

Chakra Information Packet



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An Introduction to Chakras

One way to fully understand your whole being is to understand and experience your chakra energetic system. Chakras are energy centers located on and around your body. They are “wheels of energy” where life force energy blends with your physical energy. Chakras serve as revolving doors between mind, body and spirit. They take in energy, or life force from the universe, and process it so it can assimilate into your physical body. There are major and minor chakras; the major chakras manage your most critical bodily functions and *issues*, and the minor chakras regulate less fundamental needs. Your chakras also connect you to your multi-dimensional being.

Through your chakras you integrate your four main bodies; the physical, emotional, mental and spiritual. By becoming more aware of your chakras you begin to understand that these four bodies are connected and that any problem with one effects the rest. Any problem that you have, whether it a physical ailment, negative emotion(s), faulty beliefs or rigid, dogmatic spiritual perceptions, stems from or creates stuck energy. To fully heal from an ailment, you must release the stagnant energy that is the root cause of it.

By working with your chakras, you can clear away the stuck energy that does not serve your highest purpose. This broadens your perspective which will assist you in making the changes necessary for better health, relationships and personal and financial well-being.

Clear and healthy chakras lead to clarity and realizing your authentic self. With free and clear chakras, you realize abundance in loving relationships, you become in touch with your feelings and creativity, you access your personal power, you are able to fully give and receive love, you are open to express yourself and communicate freely, you gain an inner understanding of your being and the world that you live in, and you become connected to your highest self and feel an internal harmony that everyone should experience!

The following pages talk in detail of the seven major chakras; including their location, energy, element, sound and how they affect the physical, mental, emotional and spiritual aspects of your being.

1st Chakra

The first chakra is located at the base of the spine. It deals with making a commitment towards yourself and to others. It also deals with grounding your whole self into the Now and into Earth.

The first chakra deals with the desire to own and possess, as well as sex, sensuality and reproduction. It regulates the availability of our most basic needs; money, housing, food, clothing and loving relationships.

LOCATION: Base of spine

ENERGY: Survival

COLOR: Red

ELEMENT: Earth

SOUND: Lam

BODY FUNCTION: Elimination, sex drive

RELATED ENDOCRINE GLAND: Ovaries and testes

Reason for Blockages: Basic internal needs not being met. Insecurity. Sexual Dysfunction/Abuse. Protection and deserving issues.

Emotional Responses: Anger of the past, fear of deadlines, afraid to let go, feeling burdened, terror of abandonment, rage (hurt + anger), guilt, sexual pressure, numbness, being hypocritical, fear of money and the future, inability to flow with life, holding onto old ideas, distrust of life, lack of integrity, no courage or convictions, blaming others, angry emotions, down on partner, deep hurt, longstanding resentment, deep grief, carrying hatreds, tension, gripping.

Physical Effects: Prostate cancer, rectal cancer, hemorrhoids, blood diseases, skin disorders (especially rashes), itching, pain at base of spine, migraines, sacroiliac conditions, spinal curvatures, sciatic, lumbago, painful or frequent urination, backaches, poor circulation in legs, swollen ankles, weak arches and ankles, cold feet, weak legs, leg cramps, eczema.

Many hard-core addictions, such as alcohol, sex and cocaine are related to the 1st chakra. Also, anorexia is related to the first chakra.

Areas Affected: Sacrum, coccyx, hip bones, buttocks, rectum, anus, prostate gland, muscles of the lower back, sciatic nerve, lower legs, ankles, feet, skin.

When the 1st chakra is open and clear you are able to take the steps necessary to take care of yourself financially and provide for what is rightfully yours; a comfortable home, food and clothing. You are also able to relate to others on your own terms without a fear of abandonment. You understand that you deserve loving relations and connect with the flow of life.

2nd Chakra

The second chakra is located just under the navel. It is home to our feelings and creativity. It deals with recognition, acceptance, attention and love. The second chakra also corresponds with the first chakra in dealing with sex, sensuality and reproduction.

LOCATION: Just behind the navel.

