

# The Ten Major Chakras of your Energy Body

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Ten major chakras of your body are organized as three transpersonal chakras and seven personal chakras. All of your chakras are connected to your Hara line, the river of energy that sustains and supports your life. The three transpersonal chakras are your Earth Gateway Chakra, your Higher-self Chakra and your Soul-star Gateway Chakra.

When you research this you may notice that not every group agrees with my interpretation of the transpersonal chakras; number and what they do. What I present here is from my own research. You may find some of my background information at [www.chakraforce.com](http://www.chakraforce.com)

## **Earth Gateway Chakra (7.5 Hz)**

This isn't grounding in the sense of punishing your child; instead it's the sort of grounding you do to keep from flying off the handle at your kid. You are probably familiar with this concept already as it's one of the most widely used and published techniques. This process is most often cited as being the tool used to balance energies out. Some people suffer a lack of energy, while other people feel overwhelmed by the amount of energy they have. This technique helps to establish the perfect balance of energy, and it also has a very cleansing effect on your general vibration.

The Earth Chakra locks your energies into a harmonious relationship with the planet and anchors the body into the time and space coordinates of the planet. The Earth Chakra connects us to the Earth's Core as well as the Earth's Electromagnetic Fields. The Earth Chakra forms prior to birth in the geographic location and familial circumstances required by the Soul to accomplish the lessons of mastery. It contains the memory of the Soul's journey and of this life's innumerable paths. It contains the memory of the One Path that is the Soul's Highest Intent for this lifetime. The Old Age Archetype of this Chakra represented the concept that physical incarnation is a fall from grace, a repetitive and vicious karmic cycle of birth and rebirth full of suffering and loss. Because of original sin all life forms are separated from the Divine and life on Earth is "hell" restricted by the five senses and limited awareness.

We are alone in the Universe and alone within ourselves. The New Light and the New Time Archetype of this Chakra represents the concept that this life is the completion of the current Planetary Cycle of karma, its limitations, and its suffering. During this lifetime the physical incarnation will begin to remember mastery, experience expanded awareness, and prepare with all life forms in the Universe for an evolutionary shift closer toward the Divine Source. Recognition of the varied other Consciousness within the Universe at large and in the various other dimensions of time and space and our connection to them is highlighted. Earth incarnation is not experienced as restrictive but as the time for expansion and transformation that will result in a heaven on Earth, a new cycle of existence, or the Golden Age of the human species. The Earth Chakra color vibration is dark silver or black. The field of influence that is assisting in the transmutation of the Earth Chakra for Earth and all Her Life forms from 1999 to 2011 is the Planetary Core.

With sufficient earth energy the people involved would put much more emphasis on building a structure for their relationship, moving much more slowly, deliberately and cautiously. The focus

would be less on infatuation and more on doing routine things together... especially more mundane ones like cooking, cleaning and yard work to discover if they really liked hanging out together while doing chores and not just while on romantic outings. These routine day-to-day activities that we must do to take care of our lives are earth chakra events. Not all that exciting, but necessary.

The earth physically supports us. We eat food grown in the earth. All of our musings, thoughts, emotions and mental processes won't necessarily do us or anyone else much good if we don't find ways to manifest these ideas as real physical events and stuff on the earth, where we and others can truly benefit. So gather your paints, schedule the time on the calendar, create a file for your inspiration and sit down and type away! Feel the earth through your feet and ground.

The 7.5 hertz (Hz) frequency matches the earth's resonate frequency. It can help a person with grounding issues so they can achieve their goals. I know that 7.5 Hz is the earth. This is the grounding gateway. It allows you to ground your thoughts in this space-time-reality and accomplish your goals.

While grounding exercises will help bring you into this reality, the Earth Gate Chakra connects you solidly to the earth's core. This allows you to work fully within the reality of this space-time and the true consensus of minds related to it.

Once you connect to the earth's core you can see the false realities for what they are. With that accomplished you can work for positive, life fulfilling and affirming goals for society.

The earth gate chakra connects you to the consensus of minds that create the realities of our society.

### **Earth Chakra – Ground (0th) Chakra (7.5Hz)**

Location: The center of the earth

Meaning: Grounding point

Color: infrared

Main Issues: Transforming into reality

Sense:

Crystals:

Physical Dysfunction:

Emotional Dysfunctions:

Foods: balanced diet

Developmental Age & Life Lesson: Conception to birth. Allows you to set and achieve goals within life.

