

Chakras 101
A Manual for
Energetic Alignment



By
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Introduction

The word chakra refers to an energy center identified in ancient Buddhist and Hindu societies. References to the chakras are found in the [Upanishads](#) but it is believed that the knowledge of them predates the written word. The word chakra originates from a Sanskrit word meaning wheel or disc. They are usually visualized as vortices of energy and each corresponds to a specific organ of the body and function. They are more subtle than the physical body and serve to connect it to the astral or energy body.

Although the number of chakras in the body may vary from text to text, the general consensus appears to be that there are 21 minor and 7 major chakras. All texts that I have found pretty much agree on the location of the 7 major chakras and to which organs they relate as well as their corresponding colors functions. These chakras are located in a line from the sit bones to the top of the head along the spine.

When all chakras are functioning properly, energy is able to flow freely throughout the body. Healthy energy flow follows the chakras along the Kundalini pathway up and down the spine. It rises snakelike from the first or root chakra through each chakra to the crown chakra. However, when a chakra becomes sluggish or blocked, a person will most likely feel tired, irritated, anxious or even become ill. Chakras are affected by emotional stress, thought patterns and our reactions to events in our lives. It becomes necessary to cleanse or clear our chakras when we feel that one or more of them may be blocked. Clearing chakra blockages allows feelings that have been 'hidden' in them to be released, bringing relief to the mind and body.

Any number of techniques may be used to clear the chakras. Some techniques include sound, crystals or stones, [Reiki](#) and other energy modalities, [shamanic journeying](#), and meditation. At times, essential oils may also be used. In yoga, many of the asanas, poses, and mudras, hand positions, are designed to help keep the energy flowing through the chakras.

I approached this project with very much a beginner's mind as I had very little experience with the subject until recently. My research included quite a number of websites and books which are referenced at the end of this document. However, when it came down to assimilating a lot of conflicting information, I relied on my intuition and messages received through meditation. All of the meditations included in this text are the product of sitting down and asking for the best meditation for each chakra. If the meditation I have cited doesn't work for you, by all means, use a different one. I highly recommend sitting down and asking for your own mantra. These are the ones I feel led to share with you.

I was a little bit surprised at some of the information I found. I had no idea that foods, planets and astrological signs were in any way related to specific chakras. I have included this information but decided not to go into great detail about some of it for each chakra.

I've included the basic information about the foods because most of them made a certain amount of sense to me. Heavy proteins and root vegetables for the root chakra make sense and lighter fair for the higher chakras does as well. Many of the foods seem to be assigned because they are the colors associated with the chakra.

The sounds and musical notes match the vibration of each chakra. These are well documented and the information on these go back as far as the chakras from what I can tell. The same is true for the location of each chakra and the body parts and senses to which they are associated.

The scents associated with each chakra seemed to make the same kind of sense as the foods so I have not gone into great detail about any of them.

I have listed many of my resources at the end of this ebook so that you can gather further information for yourself if you feel like it. As I said at the beginning, there is a lot of conflicting information out there and you will have to decide for yourself what rings true for you.

Namaste,
Jackie

How to Use the Meditations in This Book

All of the meditations, mantras and hand positions in this book were given to me as I meditated on each chakra. Each one should begin by taking three long clearing breaths. Inhale deeply. Hold each breath for about three to five seconds then exhale slowly. This will help you to relax into the pose and your breath.

These meditations are best done in a seated position. I prefer to be seated on the floor with my legs crossed under me and recommend doing them in that position if it is comfortable for you. If it isn't, then find a position that is comfortable and feels right to you.

I recommend staying in each meditation for ten to fifteen minutes but you may wish to extend the time. I like to use a timer as I tend to lose myself in the energy of the meditation. Using a timer helps free me from starting to wonder how long I've been sitting.

You may want to use relaxing music but this is not necessary.

Try not to put any expectation of the result of your meditation. Sometimes I feel a deep connection to my innermost self and other times,, not so much. Sometimes I am completely free of thoughts and other times, thoughts seem to come and go with great frequency. I am still learning which 'thoughts' to listen to and which ones to thank and send on their way. I am developing a habit of asking "Is this a message?" when a 'thought' has a certain feel. I have also developed a habit of asking for specific information before I sit down to meditate. I often get the answer very soon after I begin which gives me time to be with it before I write it down or take any other action.

