

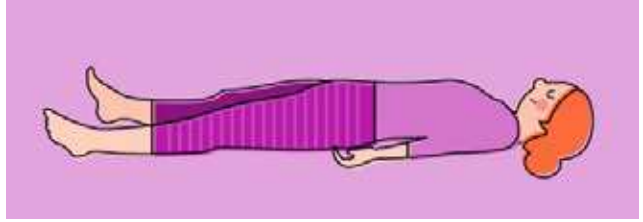
The background of the entire page is a repeating pattern of small, colorful circular icons. Each icon depicts a different yoga asana (pose) in a stylized, flat design. The colors of the icons vary, including shades of red, orange, yellow, green, blue, and purple, which correspond to the colors of the chakras. The icons are arranged in a grid that surrounds a large, central white circle with a thick purple border. Inside this circle, the title and subtitle are written in a clean, sans-serif font.

# CHAKRAS IN THE MODERN WORLD

*A Guide to Open and Balance  
Each Energy Center*

The word “chakra”—and its sometimes hard-to-grasp meaning—may feel foreign or unapproachable to many of us. Though the history of chakras spans centuries, the idea of balancing our seven main energy centers has gained popularity in the hyper-connected smartphone era where work-life balance and taking time to focus on the self are often rarities. In this book, you’ll find a breakdown of each chakra, its corresponding colors, sounds, and emotions, and ways to tap into the key functions. Because chakra history is vast and there are varying beliefs about their complex nature (from origins to legitimacy), we’re presenting this information as a broad overview—think of it as a beginner’s guide to balancing the chakras.





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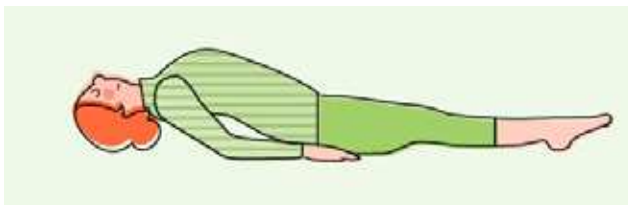
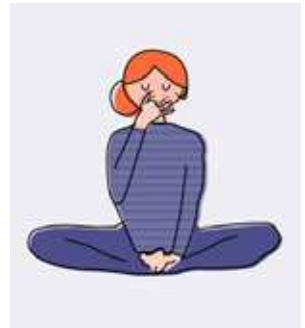
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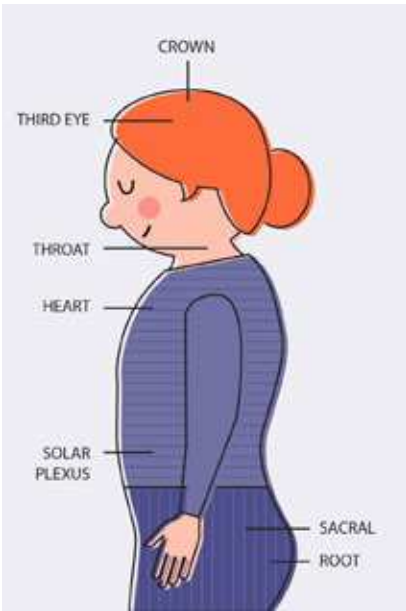
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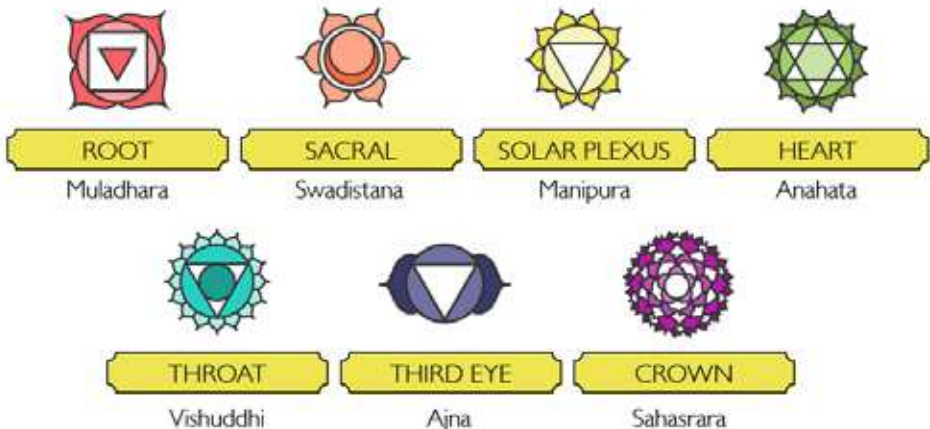
## INTRODUCTION

