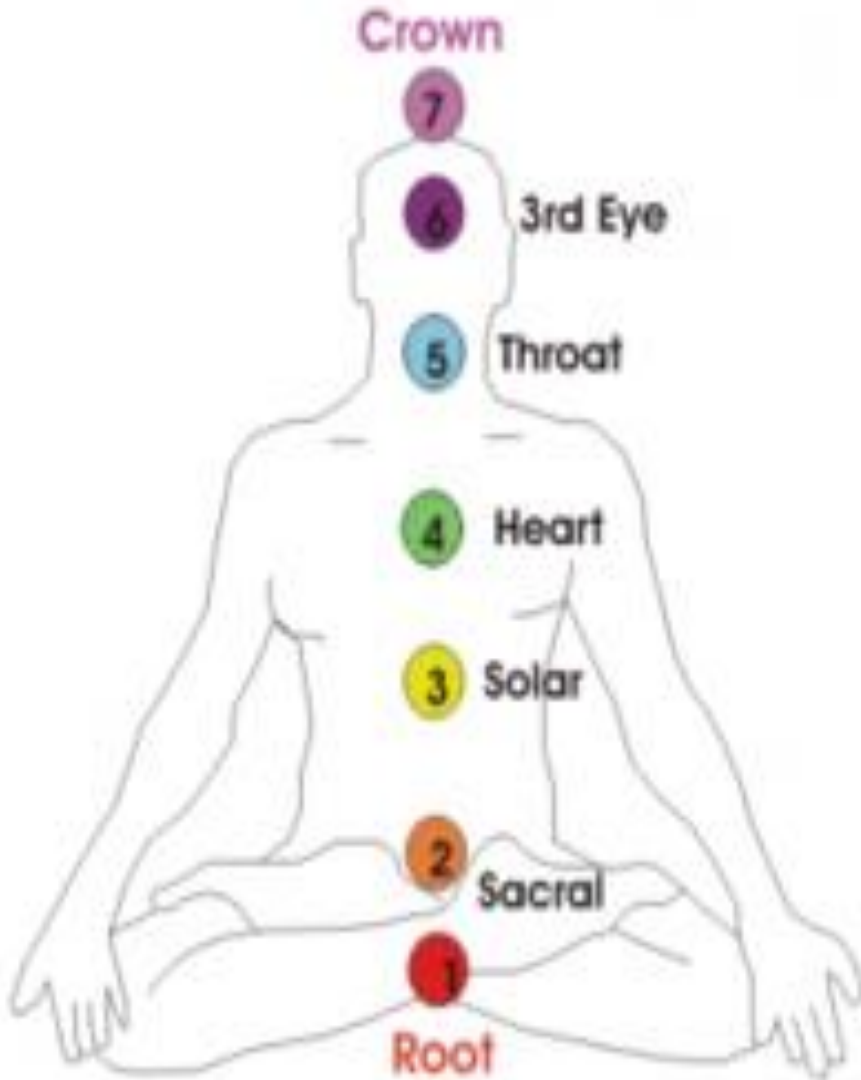


## Recognise Blockages in your Chakra System



*Please note that The Root Chakra is located at the base of the spine, near the coccyx, in the pelvic area between the perineum and the anus.*

The **CROWN CHAKRA** connects a person to a Higher Self, Angels and the Divine consciousness. Working with the Crown Chakra helps us to develop more universal outlooks. When the Crown Chakra is out of sorts this can produce headaches, physical dis-coordination, seizure disorders and mental illnesses.

The **THIRD EYE CHAKRA** is your intuitive centre for all things spiritual. This is your sixth sense! This Chakra also supports your self-esteem as well as how you perceive those around you and the world. When out of discord one or more of the following may be affected: sleep, eye-hand coordination, learning, central nervous system, sinuses, eyes, ears, face, brain or pituitary gland.

The **THROAT CHAKRA** governs all types of communication, including music, singing, poetry and writing. When out of sync various conditions may manifest including glandular infections, bleeding gums, neck pain, laryngitis, water retention and severe reactions to hormonal changes. In addition you may find that you feel very muddled and have trouble putting thoughts or plans in a proper order.

The **HEART CHAKRA** governs love, relationships, kindness, mercy, willpower and self-empowerment. As it's the Heart Chakra, an imbalance here typically results in cardiac conditions like high blood pressure, poor circulation and heart disease, shortness of breath, chest pains, breast and lung cancer and the immune system.

The **SOLAR PLEXUS CHAKRA** is the Power House, where we keep our personal power and our self-esteem. When in sync our leadership skills shine and thoughts are clear and sharp. A malfunctioning Solar Plexus Chakra will result in digestive difficulties, nausea, ulcers, diabetes and asthma. Weight can fluctuate and nerve disorders can arise such as Fibromyalgia. Concentration can be affected, as well as bad decision making and low self-esteem can also develop.

The **SACRAL CHAKRA** is the home of our emotional balance and creativity. Intuition also resides here. Remember the saying, 'A gut feeling'? Blockages in this chakra can lead to problems in the following areas; adrenal glands, appendix, bladder, gallbladder, hip area, intestines, lower back, pancreas, spleen, stomach, urinary infections, sexual disfunction, airborne allergies, addictive lifestyles and anorexia, reproductive organs, PMS, exhaustion, UTIs, cramps and menstrual difficulties. You can be clingy or cold, no middle ground. You take offense at the smallest things. Your trust is zero. Your creativity is challenged. Writer's block, pessimism.

The **ROOT CHAKRA** is the foundation that supports the rest of you. This is where you house personal safety, family, trust and survival – all our basic needs as a human being. When your Root Chakra is out of balance, symptoms can include lower back pain, poor circulation, lethargy and sadness, depression, restlessness, aggression, sciatica, varicose veins, foot problems, constipation, immune system related disorders, lack of courage and self-doubt. The Root Chakra is where we are able to ground ourselves and give ourselves 'roots' to grown strong and healthy in the world.