

Chakra Theory

Compiled by Jess Parkinson for
The Happy Healthy Club
@happyhealthywithjess

Chakra = Wheel/disc
Pronounced “cha-kruh” - *think “cha cha”
rather than “sha”*

Chakras come from Hinduism and Tantric
Buddhism.

Ancient Tantric texts describe 7 primary
centres of consciousness in the subtle
body.

Subtle Body = non-physical, energetic in
nature and governed by Prana

Prana = vital life force (energy)

Prana travels through channels in the body called nadis.

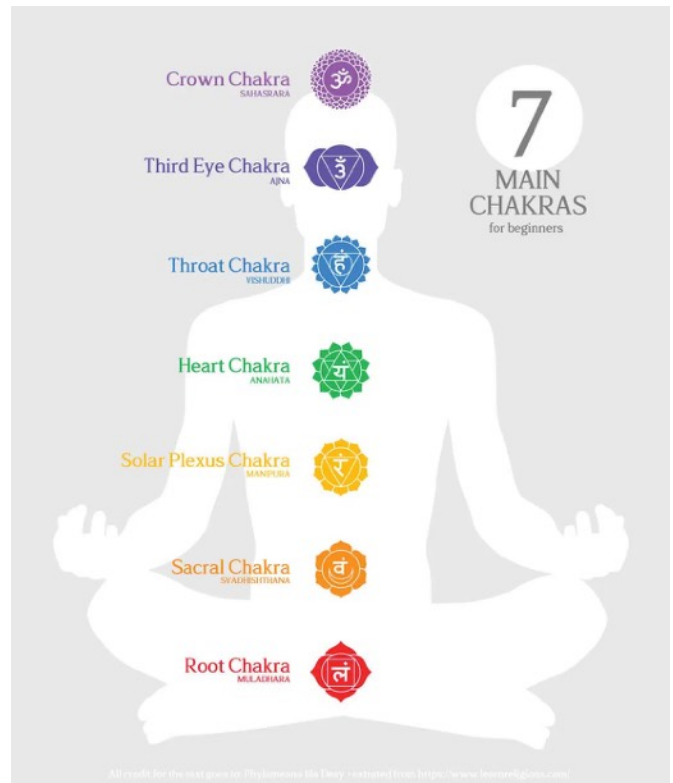
Nadis = information highway to your mind, body and spirit

The 7 main Chakras run up the central channel of the body. This central channel is called **Sushumna** and extends out beyond top of head. The aim is to keep the energy in this channel flowing freely.

The energy flowing through the nadis and the chakras can be influenced, aided and hindered by many factors e.g. lifestyle choices, environment, personal background, our beliefs, circumstances etc. This is why we meditate on the chakras.

We can also influence the chakras through movement, hobbies, time in nature, specific actions etc.

You will see below in each individual chakra breakdown more on the above.



Muladhara Chakra - The Root Chakra - Chakra 1

Bija Mantra - LAM

Frequency - 432 Hz

Location:

Root - Coccyx

Flower - Pelvic Floor/Base of Spine region



Element - Earth

Qualities:

Stability

Strength

Safety

Commitment

Grounding

Trust

Belonging

Feeling Present

Muladhara Chakra, chakra no 1, creates a strong foundation for the chakras above. It's all to do with NEEDS. Our basic needs/instincts, food, water, shelter and **safety**.

If imbalanced - anxiety, fear of change, rigid or lack of boundaries, hoarding/greed, sluggish, tired, over-eating or under-eating, unsettled, clumsy, conflicted, stuck, lost, depleted

Physically - lower back, pelvis, glutes (buttocks), bladder

Movement - child's pose, squat, pigeon pose, figure 4/glute stretches or activation, tree pose, locust pose, hands to earth

Breathwork - Alternate nostril breathing and slow extended breaths. Anything grounding.

Crystals - ruby, garnet, red jasper, onyx, fire agate, hematite

Grounding practices - gardening, nature, plants, barefoot walking/earthing

Svadisthana Chakra - The Sacral Chakra - Chakra 2

Bija Mantra - VAM

Frequency - 417 Hz

Location:

Root - 2nd Sacral Vertebrae

Flower - Lower Abdomen

Element - Water

Qualities:

Creativity

Sensitivity

Sexuality

Expression

Intimacy

Pleasure

Svadisthana Chakra, chakra no 2, is often described as the seat of emotions. It's our daily life experiences and is motivated by pleasure.

If imbalanced - Dependency on people/things, overindulgence or addiction (fantasies, food, drink etc), sexual obsession or the opposite - low sexual desire, feeling stuck or uninspired creatively, rigid boundaries or lack of boundaries, overwhelming emotions, chronic guilt, self neglect, people pleasing, repression, power hungry, lack of power or ethics.

Physically - lower back, kidneys, pubic region, adductors (inner thighs).

Movement - butterfly pose, squat, goddess, frog or half frog pose, straddle, camel pose, hip circles, pelvic tilts

Crystals - Carnelian, moonstone, amber, coral, citrine

Essential oils - sandalwood, yang yang, rosewood, sweet orange, patchouli

Beneficial practices - meditation (thought following), talking therapy, creative practices like art, writing, poetry etc, water focused activities, spending time near water.