Use these meditations in whatever way feels best to you and serves your highest good. That may or may not be the exact way in which they are presented.

First – Root chakra - Muladhara

Symbol: Four red petals, square with a down-facing triangle

Location: base of the spine in the perineum

Color: red

Musical note: C

Scent: Sandalwood, oak moss, Frankincense

Stones: hematite, garnet, red jasper

Body parts associated with: kidneys, bladder, legs, lymphatic system, skeletal system, nose, adrenal glands

Sense: smell

Foods: Proteins, minerals and , of course, root vegetables.

Asanas: Mountain pose, Bridge pose, Warrior one
<http://life.gaiam.com/article/chakra-guide-root-chakra>

Planet: Saturn

Astrological sign: Taurus

Element: Earth

The first chakra provides the base for all other chakras and the energy it draws moves through the others and upward toward the crown. It seeks security above all else and is the seat of the flight or fight instinct. Its affinity for the earth element leads it to also seek balance, trust, groundedness and good health. It channels earth energy and finds connection to solid ground and nature. It ideally has a balance of both masculine and feminine energy.

The astrological sign most closely associated with the first chakra is Taurus which is no surprise since Taurus is considered one of the most powerful signs in terms of money and financial well being.

The first chakra is influenced by Saturn. According to Thomas Moore, Saturn's function is one of deep contemplation and intuitive insight. Marsilio Ficino related Saturn to eternal life and called it the true home of the soul. As the first chakra is also called the root chakra, we have a tendency to relate it only to the earth and our physical security. However, its relationship to Saturn seems to indicate a connection to the larger cosmic body. We feel its pull most in young adulthood, the time when we are

beginning to implement whatever plans we have for our lives, and in the later part of middle age when we are looking at how far we have come and how to spend our older years. Saturn's passage through our lives relates to feelings of control...how much control we feel that we have or don't have over things that matter to us. It rules discipline, work and duty and how we incorporate each in our lives and, more importantly how we feel about our accomplishments or lack thereof.

The sense of smell is most associated with the first chakra because it is our most primal sense. It seems to be fully present at birth and triggers the most vivid memories.

Signs of an out of balance or stuck root chakra include anxiety, the feeling of not having enough, over eating, unspecified anger and not feeling settled or secure. Other signs may be tripping, falling, bumping into things and general clumsiness. Since it is ruled by Saturn, depression may also be a sign of an unbalanced first chakra.

A person who operates from a balanced root chakra displays confidence and ease in manifesting wanted things and situations. As someone who feels at ease in his/her own skin, this person is trustworthy and attracts others who seek balance and security.

Meditations for First Chakra:

I recommend doing these meditations in a seated lotus position or as close as you can get to seated lotus with your hands palms down on your knees. If this is impossible for you, sit in a chair with your feet firmly planted on the ground.

Close your eyes and take three long deep breaths. Hold each breath for a few seconds before completely exhaling.

Relax into the pose and your breath.

Meditation one:

Repeat this mantra over and over in your mind or out loud.

“I forgive myself.”

Keep in mind that self forgiveness is a way of letting yourself off the hook for perceived shortcomings.

After a few minutes, you will probably start to name things for which you feel the need for self forgiveness. Past mistakes, things you feel that you may have done 'wrong' to yourself or others.

You may feel sadness but it is more likely that you will start to feel relief.

Feel free to question why you feel the need for forgiveness Be open to receiving an answer.

Stay with it for as long as you feel that you need to. This may be for a just a few minutes or an extended amount of time. Just stay with it. You will know when it is time to come out of the meditative state.

Meditation Two:

Follow the same steps as in meditation one but use one or more of the following mantras:

I love all of the money that comes to me.

I appreciate every dollar in my account.

I am so happy to have my home.

