



How emotions affect the chakras

There are emotions and states that are able to close down chakras, if they're not processed adequately.

1. Root Chakra

Fear

The right to be here

2. Sacral Chakra

Guilt

The right to feel

3. Navel Chakra

Shame

The right to act

4. Heart Chakra

Sorrow

The right to love and be loved

5. Throat Chakra

Lies

The right to speak and hear truth

6. Third Eye Chakra

Illusion

The right to see

7. Crown Chakra

Attachment

The right to know

Warning Signs That Your Chakras Are Out Of Balance

There are 7 main energy centers in the body, known as chakras. Each chakra is located throughout our body so that it correlates to specific body ailment and physical dysfunctions; each energy center also houses our mental and emotional strengths. When we have a physical issue, it creates weaknesses in our emotional behavior. When we release the stale energy from the body, it can undo any tightness, stiffness, or malfunction of that area.

The clearing of the energy can also balance our emotional state of mind. The Chakra Mind-Body Balance is a two-way street: if there are certain fears and emotions we are holding on to, we experience physical restrictions, too.

If you have achiness or stiffness, or certain reoccurring emotions and fears, read along and you may find out which chakra is affected or blocked.

1st or Root Chakra

Sits at the base of your spine, at your tailbone.

Physical imbalances in the root chakra include problems in the legs, feet, rectum, tailbone, immune system, male reproductive parts and prostate gland. Those with imbalances here are also likely to experience issues of degenerative arthritis, knee pain, sciatica, eating disorders, and constipation.

Emotional imbalances include feelings affecting our basic survival needs: money, shelter and food; ability to provide for life's necessities.

When this chakra is balance, you feel supported, a sense of connection and safety to the physical world, and grounded.

The lesson of this chakra is self-preservation; we have a right to be here.

2nd or Sacral Chakra

Located two inches below your navel.

Physical imbalances include reproductive issues, urinary problems, kidney dysfunctions, hip, pelvic and low back pain.

Emotional imbalances include our commitment to relationships. Our ability to express our emotions. Our ability to have fun, play based on desires, creativity, pleasure. Fears of impotence, betrayal, addictions.

When this chakra is balanced, we have an ability to take risks, we are creative, we are committed. We are passionate and outgoing.

The lesson of this chakra is to honor others.

3rd or Solar Plexus Chakra

Located three inches above your navel.

Physical imbalances include digestive problems, liver dysfunction, chronic fatigue, high blood pressure, diabetes, stomach ulcers, pancreas and gallbladder issues, colon diseases.

Emotional imbalances include issues of personal power and self-esteem, our inner critic comes out. Fears of rejection, criticism, physical appearances.

When this chakra is balanced, we feel self-respect and self-compassion. We feel in control, assertive, confident.

The lesson of this chakra is self-acceptance.

4th or Heart Chakra

Located at the heart.

Physical imbalances include asthma, heart disease, lung disease, issues with breasts, lymphatic systems, upper back and shoulder problems, arm and wrist pain.

Emotional imbalances include issues of the heart; over-loving to the point of suffocation, jealousy, abandonment, anger, bitterness. Fear of loneliness.

When this chakra is balanced we feel joy, gratitude, love and compassion, forgiveness flows freely, trust is gained.

The lesson of this chakra is I Love.

5th or Throat Chakra

Located at the throat.

Physical imbalances include thyroid issues, sore throats, laryngitis, TMJ, ear infections, ulcers, any facial problems (chin, cheek, lips, tongue problems) neck and shoulder pain.

Emotional imbalances include issues of self-expression through communication, both spoken or written. Fear of no power or choice. No willpower or being out of control.

When this chakra is balanced, we have free flowing of words, expression, communication. We are honest and truthful yet firm. We are good listeners.

The lesson of this chakra is to speak up and let your voice be heard.

6th or Third Eye Chakra

Located in the middle of the eyebrows, in the center of the forehead.

Physical imbalances include headaches, blurred vision, sinus issues, eyestrain, seizures, hearing loss, hormone function.

Emotional imbalances include issues with moodiness, volatility, and self-reflection; An inability to look at ones own fears, and to learn from others. Day-dream often and live in a world with exaggerated imagination.

When this chakra is balanced we feel clear, focused, and can determine between truth and illusion. We are open to receiving wisdom and insight.

The lesson of this chakra is to see the big picture.

7th or Crown Chakra

Located at the top of the head.

Physical imbalance include depression, inability to learn, sensitivity to light, sound, environment.

Emotional imbalances include issues with self-knowledge and greater power. Imbalances arise from rigid thoughts on religion and spirituality, constant confusion, carry prejudices, "analysis paralysis." Fear of alienation.

When this chakra is balanced, we live in the present moment. We have an unshakeable trust in our inner guidance.

The lesson of this chakra is live mindfully.

After reading this, you may feel that more than one chakra is imbalanced or blocked. This is because when one is blocked, the other chakras begin to compensate and either become overactive or under-active.

Working with the Chakras

Some recommendations for working with your chakras

It's generally considered to be best to open the chakras from the lower chakras up. So you make sure that first the Root chakra is open and then you proceed to the Sacral chakra, then Navel, Heart, Throat, Third Eye and finally Crown chakra.

The Root chakra is the foundation. When the Root chakra is open, you're able to feel secure and welcome. Having opened this chakra, you'll feel you'll have territory.

Only when you feel secure and welcome, are you able to express feelings appropriately, the domain of the Sacral chakra. This is generally contact with one person at a time. Feelings get you an idea of what you want and when you are aware of that, you can open the Navel chakra, to assert your wants, to decide upon them. This assertion is something that's done between people, in groups, in social situations. Being able to deal with social situations, you can form affectionate relationships, which is the domain of the Heart chakra. This tames the aggression of the Navel chakra. When relationships are formed, you are able to express yourself, by the Throat chakra. This is also the basis of thinking, which makes insight possible, by opening the Third Eye chakra. When all these chakras are open, you're ready for the Crown chakra, to develop wisdom, self-awareness and awareness of the whole.

What period of time you spend on each chakra, is something you'll have to find out for yourself. Be aware of how you feel and what you do and don't do. Notice if you really do need to open certain chakras and if you can sustain higher ones. It's probably a process of years, if not decades,

although you'll be enjoying benefits immediately. It will not always be necessary to rigidly follow the order of the chakras, as long as you're aware of what's happening with you.

It's mostly a matter of being aware what your state is. To develop this awareness, it's a good idea to do meditation. That also helps to balance the chakras, and is particularly helpful when you have over-active chakras.