The name chakra comes from the Sanskrit word for wheel, in reference to the chariot wheels of rulers called *cakravartins* (the original “cakra” was pronounced with a “ch,” but we usually see it written now as “chakra”). Energy from each these parallel points, called chi, ki, or prana, is thought to flow in a spiral fashion so long as each chakra is open. Other [ancient eastern traditions](#), including pranayama, qi gong, acupuncture, and tai chi also focus on this flow called pranic energy. Early mentions of chakras deem them the facilitators to a stable, more connected life (both to ourselves and to others). By focusing on these centers and paying attention to their specific roles, it’s believed we can reach our highest potential. There are seven main chakras, each located at various points [along the spine](#). Some scriptural texts reference more, but we’ll be addressing the core seven.



### The seven chakras and their Sanskrit names

As a junction of energy, thoughts, feelings, and the physical body, chakras have been called “focused energetic life-forces.” It’s thought if any of the chakras



are blocked, individuals can develop physical and mental illnesses. Though chakras are rarely mentioned in Western medicine, many chakra pundits believe in their physiological merit. While the chakras are invisible, each is located at a major network of arteries, veins, and nerves along the spine. Neurochemists have found a connection between the seven core chakras and specific endocrine glands with nearly identical functions and descriptions (such as the thyroid and the throat chakra). It's pretty remarkable humans had a confident sense of these points thousands of years ago before knowledge about the [central nervous system](#) was fairly common.

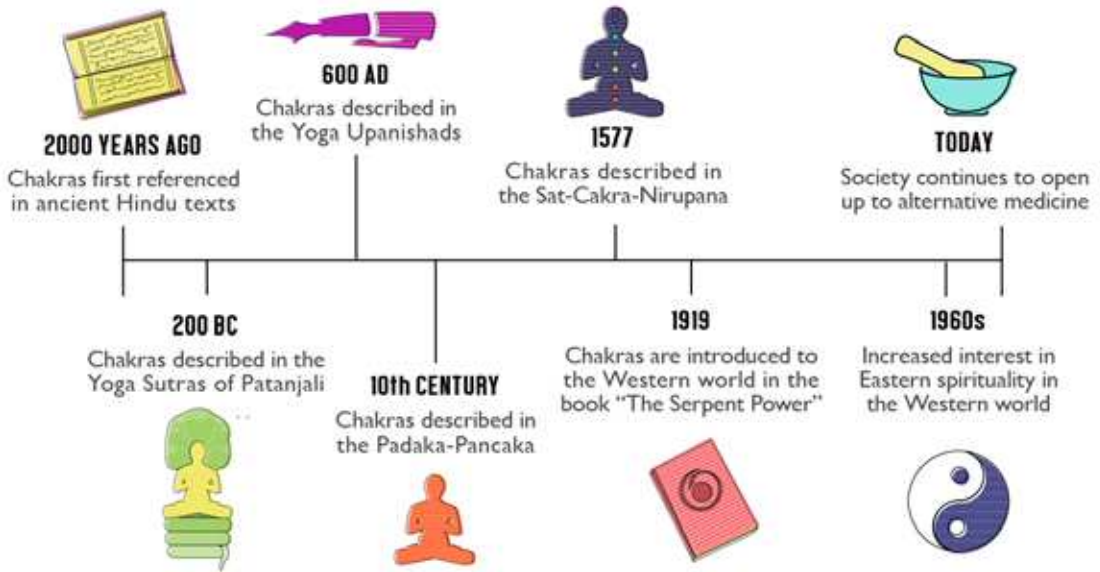




# CHAKRA HISTORY

There are many interpretations of both the meaning and history of the chakra system. Chakras are referenced in new age [yoga classes](#) on a regular basis, but they're nothing new. Spawning from ancient tradition, chakras were likely spoken of far before they were scrawled on paper. It's believed yoga was created around the chakras with the goal of balancing both the mind and body. Much like its circular namesake, countless people are circling back to this ancient philosophy to manage demanding lives. Today, many of us lead fast-paced lifestyles. With a changing outlook toward holistic health, people continue to turn to alternative medicine for a less invasive way to [reduce stress](#), gain spirituality, and manage emotional and physical imbalances.

