

ROOT CHAKRA



The Root Chakra is the stabilizing chakra as it grounds us into physical reality. This is the chakra that allows us to ground the energies coming through our crown, down into physical manifestation.

This chakra is the first chakra in babies to develop and centers around security and comfort. It is the first awareness we have of being safe or not safe. In the lower frequencies, this chakra can become highly damaged through neglect, abuse, trauma, fear, and lack of consciousness.

When this chakra is developed properly, we are cared for, nurtured, and we feel safe and connected to our bodies and the Earth. This is where environment becomes a huge factor, especially for infants and young children.

As adults, when this chakra is blocked or damaged, we lack Divine Trust. We do not feel safe in our vessels, or in our environment, thus we seek control and operate out of fear and fight or flight. We can also feel ungrounded, disconnected, and lack focus & discipline.

This can manifest through disease and/ or illness and pain. Most commonly this develops as lower back pain, pain and/or damage to the legs/knees/feet, sciatica, kidneys or spleen.

Recommendations for healing this chakra:

- “I AM Trust” Mantra daily
- placing your bare feet on the ground daily
- stretching & conscious breathing daily
- ingesting more grounding tools such as red meat, coffee, or organic tobacco
- releasing control and learning to live in the unknown
- dissolve all savior/victim programming
- meditate

Healing Remedies

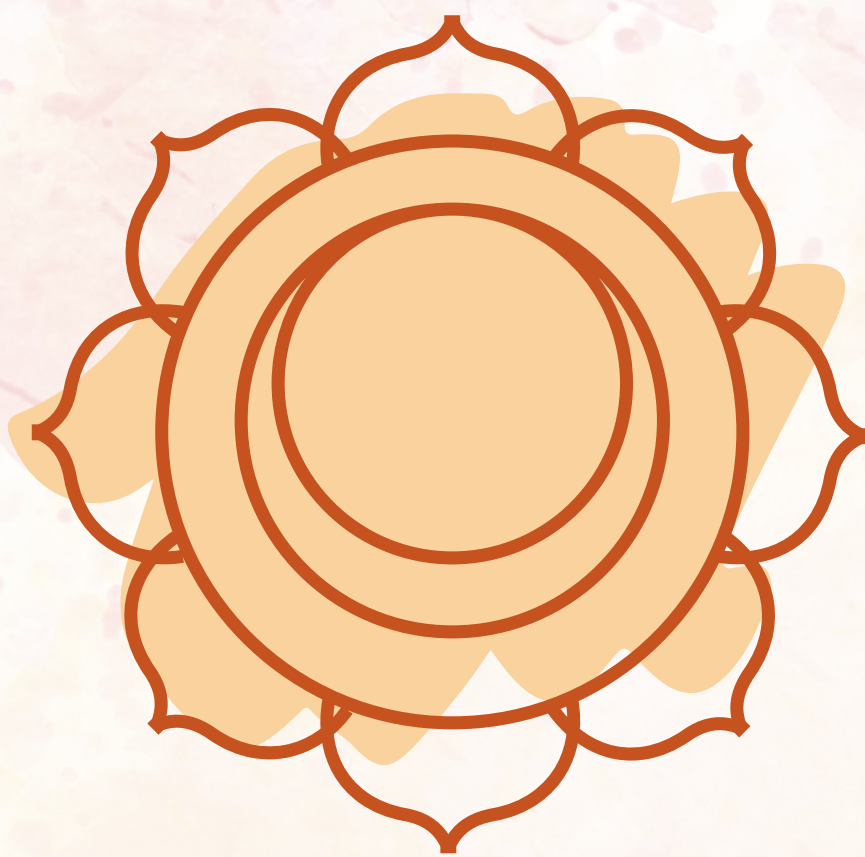
- dandelion root
- ginger
- sage oil/burning sage
- Goji Berry
- Hibiscus

Healing Crystals

- Ruby
- Garney
- Black Tourmaline
- Smoky Quartz
- Bloodstone
- Amber



SACRAL CHAKRA



The sacral chakra develops early in young children and activates during the ages of 7-14.

The Sacral Chakra is our life force energy, our yin/feminine/creative force that flows through us to be expressed. Feelings of joy, creativity, excitement, & bliss come through this chakra.

In young children, this chakra is very active as children are filled with life force energy to be expressed through play, creativity, and joy. Children love to create & play as this chakra center is their form of genius and expression.

Once a child hits the ages of 7-14, this Chakra also begins to activate the emotional component. This is a very feminine, yin energy that must be integrated within the child. This is where they learn compassion, kindness, and also how to process their emotions. This is why many children in this age group can develop confusion and overwhelm as they are flooded with emotional energy.

