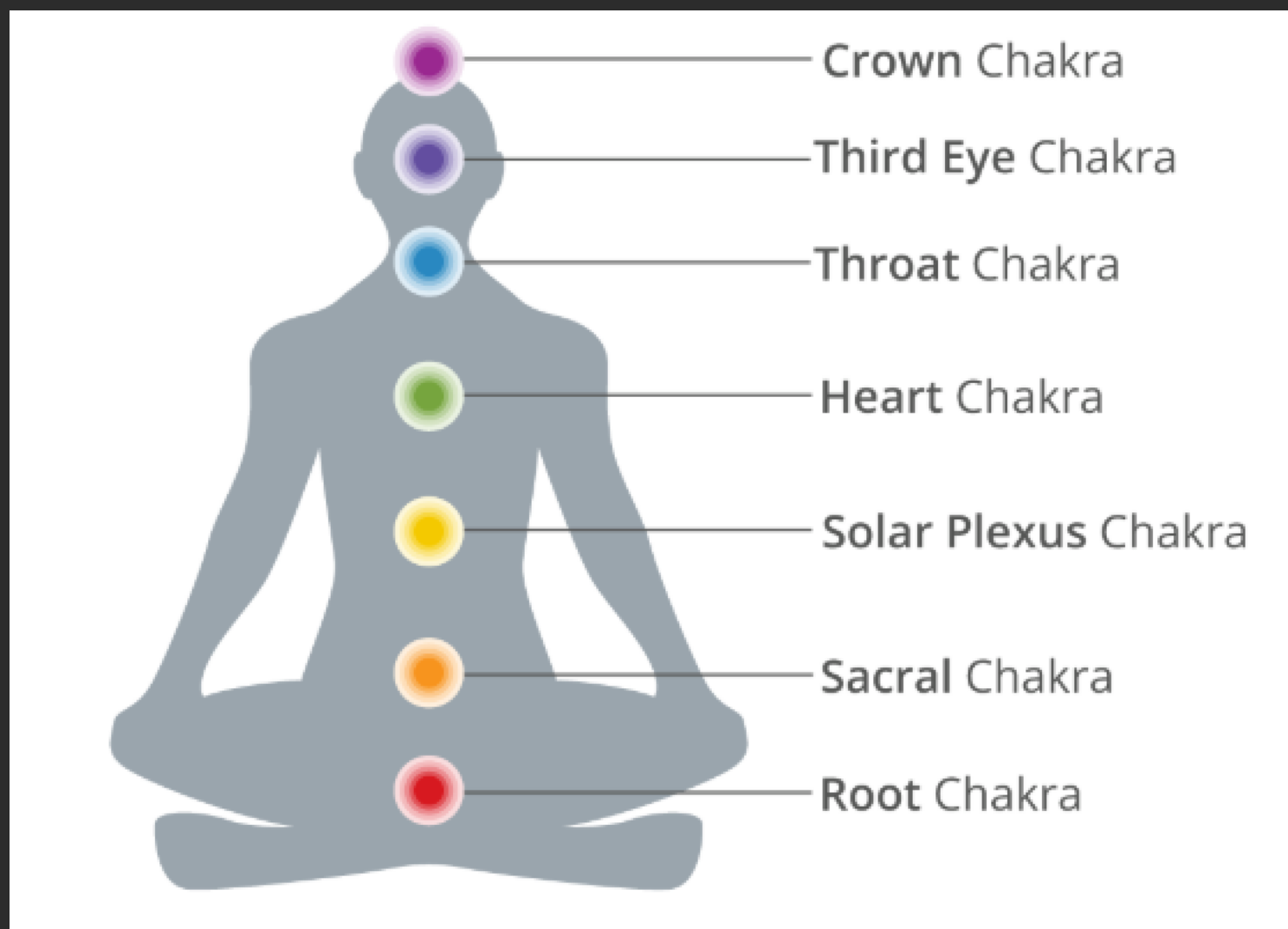


7 Chakras

The seven chakras are thought of as the main energy points in your body, which run down the spine. Here's what to know about this ancient, complex energy system.