## CHAKRA TIMELINE



*More than 2000 years ago*

Chakras first referenced in ancient Hindu texts called the Vedas (oldest written tradition in India).



*200 BC*

Chakras described in the Yoga Sutras of Patanjali (a compilation of yoga teachings and philosophies).

*600 AD*



Chakras described in the Yoga Upanishads (a collection of texts with some of the first references of Hindu, Buddhist, and Jain beliefs).

*10th century*



Padaka-Pancaka written with descriptions of the chakras and their functions, Gorakshashatakam written with instructions for meditating on the chakras.

*1577*



Sat-Cakra-Nirupana written with descriptions of the chakras and their functions.

*1919*



Chakras introduced to the Western world by Englishman Arthur Avalon in the book “The Serpent Power,” a translation of Padaka-Pancaka and Sat-Cakra-Nirupana.

*1960s*



Interest in Eastern spirituality and healing gained steam in the Western world, bringing with it a new, accepting attitude toward the chakra system.

*Today*



Modern society continues to open up to alternative medicine.

## **THE CHAKRAS**

Beyond a corresponding color and sound (one-syllable vibrations, called Bija mantras, said to resonate with the energy of each location), the chakras have key associations to certain emotions, instincts, and principles. Even-numbered chakras are linked with stereotypically feminine qualities, including openness and compassion. The odd-numbered chakras are associated with masculine characteristics such as willpower and asserting oneself.

It's believed chakras are influenced by our thoughts and the environment,



but also by the state of other individuals' chakras. Each chakra then affects different parts of the body. Just like our internal organs have specific functions—such as the heart pumping blood through the body—the chakras are thought to have physical functions. The lower six chakras help enable cognition, respiration, circulation, digestion, reproduction, and excretion. Channels, called meridians or nadis, connect the chakras to one another and help the prana (or chi or ki) travel through the chakras.



Energy imbalances in a person's chakras can relate to specific emotions, disease symptoms, or other ailments.

There are plenty of holistic practitioners who specialize in chakra balancing, but there are other beginner-friendly ways to work on them at home. Many natural health stores and online retailers offer chakra-specific products for aroma, sound, sensory, and color therapies. Practicing certain asanas (or yoga poses or routines) can also release blocks and help remedy deficient or overloaded chakras. With each chakra, we've included corresponding asanas, colors, affirmations, crystals, essential oils, and healing foods. Remember to begin working on the root chakra then move your way up to the crown chakra.

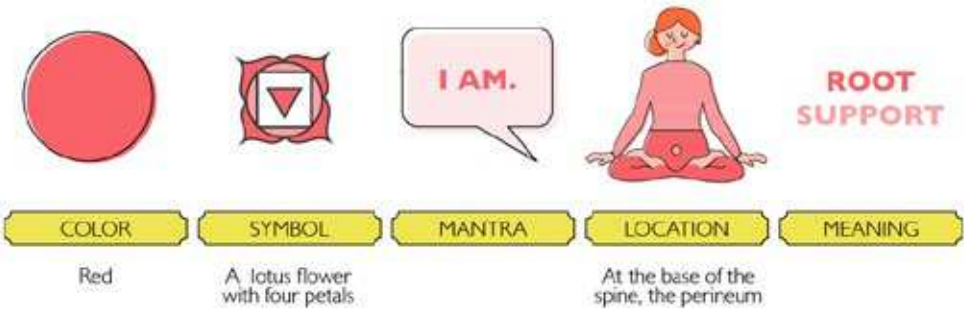
**Note** It's always a good idea to start out with a meditation or yoga instructor for guidance before starting on your own.



# ROOT

*muladhara chakra*

## CHAKRA ONE



The root chakra is oriented to self-preservation. It's related to the earth, stability, vitality, survival instincts, a sense of grounding, and a connection to our physical bodies. It brings us health, prosperity, security, and dynamic presence.



### *Effects of imbalances*

The root chakra controls the adrenal gland and excretion system and is connected to the bones, nails, gonads, anus, rectum, colon, prostate gland, and blood. A deficiency in or blockage of this chakra can lead to anxiety, fear of rejection, feeling run-down and sick, knee pain, sciatica, and constipation.