If the child does not have the proper support during this time, or they are shut down/prevented from expressing themselves emotionally, they develop trauma in this chakra.

Similarly, if the child is not encouraged to continue to express themselves creatively, and instead, forced to focus on 3D educational structures, they will develop a block in their creative expression.

Sexual trauma and abuse also create deep wounds here that often create dysfunction in the energy of this chakra.

Illnesses or pains associated with a blockage or damage to this chakra include:

- disease within the reproductive organs
 - painful PMS/periods
 - impotency
 - infertility
 - cysts
 - bladder issues
 - hip pain
 - STDs
- lack of feeling and/or depression + lack of joy

Recommendations for healing this chakra:

- “I Accept, Embrace + Allow” Mantra daily
- journaling daily feelings and triggers
- creative expression 3-5x per week
- Nurturing self & self-care
- forgiving yourself, all others, and all events
- cutting chords daily and reconnecting chords to everything whole, pure and true

Healing Remedies

- Orange & cinnamon scents
- Ylang Ylang Oil
- Jasmine flowers/oil
- Poppy
- Calendula

Healing Crystals

- Coral
- Carnelian
- Copper
- Moonstone
- Orange Calcite



SOLAR PLEXUS



The solar plexus is a very key chakra within the ascension process. The stomach and gut is where the EGO lies (also in the left brain). The Solar Plexus is our power center, it is where we emanate source energy from and how we express our divine Co-Creator power.

The EGO overtook the solar plexus and flipped it into being a black hole. Instead of being empowered by Source, we either go into power-over others, or lack of empowerment and people pleasing. When this energy is out of balance, it also causes an imbalance with our consumption. We overeat, eat in EGO, and we actually suck energy into our stomach.

The stomach is a sensitive part of the solar plexus as it is the main chakra point that processes energy. When we have a Solar Plexus blockage or damage to the chakra, we lack our own discernment, issues around food/eating, stomach issues such as IBS, weight gain, stomach ulcers, etc. We can feel sluggish, lazy, or agitated and reactive.

Trauma to this chakra occurs from environments and/or childhood where we were not empowered, were controlled, bullied, or overly dominating. Look at the relationship to the Father as this relationship typically establishes whether one feels fully empowered or self-sufficient.

Cutting chords and attachments to beings that take our energy or overpower us will eliminate a lot of stress taken on through the solar plexus.

BOUNDARIES are key to having self-empowerment. Stop complaining, cut negative thoughts, & practice following through and taking action which boosts empowerment.

Common pains or illnesses that manifest as a result of damage or blockage to this chakra are:

- IBS
- Food allergies/sensitivities
- over consumption
- addiction to sugar
- fat and/or bloating on the stomach
- stomach ulcers
- cancer

These manifest by a lack of self-empowerment.

Seeking outside yourself for energy through food, energy drinks, coffee, validation, external acceptance, etc. All of these frequencies and addictions suck the life force out of us and turn us into energy addicts. The body can no longer sustain off its own energy and has to seek to take from an outside source, while being unable to process all of the emotions and energy that its absorbing.

The biggest issue with a blocked solar plexus is lack of self-love, self-doubt, lack of empowerment, and issues of blame, projection and externalization. When you focus solely on the external, you lose focus on your own inner journey which is the only thing we will ever have control over.

Recommendations for healing this chakra:

- “I AM Sovereign” Mantra daily
- aromatherapy/sound healing
- yoga

-EGO death ceremony

-cutting chords daily and reconnecting chords to everything whole, pure and true

-laugh! Take nothing personal

-dissolve all victim consciousness

-Get 20-30 mins of Vitamin D sunlight per day. If unable to do so, invest in red light and/or sun lamps for therapy.

-Garlic Cleanse

Healing Remedies

-coconut oil (one spoonful daily)

-black pepper

-turmeric

-colloidal silver

-cinnamon

-rosemary

-cypress

-sandalwood

-chamomille

-lemongrass

-ginger

-garlic

-Mint

Healing Crystals

-topaz

-citrine

-tiger's eye

-yellow calcite



HEART CHAKRA



The Heart chakra is the center of the chakra system. In 3D, we function solely from the first three chakras. This is the loop that we are kept in because we have not yet anchored ourselves into the higher frequencies of 4D/5D. Once we begin to rise to the 400-500 level frequencies, we have the true heart opening.

