

## Chakras

Within the subtle bodies are found seven main energy centres known as chakras which are aligned anatomically within the spinal cord.

Each chakra covers and energises major glands ensuring good health. Blockages within the chakra system at any level of the aura can manifest as disease. Therefore, there is no need to touch a client because working in the aura will equally rebalance the energy system and alleviate any disease. There are also many minor centres located for example in the hands, feet, behind the knees. Some texts describe the heart chakra (the centre of love) as two. The lower one green about our love and relationships, and the higher one being pink as universal unconditional love. This can also sometimes be known as the angel centre. Most texts describe them as one chakra. Another chakra often referred to is approximately 9 inches above the head and is the link to the higher self, universal consciousness, collective unconscious, spirit.

For more information on each chakra please click on sub menu on left.

- \* What are the 7 major Chakras? coming soon
- \* 1: Root or Base Chakra
- \* 2: Sacral Chakra
- \* 3: Solar Plexus Chakra
- \* 4: Heart Chakra
- \* 5: Throat Chakra
- \* 6: Brow Chakra - Third Eye
- \* 7: Crown Chakra
- \* Chakra Spin Patterns coming soon
- \* Sun Chakra - coming soon

## **LOCATION**

Top of head

## **COLOUR**

Violet / Amethyst / Silver / Gold

## **DEVELOPMENT AGE**

This chakra is open in young children, (fontanelle). It can open again as a spiritual adult. The soul leaves the body through the crown chakra after death.

## **SENSE**

None

## **GLANDS / ORGANS**

Pineal, cerebral cortex, central nervous system, right eye

## **CONCERNS**

Knowing the unknowable, connection with the divine

## **OUT OF BALANCE**

Despair, no sense of connection to a higher power

## **BODY SYMPTONS**

Depression, Parkinson's disease, epilepsy, senile dementia, brain disorders

## **QUALITIES / LESSONS**

Unification of higher self with the human personality. Oneness with the infinite, spiritual will, inspiration, unity, divine wisdom and understanding. Idealism, selfless service, perception beyond time and space, continuity of consciousness. Psychic Medium, Clairvoyant Gold Coast, Queensland

## **NEGATIVE QUALITIES**

Lack of inspiration, confusion, depression, alienation, hesitation to serve, senility

## **SOUL ISSUE**

To become self conscious

## **ELEMENT**

None

## **GEMS & MINERALS**

Amethyst, alexandrite, diamond, sugilite, purple fluorite, quartz crystal, selenite, charoite

## **ASSOCIATED ANGELS**

[Archangel Zadkiel](#)

## **ASSOCIATED OILS**

Cederwood, Elemi, Frankincense, Jasmine, Linden blossom, Neroli, Rose, Rosewood, Violet leaf.

Brow Chakra - Third Eye

LOCATION

Above and between the eyes, centre of the forehead

COLOUR

Indigo blue

DEVELOPMENT AGE

21 + sometimes never

SENSE

Sight

GLANDS / ORGANS

Pituitary gland, left eye, nose, ears

CONCERNS

Intuition, Inspiration, confusion, clarity

OUT OF BALANCE

Lack of trust in intuition, inability to let go of logic, always in another world, nightmares

BODY SYMPTOMS

Tension headaches, migraine, visual problems, sinusitis

QUALITIES / LESSONS

Soul realisation, insight, imagination, clairvoyance, concentration, peace of mind. Wisdom, devotion, perception beyond duality

SOUL ISSUE

To trust the insight and intuition that comes from the perspective of your soul. To see beyond everyday limitations

ELEMENT

None

GEMS & MINERALS

Lapis Lazuli, azurite, sodalite, quartz crystal, sapphire, tourmaline, amethyst, iolite, tanzanite

ASSOCIATED ANGELS

[Archangel Gabriel](#) , [Archangel Jophiel](#)

