

LIGHTING UP YOUR BOUNDARIES!

Your
RADIANT *Chakras*

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Gaining Awareness of the Chakra System for
Increased Vitality & Energy Flow



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Your Radiant Chakras



The 7 Main Energy Centers Chakras...

The word chakra comes from the Sanskrit language and it means "wheel," or vortex and refers to the seven major energy centers of the body.

There are 7 main chakras in the human body and many more throughout the body. For example, there are chakras in your hands and feet.

Each chakra is a center of spinning energy that supports the functioning of the body and pulls in Universal life force energy.

Each energy center reflects a different aspect of your life and your consciousness. When these energy centers flow smoothly, you feel vital and healthy. When they're blocked, you feel stressed and off-balance.

It is important to keep these energy centers clean and clear for optimal performance, lending to an efficient flow of life force energy through the body.

Keeping your body and chakra system in balance can allow for a healthy body and will bring your life into harmony.

Your Radiant Chakras



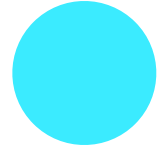
7 - Your Crown Chakra



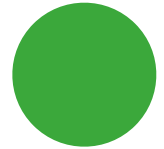
6 - Your 3rd Eye Chakra



5 - Your Throat Chakra



4 - Your Heart Chakra



3 - Your Solar Plexus Chakra



2 - Your Sacral Chakra



1 - Your Root Chakra



Your Radiant Chakras

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Crown Chakra - Purple

Third Eye Chakra - Indigo

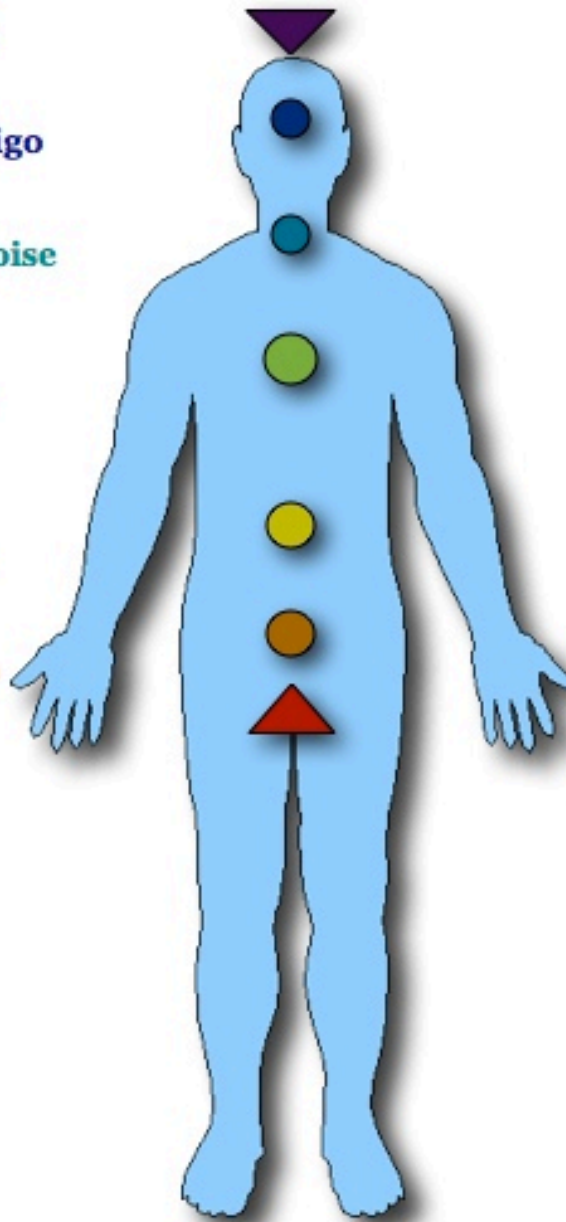
Throat Chakra - Turquoise

Heart Chakra - Green

Power Center - Yellow

Sacral Chakra - Orange

Root Chakra - Red



Human Body & Chakra System

Your Radiant Chakras



Your Crown Chakra

The seventh chakra is called the Thousand-petal lotus.

It supports detachment from the mundane world and activates Universal consciousness.

When this chakra is balanced, you experience a divine connection with the Creator and an expanded vision of the World and Universe...

You are able to tap into a serene state of Bliss and Unity...

You begin to feel more connected to the Creator and to your spiritual source.

Your depth of compassion for others deepens.

Your ability to be in the world, but not of it, expands and grows.

This is where your Higher Self consciousness flows into your Being

Your Crown Chakra



Location: Your seventh chakra is the area at the very top of your head.

Color: Purple

Element: All, including Ether, Air, Fire, Water and Earth.

Energy Connection to the Physical Body: It influences the central nervous system, muscular system, and the skin.

Energy Connection to the Emotional/Mental Body: The seventh chakra generates devotion, inspirational and prophetic thoughts, transcendent ideas and mystical connections.