ENERGY: Feeling, Creativity

COLOR: Orange

ELEMENT: Water

SOUND: Vam

BODY FUNCTION: Sensuality (expression of sexuality)

RELATED ENDOCRINE GLAND: Pancreas

Reason for blockages: Not being in touch with feelings, emotions; sexual dysfunctions, issues from stored, stuck, or unexpressed emotions from self or others, feelings of unworthiness, judgment against creative expression, co-dependency (storing another's feelings).

Emotional Responses: Fear, fear of opening, embarrassment, shame, distrust, impatience, desire to hide, nervousness, holding on, uptight, frustration, inadequacy, anger, tendency to push for things then give up, feeling victimized, expecting the worst, numbness, neediness, detaching from oneself and going out of body, feeling shut down, depression, denying your own needs, not supporting yourself, pissed off, blaming others, anger at a mate, punishing oneself, denial of self, rejecting femininity or masculinity, burning to itch, bitter words left unspoken, sexual pressure, tension, guilt, social beliefs, spite against a previous mate, fear of mother, emotional overflow, years of controlling emotions, fear of father, denial of pleasure, a belief that sex or intimacy/touch is bad.

Physical Effects: Appendix disorders, kidney problems, fertility issues, women's issues (such as PMS), candida, ovarian disorders, uterine problems, irregular or painful menstruation, miscarriages, impotency, bedwetting, knee pain, constipation, colitis, celiac disease, dysentery, diarrhea, incontinence, hernias, sterility, infertility, endometriosis, vaginitis, STDs, yeast, frigidity, creative blocks.

Soft addictions, such as carbohydrates or other foods is related to the 2nd chakra.

Areas Affected: large intestines, small intestines, lymph circulation, appendix, uterus, bladder, upper leg, knees.

When your 2nd chakra is open you are in touch with your feelings and are able to express them. You are also able to feel the difference between your own and others' feelings. This opens your creativity and allows you to be who you are!

3rd Chakra

The third chakra is known as the “Power Center”. The third chakra stores our judgments, opinions and beliefs that we have gathered throughout our lives; about ourselves and the world we live in.

LOCATION: The solar plexus (sternum)

ENERGY: Personal Power (and how it is used)

COLOR: Yellow

ELEMENT: Fire

SOUND: Ram

BODY FUNCTION: Digestive Function

RELATED ENDOCRINE GLAND: Adrenals

Reason for Blockages: The third chakra holds the beliefs or judgments that result in a lack of expression of strong emotions, such as love, hate, fear, anger. Suppressing, denying or holding in feelings. Beliefs resulting in sense of disempowerment, low self esteem, and control issues; not taking what is rightfully yours, not supporting others in their personal empowerment, feeling conflicted between who you are and who you are “supposed” to be, lack of self confidence.

Emotional Responses: Fear, a feeling of ‘what’s the use’, wanting to stop the process, felt lack of love as a child, defeated, anger, bitterness, condemning, prideful, prolonged uncertainty, feeling of doom, dread, anxiety, denying your own power, powerlessness, criticism, disappointment, failure, shame, child-like reacting, unresolved anger, chronic complaining, justifying, fault-finding to deceive self, wallowing in the past, rejection, belief in not being good enough. If issues arise from the spleen, violence towards self or others may occur.

Physical Effects: Jaundice, shingles, gall bladder problems, liver complications, fevers, low blood pressure, anemia, poor circulation, arthritis, stomach troubles, indigestion, nervous stomach, heartburn, dyspepsia, ulcers, gastritis, lowered resistance to diseases, allergies, hives, kidney troubles, hardening of the arteries, chronic tiredness, nephritis, pyelitis, eczema, acne, rheumatism, boils, gas, sterility, spastic colon, abdominal cramps, pancreatic, ulcers.

Addictions such as caffeine, beer and soda are related to the 3rd chakra. Also, bulimia is associated with the third chakra.

Areas Affected: Gall bladder, small intestines, lymph circulation, ureters, kidneys, adrenal and supra-renal glands, duodenum, spleen, pancreas, stomach, liver, blood, gall bladder, common duct.

