



Module 3: CHAKRA 411

ROOT CHAKRA: Muladhara "Support"

Location: Base of spine (Coccyx); Groin.

Organs: Adrenal Glands; Bladder; Genitals & Spine.

Functions: Giving vitality in the physical body; Survival and Self-preservation traits are situated here; Instincts.

Color: Red (Secondary color is Black.)

Central Issue: Survival; grounding.

Orientation to Self: Self-preservation.

Goals: Stability; Grounding; Physical health; Prosperity; Trust.

Rights: To be here; to have.

Identity: Physical.

Metaphysical Qualities: Matters relating to the material world;

Mastery over the physical body; Grounding; Individuality; Stability; Stillness; Health; Courage & Patience.

Negative Qualities: Self-centered; Insecurity; Violence; Greed;

Anger; Over-protective of Physical Self; Spinal Tension;

Constipation.

Excessive Characteristics: Heaviness; Sluggish; Monotony; Obesity;

Hoarding; Materialism; Greed.

Deficient Characteristics: Frequent Fear; Lack of Discipline;

Restlessness; Underweight; Spacy.

Herbs/Incense: Cedar.

Gemstones: Lodestone; Ruby; Garnet; Smoky Quartz; Obsidian;

Onyx; Hematite; Bloodstone; Red Jasper.

Deities: Gaia; Auriel.





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SACRAL CHAKRA: Svadhisthana "Sweetness"

Location: Abdomen; Genitals; Lower back; Hips; Lower Abdomen to Navel Area.

Organs: Abdomen; Genitals; Reproductive organs; Uro-genital System; Kidneys; Gonads; Legs.

Functions: Sexuality; Enjoyment of Life; Self-esteem; Relationships; Desire; Assimilation of Food; Digestion.

Color: Orange.

Central Issue: Sexuality; Emotions; Desire.

Orientation to Self: Self-gratification.

Goals: Fluidity; Pleasure; Healthy Sexuality; Feeling.

Rights: To feel; to Want.

Identity: Emotional.

Metaphysical Qualities: Giving and receiving; Emotions; Desire; Pleasure; Sexual/passionate Love; Change; Movement; Absorbing New Ideas; Health; Family; Tolerance; Surrender.

Negative Qualities: Over-indulgence in Food or Sex; Sexual Difficulties; Confusion; Purposelessness; Jealousy; Envy; Desire to Possess; Impotence; Bladder Problems.

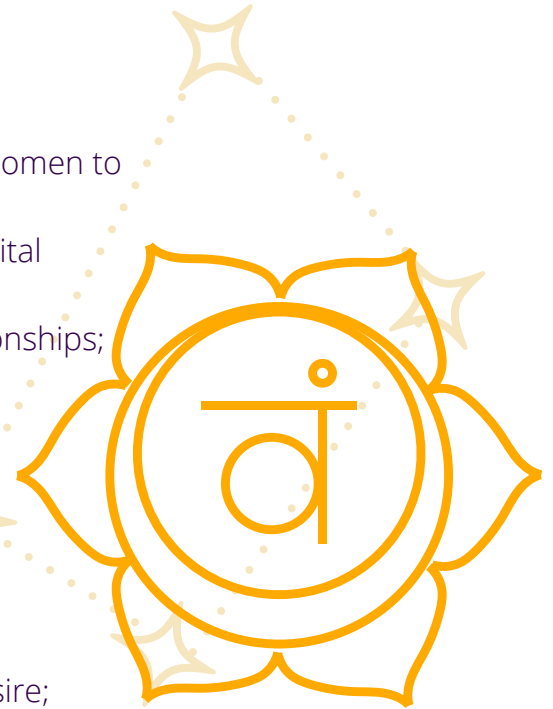
Excessive Characteristics: Overly Emotional; Poor Boundaries; Sex Addiction; Obsessive Attachments.

Deficient Characteristics: Frigidity; Impotence; Rigidity; Emotional Numbness; Fear of Pleasure.

Herbs/Incense: Orris Root; Gardenia.

Gemstones: Carnelian; Coral; Agate; Jacinth.

Deities: Diana; Neptune; Pan; Gabriel.





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SOLAR PLEXUS CHAKRA: Manipura "Lustrous Jewel"

Location: Solar Plexus; Above the Navel; Below the Chest.
Organs: Stomach; Gall-bladder; Liver; Pancreas; Solar Plexus; Nervous System; Muscles.
Functions: Vitalizes Nervous System; Metabolism; Digestion; Emotions.
Color: Yellow.
Central Issue: Power; Will.
Orientation to Self: Self-definition.
Goals: Vitality; Spontaneity; Strength of Will; Purpose; Self-esteem.
Rights: To act.
Identity: Ego.
Metaphysical Qualities: Will; Personal Power; Authority; Energy; Mastery of Desire; Self-control; Radiance; Warmth; Awakening; Laughter; Immortality; Humour; Strength.
Negative Qualities: Negative Desire for Power (Power-Hungry); Anger; Fear; Hate; Digestive Problems.
Excessive Characteristics: Dominating; Blaming; Aggressive; Scattered; Constantly active.
Deficient Characteristics: Weak Will; Poor Self-esteem; Passive; Sluggish; Fearful.
Herbs/Incense: Carnation.
Gemstones: Amber; Topaz; Citrine; Quartz; Tiger's Eye.
Deities: Amon-Ra; Brigit; Athena; Michael.





