



Spiritual Mechanic

Chakra Overview

In this e-book you'll learn all about your chakras. The word "chakra" means "wheel" or "circle" in Sanskrit. The traditional way to pronounce it is with a hard "ch" sound, but I pronounce it with the soft "sh" sound because that's what I was taught. Both are technically correct.

The chakra spin in your body system. They allow energy to flow through them, and a ball of energy will sit inside your body system. When your chakras are balanced, you will feel fantastic and enjoy your life a great deal.

When they are unbalanced, you will feel stressed, out of balance or have numerous health problems (or all of the above).

Energy flows through your chakras from your back to your front. The two exceptions are your root chakra, which is located in the pelvis region, and this chakra receives energy from the earth and it flows through your body system. The other exception is your crown chakra, which is located at the top of your head and receives energy from the universe. It goes down from the top of your head and through your body system.

When your chakras are working well, this energy flows through easily and effortlessly.

Each chakra has a color associated with it. If, as you work with your chakras, you notice you experience slightly different colors than what I describe here DON'T WORRY! That's perfectly ok. You simply want to see whether the color feels good to you or whether it feels clogged or stuck. If it feels good, it IS good.

As a sensitive person, you'll notice that you are uniquely designed to experience this energy. This means that doing chakra work is hugely beneficial to your health.

You can use an inside out technique – which is where you focus on changing the chakras inside of your body system through reiki, meditation, or any other healing modality. It's an inside out technique simply because you work with the chakras directly.

You can also use an outside in technique, where you focus your attention and energy on fixing the beliefs and blocks that keep your chakras from spinning clearly, feng shui, or any other technique that does not have you working with your chakras directly.

I'd recommend going through this PDF before you enjoy the meditation, simply so you can familiarize yourself with the chakras.



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Root Chakra

Your root chakra is located in the pelvis region and is a red color. This chakra has to do with abundance, stability and security.

When this chakra works well you will have and/or experience:

- A feeling of “all is well” with the world
- Security
- Safety
- A secure place to live
- A stable living environment
- Healthy adrenal function
- Pain and problem free hips, backs, legs, knees ankles and joints
- Healthy reproductive organs
- A calm and centered focus in the face of adversity or upheaval
- When you look at it, it will be a vibrant red, and look whole and complete

When this chakra needs some love and healing you will have and/or experience

- A feeling of impending doom or excessive worry
- Danger
- Insecurity
- Your living place will not be secure – it will either be threatened or taken away or it will feel that way
- Adrenal fatigue
- Painful hips, back, legs, knees, ankles and joints
- Problematic reproductive organs
- A feeling of panic, especially in the face of adversity or upheaval
- When you look at it, it will look dark, full of holes, small, or incomplete in some way



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Sacral Chakra

Your sacral chakra is located a few inches below the belly button and is an orange color. This chakra has to do with emotional stability, your dominant vibration (emotions), relationships, passion, creativity and focus.

When this chakra works well you will have and/or experience:

- Clarity on what you want
- A high level of focus
- Deep, emotionally fulfilling relationships
- A high vibration
- Stable emotions
- Good creative flow
- A feeling of ease in intimate settings

When this chakra needs some love and healing you will have and/or experience

- Very little or no clarity on what you want – confusion will dominate
- Difficulty focusing, both on little tasks and larger life goals
- Crappy relationships
- A low vibration
- Erratic emotions
- Very little or no creative flow
- A lot of discomfort with intimacy or in intimate settings
- Kidney problems
- Constipation
- Lower back tension and pain
- Muscle spasms



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Solar Plexus Chakra

Your solar plexus chakra is located right under your rib cage, and its associated color is yellow. This chakra has to do with personal power, feelings of empowerment, self-confidence and the **action steps** required to make your dreams a reality.

When this chakra works well you will have and/or experience:

- High self-confidence
- A feeling of personal power
- Deep sense of worth and worthiness
- Low resistance to taking action on your dreams
- Low or no guilt and shame
- Guilt and shame, when they appear, are very temporary
- Low stress
- A feeling of control over your life
- Ability to easily enjoy the sweetness of life

When this chakra needs some love and healing you will have and/or experience

- Low self-confidence
- Little or no feelings of personal power – you will feel a lot of blame toward other people and circumstances
- Feelings of unworthiness, low self-worth
- A crap load of resistance to taking action on your dreams
- High guilt and shame
- Guilt and shame are a theme in your life, and you only experience temporary relief from them
- High stress
- Bitterness
- Diabetes
- Stomach ulcers and other stomach upsets
- Gall bladder issues
- Small intestine issues



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Heart Chakra

Your heart chakra is located in center of your chest, and the associated colors are green or pink. This chakra has to do with compassion, caring and the desire to make the world a better place.

This chakra can be in an open or closed state, and it can be either active or inactive.