**Too Open** (chakra spins too fast) –

**Blocked** (chakra spins sluggishly or not at all) – spacey, floating, drifting

**Balanced** (chakra maintains equilibrium and spins correctly) – you achieve a balanced positive physical, mental, emotional, and spiritual health as it relates to your life goals.

## Affirmations:

# Your seven major physical chakras

## ADRENALS - Root (1st) Chakra (20 Hz)

The adrenals are triangular-shaped glands that cap each of the kidneys. They secrete a variety of hormones including those that regulate the body's metabolism of fats, proteins, and carbohydrates and ones that control the balance of salt in our bodily fluids. These glands also produce adrenaline, the hormone essential for our primitive "fight or flight" response, from which we can determine the link between this gland and the Root Chakra association with the issue of physical survival.

### **Chakra #1 the ROOT Chakra**

Location: base of spine

Meaning: Root or Support

Color: Red

Main Issues: Survival/Physical needs

Gland: Adrenals

Body Parts: Bones, skeletal structure

Sense: Smell

Fragrances, Incense/Oils: Cedarwood, Myrrh, Patchouli

Crystals: Hematite, Tiger's Eye

Physical Dysfunction: Osteoarthritis

Emotional Dysfunctions: Mental lethargy, "spaciness", incapable of inner stillness

Foods: Proteins, Meats

Developmental Age & Life Lesson: 1-8 yrs. Standing up for oneself

**Too Open** (chakra spins too fast) - bullying, overly materialistic, self-centered, engages in physical foolhardiness.

**Blocked** (chakra spins sluggishly or not at all) - emotionally needy, low self esteem, self destructive behavior, fearful.

**Balanced** (chakra maintains equilibrium and spins correctly) - demonstrates self-mastery, high physical energy, grounded, healthy.

## Affirmations:

My body is important to me. I nurture it constantly.

I take responsibility for my life. I can cope with any situation.

I recognize the abundance of love, trust, and care surrounding me.

My internal parents are always here for me, protecting me, nourishing, and soothing me.

I deserve the best that life has to offer. My needs are always met.

I am connected to Mother Earth and know the security of being grounded in reality, in the moment.

## **OVARIES/TESTES - Sacral (2nd) Chakra (727 Hz)**

The male and female reproduction organs, or gonads, produce hormones that are responsible for the development of secondary sexual characteristics, such as the depth of voice and amount of body hair. The testes and ovaries control an individual's sexual development and maturity as well as the production of sperm in males and eggs in females. Our relationship with our own sexuality, and issues of emotional balance concerning that, is a key association of this chakra.

### **Chakra #2 the Sacral Chakra**

Location: Lower abdomen (2 inches below the navel/belly button)

Meaning: Sweetness

Color: Orange

Main Issues: Emotional Balance/Sexuality

Gland: Ovaries, Testes

Body Parts: Sex Organs, bladder, prostate, womb

Sense: Taste

Fragrances: Incense/Oils: Jasmine, Rose, Sandalwood

Crystals: Citrine, Carnelian, Golden topaz

Physical Dysfunction: Impotence, frigidity, bladder & prostate problems, lower back pain.

Emotional Dysfunctions: Unbalanced sex drive, emotional instability, feelings of isolation.

Foods: Liquids

Developmental Age & Life Lesson: 8-14 yrs. old Challenging motivations based on social conditioning.

**Too Open** (chakra spins too fast) - emotionally unbalanced, a fantasist, manipulative, sexually addictive.

**Blocked** (chakra spins sluggishly or not at all) - over sensitive, hard on him/herself, feels guilty for no reason, frigid or impotent.

**Balanced** (chakra maintains equilibrium and spins correctly) - trusting, expressive, attuned to his/her own feelings, creative.

### **Affirmations:**

I am totally happy and fulfilled. Life offers me everything I need for that journey.

I am worthy of love and sexual pleasure.

I have a right to express my desire to myself and others.

Who I am is good enough.

Life is unfolding as it should.

I am prepared to honor my body and feel good about my sexuality.

