

A large, faint geometric pattern of overlapping circles in shades of pink, orange, and yellow, centered on the page.

THE CHAKRA CHECK-IN

A BEGINNERS JOURNEY

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WHAT'S THE DEAL WITH CHAKRAS?



No doubt you've heard the word "chakra" thrown around a lot, especially when people are talking about spiritual well-being and energy healing. You hear all the time about how the health of your chakras are so important and how you need clear and balanced chakras for a happy life.

That's all well and good but what if you don't know what the hell that means?

What is a chakra?

Where are they?

Why does their health matter?

How do you know they aren't healthy?

And if they need healing, how do you do it?

Let me start by saying that this is by no means and in-depth or complete look at chakras and chakra healing. This is just a quick introduction to the chakras along with some tools you can use to work on your chakras on your own.

IF YOU FEEL LIKE YOU COULD REALLY BENEFIT FROM PERSONALIZED HELP TO BETTER UNDERSTAND YOUR OWN CHAKRAS AND GET HELP WITH HOW TO WORK WITH THEM AND MAKE THEM WORK FOR YOU, WE CAN DIVE INTO THIS DURING A SPIRITUAL BFF SESSION.

WHAT ARE CHAKRAS?



All around your body is a big beautiful ball of light and energy known as your aura. I bet you knew about that, right? Well your chakras are like the batteries that make your aura bright, strong and turned on. When one of your batteries runs low, your aura dulls and gets a little weaker than normal. When your batteries are all charged up you're feeling fired up! You feel charged, amped, vital and ready to take on anything.

Chakra means "wheel" in Sanskrit, which describes what these little batteries look like. They are spinning wheels of energy that also have a light frequency that helps with creating the a subtle light energy not visible to the naked eye {but can be seen through the third eye or gifted clairvoyants who can see energy with their eyes open}. Chakras lend us vital energy that connects to different parts of our body and aspects of our lives while storing and processing energy and information such like our emotions and messages from Spirit..

The chakras support us in every aspect of our lives from our physical health, emotional well-being, our spiritual growth, our relationships, our ability to create and attract abundance, love and joy in our lives. When we notice that we're having a problem, be it physical, emotional or spiritual there is always a connection to a low energy or over energized chakra.

***CARING FOR AND SUPPORTING YOUR CHAKRAS IS SIMPLE! JUST A FEW MINUTES DAILY
VISUALIZING THEM HAPPY, HEALTHY AND SPINNING CAN DO WONDERS!***

HEAL YOUR CHAKRAS



Having balanced and healthy chakras means we're having a balanced and healthy life. With this balanced energy our physical and emotional bodies are supported and functioning at their best level.

When we notice that we're having a physical or emotional issue we can check in with that chakra and see how it's functioning. If its under-active or over stimulated we can work to bring it back into balance which will start to give our body the energy and space it needs to heal.

There are also some unexpected benefits from healing our chakras. We tend to find that things from our past that we may have thought were resolved come back up but are quickly and easily healed. This is because we have a tendency to unblock stuck energy when we start healing our chakras.

Healing your chakras is actually not as complicated and mystical as you might think. By simply taking time to put your focus and attention on the energy center, adding a little visualization and maybe even a few crystals and you'll see things shift quickly.



Where are they located?



You might be thinking, “Ah, that’s nice, something that plays a big part in my life that I can’t even see! Thanks a lot!” Yup, it can be a little frustrating, and I think this is also why a lot of people don’t pay attention to their chakras. They figure if they can’t seem them easily by looking down or looking in a mirror then they aren’t really that important. But you know that’s silly. You can’t see your liver but you know it’s an important part of your ability to function so you do your best to keep it healthy. This isn’t much different.

In a minute I’ll go through all the chakras briefly, one by one, to tell you more of what they each do, but here is a little diagram of where your chakras are.





THE ROOT CHAKRA

Also called the Muladhara.

It's color is red.

Located at the base of your spine, but also moves to reach your feet when you stand and walk.

This chakra connects to:

Physically - feet, knees, legs, hips, spine, intestines, adrenals, pubic bone, coccyx, skeletal system

Energetically/Emotionally - vital life energy, will to live, sense of safety and security, our sense groundedness and our ability to stand up for ourselves

When Imbalanced - we feel fearful, shy, and frustrated with ourselves and others, depressed, physically and emotionally drained.

