

ARE YOUR CHAKRAS OUT OF BALANCE?

1ST OR ROOT CHAKRA

- **AREAS AFFECTED:** legs, feet, rectum, tailbone, immune system, male reproductive parts and prostate gland.
- **CAUSES ISSUES WITH:** degenerative arthritis, knee pain, sciatica, eating disorders, and constipation.
- **EMOTIONAL AREAS AFFECTED:** basic survival needs: money, shelter / food; ability to provide life's necessities.

2ND OR SACRAL CHAKRA

- **AREAS AFFECTED:** sexual / reproductive issues, urinary problems, kidney dysfunctions, hip, pelvic /low back pain.
- **CAUSES ISSUES WITH:** ability to express emotions - Fears of impotence, betrayal, addictions- commitment to relationships
- **EMOTIONAL AREAS AFFECTED:** ability to have fun, play based on desires, creativity, pleasure, sexuality

3RD OR SOLAR PLEXUS CHAKRA

- **AREAS AFFECTED:** digestive problems, liver dysfunction, chronic fatigue, high blood pressure, diabetes, stomach ulcers, pancreas and gallbladder issues, colon diseases.
- **CAUSES ISSUES WITH:** Fears of rejection, criticism, physical appearances
- **EMOTIONAL AREAS AFFECTED:** issues of personal power and self-esteem, our inner critic comes out

4TH OR HEART CHAKRA

- **AREAS AFFECTED:** asthma, heart disease, lung disease, issues with breasts, lymphatic systems, upper back and shoulder problems, arm and wrist pain.
- **CAUSES ISSUES WITH:** Fear of loneliness
- **EMOTIONAL AREAS AFFECTED:** issues of the heart; over-loving to the point of suffocation, jealousy, abandonment, anger, bitterness

5TH OR THROAT CHAKRA

- **AREAS AFFECTED:** thyroid issues, sore throats, laryngitis, TMJ, ear infections, ulcers, any facial problems (chin, cheek, lips, tongue problems) neck and shoulder pain.
- **CAUSES ISSUES WITH:** Fear of no power or choice. No willpower or being out of control.
- **EMOTIONAL AREAS AFFECTED:** Emotional imbalances include issues of self-expression through communication, both spoken or written.

6TH OR THIRD EYE CHAKRA

- **AREAS AFFECTED:** headaches, blurred vision, sinus issues, eyestrain, seizures, hearing loss, hormone function
- **CAUSES ISSUES WITH:** Mind wandering – Unfocused often Day-dreaming and living in a world with exaggerated imagination
- **EMOTIONAL AREAS AFFECTED:** moodiness, volatility, and self-reflection; An inability to look at ones own fears, and to learn from others.

7TH OR CROWN CHAKRA

- **AREAS AFFECTED:** depression, inability to learn, and sensitivity to light, sound, environment
- **CAUSES ISSUES WITH:** Imbalances arise from rigid thoughts on religion and spirituality, constant confusion, carry prejudices, “analysis paralysis.” Fear of alienation.
- **EMOTIONAL AREAS AFFECTED:** self-knowledge and greater power.