## **PANCREAS - Solar Plexus (3rd) Chakra (787 Hz)**

The pancreas lies behind the stomach and secretes a variety of substances essential for the effective digestion of food. It also produces insulin, which helps control the blood's sugar level. One of the physical dysfunctions of this chakra is diabetes, a disease caused by excess sugar in

the bloodstream. There is a further link with the Solar Plexus and adrenaline, which is why we experience "butterflies in the stomach" during frightening experiences. The associated body parts of the Solar Plexus include the digestive system and a further dysfunction of this chakra is stomach ulcers.

### **Chakra #3 the Solar Plexus**

Location: Between navel & base of sternum (approx. 3 inches above navel)

Meaning: Lustrous gem

Color: Yellow

Main Issues: Personal power, Self will

Gland: Pancreas

Body Parts: Digestive system, muscles

Sense: Sight

Fragrances, Incense/Oils: Vetivert, Ylang ylang, Bergamot

Crystals: Aventurine, quartz, sunstone, yellow citrine

Physical Dysfunction: Stomach ulcers, digestive problems, chronic fatigue, allergies, diabetes.

Emotional Dysfunctions: Oversensitive to criticism, need to be in control, low self-esteem.

Foods: Complex Carbohydrates

Developmental Age & Life Lesson: 14-21 yrs. Self esteem/Self confidence

**Too Open** (chakra spins too fast) - angry, controlling, workaholic, judgmental and superior.

**Blocked** (chakra spins sluggishly or not at all) - overly concerned with what others think, fearful of being alone, insecure, needs constant reassurance.

**Balanced** (chakra maintains equilibrium and spins correctly) - respects self and others, has personal power, spontaneous, uninhibited.

#### **Affirmations:**

I accept and value myself exactly as I am.

I am becoming the best person I can be.

I honor and respect myself.

My personal power is becoming stronger each day.

I am my own person. I choose how to think and behave.

I deserve all the love, respect, joy, and prosperity that flow to me.

I am open to receiving all life's good things.

### **THYMUS - Heart (4th) Chakra (800 Hz)**

Located just above the heart, the thymus produces hormones that stimulate general growth, particularly early in life. It also has a purifying role in the body by stimulating the production of lymphocytes, which form part of the blood's white cells' defense system, attacking invading organisms and providing immunity. Scientists now recognize that auto-immune diseases, where the immune system attacks its own proteins, mistaking them for a foreign substance, have an emotional link and are not simply due to physical or environmental causes.

## **Chakra #4 the Heart Chakra**

Location: Center of Chest

Meaning: Unstuck

Color: Green/Pink

Main Issues: Love & Relationships

Gland: Thymus

Body Parts: Heart & chest, lungs, circulation

Sense: Touch

Fragrances: Incense/Oils: Rose, Bergamot, Melissa

Crystals: Watermelon tourmaline, Rose Quartz, Emerald

Physical Dysfunction: Shallow breathing, high pressure, heart disease, cancer

Emotional Dysfunctions: Fears about betrayal, co-dependent, melancholic

Foods: Vegetables

Developmental Age & Life Lesson: 21-28 yrs. old Forgiveness & compassion

**Too Open** (chakra spins too fast) - possessive, loves conditionally, withholds emotionally "to punish", overly dramatic.

**Blocked** (chakra spins sluggishly or not at all) - fears rejection, loves too much, feels unworthy to receive love, self-pitying.

**Balanced** (chakra maintains equilibrium and spins correctly) - compassionate, loves unconditionally, nurturing, desires spiritual experience in love making.

### **Affirmations:**

I send love to everyone I know; all hearts are open to receive my love.

I love myself for who I am and the potential within me.

All past hurts I release into the hands of love.

I am grateful for all the love that is in my life.

Other people deserve my compassion.

The love I feel for myself and others is unconditional.

Love will set me free. Others love the best they can.

## **THYROID/PARATHYROID - Throat (5th) Chakra (880 Hz)**

The thyroid gland, situated on either side of the larynx and trachea in the neck, manufactures thyroxin, which controls the body's metabolic rate - that is, how effectively it converts food into energy. Behind this lies the parathyroid gland, which controls the level of calcium in the bloodstream. In addition to physical growth, these glands are also believed to affect one's mental development. The Throat Chakra, linked with all forms of communication, corresponds to the need for balance between the rational, cerebral, approach and the emotional expression of the heart.