We also become physically ill with colds and frequently have cold hands and feet or have problems with our legs.

To Balance - spend time out in nature, get more physical activity into your life through exercise you enjoy, make sure that your are getting a complete and restful night's sleep. This chakra is connected to the element of earth so anything that is earthy and grounding will help. Sitting outside with your back aligned against the trunk of a tree to help you feel grounded is a big helper. You can also eat red foods and wear or surround yourself with the color red.



THE SACRAL CHAKRA

Also called the Swadhisthana.

It's color is orange.

Located about 2 inches below the navel.

This chakra connects to:

Physically - ovaries, testicles, prostate, bladder, uterus, womb, lower back

Energetically/Emotionally - creativity, sexuality, desire, passion, attraction, ability to manifest

When Imbalanced - we can become manipulative, overly worried, focused on what other people think of us, have issues with sexual frustration or disfunction, become attention starved, develop addictions to drugs, alcohol, food and sex.

To Balance - spend time in water, especially warm aromatic baths, or spend time at the ocean or swimming in other natural bodies of water. This chakra is connected to the element of water and the sensuality of this element so anything that brings in that feel of sensual flow. Also embracing anything that wakes up the senses such as taste, touch and smell and the erotic way these can be activated. You can also eat orange foods, like oranges themselves, and wear or surround yourself with the color orange.



THE SOLAR PLEXUS CHAKRA

Also called the Manipura.

It's color is yellow.

Located about 2 inches above your navel.

This chakra connects to:

Physically - digestive system, gall bladder, liver, spleen, nervous system, pancreas

Energetically/Emotionally - our sense of joy, happiness, self-esteem, personal empowerment, strength, will

When Imbalanced - we become depressed, think others are out to get us, lack excitement and confidence, become stubborn and overly critical or judgmental. Physically we can become ill with stomach problems, ulcers, develop lower back conditions, have problems with memory, develop anxiety and conditions of nervousness.

To Balance - spend time out in the sun, be sure to get plenty of daylight *{issues with the solar plexus can be common for people who work night shifts because of the lack of sunlight exposure}*. Also spending time learning new things or perfecting a beloved skill or talent that will boost your confidence is helpful. Here you can eat yellow foods and wear or surround yourself with the color yellow.



THE HEART CHAKRA

Also called the Anahata.

It's color is green *{though some modern practitioners use the color pink}*.

Located at the center of your chest around the heart center.

This chakra connects to:

Physically - heart, lungs, ribs, arms, hands, fingers, upper back, circulatory system, breath/breathing.

Energetically/Emotionally - our ability to give and receive love, empathy, compassion, generosity, gratitude, self-control

When Imbalanced - we get jealous easily, feel unable or unwilling to give or receive love, feeling entitled to love, attention and material things, becoming clingy, unwilling to take responsibility for ones actions or feelings. Physically we can develop breathing problems or heart conditions, have tightness in the chest, high blood pressure, breast cancer, immune system disorders.

To Balance - spending time in nature and taking the time to connect with friends and family. Sometimes the conditions of the heart are because of problems with our friends and family, so taking time to evaluate and mend relationship, or being able to know when its time to let go, can help tremendously. Spending time with pets and children help as well because they give love unconditionally. You can also eat green foods and wear or surround yourself with the color green.



THE THROAT CHAKRA

Also called the Vishuddha.

It's color is blue.

Located at the center of your throat.

This chakra connects to:

Physically - throat, jaw, teeth, neck, thyroid, vocal chords.

Energetically/Emotionally - our ability to speak our truth, express ourselves openly, being able to trust others and ourselves, being able to loyal to others, organization, planning for the future.

When Imbalanced - have a hard time sharing our thoughts, feelings and emotions, unable to trust others, dependent on others to tell us what to think or feel, we get too critical of others and can talk too much while not really saying anything causing us to just bore the people around us. We can lose our voice, have swollen glands, problems with our teeth, develop bronchitis.

To Balance - spend time working on your ability to express yourself honestly and authentically through journaling, writing poetry, or having meaningful conversations with those close to you, even they are short...they just have to be honest. Singing is another way to open up the throat. You can also eat blue foods and wear and surround yourself with the color blue.



THE THIRD EYE CHAKRA

Also called the Ajna.

It's color is purple or indigo.

Located in the center of your brow above the nose.