When your 3rd chakra is open, you realize that you have choices in your life and you become in charge of your own destiny. You are also able to choose your own beliefs rather than conforming to the external beliefs imposed upon you.

4th Chakra

The fourth chakra is your love and intimacy center. It is located at the heart center. This chakra deals with love, courage, touch and intimacy.

LOCATION: Heart

ENERGY: How we give and receive love and affection

COLOR: Green (Pink and Gold)

ELEMENT: Physical Air

SOUND: Yam

BODY FUNCTION: Respiration, circulation

RELATED ENDOCRINE GLAND: Thymus

Reason for Blockage: Not expressing soft emotions, such as sorrow, heartbreak, depression, sadness, longing and pity. Inability to let go or process sadness and grief. Emotional wounds that are hard to heal, not trusting in the process of life, getting stuck in childhood, response to mass negativity and beliefs, being co-dependent, care taking issues.

Emotional Responses: Feeling attacked by life, feeling ‘they are out to get me,’ difficulties in giving or receiving, desperate, tired of life, fear, smothering love, unable to breath for oneself, feeling stifled, feeling of heartbreak, suppression of tears, intense sadness, grief, hopelessness, despair.

Physical Affects: Bronchitis, pleurisy, pneumonia, congestion, influenza, functional heart conditions, asthma, cough, difficult breathing, shortness of breath, pain in lower arms and hands, hyperventilation, allergies, sleep disorders, blood pressure.

Addictions such as sugar cravings, wine and smoking are related to the 4th chakra.

Areas Affected: Thymus (master gland of the immune system), lungs, bronchial tubes, pleura, chest, breast, heart, valves and covering, coronary arteries, arms from elbows down, hands, wrists, fingers, esophagus and trachea; shoulder conditions (especially left shoulder) and left knees...we displace our love issues and pain there

When the 4th chakra is open you are able to radiate love for yourself which enables you to receive and express love unconditionally rather than becoming dependent on others to love you. You also integrate your spiritual self with your physical being.

5th Chakra

The fifth chakra deals with expression and communication. It is located in the throat center. Through the fifth chakra we express what we think, feel, desire, and detest.

LOCATION: Throat Center

ENERGY: Communication and Expression

COLOR: Blue

ELEMENT: Subtle Air

SOUND: Ham

BODY FUNCTION: Glandular System

RELATED ENDOCRINE GLAND: Thyroid and Parathyroid

Reason for Blockage: Never to get to do what you want, belief you cannot speak up for yourself and ask for what you need, not knowing who you are, living from someone else's wants and needs, repressed anger, so mad you can't speak, emotional congestion, beliefs (old tapes) from others, humiliation and guilt.

Emotional Responses: Too much going on at once, wanting to hit someone, mental confusion, unbending bullheadedness, fear repressed emotions, stifled creativity, fear of speaking up, resentment of authority, fear of the calendar, belief in persecution, punishment for guilt, anguish over communication, not accepting of the self, dislike of the self, small outbursts of anger, incessant talking, mental eruptions, breath-taking antagonism, inability to say 'no' or 'yes', victimization from non-assertion.

Physical Affects: Bursitis, colds, thyroid conditions, stiff neck, pain in upper arm, tonsillitis, whooping cough, croup, laryngitis, hoarseness, throat conditions, sore throat, TMJ, quinsy, hay fever, neuritis, neuralgia, acne, pimples, eczema.

Areas Affected: Thyroid gland, bursae in the shoulders, elbows, neck muscles, shoulders, tonsils, vocal chords, neck glands, pharynx, lips, mouth, Eustachian tube, teeth, tongue, neck, throat, jaw, chin, cheeks, outer ear, face bones, trifacial nerve.

When open, your 5th chakra allows you to fully express yourself without fear of rejection. You are able to communicate your thoughts, feelings and desires. You are also able to speak up for yourself and effectively communicate your needs to others.

6th Chakra

The sixth chakra deals with your inner vision, intuition and intellect. It is located in the mid-brow, also known as the third eye.