ASSOCIATED OILS

Angelica seed, Basil, Black pepper, Carrot seed, Clary sage, Clove bud, Ginger, Melissa (true), Peppermint, Pine, Rosemary, Rosewood

## **LOCATION**

Throat

## **COLOUR**

Blue (some say Turquoise / Aquamarine / Sky Blue / Bright Blue)

## **DEVELOPMENT AGE**

15 - 21 years old

## **SENSE**

Hearing

## **GLANDS / ORGANS**

Thyroid, parathyroid, hypothalamus, throat, mouth

## **CONCERNS**

Self-expression, trust, freedom

## **OUT OF BALANCE**

Incessant chattering, feeling choked off, inability to speak up and speak out, keeping quiet

## **BODY SYMPTONS**

Problems of the thyroid, sore throat, tonsillitis, hearing difficulties, tinnitus

## **QUALITIES / LESSONS**

Power of the spoken word, true communication, creative expression in speech, writing and the arts, integration, peace, truth, knowledge, wisdom, loyalty, honesty, reliability, gentleness, kindness

## **NEGATIVE QUALITIES**

Communication and or speech problems, Knowledge used unwisely, ignorance, lack of discernment, depression

## **SOUL ISSUE**

To feel free to speak honestly and openly. To trust the soul to speak its truth

## **ELEMENT**

Ether

## **GEMS & MINERALS**

Turquoise, chrysocolla, celestite, blue topaz, blue lace agate, sodalite, lapis lazuli, aquamarine, azurite, kyanite

## **ASSOCIATED ANGELS**

[Archangel Michael](#)

## **ASSOCIATED OILS**

Black pepper, Blue chamomile, Cajeput, Cypress, Elemi, Eucalyptus, Myrrh, Palmarosa, Ravensara, Rosemary, Sage, Yarrow

## **LOCATION**

Centre of chest

## **COLOUR**

Green with rose pink

## **DEVELOPMENT AGE**

12 - 15 years old

## **SENSE**

Touch

## **GLANDS / ORGANS**

Thymus, heart, circulatory system, arms, hands, lungs

## **CONCERNS**

Compassion, unconditional love, vulnerability, tenderness, detachment, hurt, bitterness, courage, passion, forgiveness

## **OUT OF BALANCE**

Inability to give or receive love. Expectations of others, inability to love (or, at least, accept) yourself.

## **BODY SYMPTONS**

Heart and vascular disease, diseases of the immune system, (allergies, cancer, aids, me)

## **QUALITIES / LESSONS**

Divine/unconditional love. Forgiveness, compassion, understanding, balance, group consciousness, oneness with life, acceptance, peace, openness, harmony contentment

## **NEGATIVE QUALITIES**

Repression of love, emotional instability, out of balance.

## **SOUL ISSUE**

To give and receive love without condition. To find strength in vulnerability.

## **ELEMENT**

Air

## **GEMS & MINERALS**

Emerald, green and pink tourmaline, malachite, green jade, green aventurine, chrysoprase, kunzite, rose quartz, ruby.

## **ASSOCIATED ANGELS**

[Archangel Chamuel](#), [Archangel Raphael](#), [Angels of Healing](#)

## **ASSOCIATED OILS**

Benzoin, Bergamot, Cinnamon, Clove, Elemi, Geranium, Grapefruit, Immortelle, Lavender, Lime, Linden blossom, Mandarin, Neroli, Palmarosa, Rose, Sandalwood

## **LOCATION**

Above the navel, below the chest, Solar Plexus

## **COLOUR**

Yellow

## **DEVELOPMENT AGE**

8 - 12 years approx

## **SENSE**

Sight

## **GLANDS / ORGANS**

Pancreas, adrenals, stomach, liver, gallbladder, nervous system, muscles

## **CONCERNS**

Self worth, determination, identify personal power

## **OUT OF BALANCE**

Self-centred, no sense of identity, powerless, need to control, need to take care of others

## **BODY SYMPTONS**

Diabetes, liver disease, ulcers, problems with stomach, spleen and small intestine

## **QUALITIES / LESSONS**

Will, personal power, authority, energy, mastery of desire, self-control. Radiance, warmth, wakening, transformation, humour, laughter, immortality

## **NEGATIVE QUALITIES**

Taking in more than one can assimilate. Too much emphasis on power and or recognition, Anger, fear, hate, digestive problems.

