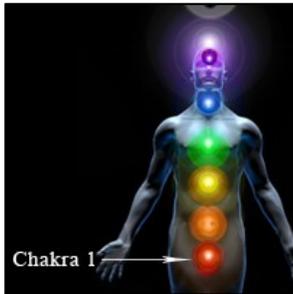


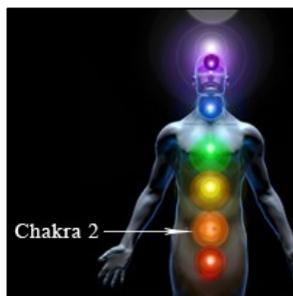
## Basic Chakra Meanings:

You may have already read about the chakras on our web site as suggested. Below are more in-depth explanations for each chakra and what its purpose is: The meanings below reflect balanced and healthy chakras. When a chakra becomes blocked, or impaired in some way, the functioning of the chakra becomes sluggish and out of balance causing any number of emotional and physical problems. Most of us have experienced sluggish or imbalanced chakras from time to time. In this course, you will be viewing your own chakras and doing self-healing for any blockages and imbalances detected.



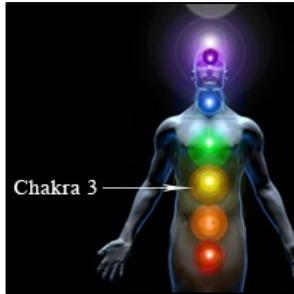
### **1<sup>st</sup> Chakra**

The root (or base) chakra is our major connection with the Earth. Its function is for providing a secure environment, self- preservation, and practical living in the everyday world. This is where we build our survival skills, the feeling of belonging to a group, and carry the instilled beliefs of family and society – “our tribe”. This is also where we feel grounded, safe, and secure.



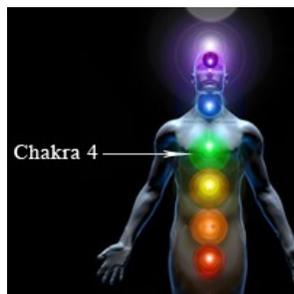
### **2<sup>nd</sup> Chakra**

The sacral chakra deals with our emotions and sexuality. Its function is to connect us to others through feeling, desire, sensation, and movement. Ideally this chakra brings us fluidity and grace, depth of feeling, creative fire, sexual fulfillment, and the ability to accept the ebb and flow of change.



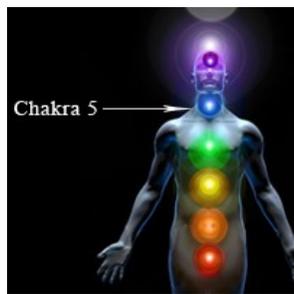
### 3<sup>rd</sup> Chakra

The solar plexus chakra's function is how we process our personal power, self-will, self-esteem, and self-acceptance. It's how we relate to others in the physical world. It's also where we *feel* events of intuition. This chakra is used by physical Mediums to produce physical phenomena and feats of psycho-kinesis. It is related to our physical psychic sense of CLAIRSENTIENCE.



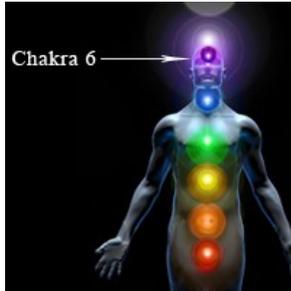
### 4<sup>th</sup> Chakra

The heart chakra is just like the name sounds, and its function, when balanced and healthy, is related to love and emotions. It provides integration for the mind, body, ego, and a feeling of unity. This chakra allows us to love ourselves, love others, love deeply, feel compassion, feel warm fuzzy, joy, and excitement. This chakra is associated with CLAIREMPATHY.



### 5<sup>th</sup> Chakra

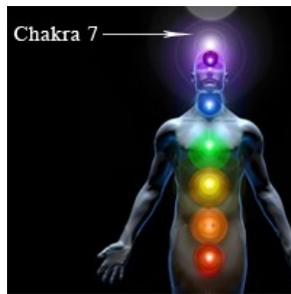
The throat chakra is related to verbal communication and creative expression. Here we experience the world through the vibration of spoken language. Here we can speak our truth and communicate what we think and feel. It is where we can convey ideas as well. This chakra is also where we can create musical expression with our own voice. This chakra is associated with CLAIRAUDIENCE.



### 6<sup>th</sup> Chakra

The Third Eye, aka the brow chakra or Anja, is related to the act of seeing, both physically (objective vision) and psychically (subjective vision). This is the seat of clairvoyant abilities.

Intuitive thoughts filter down from the Third Eye chakra to the solar plexus chakra as intuitive feelings. This chakra works in tandem with the 7<sup>th</sup> chakra. This chakra is associated with the psychic sense of CLAIRVOYANCE.



### 7<sup>th</sup> Chakra, the Final “In-Body” Chakra

The crown chakra relates to consciousness as pure awareness.

It is our connection to the Divine world beyond our waking awareness to a timeless space of all-knowing. This chakra brings us knowledge, wisdom, understanding, spiritual connection, and bliss. It is the opening to our own Divine “GOD SOURCE”. This chakra is associated with psychic knowing, or CLAIRCOGNIZANCE.