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HEART CHAKRA: Anahata "Unstuck"

Location: Center of Chest.

Organs: Heart; Thymus Gland; Circulatory System; Arms; Hands; Lungs.

Functions: Anchors the Life-Force from the Higher-Self. Energizes

Physical: Body and Blood. Blood Circulation.

Color: Green (Secondary Color is Pink.)

Central Issue: Love; Relationships.

Orientation to Self: Self-acceptance.

Goals: Balance; Compassion; Self-acceptance; Good Relationships.

Rights: To love and be loved.

Identity: Social.

Metaphysical Qualities: Divine/Unconditional Love; Forgiveness; Compassion; Understanding; Balance; Group Consciousness; Acceptance; Peace; Openness; Harmony and contentment.

Negative Qualities: Repression of Love, Emotional Instability; Unbalanced; Heart Problems; Blood Circulation Problems..

Excessive Characteristics: Co-dependency; Poor Boundaries; Possessive; Jealous.

Deficient Characteristics: Shy; Lonely; Isolated; Lack of Empathy; Bitter; Critical.

Herbs/Incense: Lavender, Jasmine.

Gemstones: Emerald, Tourmaline, Rose Quartz.

Deities: Aphrodite; Frejya; Christ; Raphael.





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THROAT CHAKRA: Visshudha "Purification"

Location: Throat.

Organs: Thyroid; Parathyroid; Hypothalamus; Throat; Mouth, Upper Lungs; Arms; Digestive Tract.

Functions: Speech; Sound; Vibration; Communication.

Color: Sky Blue.

Central Issue: Communication.

Orientation to Self: Self-expression.

Goals: Clear communication; Creativity.

Rights: To speak and be heard.

Identity: Creative.

Metaphysical Qualities: Power of the Spoken Word; True Communication; Creative Expression; Integration; Peace; Truth; Knowledge; Wisdom; Loyalty; Honesty; Reliability; Gentleness; Kindness; Sense of Responsibility.

Negative Qualities: Communication and Speech Problems; Knowledge Used Unwisely; Ignorance; Lack of Discernment; Depression; Thyroid Problems.

Excessive Characteristics: Excessive Talking; Inability to Listen; Over-extended; Stuttering.

Deficient Characteristics: Fear of Speaking; Poor Rhythm.

Herbs/Incense: Benzoin.

Gemstones: Turquoise; Lapis Lazuli; Chrysocolla; Green Aventurine

Deities: Mercury; Apollo.





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THIRD EYE CHAKRA: Ajna "To perceive"

Location: Brow; Center of Forehead; Between the Eyebrows.

Organs: Pituitary Gland; Left Eye; Nose; Ears; Spine.

Functions: Vitalizes Lower Brain (Cerebellum) & Central Nervous System; Vision.

Color: Indigo (Dark Blue).

Central Issue: Intuition; Imagination.

Orientation to Self: Self-reflection.

Goals: Psychic Perception; Accurate Interpretation; Imagination; Clear Seeing.

Rights: To See.

Identity: Archetypal.

Metaphysical Qualities: Soul Realisation; Intuition; Insight; Imagination; Clairvoyance; Telepathy; Concentration; Peace of Mind; Wisdom; Devotion; Perception Beyond Duality; Thought Control; Inner Vision; Understanding; Inspiration; Spiritual Awakening.

Negative Qualities: Lack of Concentration; Fear; Cynicism; Tension; Headaches;

Eye Problems; Bad Dreams; Overly Detached from the World.

Excessive Characteristics: Light Headaches; Nightmares.

Deficient Characteristics: Difficulty Concentrating; Poor Memory; Poor Vision; Unable to See Patterns; Denial.

Herbs/Incense: Mugwort; Star Anise.

Gemstones: Lapis; Quartz; Sodalite; Blue Sapphire.

Deities: Tara; Isis; Themis.





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CROWN CHAKRA: Sahasrara "Thousandfold"

Location: Top of the head; Cerebral Cortex; Top of the head; Half in Head & Half Protruding.

Organs: Pineal Gland; Cerebral Cortex; Central Nervous System; Right Eye.

Functions: Vitalizes Upper Brain.

Color: Violet.

Orientation to Self: Awareness.

Goals: Self-knowledge.

Rights: Wisdom; Knowledge; Consciousness; to Know.

Identity: Universal Attachment.

Metaphysical Qualities: Unification of the Higher Self with the Personality; Oneness with the Infinite; Spiritual Will; Inspiration; Unity; Divine Wisdom & Understanding; Idealism; Selfless Service; Perception Beyond Time & Space; Continuity of Consciousness; Connection to Inner-Guidance.

Negative Qualities: Lack of Inspiration; Confusion; Depression; Alienation; Hesitation to Serve, Senility.

Excessive Characteristics: Overly intellectual; Spiritual Addiction; Confusion; Dissociation; Learning difficulties.

Deficient Characteristics: Spiritual Skepticism; Limited Beliefs; Materialism; Apathy.

Herbs/Incense: Lotus; Gotu Kola.

Gemstones: Amethyst; Diamond; White Chalcedony; Moss Agate; Selenite (Desert Rose;) White Opal; Moonstone.

Deities: Zeus; Nut; Inanna.