This chakra connects:

Physically - ears, nose, lower brain, upper neck, pituitary gland, eyes

Energetically/Emotionally - our intuition, the ability to see the bigger picture and to read between the lines, being able to trust our own inner guidance, knowing when to let things go, being able to recognize and release negative thoughts.

When Imbalanced - we become unrealistic in our plans and goals, seem to be in our own world, always worried, feel lost and disconnected from our sense of purpose and have a hard time recognizing when we're creating our own negative stories. We develop neck and shoulder problems, feeling literally and figuratively like the weight of the world is on our shoulders. Also sleep disorders, mood swings, hormonal problems, and hyperactivity.

To Balance - enjoying things like art and photography, star gazing and working with divination tools like tarot and oracle cards.

You can also eat purple foods and wear or surround yourself with the color purple or indigo.



THE CROWN CHAKRA

Also called the Sahasrara.

It's color is white or violet.

Located at the base of your spine, but also moves to reach your feet when you stand and walk.

This chakra connects:

Physically - head, skull, skin, upper brain, pineal gland, cerebral cortex

Energetically/Emotionally - our connection to the Divine,

When Imbalanced - lacking imagination, feel disconnected from our spiritual path or spiritual truth, disconnected from our Higher Self or spirit guides, unable to trust in the Universe. Problems with headaches and migraines, sensitivity to light, sudden mental illness, problems with coordination, skin rashes, problems with our veins and blood vessels including varicose veins.

To Balance - spend time in meditation, especially meditations meant to connect to the upper realms. Spend time reading spiritual texts or books by spiritual authors you enjoy. Be sure to get plenty of sleep and keep a dream journal, even if you feel like you're not having any remarkable dreams. Talk to your guides and angels, even if you don't think they are listening. Focus on your spiritual goals and life lessons. You can eat white foods and wear or surround yourself with the color white.

DEEPER CHAKRA CONNECTIONS



Next is a short visualization exercise with journal questions you can use with your chakras as well as two charts that can help you diagnose problem chakras and work to heal them.

CHAKRA VISUALIZATION

Sit quietly and take a few deep breaths. Close your eyes and turn your attention to the place on your body where your first chakra is, the root chakra. Visualize a ball of light about 2 inches in front of your body at this spot. Inhale, visualizing yourself breathing through the chakra. As you exhale, see the chakra begin to spin and light up.

What color is the chakra? How bright or dull is the color? Are there any dark spots?

Does the chakra spin steadily and evenly? Or does it seem slow and sluggish or like it's moving too quickly?

How does it feel to be focused on this chakra?

As you focus on this energy do any thoughts, memories, impressions or visuals come up for you?

If you notice dark spots, as you inhale visualize breathing in white light through your mouth and as you exhale send that white light to your chakra, pushing it out through the energy center. Do this until you notice the spots go away and the color even.

Do this exercise with all your chakra and keep notes of your experiences.

CHAKRA CORRESPONDENCES

Chakra	Location	Element	Bija	Crystals	Oils	Tarot	Archangel
	Base of tailbone	Earth	Lam	hematite, garnet, black tourmaline, smokey quartz, bloodstone	ginger, cinnamon, cypress, patchouli, vetiver	The Emperor, The Devil, The World	Ariel
	2 inches below the navel	Water	Vam	carnelian, tiger's eye, coral	rosewood, clary sage, geranium, dragon's blood	The Empress, Death {also High Priestess}	Gabriel
	2 inches above the navel	Fire	Ram	citrine, yellow topaz, pyrite, amber	juniper, lemongrass, fennel, neroli, basil,	Chariot, The Sun, Strength, The Tower	Michael
	center of chest/heart	Air	Yam	jade, rose quartz, aventurine, emerald, malachite, kunzite	rose, chamomile, eucalyptus, benzoin, heliotrope	Lovers, Justice, Temperance	Raphael
	center of neck/throat	Sound	Ham	sodalite, blue lace agate, turquoise, azurite	bergamot, peppermint, tea tree, hyssop	Magician, Hierophant, Wheel of Fortune	Chamuel
	center of brow line	Light	Om	amethyst, opal, lepidote, labradorite, azurite, lapis lazuli, moonstone	cedarwood, lavender, sandalwood, ylang ylang	High Priestess, The Hermit, The Moon	Jeremiel
	center of the top of the head	Thought	Silence	clear quartz, diamond, danburite, kyanite, selenite, angelite	frankincense, myrrh, violet, jasmine	The Fool, The Star, The Hanged Man, Judgement	Raziel