### *Opening and balancing*

Balancing the root chakra is all about grounding and stabilizing. To

reduce the anxiety often associated with an imbalance in this chakra, it's important to take time for yourself. Spend a few minutes outside, organize your home, spend a little more time preparing a nutritious meal, or invest some time in something that makes you happy and at ease. Power activates this chakra.





### *Color*

Envision the color red glowing at the base of the spine grounding you to the earth.

### *Affirmations*

“I am peaceful, protected, and secure,” “I am safe always, I am loved,” “I love my body.”

### *Crystals*

Smoky quartz, ruby, onyx, garnet, hematite

### *Essential oils*

Cedarwood, patchouli

### *Healing foods*

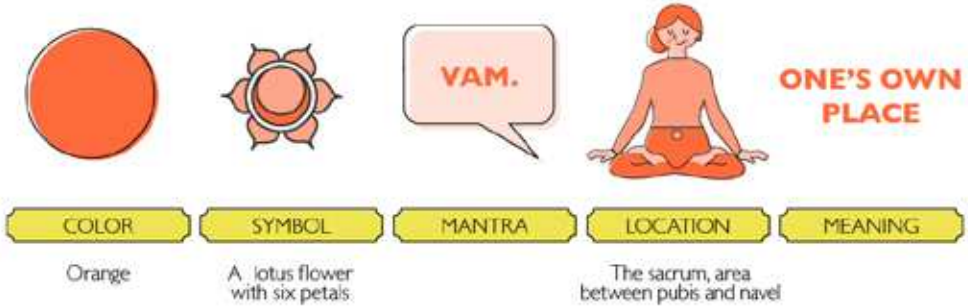
Red-colored foods including beets and apples, hot spices like cayenne pepper, root vegetables, animal proteins



# SACRAL

*swadistana chakra*

## CHAKRA TWO



The sacral chakra is related to water, emotions, sexuality, self-gratification, emotional identity, purity, joy, receptivity to nature, and feminine principle. It connects us to others through feeling, desire, sensation, and movement. It brings us fluidity and grace, depth of feeling, sexual fulfillment, and the ability to accept change.



### *Effects of imbalances*

The sacral chakra controls the testes, ovaries, and reproductive system and is connected to the pelvis, kidneys, production of adrenaline, womb, and bladder. A deficiency in or blockage of this chakra can lead to fear of pleasure, resistance to change, a block in creativity, a sense of dryness or emptiness, sexual problems or discomfort, hip, pelvic, and low back pain, urinary problems, and reproductive issues.

### *Opening and balancing*

Balance this chakra through pampering and getting in touch with your sexual and creative self. Take a long bath, savor a sweet dessert, or do something that makes you feel creative, like painting or singing. Take pleasure in both sexual relationships and regular, non-sexual facets of your daily routine. Purity activates this chakra.





### *Color*

Envision the color orange glowing below the navel energizing your pleasure center.

### *Affirmations*

“I am a sensual, creative being,” “I am radiant and strong,” “I feel comfortable with my sexuality.”