An open-heart chakra is where all manifestation comes from. The heart creates an electromagnetic field that sends out the vibration of love and therefore creates our reality. When we live in fear, judgment, blame, anger, etc., our heart chakra is closed down thereby creating a reality that is a match to fear.

When the heart chakra is blocked or damaged, due to traumatic events, lack of self-love, fear, grief, lack of feeling, etc., we develop physical illnesses such as heart attacks, anxiety, asthma, high blood pressure, and more.

Damage to this chakra develops quite easily because the heart is our most precious jewel. The most common forms of damage to the heart chakra stem from childhood abuse/trauma, loss and grief, and heartbreak. These experiences cause us to close down because we forgot how to unconditionally love.

Blockages to this chakra can occur for many reasons including fear, doubt, lack of trust, taking things personally, victim consciousness, etc. These create blockages which slowly cut off our ability to fully feel and have us responding out of fear of our wounding.

Recommendations for healing this chakra:

- “I AM Love” Mantra daily
- Deep Breathing meditation
 - Tree Meditations
 - Rehearting Divine Traits
- Choosing love in every moment
 - Self-love disciplines
- Forgiveness, dissolving all fear, & practicing vulnerability
 - Letting go of the past
- Embracing child-like joy & wonder
- Embodying compassion, kindness, empathy, and peace

Healing Remedies

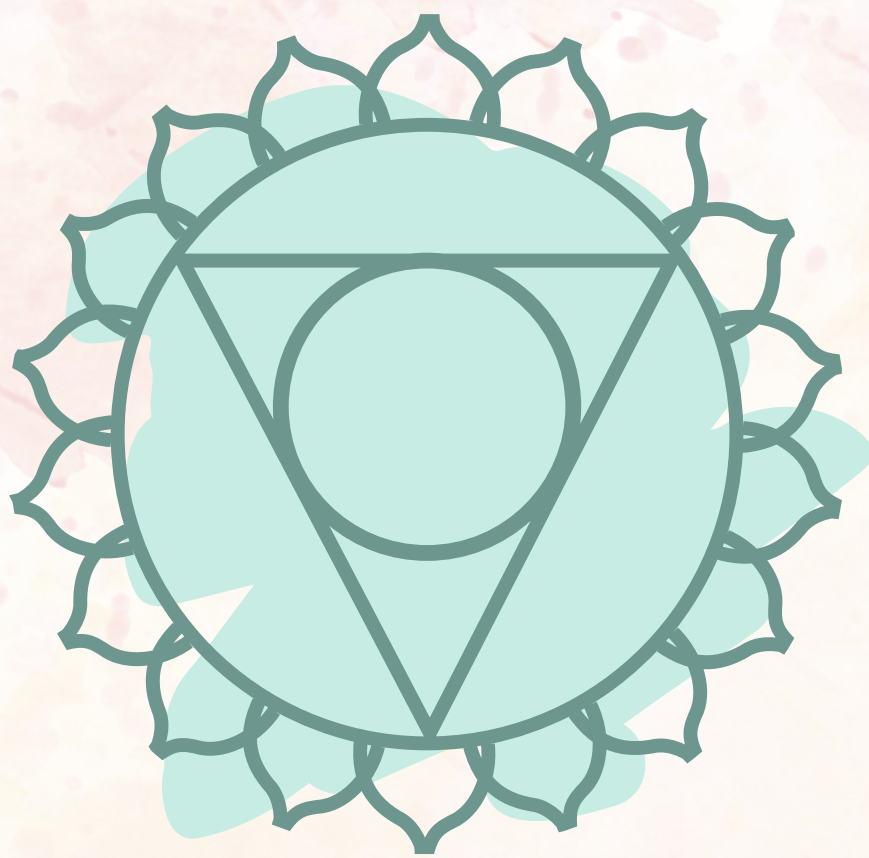
- Rose Oil
- Jasmine
- Honey Suckle
- Releasing
- Music therapy
- vitamin D + C

Healing Crystals

- rose quartz
- rhodochrosite -
emerald
- green aventurine



THROAT CHAKRA



The throat chakra has been the most attacked chakra in humanity and specifically the feminine.

Our throat chakras have been damaged and blocked so that we would feel fear of speaking the truth and be unable to express how we feel and express our love.

When our throat chakra is blocked or damaged, it occurs due to trauma of speaking and sharing. As a child, we may not have felt free to express how we feel or in expressing certain emotions.

Damage to this chakra comes from abuse, control, or a complete shutdown of our ability to speak up out of fear.

When this chakra is open, it is our portal of expression. All creative and inspirational energy can express through the throat. Singing, sharing, speaking, writing, crying, etc., are all amazing expressions through this chakra and are vital for our human evolution. In the upper realms, there is telepathy and shared consciousness.