DIAGNOSE & HEAL YOUR CHAKRAS

Chakra	Connected To...	Unbalanced...	Balanced...	How to Heal It...
	feet, knees, legs, hips, spine, intestines, adrenals, pubic bone, coccyx, vital energy, stamina, grounding, protection/security	Demanding, overbearing, aggressive, egotistical OR Shy, fearful, frustrated with self + others, unsure of self	Independent, confident, grounded, trusting of others, sexually confident, comfortable in the world, poised and graceful	Do activities that connect you to your physical body and the earth. Stand barefoot in grass, hug a tree, sit with your back straight against a tree trunk. Dance.
	ovaries, testicles, prostate, bladder, uterus, lower back, creativity, sexuality, desire, attraction	Manipulative, sexually frustrated, attention starved OR worried about what others think, lost, guilty, shy	Playful, sexually fulfilled and confident, open to meeting new people, passionate, friendly, excited for the future, good mood	Spend time swimming and in the water. Listen to ocean sounds. Spend time out in the moonlight. Skinny dipping at the full moon. Getting + feeling clean.
	digestive system, gall bladder, liver, spleen, nervous system, pancreas, joy, Ego, will, empowerment	stubborn, over critical, a bully, judgemental OR apathetic, procrastinating, low self esteem, victimhood	Outgoing, confident, empowered, giving to others, relaxed, respectful of others + self, able to confront problems easily	Spend time in the sunlight. Watch the sun rise + set. Physical activities that wake the body - yoga, tai chi, Pilates. Gardening - growing something.
	heart, lungs, arms, hands, fingers, ribs, circulation, breathing, chest, love, empathy, forgiveness, trust, compassion	jealous, feeling entitled, give too much, blaming OR unloved, needy, clingy, fear of being rejected, pitiful	Loving, feels loved, empathic, happy for others, takes time for self-love, takes responsibility, willing to work hard, easily find joy	Spending time with pets or children who you can give and receive love with unconditionally. Deep breathing out in nature.

Chakra	Connects To...	Unbalanced...	Balanced...	How to Heal It...
	throat, jaw, teeth, neck, thyroid, vocal chords, creative and clear expression, sharing, authenticity,	talking too much, criticizing, boring to others OR afraid to express emotions, timid, over dependent	easily expresses emotions and personal truth, embraces their creativity, listens to others openly, embraces differences in others	Spend time journaling, specially about things that have had you angry or frustrated, while being fully honest and truthful with yourself about your feeling.
	ears, nose, lower brain, upper neck, pituitary gland, eyes, intuition, inspiration, thoughtfulness, perception, dreams	lost, unrealistic, worrier, disconnected, spacey OR self-doubt, lost, no purpose, influenced by others	Easily receives inner guidance, knows their purpose, intuitive, charming and charismatic, self-reliant, sees the bigger picture	Ask your higher self for guidance or work with divination tools. Take time to do some self-realization work to really listen to your own inner wisdom.
	skull, head, skin, upper brain, pineal gland, cerebral cortex, clarity, peace, higher self, spirituality, acceptance	overly spiritual, craves attention, overactive imagination OR no fun, denies Spirit, overly rational, over thinking	Joyful, feels connected to the Divine, knows their individuality + sees they are part of the whole, wise, compassionate at a higher level with others + self	Daily prayer + mediation without any focus other than being present, aware and mindful. Know you have the Divine connection, you just need to wake it up.

BLOG POSTS WITH MORE INFO:

[No More Excuses Chakra Cleanse](#)

[Simple Chakra Balancing](#)

[50 Must Have Meditation Tips](#)



JessCarlson.com

BE A CHAKRA EXPLORER!



Now you have a simple toolbox for beginning a journey with your chakras that can completely change your life! But this is just the beginning. Like I said, this is only a little scratching of the surface when it comes to chakras.

I hope you've enjoyed checking in with your chakras. Do you have questions about working with your chakras? Hit me up on Twitter or Facebook with your questions. You can also come and join The Wild Spirit Tribe on Facebook and share your questions and experiences with your chakras. Our little community would love to hear about it!

Sending you vibes of love and abundance,

Jess