### *Crystals*

Golden topaz, citrine, carnelian

### *Essential oils*

Rose, jasmine, sandalwood

### *Healing foods*

Orange-colored foods including oranges and tangerines, nuts

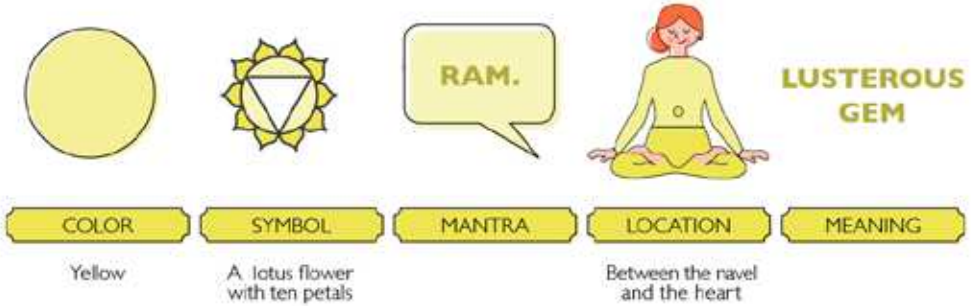


# SOLAR PLEXUS

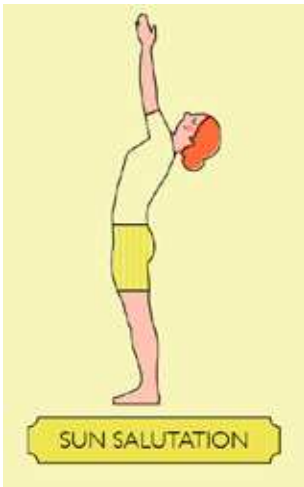
*manipura chakra*



## CHAKRA THREE



The solar plexus chakra (also known as the power or naval chakra) is related to fire, ego, identity, transforming knowledge, solar/cosmic force, will, self-definition, autonomy, metabolism, and masculine principle. It brings us energy, effectiveness, spontaneity, and non-dominating power.



### *Effects of imbalances*

The solar plexus chakra controls the pancreas and digestive system and is connected to the lower back, liver, spleen, gall bladder, pancreas, and the production of insulin. A deficiency in or blockage of this chakra can lead to frustration, powerlessness, low self-esteem, eating disorders, digestive problems, stomach ulcers, pancreas and gallbladder issues, high blood pressure, diabetes, liver dysfunction, and colon diseases.

### *Opening and balancing*

The purpose of the solar plexus chakra is to transform and hone in on the ability to express intentions and honesty. Spend some time assessing short-term goals and long-term aspirations. Laugh off flaws and try not to take things too seriously. Happiness activates this chakra.





### *Color*

Envision the color yellow glowing between the navel and the rib cage, making you stronger and more connected.

### *Affirmations*

“I like my power and abilities,” “I am empowered in everything I do,” “I trust my own guidance.”

### *Crystals*

Sunstone, yellow citrine, aventurine quartz

### *Essential oils*

Ylang ylang, bergamot

### *Healing foods*

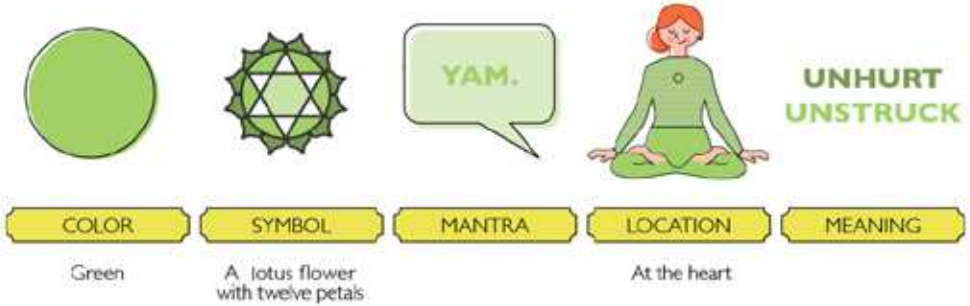
Yellow-colored foods including bananas and corn, grains, tea



# HEART

*anahata chakra*

## CHAKRA FOUR



The heart chakra is related to air, social identity, balance, unconditional love, self-acceptance, compassion, and healing. It integrates opposites in the psyche: mind and body, male and female, persona and shadow, ego and unity. It allows us to love deeply, feel compassion, and have a deep sense of peace and centeredness.



### *Effects of imbalances*

The heart chakra controls the circulatory system and thymus gland and is connected to the heart, upper back, breasts, lungs, blood, and air circulation. A deficiency in or blockage of this chakra can lead to loneliness, a sense of alienation, asthma, heart disease, high blood pressure, lung disease, heart disease, and upper back, shoulder, arm, and wrist pain.

### *Opening and balancing*

The heart chakra's focus is to become open to love and compassion, both to yourself and those around you. Tell those you love that you love

them without expecting anything in return. Think of it literally: Watch a romantic movie or read a love story. Since this chakra also encompasses the lungs, take breaks throughout the day for deep breathing. Selfless love activates this chakra.





### *Color*

Envision the color green glowing in the middle of your chest allowing you to first love yourself, then others.

### *Affirmations*

"I completely love and accept myself," "I understand my emotions," "I give and receive love unconditionally."