## **SOUL ISSUE**

To experience a sense of self worth, self empowerment and purpose

## **ELEMENT**

Fire

## **GEMS & MINERALS**

Citrine, gold topaz, amber, tigers eye, gold calcite, gold, angelite,

## **ASSOCIATED ANGELS**

[Archangel Uriel](#) , [Angels of Peace](#) , [Archangel Michael](#) , [Archangel Jophiel](#) , [Archangel Raphael](#)

## **ASSOCIATED OILS**

Benzoine, Bergamot, Black pepper, Chamomile, Clary sage, Cypress, Dill, Elemi, Fennel, Hyssop, Juniper, Lemon, Marjoram, Neroli, Palmarosa, Sage

## **LOCATION**

Lower abdomen, below the navel, the sacrum

## **COLOUR**

Orange

## **DEVELOPMENT AGE**

3 - 5/8 years old

## **SENSE**

Taste

## **GLANDS / ORGANS**

Reproductive system, ovaries, testicles, prostate, genitals, spleen, womb, bladder

## **CONCERNS**

Intimacy, self-respect, sharing, creativity, child-like mystery

## **OUT OF BALANCE**

Creative blocks need to possess another. Fear of intimacy. No sense of mystery and magic.



## **BODY SYMPTONS**

Problems related to the reproductive system

## **QUALITIES / LESSONS**

Giving and receiving, emotions, desire, pleasure, sexual/passionate love, change, movement, assimilation of new ideas, health, family, tolerance, surrender, working harmoniously and creatively with others

## **NEGATIVE QUALITIES**

Promiscuous, anger, hurt, stuck in rut

## **SOUL ISSUE**

To experience intimacy with another with a sense of self-respect. The expression of creative imagination in whatever form.

## **ELEMENT**

Water

## **GEMS & MINERALS**

Carnelian, coral, gold, calcite, amber, citrine, gold topaz, peach aventurine.

## **ASSOCIATED ANGELS**

[Archangel Chaumel](#) (relationships), [Angels of Birth](#) , [Archangel Gabriel](#)

## **ASSOCIATED OILS**

Carrot Seed, Dill, Geranium, Hyssop, Jasmine, Marjoram, Neroli, Rose, Sandalwood

Location

Perineum, base of spin Coccyx , between legs

Colour

Red

Development Age

0 - 3 Years

Sense

Smell

Glands / Organs

Adrenals, kidneys, spinal column, colon, legs, bones

Concerns

Survival, security, belonging, being here and now, support

Out of Balance

Fear, overly concerned with material security. Jungle mentality, airy-fairy-not-really-here people. Feeling unsafe, lack of security, no sense of belonging.

Body Symptoms

Problems in kidneys, rectum, hips, bowel spasm, piles, colitis, chron's disease, constipation

Qualities / Lessons

Matters relating to the material world, success. The physical body, mastery of the body, grounding, individuality, stability, security, stillness, health, courage, patience.

Negative Qualities. Psychic Medium, Clairvoyant Gold Coast, Queensland

Self-centred, insecurity, violence, greed, anger. Overly concerned with one's physical survival.

Tension in the spine.

Soul Issue

To acknowledge the soul inhabits a body that is part of the living universe. Through the body the soul is brought into matter

Element

Earth

Gems & Minerals

Ruby, garnet, bloodstone, red jasper, black tourmaline, obsidian, smoky quartz.

Associated Angels

Archangel Sandalphon, and Angels of the Earth

Associated Oils

Benzoine, Patchouli, Vertivert