Manipura Chakra - The Solar Plexus Chakra - Chakra 3

Bija Mantra - RAM

Colour - Yellow

Frequency - 528 Hz

Location:

Root - 2nd Lumbar Vertebrae

Flower - Upper Abdomen

Element - Fire

Qualities:

Personal Power

Purpose

Confidence

Will Power

Vitality

Ego

Responsibility

Capability

Self respect

Our "Inner Fire" - **AGNI**

If imbalanced - over busy, self orientated, arrogance, aggressive, over confidence, dominating, controlling, manipulative, shame, passive aggressive, lacking courage, insecurity, lack of confidence,

Physically - gut issues, belly, lower back

Movement - cat/cow, cobra, bow pose (backbends), twists, strength poses like warriors, power poses like goddess and superhero pose

Crystals - yellow citrine, yellow agate, yellow tiger's eye

Essential Oils - Cedarwood, Lemon, Grapefruit, Rosemary

Beneficial practices - Kapalabhati pranayama (energy/up regulation), meditation, down regulating breath-work, time in the sun, candles/fire, journaling, time management practices



Anahata Chakra - The Heart Chakra - Chakra 4

Bija Mantra - YAM

Colour - Green

Frequency - 639 Hz

Location:

Root - 5th Thoracic Vertebrae

Flower - Heart Centre

Element - Air

Qualities:

Trust

Compassion

Empathy

Love - for others and ourselves

Forgiveness

Understanding

Connection

Depth of Relationships

Change

How we talk to ourselves

“The bridge between earth and spirit (subtle and gross)”

If imbalanced - Withdrawn, intolerant, jealous, isolated, clingy, co-dependency, shy, anti-social, judgemental, fear of relationships, feeling unloved/unloveable, poverty concerned, possessive

Physically - heart, chest, upper back, shoulders

Movement - cat/cow, upward facing dog, dancer pose (backbends), reclined butterfly

Beneficial practices - connecting with nature, time in greenery, yin yoga, journaling, self love meditation, physical touch, gratitude, time with loved ones, connection with others, breath focused practices (air).



Vishuddha Chakra - The Throat Chakra - Chakra 5



Bija Mantra - HAM

Colour - Blue

Frequency - 741 Hz

Location:

Root - 7th cervical vertebra

Flower - centre of the throat

Element - Ether (space) & sound

Qualities:

Listening

Communication

Individual truth

Self expression

Honesty

Authenticity

Vocal power

We speak and listen openly - authentic expression comes easily.

*The throat chakra helps set us free of **fear of judgement***

If imbalanced - Gossiping, distracted/difficulty listening to others, loud or quiet voice, urge to hide opinions, dominating conversations, afraid of expressing ourselves, ignoring/not listening to our inner voice, insincerity, incoherent speech, inability to speak, timid, inexpressive

Physically - throat, jaw, neck, mouth & thyroid, shoulders

Movement - cat/cow, neck stretches/movement, plough pose, bridge pose, child's pose, fish pose, bow pose

Beneficial practices - singing, chanting, journaling, meditation/breath-work (opening and filling space within us), talking therapy, silent retreats, swimming, sky-gazing

Ajna Chakra - The Third Eye Chakra - Chakra no. 6



Bija Mantra - OM

Colour - Indigo

Frequency - 852Hz

Location:

Root - brain centre

Flower - centre of the forehead/between the eyebrows

Element - light (ability to see)

Qualities:

Intuition (trust)

Wisdom

Higher consciousness

Self reflection

Sixth sense

Clarity

Contemplation

Clear thought

Spiritual contemplation

Intellect (understanding both sides of a story/event)

Memory recall

The seat of intuition

The chakra of dreams

Third eye helps to determine one's reality or beliefs by what we choose to see in the world

If imbalanced - lack of concentration, flitting mind, nightmares, non-assertive, difficulty changing mind, over thinking, over analytical, self righteous with beliefs, lack of imagination, difficulty planning, poor vision or memory, obsessions, hallucinations

Physically - eyes, head and brain - headaches, vision issues etc

Movement - cat/cow, child's pose (forehead to floor), downward dog, plough pose, forward folds

Beneficial practices - sunlight exposure, candle gazing, alternate nostril breathing, limiting screen use, "eye yoga", palming, meditation, journaling.

Sahasrara Chakra - The Crown Chakra - Chakra no. 7



Bija Mantra - OM , AH or silence

Colour - Purple or White

Frequency - 963Hz

Location:

Root - Upper Brain

Flower - Crown of head (above)

Element - Thought

Qualities:

Supreme-self connection

Union with the higher self

Intelligence

Faith

Sharp focus

Our highest potential

Inspiration

Devotion

A deeper understanding

“The bridge to the cosmos”

If imbalanced - spiritually disconnected/disinterested, difficulty meditating, excessive sarcasm, skepticism, apathy, materialistic, lack of focus, overly intellectual, disconnected from the body

Physically - headaches, poor balance/coordination

Movement - cat/cow, reclined poses (bound angle), rabbit pose, standing forward folds, headstand.

Beneficial practices - meditation, reading (education), nature, silence (silent retreats), contemplation, spiritual connection