



MULADHARA
ROOT CHAKRA
BASIC TRUST



SWADHISTHANA
SACRAL CHAKRA
SEXUALITY CREATIVITY



MANIPURA
SOLAR PLEXUS CHAKRA
WISDOM POWER



ANAHATA
HEART CHAKRA
LOVE HEALING



VISHUDDHA
THROAT CHAKRA
COMMUNICATION



AJNA
THIRD EYE CHAKRA
AWARENESS



SAHASRARA
CROWN CHAKRA
SPIRITUALITY

PHYSICAL	PHYSICAL	PHYSICAL	PHYSICAL	PHYSICAL	PHYSICAL	PHYSICAL
FATIGUE, ALIMENTS OF LOW BACK AND HIPS	CHEMICAL IMBALANCE, SEXUAL DISORDERS	TENSION IN MUSCLES, ADDICTIONS, STRESS DISORDERS, DIGESTIVE PROBLEMS	CHEST PAINS, CARDIOVASCULAR DISEASE, IMMUNE DISORDERS	HOARSENESS, SORE THROAT	VISUAL PROBLEMS, SINUS PROBLEMS, HEADACHES	NA
EMOTIONAL	EMOTIONAL	EMOTIONAL	EMOTIONAL	EMOTIONAL	EMOTIONAL	EMOTIONAL
APATHY, LACK OF ENERGY, FEAR	GREED, DEFENSIVE, SEXUAL DISORDERS	COMPETITIVE, DRIVEN, COMPULSIVE, PERFECTIONIST	GUILT, RESENTMENT, HOLDING GRUDGES, SORROW, LONELINESS	UNEXPRESSIVE, POOR SELF ESTEEM, UNWILLING TO TAKE RISKS	POOR INSIGHT, DIFFICULTY WITH EMPATHY	CONSTRICTING EMOTIONS
MENTAL	MENTAL	MENTAL	MENTAL	MENTAL	MENTAL	MENTAL
POOR CONCENTRATION, CONFUSION, LACK OF MOTIVATION	POOR RELATIONSHIP SKILLS	CONTROLLING, POWER-HUNGRY, UNABLE TO TRUST OTHERS	THOUGHTS SUCH AS "OTHERS SHOULD MAKE ME HAPPY, NO ONE CAN LOVE ME ENOUGH"	AFRAID TO EXPRESS SELF, THOUGHTS THAT OTHERS ARE BETTER THAN YOU	RATIONALISTIC, LITERAL, CRITICAL AND JUDGMENTAL OF SELF AND OTHERS	LIMITED THINKING
SPIRITUAL	SPIRITUAL	SPIRITUAL	SPIRITUAL	SPIRITUAL	SPIRITUAL	SPIRITUAL
LACK OF PURPOSE	VICTIM CONSCIOUSNESS, BELIEF IN FATE	ALONENESS, NO TRUST IN A HIGHER POWER	FEELINGS OF TRAPPED WITH NO WAY OUT, HAVE TO EARN LOVE	THOUGHTS THAT THE UNIVERSE IS UNFRIENDLY AND UNSAFE	IDEAS OF GOD AS JUDGMENTAL	DISCONNECTED FROM YOUR SOURCE
AFFIRMATION	AFFIRMATION	AFFIRMATION	AFFIRMATION	AFFIRMATION	AFFIRMATION	AFFIRMATION
I LIVE FROM THE DEPTHS OF MY SOUL LONGING TO EXPRESS ITSELF IN THIS WORLD	I AM A CREATIVE OF LIGHT, OPEN TO MY HIGHEST JOY I RECEIVE PLEASURE AND ABUNDANCE WITH EVERY BREATH	I AM WORTH MY WEIGHT IN GOLD I AM WORTHY BECAUSE I EXIST I AM WORTHY OF THE LIFE I SAY I WANT	LOVE OPENS AND HEALS ME I LOOK FOR JOY AND LOVE IN MYSELF AND SEE IT IN ALL THINGS	I LIVE IN MY TRUTH, I COMMUNICATE MY TRUTH, I AM THE TRUTH I SHARE MY FEELINGS WITH EASE AND COMFORT	I OPEN MYSELF TO KNOW MY INNER GUIDANCE AND WISDOM I TRUST THAT MY HIGHEST GOOD AND GREATEST JOY ARE UNFOLDING	GOD IS IN ME, ABOVE ME, AND AROUND ME AT ALL TIMES I ACCEPT WHO I AM AND HONOR THE SPIRIT WITHIN ME
ESSENTIAL OILS	ESSENTIAL OILS	ESSENTIAL OILS	ESSENTIAL OILS	ESSENTIAL OILS	ESSENTIAL OILS	ESSENTIAL OILS
PATCHOULI, MYRRH	FENNEL, CLARY SAGE	LEMON, GRAPEFRUIT	BERGAMOT, GERANIUM	BASIL, PEPPERMINT	SPRUCE, ORANGE, LAVENDER	LAVENDER, FRANKINCENSE
MOVEMENT	MOVEMENT	MOVEMENT	MOVEMENT	MOVEMENT	MOVEMENT	MOVEMENT
YOGA POSES THAT ACTIVATE THE FEET AND THE LEGS	YOGA, DANCING, SWIMMING, WALKING	SPORTS OF A COMPETITIVE NATURE, HIKING, QI GONG	MASSAGE, HEALING TOUCH, YOGA	YOGA, TAI CHI, CRANIAL-SACRAL THERAPY, ALIGNMENT OF THE SPINE	YOGA, TAI CHI, QI GONG	STILLNESS, MEDITATION

Please note: This Chakra Chart is intended for informational purposes only. The first four rows depict common reasons why a chakra *could be* closed. However, there are many other reasons that can contribute to blocking of the energy. The last three rows are suggestions for opening chakras, however, these too are just a small sample as there are many different ways to open chakras (ie raise your vibration). To learn more visit: www.shinereikitraining.com Copyright ©2019 SHINE Akron LLC. All rights reserved. Registered with the U.S. Copyright Office.