Although we will eventually come to that point, we are still transitioning through the physical realm and therefore verbal expression is key. Our words are powerful and using the throat chakra in the highest is a way that we inspire others, share compassion and love with others, provide understanding, speak truth, and express our vulnerability.

When we use our throat chakras for the lower, we develop toxins within our chakras. Speaking lower words or lower frequencies will, over time, create illnesses linked to the throat and sinuses.

Recommendations for healing this chakra:

- “I AM Truth” Mantra daily
- Sound Healing
- Singing
- Practice Listening
- Speaking loving words
- Speaking truth no matter what
- Share your feelings through speaking, writing, singing, etc.
- Dissolve fear of judgement
- hot tea + lemon + turmeric + honey

Healing Remedies

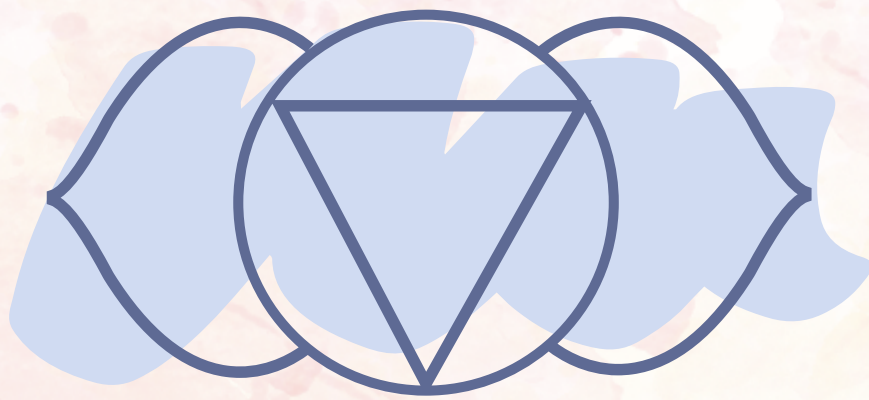
- Lemon Balm
- Eucalyptus
- Peppermint
- Rosemary
- Myrrh
- Raw Honey
- Red Clover
- Colloidal Silver

Healing Crystals

- Sodalite
- Blue Agate
- Angelite
- Amazonite
- Larimar



THIRD EYE



The third eye is our center of intuition and our ability to see clearly and see true reality through the illusion. It is our access to creative inspiration. The Pineal Gland is what activates our ability to perceive more than the 5 senses.

Our intuition is commonly referred to as our “sixth sense,” which is for the 6th chakra. Our pineal glands have been calcified in order to block our ability to access our divine intuition. This keeps us stuck in lower perceptions, belief systems, and the illusion.

This chakra is connected to the brain waves and our sleep cycle. Our pineal gland activates when we dream, but if we are not conscious while sleeping, our dreams could be infiltrated and hijacked to implant lower perceptions.

When this chakra is blocked or damaged, we feel stuck in mental loops and fear, confusion and lack of clarity, linear thinking, analyzing/logical, lost in thought, easily in fantasy, Superego/Spiritual Ego, stuck in opinions and judgment, ungrounded.

These damages and blockages occur from the time we are young and we begin to disconnect from our intuition and we lose our child-like wonder. Childlike-wonder is the key to activating this chakra. The more we are open to everything, without limits, beliefs or assumptions, the more we allow our divine intuition to come through. When we follow our intuition without doubt, we strengthen that connection.

When we bypass our intuition and go into analyzation & logic, we disconnect ourselves from our higher-self communication. The more we stay in wonder, observing miracles and synchronicities, we stay on the highest timelines. Higher perception is the doorway to full consciousness.

Recommendations for healing this chakra:

- “I AM Divinely Guided” Mantra daily
 - Use Your Imagination
 - Go Outside Your Comfort Zone
 - Garlic Cleanse
 - Drink Purified Water
- Sungazing/Moongazing -Reflection
 - Dream Journal
 - Candle Meditation
- Practice Your Intuition
- Dissolve Fear/thinking you know better
 - Conscious Sleeping

