stuck and unable to make a plan forward
- You have headaches and/or overthink
- You experience nightmares or sleep disturbances
- Vision problems, neurological disorders, vertigo

## CRYSTALS

Lapis Lazuli  
Amethyst  
Labradorite  
Lepidolite  
Azurite

## ESSENTIAL OILS

Frankincense  
Clary Sage  
Lavender  
Cypress







**“The intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that honours the servant and has forgotten the gift.” - Albert Einstein**

## **RECOMMENDATIONS TO BALANCE THE THIRD EYE CHAKRA**

- Get a good night's sleep
- Meditation
- Nourish your body with blue and purple foods (blueberries, blackberries, plums, cabbage, grapes, organic dark chocolate)
- Surround yourself with the colour indigo, visualize indigo during meditation in the between the eyebrows, glowing and growing bigger.
- Use, wear or surround yourself with the essential oils and crystals that support the third eye chakra
- Strengthen and trust your intuition
- Yoga poses - Downward dog, Child's pose, Forward Bend
- Energy healing, breathwork
- Say daily affirmations and journal

## **THIRD EYE CHAKRA AFFIRMATIONS**

**I see clearly. I follow and trust my intuition. I am connected to my inner guidance. I look inward and recognize what is true. I find wisdom from my past and healing in the present. I use my intelligence and intuition to light my way forward.**

## **THIRD EYE CHAKRA JOURNAL PROMPTS**

- When I was young, was I encouraged to trust my intuition? Or was I encouraged to see things from a logical and rational perspective? Did I trust or distrust my inner knowing?
- Do I allow my intuition to guide my life choices? Am I able to move beyond my five senses and see things from a higher perspective?
- Do I have vivid dreams? Is it easy or hard for me to remember my dreams? Do I believe that I receive signs, symbols and messages in my dreams? What is a recent dream and what can I interpret from it?





# Crown Chakra



Oneness, Spirituality & Divine Guidance

Sanskrit Name: Sahasrara

Affirmation: I KNOW

Location: Top of the head

Colour: Violet/White



## PHYSICAL BODY ASPECTS

Central nervous system,  
cerebral cortex, upper spine

Element: Thought

Mantra : AUM

Frequency: 963 Hz

Note: B

Mudra of a thousand petals:



## WHEN BALANCED YOU ...

- Feel connected to the universe and the divine
- Understand that we are all connected and that our individual identity goes beyond the physical form.
- Have wisdom and self-awareness.
- Feel serenity, peace, guidance and joy in life.

## SYMPTOMS OF AN IMBALANCE IN THE CROWN CHAKRA...

- Feeling disconnected from higher self
- Feeling depressed, alone, unsatisfied
- Unable to let go of anxiety/fear,
- Struggling to connect with your spirituality
- Difficulty trusting your inner guidance and path in life.
- Depression, memory loss, headaches, sensitivity to light/sound and confusion.

## CRYSTALS

Clear quartz  
Selenite  
Apophyllite  
Herkimer Diamond  
Celestite  
Amethyst

## ESSENTIAL OILS

Lavender  
Myrrh  
Frankincense  
Sandalwood





**“A person experiences life as something separated from the rest - a kind of optical delusion of consciousness. Our task must be to free ourselves from this self-imposed prison, and through compassion, to find the reality of Oneness” - Albert Einstein**

## **RECOMMENDATIONS TO BALANCE THE CROWN CHAKRA**

- Meditation
- Stop believing thoughts that do not serve you
- Connect to your higher self
- Reduce clutter from your life
- Nourish your body with lots of water, fasting
- Wear and surround yourself with the colour violet/purple, white or gold, visualize the colour during meditation on the top of the head, glowing and growing bigger.
- Use, wear or surround yourself with the essential oils and crystals that support the crown chakra
- Breathwork, energy healing
- Say daily affirmations
- Journal

## **CROWN CHAKRA AFFIRMATIONS**

**“ I know I am an extension of the universe. I will live in a present moment. I am connected to all. I am connected to my higher self. I am living my spiritual truth. I receive spiritual guidance from my higher self and from the divine.”**

## **CROWN CHAKRA JOURNAL PROMPTS**

- When I was young, was I taught to follow a rigid religious or spiritual belief system? What part did religion & spirituality have on my upbringing? Is it still affecting my life today?
- Do I feel deeply connected to spirit (God, Source, Creator or Universe)? Have I felt betrayed by God? Why do I think that?
- Do I feel called to follow a higher purpose in life? Am I inspired to change and improve the world in ways I can? What is my greater purpose?

