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|--|--|--|---|--|--|--|
|  <b>MULADHARA</b><br>ROOT CHAKRA<br>BASIC TRUST |  <b>SWADHISTHANA</b><br>SACRAL CHAKRA<br>SEXUALITY CREATIVITY |  <b>MANIPURA</b><br>SOLAR PLEXUS CHAKRA<br>WISDOM POWER |  <b>ANAHATA</b><br>HEART CHAKRA<br>LOVE HEALING |  <b>VISHUDDHA</b><br>THROAT CHAKRA<br>COMMUNICATION |  <b>AJNA</b><br>THIRD EYE CHAKRA<br>AWARENESS |  <b>SAHASRARA</b><br>CROWN CHAKRA<br>SPIRITUALITY |
| <b>PHYSICAL</b>  | <b>PHYSICAL</b>  | <b>PHYSICAL</b>  | <b>PHYSICAL</b>   | <b>PHYSICAL</b>  | <b>PHYSICAL</b>  | <b>PHYSICAL</b>  |
| 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   |
| <b>EMOTIONAL</b>   | <b>EMOTIONAL</b>   | <b>EMOTIONAL</b>   | <b>EMOTIONAL</b>  | <b>EMOTIONAL</b>   | <b>EMOTIONAL</b>   | <b>EMOTIONAL</b>   |
| 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  |
| <b>MENTAL</b>  | <b>MENTAL</b>  | <b>MENTAL</b>  | <b>MENTAL</b>   | <b>MENTAL</b>  | <b>MENTAL</b>  | <b>MENTAL</b>  |
| 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   |
| <b>SPIRITUAL</b>   | <b>SPIRITUAL</b>   | <b>SPIRITUAL</b>   | <b>SPIRITUAL</b>  | <b>SPIRITUAL</b>   | <b>SPIRITUAL</b>   | <b>SPIRITUAL</b>   |
| 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  |
| <b>AFFIRMATION</b>   | <b>AFFIRMATION</b>   | <b>AFFIRMATION</b>   | <b>AFFIRMATION</b>  | <b>AFFIRMATION</b>   | <b>AFFIRMATION</b>   | <b>AFFIRMATION</b>   |
| 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<br>I AM WORTHY BECAUSE I EXIST<br>I AM WORTHY OF THE LIFE I SAY I WANT                                    | LOVE OPENS AND HEALS ME<br>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<br>I SHARE MY FEELINGS WITH EASE AND COMFORT                              | I OPEN MYSELF TO KNOW MY INNER GUIDANCE AND WISDOM<br>I TRUST THAT MY HIGHEST GOOD AND GREATEST JOY ARE UNFOLDING              | GOD IS IN ME, ABOVE ME, AND AROUND ME AT ALL TIMES<br>I ACCEPT WHO I AM AND HONOR THE SPIRIT WITHIN ME                             |
| <b>ESSENTIAL OILS</b>  | <b>ESSENTIAL OILS</b>  | <b>ESSENTIAL OILS</b>  | <b>ESSENTIAL OILS</b>   | <b>ESSENTIAL OILS</b>  | <b>ESSENTIAL OILS</b>  | <b>ESSENTIAL OILS</b>  |
| PATCHOULI, MYRRH   | FENNEL, CLARY SAGE   | LEMON, GRAPEFRUIT  | BERGAMOT, GERANIUM  | BASIL, PEPPERMINT  | SPRUCE, ORANGE, LAVENDER   | LAVENDER, FRANKINCENSE   |
| <b>MOVEMENT</b>  | <b>MOVEMENT</b>  | <b>MOVEMENT</b>  | <b>MOVEMENT</b>   | <b>MOVEMENT</b>  | <b>MOVEMENT</b>  | <b>MOVEMENT</b>  |
| 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](http://www.shinereikitraining.com) Copyright ©2019 SHINE Akron LLC. All rights reserved. Registered with the U.S. Copyright Office.