Healing Remedies

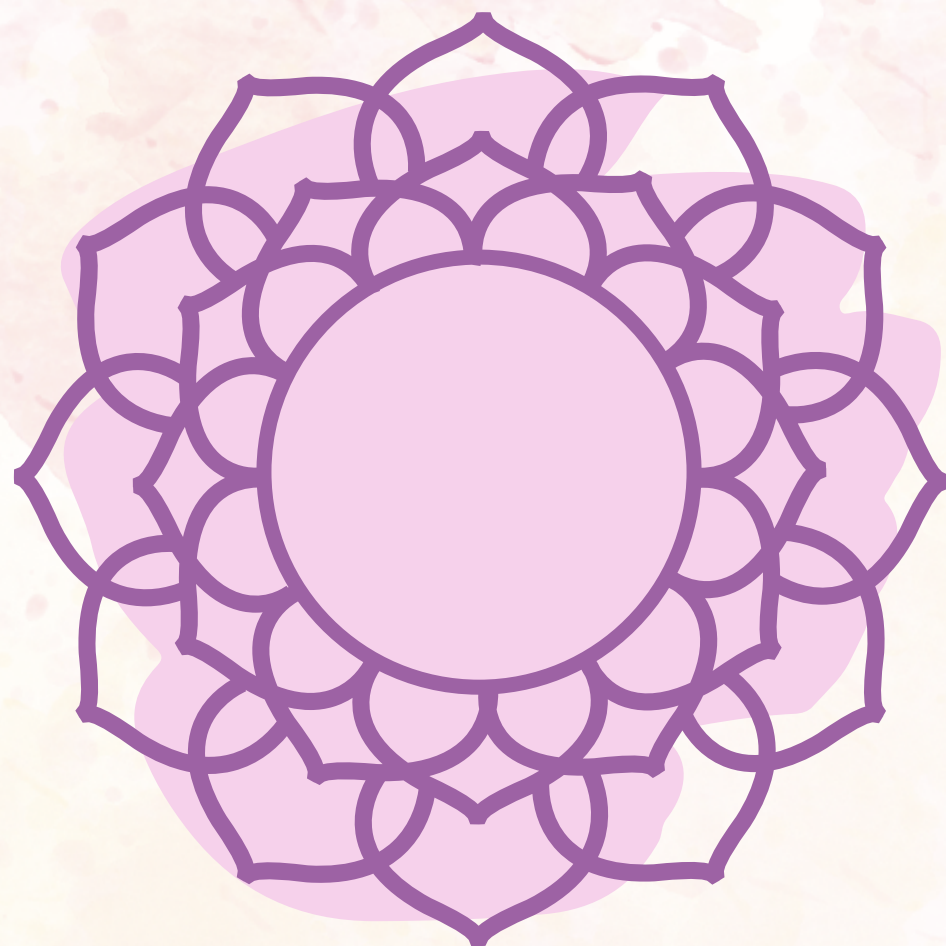
- Visualization
 - Saffron
 - Basil -
Lavender
 - Blue Lotus
- Cutting Chords
- Blackberries/Blueberries
- Connect with Your Angels
- Dissolve Belief Systems
 - Sandalwood
 - Juniper

Healing Crystals

- Sapphire
- Kyanite
- Labradorite
- Amethyst



CROWN CHAKRA



The crown chakra is our portal to the etheric realm. This is the chakra that opens us up to higher consciousness, angelic messages, divine guidance, and divine intelligence. Our crown chakra function is very dependent on our brain function.

Damage or blockage to this chakra can occur from childhood where we were discouraged from using our natural gifts, trauma to the brain, or a very open chakra that we have shut down out of fear or stress.

When we are shut off from this chakra, we feel depressed, separated from Source and life itself.

We can develop anxiety and paranoia of the outside world because we have lost disconnection to ourselves. These blocks are taught to us by our environment.

With severe damage or blockage, this can result in hallucinations, Super Ego, nightmares, insomnia, alienation, loneliness, depression, fatigue, mental fog, lack of purpose, confusion, etc.

Once we focus on healing and opening up this chakra again, we begin to download our divine intelligence and our natural joy and inspiration for life. We renew our connection with Source & our angels and we begin to hear our Higher Self again, guiding us to our destiny.

Thought loops & lower perceptions, rigid identity and attachment to information can all block our connection through this chakra. This creates a mental fog that we cannot get past, and all must be dissolved so that the pure guidance can once again come through.

Recommendations for healing this chakra:

- “I AM Connected to Source” Mantra daily
 - Meditation
 - Prayer
 - Automatic Writing
- Cleansing (use sage, candles & incense)
 - Clearing your space
- Connect with Crystals
 - Talk to your angels
- document synchronicities

Healing Remedies

- Lavender
- Lotus Flowers
- Bergamont
- Automatic writing
- Chord Cutting
- Meditation
- Vitamin B

Healing Crystals

- Clear quartz
- Celestite
- Selenite
- Lepidolite
- Shungite

