

Chakra Overview

Root Chakra

This chakra is located in the pelvis region, and is associated with the color red. It deals with abundance, stability and security. This chakra is in regards to material wealth, security and stability, so it's not necessarily about the emotions, but instead about the material or physical situation of the person. When looking at this chakra, a few questions you can ask are:

- *Does this person have a stable living environment?*
- *How comfortable is this person in his/her situation?*
- *How secure is this person in his/her situation? Would they be able to handle if something went wrong?*
- *Does this person have abundance in his/her life? Is there more than enough to meet their needs and desires?*

Sacral Chakra

This chakra is located a few inches below the belly button and is associated with the color orange. This one can be a little complicated, since there are three parts to it. Emotions have to do with how stable a person is emotionally, as well as whether they tend to live in high vibrations (love, peace, acceptance, happiness) or low vibrations (sadness, depression, guilt, fear). Passion, creativity and focus are grouped together because 5 separate pieces to a chakra is overwhelming, and these usually are very intertwined. Relationships involve both romantic relationships and friends and family.

Emotions

- *Where is this person emotionally?*
- *Are they generally in a high or low vibration?*
- *What is the dominant emotion?*
- *Are their emotions erratic or fairly stable?*

Passion, Creativity and Focus

- *Is this person living his/her passion?*
- *Does this person have work/hobbies/projects that s/he is passionate about?*
- *Is this a creative person?*
- *Is there creative flow in this person's life?*
- *Is this a focused person, or are his/her attentions scattered?*
- *Is there something blocking focus? If so, what?*

Relationships

- *Is this person in a romantic relationship?*
- *How stable does this relationship look or feel?*
- *Is this person supported by his/her relationships?*
- *How do the relationships feel? Is there balance?*
- *Is there a block with relationships? If so, what is it?*

Solar Plexus Chakra

The solar plexus chakra is located in the solar plexus area, right under the rib cage. The color associated with this chakra is yellow. It has to do with self-esteem, personal power, and how well the person is going after his or her dreams. Someone who has a good SP chakra will be good at action steps toward his or her goal.

- *Does this person believe in himself/herself?*
- *Does this person believe s/he can make a difference?*
- *Does this person believe that s/he can change his/her life?*
- *Does this person take action toward a dream or vision?*
- *Does this person know his/her worth?*

Heart Chakra

The heart chakra is located in the center of the chest. This chakra is green. It has to do with compassion, caring, and a desire to make the world a better place. There are only two questions to ask for this chakra.

- *Is the heart chakra open or closed?*
- *Is the heart chakra active or inactive?*

If the heart chakra is open, this is a person who wants to help other people. If it is closed, this is a person who doesn't necessarily want to help anyone. The desire to help is the deciding factor for openness. If the heart chakra is active, this means the person is someone who is actively helping other people. If it is inactive, this is a person who is not actively helping other people. You can have any combination, here. For instance, someone who is a doctor for the money may have a closed but active heart chakra, while someone who is going through college and can barely make ends meet and doesn't have extra time may have an open and inactive heart chakra.

Throat Chakra

The throat chakra is located in the throat, and the associated color is blue. The theme of this chakra is communication.

- *Is this person in touch with his/her personal truth?*
- *Does this person express himself/herself to others or will s/he hold what s/he's feeling inside?*
- *Does this person communicate clearly and effectively?*
- *Is there something that this person is holding in that needs to be expressed?*

Brow Chakra

The brow chakra is located between the eyebrows. The color associated with this chakra is purple or indigo. This chakra has to do with intuition and psychic phenomena.

- *Does this person receive intuitive information? (The answer is almost always "yes", but very rarely there will be someone so closed off to intuition that they are not receptive to it.)*
- *Does this person understand the information s/he receives?*
- *Can this person accurately interpret intuitive and/or psychic information?*
- *Does this person act on the information s/he gets through the intuition?*

Crown Chakra

The crown chakra is located at the top of the head, and is white. This chakra has to do with a person's *sense of spirituality* and how connected to source/God/creation energy he or she is.

- *Does this person believe s/he is a spiritual being?*
- *Does this person know what s/he believes in regards to spirituality and religion?*
- *Is there a connection? If so, is it strong or weak?*
- *Is this person actively looking for answers in regards to his/her spirituality, or is s/he satisfied with what s/he currently believes?*