Second Chakra – Sacral chakra - Svadhisthana

Symbol: Six petals, circle containing a crescent moon

Location: Lower abdomen about three finger widths below the navel

Color: Orange

Musical note: D

Scents: Patchouli, Geranium, Jasmine, Clary Sage

Stones: carnelian, fire agate, orange calcite

Body parts: Blood, tears, urine, reproductive organs, hips, sacrum. Sex organs

Sense: Taste

Foods: Sweet fruits, nuts, cinnamon, cardamom

Asanas: cobra, triangle, backward and forward bends.

Planet: Jupiter

Astrological sign: Cancer

Element: Water

The second chakra is the seat of sexuality. Creativity and emotion. It seeks excitement, sexual expression, and learning new things. Closely related to the first chakra, it also craves a certain groundedness and balance. Music and art feed the second chakra. It is considered to have more feminine than masculine energy.

The sense of taste is connected to the second chakra as it is highly sensual and pleasure bringing. Sharing food creates a connection with others and with our communities. The types of food that we eat and share help define us culturally.

The astrological sign Cancer is said to rule emotions, receptiveness and fertility, all of which are associate with the second chakra. Cancer is also a water sign and the element for the second chakra is water.

The second chakra is said to be aligned with the planet Jupiter. We view the first chakra as the seat of the individual self and the second chakra as seeking connection to others. Jupiter brings connection to culture in its creating of music, art and life style. Jupiter's energy calms and warms that of Saturn which can at times be cool and unsettling.

Signs that the second chakra may be out of balance include an over active or under active sex drive, craving for sweet foods and a general lack of creativity. Physical symptoms may include lower back pain, abdominal pain and intestinal disruptions; gastro intestinal problems. Resistance to change and frequent emotional drama can also be associated with an unbalanced second chakra.

A person operating from a balanced second chakra tends to trust his/her instincts and intuition and tend to attract people who explore esoteric realms.

Meditation:

The mantra for this meditation is: I accept myself and/or I fully accept myself. You may ask in what ways you are not currently accepting yourself. Listen for the answer. Remember it is very difficult to accept another without judgment if you are unable to accept yourself in the same way. Your hands should be positioned with the edge of each hand on the corresponding knee and your palms facing each other. The pads or tips of your index fingers touch the pads or tips of your thumbs.

Additional meditations:

The second chakra is creative and active so walking meditation is helpful for it. Meditation involving music and chanting serve the second chakra very well.

Third chakra – Solar plexus – Manipura

Symbol: Ten petals, circle containing down-facing triangle

Location: Solar plexus, upper abdomen

Color: Yellow

Stones: citrine, yellow topaz, amber

Musical Note: D

Scents: rose, myrrh, melissa

Body Parts: pancreas, liver, small intestine, gall bladder

Sense: Sight, both physical and metaphysical

Foods: grains, dairy, ginger, cumin

Asanas: Bow, cobra, fish. Sun salutations, twists

Planet: Mars and Sun

Astrological sign: Aries

Element: Fire

Known as the power chakra, the energy of the third chakra tends to be more masculine than feminine. It is heavily involved with the ego and the intellect as well as intuition.

Its planet is Mars, named for the god of war and it is also heavily influenced by the Sun. Add in the astrological sign of Aries and you've got one hot chakra. The trick to using the influence of Mars to your advantage is to realize that the same fire that can be destructive and all consuming can also be harnessed to give its energy to your more positive aspects. The 4th chakra can burn with anger, fear or feed an overbearing ego in its quest for a feeling of control. However, it can burn with ambition, love and confidence.

An unbalanced third chakra can be related to anger, control issues, and hatred if it is over active. If it is under active, feelings of helplessness and lack of control can be present. Physical symptoms may include digestive problems and eating disorders.

A person operating from a healthy third chakra feels in control of his/her life and listens to his/her intuition.

Meditation:

The mantra for this meditation is: My power lies within me.

Be aware of the ways you look outside yourself for validation, the times you compare yourself to others, the times you feel the desire of someone else's approval. These are the times that you are giving your power away and looking for it outside yourself. No one can 'fix' you. You don't need to be fixed. You aren't broken.

Additional mantras:

I approve of myself.

I choose my own path.