Symbolic/Perceptual Connection: This chakra is the center for spiritual insight, vision, intuition beyond human consciousness. It is the mystical realm and our rapport with the Divine.

Primary Fears: Fears relating to spiritual growth, moving through evolutionary cycles, ascension issues, fears of spiritual abandonment, loss of identity.

Primary Strengths: Faith in the presence of the Divine, devotion, inner guidance and insight into healing.

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Your 3rd Eye Chakra

Your third eye chakra is known as the Ajna chakra.

It is associated with your intuition, inner knowing and insight.

This is the center of your clairvoyance, psychic abilities and dreams.

When it is in balance, you have excellent intuition, guidance and manage to be at the right time and right place.

You have clarity, certainty and make powerful choices in life based upon your inner knowing.

When you awaken your 3rd eye chakra, you learn to trust Divine direction... checking in with your Intuition and guidance before making any decisions in life.

You follow guidance without question and move towards greater levels of wisdom.

Your 3rd Eye Chakra



Location: Your sixth chakra is located between and just above the area between your eyebrows, in the center of your head.

Color: Indigo Blue

Element: All, including Ether, Air, Fire, Water and Earth.

Energy Connection to the Physical Body: The brain and neurological system, pituitary and pineal glands, eyes, ears, nose.

Energy Connection to the Emotional/Mental Body: This chakra links us to our mental body, intelligence and psychological characteristics, including our fears, paradigms, patterns and beliefs.

Symbolic/Perceptual Connection: This chakra activates life lessons that lead us to greater wisdom and understanding that we achieve through experiences. We are able to take on the witness/observer stance and follow symbols and inner sight, rather than our conscious mind. This leads to a strengthening of intuitive insight.

Primary Fears: Fear of Truth, realistic judgement, looking within to address one's fears, fear of relying on external counsel, fear of discipline, fear of dealing with one's shadow side.

Primary Strengths: Intellectually congruent abilities, intuition insights, and inspiration.

Your Radiant Chakras



Your Throat Chakra

Your throat chakra is associated with inner truth, full self-expression, Clairaudience abilities and communication with others.

When your throat chakra is in a balance, you communicate your truth to yourself and others with ease, courage and grace.

Your ability to express your truth creates harmony with all of life because you can trust yourself and others trust you.

As you do this periodically, you should begin to notice that the quality of your self-expression and your ability to "be" your truth becomes deeper, more profound and loving.

You recognize the power of your voice as a vibration that impacts the Universal field for creating and manifesting.

Knowing that everything you say creates that very thing stated, bringing form and substance to energy until it creates in the physical realm as matter, you are responsible with your word. You live in integrity.

Your Throat Chakra



Location: Your fifth chakra is located in the center of your throat.

Color: Turquoise Blue

Element: Ether

Energy Connection to the Physical Body: Throat, thyroid, trachea, esophagus, parathyroid, hypothalamus, neck vertebrae, mouth, jaw and teeth.

Energy Connection to the Emotional/Mental Body: The fifth chakra resonates with our power of choice. It dictates how we feel about our capacity to overcome what are seemingly obstacles.

Symbolic/Perceptual Connection: The fifth chakra's evolution goes from the perception that life's circumstances have power over you, to the perception that you have the ability to change reality to align yourself to Divine will.

Primary Fears: The fear of not having what it takes to be an authority. Fear of not having self-control over addictions and money. As well the fear of being emotionally controlled by another.

Primary Strengths: Integrity, faith, personal authority, the capacity to make a decision and being in integrity with your word.

Your Radiant Chakras



Your Heart Chakra

Your heart chakra is associated with unified love, kindness, affection and connection to others.

When your heart chakra is in balance you feel a depth of compassion for yourself and others. Your relationship with yourself, other people, animals, the Planet and the Creator are in harmony.

When your heart chakra is activated, you allow yourself to receive love and support from others... You radiate love and become expansive in your capacity to express love through actions.

Your heart is a gateway to the sacred love that dwells within you and within the Universe. As you live from your heart space, the quality of your relationships become deeper, more profound and loving. You begin to feel 'at home' within yourself and connected to all things.

The heart connection to your Divinity will shine brightly and attract support for any altruistic endeavors.

Your Heart Chakra



Location: Your fourth chakra is located in the center of your chest.

Color: Green

Element: Air

Energy Connection to the Physical Body: Heart and circulatory system, ribs, breasts, thymus gland, lungs, shoulders, arms, hands, diaphragm.

Energy Connection to the Emotional/Mental Body: This chakra resonates to our emotional perceptions, it allows us to read situations with the upmost compassion as the context.

Symbolic/Perceptual Connection: The fourth chakra represents our capacity to surrender, and our ability to accept life circumstances as the unfolding of a Divine plan.

Primary Fears: Fear of loneliness, of commitment, fear of letting your heart lead you, and fear of betrayal.

Primary Strengths: Love, forgiveness, compassion, dedication, inspiration, trust, acceptance and the ability to heal oneself and others.