## **Chakra #5 the Throat Chakra**

Location: Centrally, at base of neck

Meaning: Purification

Color: Blue

Main Issues: Communication, Self-expression

Gland: Thyroid, Parathyroid

Body Parts: Mouth, Throat, Ears

Sense: Sound, Hearing

Fragrances: Incense/Oils: Chamomile, Myrrh

Crystals: Lapis Lazuli, Turquoise, Aquamarine

Physical Dysfunction: Sore Throats, neck ache, thyroid problems, tinnitus, asthma

Emotional Dysfunctions: Perfectionism, inability to express emotions, blocked creativity.

Foods: Fruit

Developmental Age 28-35 yrs. old

Life Lesson: Personal Expression

**Too Open** (chakra spins too fast) - over-talkative, dogmatic, self-righteous, arrogant.

**Blocked** (chakra spins sluggishly or not at all) - holds back from self-expression, unreliable, holds inconsistent views.

**Balanced** (chakra maintains equilibrium and spins correctly) - good communicator, contented, finds it easy to meditate, artistically inspired.

### **Affirmations:**

I am starting to speak up for myself.

What I have to say is worthy of being listened to.

I delight in my self-expression and in all my creative pursuits.

I listen to and acknowledge the needs and wants of others.

I always speak from the Heart.

My thoughts and speech are considered before I utter them.

My voice is becoming stronger and more compelling.

### **PITUITARY - Third Eye (6th) Chakra (5000 Hz)**

The pituitary gland is located within a structure at the base of the skull, close to the eyebrows. Once called the "master gland" of the endocrine system, it has since been found to be controlled by hormonal substances released by the hypothalamus, a part of the brain. This vital gland influences growth, metabolism, and general body chemistry. This includes the hormone which produces contractions during labor and releases milk from the breasts during lactation. It is interesting to note this Third Eye-pituitary gland connection with birth and motherhood, a time when my women feel that their intuition, particularly with regard to their child, is at its peak.

### **Chakra #6 the Third Eye Chakra**

Location: Above and between eyebrows

Meaning: To perceive, to know

Color: Indigo

Main Issues: Intuition, Wisdom

Gland: Pituitary

Body Parts: Eyes, base of skull

Sense: Sixth Sense

Fragrances: Incense/Oils: Hyacinth, Violet, Rose geranium

Crystals: Amethyst, Fluorite, Azurite

Physical Dysfunction: Headaches, poor vision, neurological disturbances, glaucoma.

Emotional Dysfunctions: Nightmares, learning difficulties, hallucinations.

Foods: (none)

Developmental Age N/A yrs.

Life Lesson: Emotional intelligence

**Too Open** (chakra spins too fast) - highly logical, dogmatic, authoritarian, arrogant.

**Blocked** (chakra spins sluggishly or not at all) - Undisciplined, fears of success, tendency toward schizophrenia, sets sights too low.

**Balanced** (chakra maintains equilibrium and spins correctly) - Charismatic, highly intuitive, not attached to material things, may experience unusual phenomena

### **Affirmations:**

I recognize the need for silence and stillness in my life.

The answers to all my questions lie within me.

I trust my inner self to guide and protect me.

I trust my feelings.

I have nothing to prove. I am the Divine Plan manifesting itself.

I am full of wisdom.

I trust that my imagination will create a world of happiness and security for me.

Imagination is the life-blood of my creativity.

I choose to accept myself and others exactly as we are.

Making mistakes enables me to learn, grow, and develop.

### **PINEAL - Crown (7th) Chakra (10,000 Hz)**

The glandular connection of the Crown Chakra is the pineal gland, a pea-sized body that lies deep within the brain and was once thought to serve no useful purpose. Considered in the seventeenth century to be the seat of the soul by French philosopher, Rene' Descartes, recent scientific research has linked this gland with the production of melatonin and regulates our internal "body clock". Melatonin is also the subject of intense scientific interest for its possible anti-ageing properties and is believed to affect the pituitary, thyroid, adrenals, and gonads - although no one yet understands how or why. Like the Crown's function within the chakra system as a whole, the pineal gland is the control center for the effective functioning of our physical, emotional and mental selves.

### **Chakra #7 the Crown Chakra**

Location: Top of Head

Meaning: Thousandfold

Color: Violet, (gold, white)

Main Issues: Spirituality

Gland: Pineal

Body Parts: Upper skull, cerebral cortex, skin



Sense: Beyond Self

Fragrances: Incense/Oils: Lavender, Frankincense, Rosewood

Crystals: Amethyst, Clear Quartz, Diamond

Physical Dysfunction: Sensitivity to pollutants, chronic exhaustion, epilepsy, Alzheimer's

Emotional Dysfunctions: Depression, obsession thinking, confusion

Foods: (none) Fasting

Developmental Age: N/A yrs.