Root Chakra

Location: The base of the spine, in the tailbone area

Color: Red

Meaning: Physical identity, stability, grounding

A blocked root chakra can manifest as physical issues like arthritis, constipation, and bladder or colon problems, or emotionally through feeling insecure about finances or our basic needs and well-being. When it's in alignment and open, we will feel grounded and secure, both physically and emotionally.

Mantra: LAM

Sacral Chakra

Location: Just below the bellybutton, just above the pubic bone

Color: Orange

Meaning: Sexuality, pleasure, creativity

Issues with this chakra can be seen via problems with the associated organs, like urinary tract infections, lower back pain, and impotency. Emotionally, this chakra is connected to our feelings of self-worth, and even more specifically, our self-worth around pleasure, sexuality, and creativity.

Mantra: VAM

Solar Plexus Chakra

Location: The upper abdomen, in the stomach area

Color: Yellow

Meaning: Self-esteem, confidence

Blockages in the third chakra are often experienced through digestive issues like ulcers, heartburn, eating disorders, and indigestion. It's the chakra of our personal power. This means it's related to our self-esteem and self-confidence.

Mantra: RAM

Heart Chakra

Location: The center of the chest, just above the heart (the area called the "heart center" in some yoga classes)

Color: Green

Meaning: Love, compassion

Blocks in our heart chakra can manifest in our physical health through heart problems, asthma, and weight issues. But blocks are often seen even more clearly through people's actions. People with heart chakra blocks often put others first, to their own detriment. It's the middle of the seven chakras, so it bridges the gap between our upper and lower chakras, and it also represents our ability to love and connect to others. When out of alignment, it can make us feel lonely, insecure, and isolated.

Mantra: YAM

Throat Chakra

Location: The throat

Color: Blue

Meaning: Communication

As one would expect, this chakra is connected to our ability to communicate verbally. Voice and throat problems as well as any problems with everything surrounding that area, such as the teeth, gums, and mouth, can indicate a blockage. Blocks or misalignment can also be seen through dominating conversations, gossiping, speaking without thinking, and having trouble speaking your mind. When in alignment, you will speak and listen with compassion and feel confident when you speak because you know you are being true to yourself with your words.

Mantra: HAM

Third Eye Chakra

Location: Between the eyes, on the forehead, which is why it is also known as the "brow chakra"

Color: Indigo

Meaning: Intuition, imagination

Since this chakra is physically located on the head, blockages can manifest as headaches, issues with sight or concentration, and hearing problems. People who have trouble listening to reality (who seem to "know it all") or who are not in touch with their intuition may also have a block. When open and in alignment, it's thought that people will follow their intuition and be able to see the big picture.

Mantra: AUM

Crown Chakra

Location: The very top of head

Color: Violet or white

Meaning: Awareness, intelligence

The crown chakra is linked to every other chakra (and therefore every organ in this system), and so it affects not just all of those organs, but also our brain and nervous system. It is considered the chakra of enlightenment and represents our connection to our life's purpose and spirituality. Those with a blocked crown chakra may seem narrow-minded, skeptical, or stubborn. When this chakra is open, it is thought to help keep all the other chakras open and to bring the person bliss and enlightenment. As these are all energetic centers of the body that correspond to feelings, one of them probably resonated with you as you were reading. A different one may resonate with you tomorrow. It's likely that one resonates with you more than any others as a continuous problem, a chakra where you often deal with blocks. Other blockages may pop up every now and then. In the chakra system, these patterns have specific terms and there are recommended treatments.

Mantra: OOM

Chakra Foods

Root Chakra

Grounded and protective
Eat root vegetables.
Protein and red fruits are good.

Sacral Chakra

Creative and sensual
Eat carrots and pumpkin. Oranges and mangoes are also good.

Solar Plexus

Powerful and energetic
Eat yellow fruits.
Oats and ginger are also recommended.

Heart Chakra

Compassionate and loving
Eat green vegetables. Leafy greens and avocados are great.

Throat Chakra

Communicative and truthful
Drink fruit juices.
Figs and plums are also beneficial.

Third Eye

Intuitive and insightful
Eat purple berries.
Plums and purple potatoes are also good.

Crown Chakra

Clarifying and pure, divine
Take purified water, fresh air, sunlight.