Your Radiant Chakras



Your Solar Plexus Chakra

The third chakra activates clarity, freedom, security and personal power.

When the solar plexus (stomach) chakra is balanced, you experience decisive vision and courage. You feel in control of your life and you have good intuitive guidance. You act immediately without hesitation and trust that you are taking the appropriate steps because you are practiced in listening to your inner voice.

You can discern what actions are required to follow through on a goal, quickly, after assessment of any situation. This is due to your evolved gift of clairsentience... you can feel what is revealing itself in the moment and know what is relevant to the goal or project, letting go of anything unnecessary and flowing with what is necessary.

This saves you a lot of time and you become very efficient and effective in fulfilling your purpose. You are assertive and powerful (without being aggressive) and you have good personal boundaries. You progress to feeling more focused, clearer and determined to reach your goals.

Your Solar Plexus Chakra



Location: The third chakra is the area centered around your diaphragm/solar plexus/naval at your stomach.

Color: Yellow

Element: Fire

Energy Connection to the Physical Body: Stomach, pancreas, adrenals, upper intestines, gallbladder, liver, the middle of the spine, located behind the solar plexus.

Energy Connection to the Emotional/Mental Body: The third chakra houses our personal power, and the core of the personality and ego. Imbalances arise from issues related to self-responsibility, self-esteem, fear of rejection, and an oversensitivity to criticism.

Symbolic/Perceptual Connection: The third chakra focuses on how we relate to and understand ourselves.

Primary Fears: Fear of rejection, criticism, looking foolish, and failing to meet one's responsibilities; all fears about your physical appearance, and fear that others will discover your flaws.

Primary Strengths: Self-esteem, directed will power, focus, self-respect, self-discipline, ambition, ability to generate action, confidence in self, courage, generosity, and high level values.

Your Radiant Chakras



Your Sacral Chakra

The second chakra activates sexuality, financial success and creativity.

When this chakra is balanced, you experience emotional pleasure, prosperity, wealth and creativity in life.

Trusting that the Universe is resourceful, you will allow yourself to receive abundance from your creative projects and energetic output.

You humbly value what you have to offer the World and expect to be valued in return for your offering. This creates a feeling of warmth within and allows you to be lovingly committed to serving the Universe.

Moving through life with flexibility and fluidity... you allow yourself time to bask in the beauty that the Universe offers while producing the wealth that your heart desires.

Your Sacral Chakra



Location: Your second chakra is the area just below your naval.

Color: Orange

Element: Water

Energy Connection to the Physical Body: Sexual organs, large intestines, lower vertebrae, pelvis, hip area, appendix, & bladder.

Energy Connection to the Emotional/Mental Body: This chakra is linked to our need for relationships with others, personal finances, our need to control our environment, and sexuality.

Symbolic/Perceptual Connection: The sacral chakra assists us in developing a healthy sense of personal identity and healthy boundaries. It supports us with identifying seductive external influences such as sex, money, addictive substances, and other people.

Primary Fears: Fear of loss of control, fear of being abused by another through addiction, rape or betrayal. Fear of being trapped in a relationship. Fear of manipulation by our life or business partner or the government, through events such as financial loss. Fear of abandonment, fear of our creativity not being accepted, fear of being ridiculed or shamed due to our behavior. Fear around money.

Primary Strengths: The ability and fortitude to survive financially on one's own, the ability to take risks and to recover from loss.

Your Radiant Chakras



Your Root Chakra

The first chakra is a sacred passageway for energy to flow from the Mother Earth to you. It is the place that Her energy moves up and into your being.

The root chakra is about the basics... food, air, water, shelter and how we manage it all. The root chakra governs our vigor, heredity, security, passion, job and home. This chakra aids us in our everyday survival.

When your root chakra is closed, you will feel starved for vitality and life force energy... you will feel as if you do not belong or that you don't want to be here on the Planet.

In opening and awakening your root chakra, you begin to feel incredibly vital and renewed. There is a desire to be here so you can participate in life and serve in your unique way.

You recognize that the Earth's energy supplies you with valuable resources and supports your existence.

Your Root Chakra



Location: Your First chakra is the area near the base of your spine at your coccyx.

Color: Red

Element: Earth

Energy Connection to the Physical Body: spinal cord, rectum, legs, bones, feet and immune system.

Energy Connection to the Emotional/Mental Body: Your first chakra is linked to your mental health. A disrupted root chakra can promote mental illness and disturbances... such as depression, and destructive patterns.

Symbolic/Perceptual Connection: The first chakra manifests in our need for a strong foundation, order and structure. It orients us in time and space.

Primary Fears: Fears of physical survival, abandonment by the group, loss of physical order and our basic needs not being met... food, shelter and sustenance.

Primary Strengths: Tribal/family identity, bonding, honor code and loyalty. It is about values that give us a sense of safety and belonging to the physical world. You know that you belong here and have the resources through friendships, family and spiritual community.