### *Crystals*

Green jade, green calcite, watermelon tourmaline, emerald, rose quartz

### *Essential oils*

Rose, bergamot

### *Healing foods*

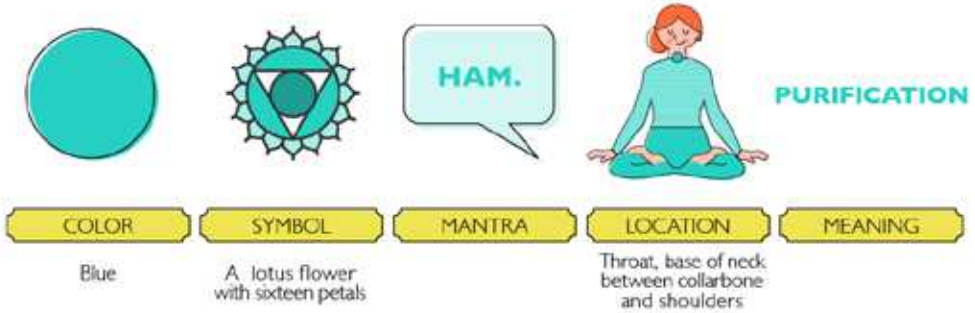
Green-colored foods including leafy greens and vegetables, green tea



# THROAT

*vishuddhi chakra*

## CHAKRA FIVE



The throat chakra is related to sound, creative identity, transmitting, communication, and creativity. It allows us to experience the world symbolically through vibration (such as the vibration of sound representing language).



### Effects of imbalances

The throat chakra controls the thyroid glands and is connected to the throat, neck, thyroid and parathyroid glands, ears, windpipe, and the upper part of the lungs. A deficiency in or blockage of this chakra can lead to anxiety over others' reactions to our views, self-censorship, a fear of speaking, neck stiffness, teeth grinding, laryngitis, ulcers, and an underactive thyroid.

### Opening and balancing

Balancing the throat chakra requires awareness of the way we express ourselves. Finding equilibrium between clear communication and knowing when to listen can improve the state of this chakra. Practice saying what you want before entering a stressful situation. Peace activates this chakra.





### *Color*

Envision the color blue glowing in the middle of the throat increasing your ability to communicate.

### *Affirmations*

“My thoughts are positive and truthful,”  
“I communicate with clarity and ease,”  
“I improve my communication every day.”

### *Crystals*

Turquoise, sodalite, celestite, aquamarine

### *Essential oils*

Chamomile

### *Healing foods*

Fresh juice, tea, all varieties of fruit

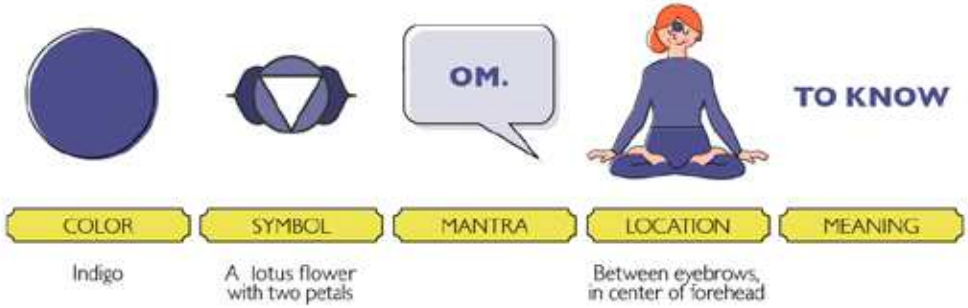




# THIRD EYE

*ajna chakra*

## CHAKRA SIX



The third eye chakra (also called the brow chakra) is related to light, identity, insight, intuition, self-reflection, and the act of seeing—both physically and intuitively. It allows us to see clearly, letting us observe the big picture.



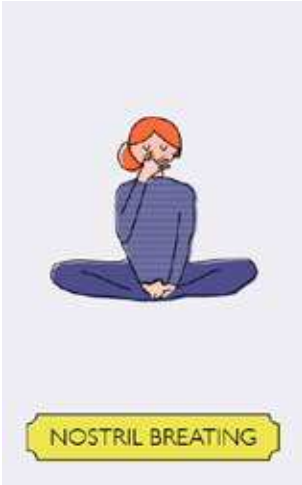
### *Effects of imbalances*

The third eye chakra controls the brain and the pituitary gland and is connected to the face, nose, sinuses, ears, eyes, and brain functions that include the pituitary gland, cerebellum, and central nervous system. A deficiency in or blockage of this chakra can lead to self-doubt, distrust, poor ability to visualize, inability to remember dreams, decreased memory, headaches, sinus issues, seizures, hearing loss, and eye problems.