Life Lesson: Selflessness

**Too Open** (chakra spins too fast) - Psychotic or manic depressive, confused sexual expression, frustrated, sense of unrealized power

**Blocked** (chakra spins sluggishly or not at all) - Constantly exhausted, can't make a decision, no sense of "belonging"

**Balanced** (chakra maintains equilibrium and spins correctly) - Magnetic personality, achieves "miracles" in life, transcendent, at peace with self.

### **Affirmations:**

I connect with my Higher Power.

I accept myself as I am, with love and gratitude.

I cease to limit myself intellectually and in my creativity and connect my spirit to the Source of all knowledge.

I am a unique, radiant, loving being.

I live my life from a place of love and contentment.

I am free.

I release all limited thoughts and lift myself up to ever higher levels of awareness.

I am who I am and glory in that.

## **Two Transpersonal Chakras**

### **Higher Self (8<sup>th</sup>) Chakra (20,000 Hz)**

There is a Transpersonal Chakra above the crown chakra. The Higher Self Chakra many meditation practitioners say is located above the crown chakra about 4-5 fingers above the head. This chakra is associated with spiritual connection between individuals, as well as connection to one's Higher Self. The transpersonal chakra is sometimes seen as several chakras above the head, with the lowest chakra located about 4-5 fingers above the head.

I believe that the higher self is about 20 kHz and other close frequencies will interrupt your connection to your higher-self. It is a circular polarizing filter of the energy on your Hara Line. When it is working properly only positive life affirming and fulfilling thoughts come through. You receive gifts and blessings to all areas of your life through this chakra. When it is not working or blocked, you will have negative or destructive thoughts about yourself and others. Healing love and unconditional healing love can clear and reset the filter back to a positive life.

Location: 4-5 fingers above the head

Meaning:

Color: Silver

Main Issues:

Gland:

Body Parts:

Sense:

Fragrances, Incense/Oils:

Crystals:

Physical Dysfunction:

Emotional Dysfunctions:

Foods:

Developmental Age & Life Lesson:

Affects: Connection to Divine, Our Highest Aspirations

**Too Open** (chakra spins too fast) – Maniac episodes, Believing that you are a god that can do everything, others are insignificant.

**Blocked** (chakra spins sluggishly or not at all) – depression, hostility, unable to connect to or with others, A loss of direction for your life.

**Balanced** (chakra maintains equilibrium and spins correctly) – sovereign, blessings, and gifts, Insights beyond our normal understanding, A Mastermind connection.

**Affirmations:**

### **Star Gate (9<sup>th</sup>) Chakra (50,000 Hz)**

The highest located transpersonal chakra is also often referred to as the Soul-star or Star Gate Chakra. Our souls are sparks of light, the little twinkling lights you see from time to time out of the periphery of your field of vision. This chakra is often connected with a distant star. This is the gateway to your soul-spirits home star. This connection connects you to the wisdom and knowledge of your spirit-home star.

The atmosphere frequency is 50 kHz. This is the frequency of the star-gate that allows you to connect to the frequencies of your spirits home star system. It's information, wisdom, and knowledge is filtered through your higher self. It also resides on your Hara Line.

Location: about 1 foot above the head or your personal star connection

Meaning:

Color: Gold

Main Issues:

Gland:

Body Parts:

Sense:

Fragrances, Incense/Oils:

Crystals:

Physical Dysfunction:

Emotional Dysfunctions:

Foods:

Developmental Age & Life Lesson: connection to the Akastic records

**Too Open** (chakra spins too fast) – An incomprehensible flood of information that your mind cannot sort out or understand. My guess is it may explain some forms Autism thou some of the insights these people have are astounding.

**Blocked** (chakra spins sluggishly or not at all) – loss of access to wisdom and knowledge. My guess is it may explain some forms of retardation thou some of the insights these people have are astounding.

**Balanced** (chakra maintains equilibrium and spins correctly) – Access to multigenerational knowledge and wisdom past, present and future beyond this life experience.

**Affirmations:**

This completes your energy body's major chakras. You have a number of minor chakras in your body. The minor chakras that we focus on in **Life + Energy + Reiki = Network** are found in your hands and feet.