

Healing Journeys - ENERGY

HEALTH - ABUNDANCE - WELL BEING

A journey of a thousand miles begins with a single step. Healing is a journey. The destination is yourself.

Chakra Chart . . . [more info on Energy Healing](#)

Chakra	Location	Endocrine Glands	Associated Organs	Identity	Positive Associations	Negative Associations
<i>Root or Base (Muladhara) Red GROUNDING</i>	<i>Base of spine between anus & genitals</i>	<i>Adrenals</i>	<i>Excretory System Kidneys, Bladder,</i>	<i>Physical</i>	<i>Our connection to our body, Relates to our thoughts concerning money & security, Symbolizes connection with Mother Earth</i>	<i>Insecurities, Fear & Anger</i>
<i>Sacral or Spleen (Svadhithana) Orange CREATIVITY</i>	<i>Midway between the pubis and the navel about 5cm (2 inches) below the navel</i>	<i>Ovaries, Gonads (testicles)</i>	<i>Reproductive System Kidneys, Spleen, Uterus, Prostrate & Large intestine</i>	<i>Emotional</i>	<i>Sexuality, Appetites & Desires, General health of the lower body</i>	<i>Self-limiting thoughts & Fear of pleasure</i>
<i>Solar Plexus (Manipura) Yellow POWER</i>	<i>Located about 5cm (2inches) above the navel</i>	<i>Pancreas</i>	<i>Digestive System Liver, Gallbladder, Stomach, Small Intestine</i>	<i>Ego</i>	<i>Personal Power, Purpose, Control, Self-determination, Self-empowerment Metabolism</i>	<i>Addictions, Digestive & Eating issues Tension, Lack of control, Depression</i>
<i>Heart (Anahata) Green or Pink LOVE</i>	<i>Located in the centre of the chest</i>	<i>Thymus</i>	<i>Circulatory System Heart, Lungs</i>	<i>Social</i>	<i>Ability to give & receive love & understanding, Balance, Unity, Compassion, Kindness, Affinity, Giving</i>	<i>Un-forgiveness, Unworthiness, Selfishness, Guilt, Lack of love</i>
<i>Throat (Vishuddha) Blue COMMUNICATION</i>	<i>Located in the central base of the neck, throat</i>	<i>Thyroid and Parathyroid</i>	<i>Respiratory System Upper Lungs & Voice box</i>	<i>Creative</i>	<i>All forms of communication, Speech, Creativity & Expression</i>	<i>Dishonesty, Communication difficulty, Unbalanced, Blocked creativity</i>
<i>Brow or 3rd Eye (Ajna) Indigo or Violet INTUITION</i>	<i>Located at the middle of forehead just above eyebrows</i>	<i>Pituitary</i>	<i>Endocrine & Nervous System Eyes, Brain</i>	<i>Archetypal</i>	<i>Psychic Abilities, Clairvoyance, Vision, Dreams, & Clarity, Centre of Christ Consciousness</i>	<i>Lack of concentration, Lack of clarity, Fear of succeeding</i>
<i>Crown (Sahasrara) Violet, White, Silver or Gold INSPIRATION</i>	<i>Located on top of head</i>	<i>Pineal</i>	<i>Central Nervous System Cerebral Cortex, Brain</i>	<i>Universal</i>	<i>Connection with the spiritual realm & awareness, Overall peace & well being</i>	<i>Frustration, Lack of Spiritual Oneness, Destructive Thoughts</i>