### *Opening and balancing*

This chakra calls for us to turn to our own intuition for guidance. Work toward trusting that little voice inside your head to decide what the next, best, most positive step is. Truth and knowledge activates this chakra.



### *Color*

Envision the color indigo glowing in the middle of the forehead providing you focus and mental clarity.

### *Affirmations*

“I love my mind. It is strong and capable,” “I trust my intuition,” “I am aware in every moment.”

### *Crystals*

Fluorite, amethyst, azurite

### *Essential oils*

Rose, geranium, hyacinth, violet

### *Healing foods*

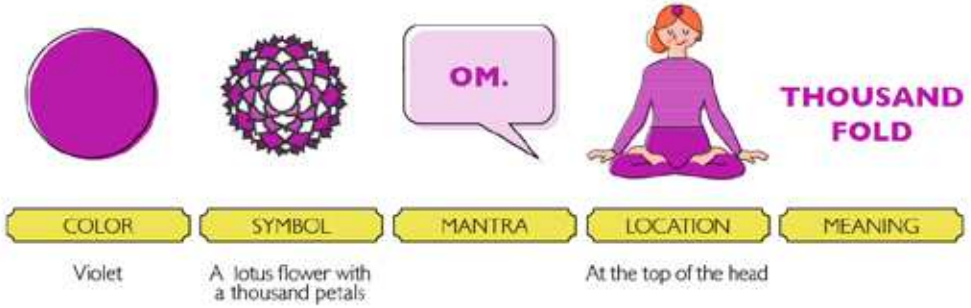
Purple-colored fruits including grapes and blueberries, chocolate, lavender



**CROWN**

*sahasrara chakra*

## CHAKRA SEVEN



The crown chakra is related to thought, universal identity, transcendence, wisdom, universal consciousness, and self-knowledge. It brings us knowledge, wisdom, understanding, spiritual connection, and bliss.



### *Effects of imbalances*

The crown chakra controls the whole being and is connected to the cerebrum and pineal gland. A deficiency in or blockage of this chakra can lead to depression, confusion, loss of faith, apathy, materialism and skepticism of spirituality or religion, and sensitivity to light and sound.

### *Opening and balancing*

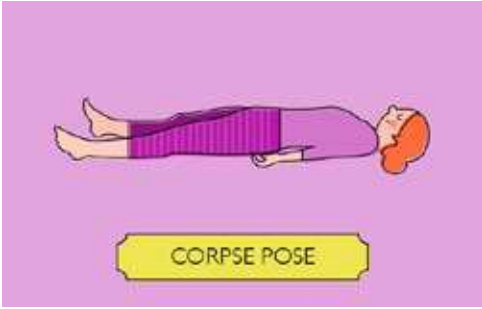
To balance the crown chakra, it's important to try and dim the constant inner chatter in our heads and instead

be present in the moment. If you're open to praying, pray. Meditation is especially beneficial for balancing this chakra. Bliss activates this chakra.

### *Color*

Envision the color violet glowing on the top of the head connecting you to the greater universe.





### *Affirmations*

“I connect with spirit,” “I am who I am,” “I choose to live my life from a place of love.”

### *Crystals*

Amethyst, clear quartz, diamond

### *Essential oils*

Lavender, rosewood, frankincense

### *Healing foods:*

The crown chakra benefits more from clean, fresh air than foods.

## CONCLUSION

Chakras are interconnected with one another. Reading about chakras is a great first step, but actually putting focus and awareness on healing our energy centers can bolster overall well-being. Devoting much of our days to chakra balance through meditation, yoga, aromatherapy, praying, and affirmations may not be realistic for everyone. But by becoming aware of these invisible chakras—and signs of an imbalance—we can try out new methods of self-help beyond turning to things like food, alcohol, or medication to tackle emotional and physical problems.

## SOURCES:

[Chakras: Balance Your Body's Energy for Health and Harmony](#)  
[yogajournal.com](#) (and [yogajournal.com](#))  
[sacredcenters.com](#)  
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