Fourth Chakra – Heart Chakra - Anahata

Symbol: Twelve-petaled lotus, circle containing two intersecting triangles

Location: Heart

Color: green

Stones: emerald, jade, green tourmaline, rose quartz

Musical Note: F#

Scents: rose, geranium, palmarosa , lavender

Body Parts: heart, shoulders, arms, hands, lungs, thymus gland, breasts

Sense: Touch

Foods: leafy green vegetables

Asanas: camel, cobra, fish

Planet: Venus

Astrological sign: Libra

Element: Air

The fourth chakra's location in the middle of the body makes it the bridge between the lower and higher chakras. The first three chakras are concerned with the individual self in terms of survival, creation and power. The heart chakra balances these elements with the last three chakras which are more concerned with the connection to the higher realms. It's energy is mostly feminine with nurturing qualities.

The fourth chakra relates to the planet Venus which is named for the goddess of love. It is notable that the Goddess Venus was said to live between the heavens and the earth which seems appropriate for the chakra which connects the lower and upper chakras.

Libra with its scale relates to the heart chakras tendency to seek balance between the higher (head) chakras and the lower (body centered) chakras. Libra is also a sign that is associated with relationships which are ruled by the hearts.

An out of balance fourth chakra is sometimes expressed as jealousy, neediness, low energy, over sensitivity or putting the needs of others ahead of ones own. In physical terms it can be associated with breast or lung cancer, heart disease or a tendency to injure the hands, arms or shoulders.

A person with a balanced and healthy heart chakra is loving and giving but is very self aware when it comes to taking care of his/her own needs. This person is accepting of him or herself which allows him/her to be more accepting of others. He/she tends to attract people who don't have agendas.

Meditation:

Your mantra is: I am.

The idea is to be open to your connection to All That Is and receive divine love. After a while, you may start to get words after 'am'. Words such as beautiful, successful, loved, divine.....

Let the words wash over you and the love flow through you. Bask in this energy.

Fifth Chakra – Throat Chakra - Vishuddha

Symbol: Sixteen petals, circle containing a down-facing triangle containing a circle

Location: Throat

Color: Blue

Stones: Blue calcite, selenite, blue argonite

Musical Note: G#

Scents: elemi, sandalwood, neroli, ylang ylang

Body Parts: thyroid gland, larynx, jaw, neck, mouth

Sense: Hearing

Foods: watery fruits, liquids

Asanas: camel, bridge, plow, shoulder stand

Planet: Mercury

Astrological sign: Gemini

Element: ether

The fifth chakra connects the heart and head, emotions and thoughts. It is associated with self expression. It seems to be one of the most easily clogged or blocked chakras as we censor ourselves rather than just blurting out every feeling and thought. It seeks truth and clarity in communication.

The planet Mercury, named for the messenger of the gods is good fit for the fifth chakra. This is the chakra that connects the head with the heart and lower chakras. It is the bridge between what is and what is imagined. The energy of Mercury is fluid and fast moving.

As the ruler of the astrological sign Gemini, Mercury is well positioned to perceive the what isness of a current situation while scouting for different perceptions of its reality.

An unbalanced fifth chakra is sometime expressed as a cold, sore throat, laryngitis, toothache or dental problems as well as sores in the mouth or on the tongue. It can also be expressed as a fear of speaking up, stuttering or other speech impediment as well as hearing problems.

A person with a well balanced fifth chakra speaks his/her own truth and can be trusted to speak truth to authority. This person has a high degree of compassion for others and practices forgiveness.

Meditation: I trust my intuition.

Listen for what your inner guidance is saying during this meditation. Don't try to stop its flow. Ask for clarification. This chakra wants clear communication. Ask with your heart and with your head. Listen.

Alternate meditation:

I hear my own truth.

Sixth Chakra – Brow or Third Eye Chakra -Agya

Symbol: Two large petals, circle containing a down-facing triangle

Location: center of forehead

Color: indigo

Stones: lapis, sapphire, sodalite, amethyst

Musical Note: High A

Scents: Peppermint, Myrrh, Vetiver, lemon

Body Parts: pituitary gland, sinuses

Sense: 6th sense, inner vision

Foods: dark colored berries, red wine, poppy seed

Asanas: fish, shoulder stand

Planet: Uranus

Astrological sign: Aquarius

Element: light

The sixth chakra is associated with seeing oneself clearly with the inner eye. It receives intuitive information long hidden from our every day consciousness. It is connected to our psychic abilities.