LOCATION: Between eyebrows

ENERGY: Perception; Understanding, Clarity, Vision

COLOR: Purple

ELEMENT: Ether

SOUND: Ksham

BODY FUNCTION: Consciousness

RELATED ENDOCRINE GLAND: Pituitary

Reason for Blockage: Irritation to one person, someone close, allergic to someone, not liking what you see in your own life, not wanting to see what's out there, not wanting to see what's going on in the family, refusing to look, inability to see ahead with joy, dark future, resisting life's flow, not trusting life's process, not wanting to hear, longstanding emotional problems not solved, refusing to change old patterns, being stuck in thinking clogged, painful ideas; fear of the present, future, life, sex, seeing the self, self-image; cultural or gender-based misperceptions, denying your own trouble, "I" trouble, invalidating the self, self-criticism, not feeling good enough, not worthy.

Emotional Responses: Crossed purposes, stony unforgiveness, feeling overwhelmed, rejection, stubbornness, isolation, not wanting to be bothered, anger, too much turmoil, can't cope, blacking out, incorrect beliefs, dislike of being driven, anxiety, struggle, rushing, self-centeredness, "yes, but" attitude, lack of joy, flighty, scattered thinking, invalidating the self, self-criticism, jammed channels of communication, difficulty in planning the future.

Physical Affects: Sinus troubles, allergies, crossed eyes, deafness, eye trouble, earache, fainting spells, certain cases of blindness, sty, astigmatism, cataracts, farsighted, glaucoma, near sighted, exotropia, tension, headaches, brain, scalp, blood supply to the head, brain tumor, cancer, swelling, headaches, nervousness, anxiety, insomnia, head colds, high blood pressure, migraine headaches (also first and seventh chakras), nervous breakdowns, amnesia, chronic tiredness, dizziness, hormonal imbalances, growth or development issues, body-image disorders, anxiety disorders.

Areas Affected: Eyes, optic nerves, auditory nerves, sinuses, forehead, inner and middle ear. With an open 6th chakra you better connect with your intuitive abilities. You are able to see your life purpose from an expanded view and you have better trust in the process of life. Your consciousness and awareness are greatly expanded.

7th Chakra

The seventh chakra is your connection to your divinity. It is the state of unity and divine consciousness. It is located at the crown. The seventh chakra connects you to your higher chakras.

LOCATION: Crown

ENERGY: Spiritual connection, truth, unity conscious, universal cosmic connection

COLOR: White

ELEMENT: Primordial Material/Element; Ketheric, spiritual energy; Akasha

SOUND: Om

BODY FUNCTION: Connects body with higher states of consciousness

RELATED ENDOCRINE GLAND: Pineal Gland

Reason for Blockage: Disassociation or being ungrounded, spiritual misperceptions (for instance belief in ‘unforgivable sin’), spiritual brainwashing, curses.

Emotional Response: Lack of self-understanding, lack of direction, major depression.

Physical Affects: Immune system disorders, cancers, bone disorders, nervous system disorders, learning disorders or difficulties, schizophrenia, multiple personality disorder, neurosis, psychosis, headache, dizziness or light-headedness, migraine headaches (first chakra also—judgment of first chakra has conflict with seventh chakra spiritual beliefs), insomnia, serotonin, (pineal gland mirrors adrenal, both produce adrenaline cortisol and noradrenaline, except pineal also produces bmt which manifest spiritual revelation)

Areas Affected: Anything to do with the pineal gland, brain, cerebral cortex, upper neck.

By clearing the 7th chakra, you have the ability to rise to wider perspectives of your crown chakra yet stay aware of the wisdom of the other six. You encompass more than thinker, pleaser or other sub-selves. You expand your awareness to more than your body. You expand your perspective to everyone and everything, everywhere at all times. Be fully human and fully divine at the same time!

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Bryan D. Bertsch weaves ancient esoteric healing techniques with a pragmatic, modern approach to everyday challenges to bring clarity, focus and intent to every aspect of your life. Call Bryan at 612.388.7667 to learn more or visit <http://bryanbertsch.com>.