	Open	Closed
Active	<p>Actively giving to others, helping others because of the desire to make the world a better place</p> <p>Example: Reiki healers, intuitive counselors, social workers</p>	<p>Actively giving to or helping others because the person likes prestige, money or some other motivating factor</p> <p>Example: Doctors who are in it for the money, rescue workers who enjoy the adrenaline rush</p>
Inactive	<p>Desire to make the world a better place, but is not acting on this desire</p> <p>Example: College student who doesn't have time or money to contribute, someone who feels disempowered to help others or feels unworthy in some way</p>	<p>Not interested in helping or giving to others, not doing anything to help others</p> <p>Example: A cynic who believes helping others is a waste of time and resources, a sociopath</p>



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Heart Chakra

When this chakra works well you will have and/or experience:

- A feeling of compassion for those who are in pain
- Caring for the world and the inhabitants
- A desire to make the world a better place
- A desire to share your gifts in a way that benefits others
- Consistent action to help others
- Healthy lungs, heart, and circulatory system
- Pain free upper back and shoulders
- When you look at it, it will be a vibrant green or pink, and look whole and complete

When this chakra needs some love and healing you will have and/or experience

- A feeling of blame or anger for those who are in pain (it's their fault they experience pain)
- A disregard for the world and its inhabitants
- Apathy about the world becoming a better place
- Apathy about helping people or sharing your gifts
- Anger at the idea of sharing your gifts with the world
- No action to help others
- Unhealthy lungs, heart, and circulatory system
- Pain in the upper back and shoulder areas
- When you look at it, it will look dull or have holes



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Throat Chakra

Your throat chakra is located in your throat, and the associated color is blue. This chakra has to do with communication, effective self-expression, and connection with personal truth.

This chakra has three “layers.”

Layer 1: Inner layer – Connection to personal truth

When this layer is healthy, you will be deeply connected to your truth at any given moment. You’ll know what is and what is not true for you.

Layer 2: Middle layer – Willingness to express yourself to others

When this layer is healthy, you are willing to express your truth to others when you feel compelled to do so. You have a free flowing communication, and don’t bottle up resentments, airing them instead.

Layer 3: Outer layer – Effective communication

When this layer is healthy, you express your truth in a way that is easily received and you are heard by those who surround you. You are not often misunderstood, and miscommunications are rare.



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Throat Chakra

When this chakra works well you will have and/or experience:

- A deep connection to your personal truth
- Clear communication
- A feeling of safety when expressing yourself
- Friendships based on authenticity
- Relationships that encourage self-expression
- Healthy throat, neck, teeth, ears, and thyroid gland
- When you look at it, it will be a vibrant blue, and look whole and complete

When this chakra needs some love and healing you will have and/or experience

- A feeling of disconnection from your personal truth – not sure who you are
- Clogged communication – lots of missed connections
- Poor communication – people often misunderstand or misconstrue what you say
- A feeling of fear or dread when expressing yourself
- “Fake” friendships
- Friendships that encourage hiding parts (or all) of yourself
- Throat or neck pain
- Teeth problems
- Ear pain or hearing problems
- Poorly functioning thyroid
- When you look at it, it will look dull or have holes



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Brow Chakra

Your brow chakra is located in your forehead right between the eyebrows, and the associated color is purple (or indigo). This chakra has to do with intuition, psychic phenomena and how well you listen to the messages of the universe.

Like the throat chakra, this chakra has three “layers.”

Layer 1: Inner layer – Receiving

When this layer is healthy, you will be receiving intuitive information through sensations, dreams, meditative visions, emotions, auditory experiences or through direct knowing.

Layer 2: Middle layer – Recognition & Interpretation

When this layer is healthy, you are able to recognize your intuitive hits and accurately interpret them. This is often difficult until you understand how information comes through for you, specifically.

Layer 3: Outer layer – Faith & Action

When this layer is healthy, you take action on the intuitive information you receive with faith and confidence.



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Brow Chakra

When this chakra works well you will have and/or experience:

- Easily receive intuitive information on demand
- Understand what the guides/universe is telling you
- Recognize intuitive information from fear/ego/wishful thinking (easily)
- A strong sense of faith in the information you receive and your interpretation of it
- A sense of ease and confidence when acting on intuitive information
- Healthy eyes, face, brain, lymphatic and endocrine system
- When you look at it, it will be a vibrant purple, and look whole and complete

When this chakra needs some love and healing you will have and/or experience

- Hard to receive intuitive information on demand
- Often feel confused about what your guides or the universe are/is telling you
- Difficulty recognizing intuitive information from fear/ego/wishful thinking
- Confusion and doubt about the information you receive and your interpretation of it
- Fear when acting on intuitive information
- Refusal to act on intuitive information
- Eye problems
- Neurological impairments
- Brain fog
- Issues with the lymph system
- Issues with the endocrine system (especially pituitary gland)
- When you look at it, it will look dull or have holes



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Crown Chakra

Your crown chakra is located on the top of your head, and the associated color is white or violet. This chakra has to do with your sense of spirituality, your connection to source energy and the divine.

Like the brow chakra, it is one of the best to focus on developing, as it can help heal or fix any other imbalance in your life or in your energy. Its uses are limitless.

When this chakra works well you will have and/or experience:

- Experience miracles on a regular basis
- Feel like a full partner with the universe
- Have a love of God/universe/source energy
- Know on a deep level that you are a spiritual being having a physical experience
- Ease praying and meditating
- Healthy pineal gland
- A deep sense of peace and happiness
- When you look at it, it will be a vibrant white or violet, and look whole and complete

When this chakra needs some love and healing you will have and/or experience

- Experience infrequent miracles or NO miracles in your life
- Feel as though the universe and God makes decisions without you (you're left out of the decision making process)
- Anger at the universe/God/source energy
- Feel like a physical being who occasionally or rarely has a spiritual experience
- Difficulty praying or meditating
- Poorly functioning pineal gland
- Frequent migraine headaches
- Depression
- Neurological issues
- Brain fog
- When you look at it, it will look dull or have holes