The energy of Uranus supports the quickening of spiritual consciousness and interprets the divine in a way that we can more easily grasp. Situated between the 7th chakra and the throat chakra, the sixth chakra translates the messages gathered by the 7th. It seeks order in chaos and strives to connect the spirit with the mind.

The influence of Aquarius, an air sign, on the 6th chakra brings a lightness and clarity to the sometimes murky influence of Uranus. It helps to shine a light on our inner most thoughts and feelings that are sometimes hidden from our everyday consciousness.

An unbalanced sixth chakra can express as headaches, vision or hearing problems, balance issues, or running into objects.

A person with a healthy, balanced sixth chakra sees clearly what is in front of him/her and makes good decisions. He/she also has good memory and tends to attract like minded people.

Meditation: Peace is within me.

As we see all of the unrest in the world at large, it is easy to view it as something outside of us. It serves us to remember that we are a part of everything in our realm of experience. If we wish to live in a peaceful world, we must look for peace within ourselves. This is a very powerful meditation. I suggest staying with it for at least fifteen minutes. If done in the morning, the mantra will stay with you all day. While doing this meditation, rest your hands on your knees with the palms up. The thumbs and index fingers may or may not touch. It is not necessary to consciously make an effort for them to do so. The hands should be relaxed.

Seventh Chakra – Crown Chakra - Sahasrara

Symbol: Thousand-petalled lotus

Location: top or crown of head

Color: Violet

Stones: amethyst, clear quartz

Musical Note: B

Scents: frankincense, sandalwood, jasmine

Body Parts: brain and nervous system

Sense: spirituality

Foods: raw vegetables and juices

Asanas: Savasana (corpse pose)

Planet: Neptune

Astrological sign: Pisces

Element: Light

The crown chakra downloads energy from the higher realms. It is associated with all things spiritual. It is concerned with keeping us connected to our higher selves, to All That Is, to that from which we came and to which we will return.

The planet Neptune rules spirituality and endeavors to lead us out of our ordinary consciousness and into a more ethereal state. It is divine and compassionate in nature and is said to be of a higher octave of love than Venus, which rules the 4th chakra.

The astrological sign Pisces reminds us of the duality of our current existence. It is the sign of compassion and of self interests. Pisces reminds us that we are grounded in this plane and at the same time connected to All That Is. We have a tendency to view Pisces as conflicting parts of a whole but we have the option to view it as cooperative parts that make existing in human flesh possible. Think about how we have two eyes, two ears, two arms, two legs. It takes the cooperation of both of these pairs of organs for our bodies to function fully.

A blocked or clouded seventh chakra is at times expressed through depression, confusion and feeling disconnected from life in general. From a physical stand point, it may be associated with nervous disorders, Alzheimer's, headaches, and tumors in the brain. It can also lead to addiction to drugs or alcohol in its attempts to reach an altered state of consciousness.

A person with a well balanced seventh chakra feels peaceful and has a connection to Spirit. He/she tends to attract spiritually minded people.

Meditation: The purpose of this meditation is stillness and connection with All That Is. I suggest clearing your mind and being open to feeling the connection. If you need a mantra, I am one with the Universe, All That Is, God or whatever you are comfortable calling the force of creation may work for you.

The hand position is palms up with relaxed fingers.

Bibliography

This is probably not a complete list of the references that I used. It certainly isn't a complete list of everything I looked at, just the ones I used the most. If you decide to explore these sources, remember that I said right up front that there is a lot of conflicting information out there and many of these authors do not list their sources. I invite you to read as much information as you feel comfortable with and rely on your intuition to form your own conclusions.

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About the Author

Jackie Gaston has been an educator, administrator, and caregiver as well as a massage therapist. She is a Reiki master and has been doing energy work since 1996. She a mother to grown children and now lives with the love of her life and their dog, Lani, in Colorado.