

Soul Essence

Fact Sheet – The Chakra System

Chakras exist on all levels of the energy field, some as connections between the levels. If functioning well, they act as anchors between the levels. Light energy and love is always trying to get through the vortices. When we get inspiration, this is energy moving. We should not let emotions, feelings within get suppressed. We should process these feelings and by feeling them, understand and let go. Common problems are the chakras' being blocked, excessive (overactive) and deficient (under active) Each chakra has a different psychological aspect: -

BASE - Base of spine

Colour - Red

Issues -Survival - Fear (unhealthy) - Trust (healthy) - Grounding need connection with spirit and Earth – nourishment – health – home – family – prosperity – appropriate boundaries.

Time Phase - In womb to 12 months.

Balanced Characteristics - Good health – vitality – well grounded – comfortable in body – sense of trust in the world – feeling of safety & security – ability to relax & be still – stability –prosperity – right livelihood.

Symptoms of Deficiency – Not present – Withdrawn – thin under eating - no vitality and energy – lacking will to live – lack of commitment - not completing things - letting people down – restlessness - extreme terror – not aware of physical sensation – avoid physical commitment – live in fantasy and dream.

Excessive Symptoms – No trust - control the means of survival – food overeating – not feeling grounded – resistant to change like routine and security in any form – hold on to relationships etc - cynical about spiritual matters – thick walls of protection – you can't get in they can't get out.

Affirmations – It is safe for me to be here – the earth supports me and meets my needs – I love my body and trust its wisdom – I am immersed in abundance – I'm here and I'm real.

You can have symptoms in both depending on circumstances.

SACRAL - Lower abdomen, sacral plexus.

Colour - Orange

Issues -Feelings – movement – pleasure – procreation – Sexuality – need – guilt – desire – sensation.

Time Phase – 6-24 months

Balanced Characteristics - graceful movement – emotional intelligence - ability to experience pleasure - nurturance of self and others – ability to change – healthy boundaries

Symptoms of Deficiency – rigid in body and attitudes – frigidity fear of sex – poor social skills – denial of pleasure – excessive boundaries – fear of change – lack of desire, passion, and excitement.

Excessive Symptoms – sexual acting out, sexual addiction – pleasure addiction – excessively strong emotions, ruled by emotions (hysteria, bipolar mood swings – crisis junkies) – oversensitive – poor boundaries, invasion of others – seductive manipulation – emotional dependency – obsessive attachment.

Affirmations – I deserve pleasure in my life – I absorb information from my feelings – I embrace and celebrate my sexuality – my sexuality is sacred – I move easily and effortlessly – Life is pleasurable

SOLAR PLEXUS – Navel to solar plexus

Colour -Yellow

Issues - Energy – activity – autonomy – individuation – will – self-esteem – proactivity – power.

Time Phase - 18 month to 4 years.

Balanced Characteristics: - responsible, reliable – balanced, effective will – good self-esteem - Balanced ego-strength – warmth in personality – confidence – spontaneity, playfulness, sense of humour – appropriate self discipline – sense of one's personal power – able to meet challenges.

Symptoms of Deficiency - low energy – weak will, easily manipulated – poor self discipline and follow through – low self esteem – cold, emotionally and or physically – poor digestion – collapsed middle – attraction to stimulants – victim mentality, blaming of others – passive – unreliable.

Excessive Symptoms – overly aggressive, dominating, controlling – need to be right, have last word – manipulative, power hungry, deceitful – attraction to sedatives – temper tantrums, violent outbursts – stubbornness – driving ambition (Type A personality) – competitive – arrogant – hyperactive.

Affirmations – I honour the power within me – I accomplish tasks easily and effortlessly – the fire within me burns – through all blocks and fears – I can do whatever I will do.

HEART – chest, heart, cardiac plexus.

Colour -Green / pink

Issues – Love – balance – self-love – relationships – intimacy – anima / animus – devotion – reaching out and taking in.

Time Phase – 4 to 7 years

Balanced Characteristics: - compassionate – loving – empathetic – self loving - Altruistic – peaceful, balanced – good immune system.

Symptoms of Deficiency: – antisocial, withdrawn, cold – critical, judgemental, intolerant of self and others – loneliness, isolation – depression – fear of intimacy, fear of relationships – lack of empathy – narcissism.

Excessive Symptoms: – co-dependency – poor boundaries – demanding – clinging – jealousy – overly sacrificing.

Affirmations – I am worthy of love – I am loving to myself and others – there is an infinite supply of love – I live in balance with others.

THROAT - Throat, pharyngeal plexus

Colour -Sky blue

Issues: - Communication – creativity – listening – resonance – finding one's own voice.

Time Phase: 7 to 12 years

Balanced Characteristics – resonant voice – good listener – good sense of timing and rhythm – clear communication – lives creatively.

Symptoms of Deficiency – fear of speaking – small weak voice – difficulty putting feelings into words – introversion, shyness – tone deaf – poor rhythm.

Excessive Symptoms – too much talking, talking as a defense – inability to listen, poor auditory comprehension – gossiping – dominating voice – interruptions.

Affirmations – I hear and speak the truth – I express myself with clear intent – creativity flows in and through me – my voice is necessary.

BROW - Forehead, brow, carotid plexus, third eye

Colour -Indigo

Issues: - image – intuition – imagination – visualization – insight – dreams – vision.

Time Phase - Adolescence

Balanced Characteristics - intuitive – perceptive – imaginative – good memory – good dream recall – able to think symbolically – able to visualize.

Symptoms of Deficiency – Insensitivity – poor vision – poor memory – difficulty seeing future – lack of imagination – difficulty visualizing – poor dream recall – denial (can't see what's going on) – monopolized (one true right and only way)

Excessive Symptoms – hallucinations – delusions – obsessions – difficulty concentrating - nightmares

Affirmations – I see all things in clarity – I am open to the wisdom within – I can manifest my vision.

CROWN - cerebral cortex

Colour -Violet

Issues: – transcendence – immanence – belief systems – higher power – divinity – union – vision.

Time Phase – early adulthood and after.

Balanced Characteristics - ability to perceive, analyze and assimilate information – intelligent, thoughtful, aware – open minded, able to question – spiritually connected – wisdom and mastery, broad understanding.

Symptoms of Deficiency – spiritual cynicism – learning difficulties – rigid belief systems – apathy – excess in lower chakras – materialism, greed, domination of others.

Excessive Symptoms: – over intellectualisation – spiritual addiction – confusion – dissociation from body.

Affirmations – divinity resides within – I am open to new ideas – information I need comes to me – the world is my teacher – I am guided by higher power – I am guided by inner wisdom.

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