

T R U T H H E A L S

# CHAKRA CHART

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PHYSICAL PROBLEMS

WHAT YOU CAN DO

WHY IT WORKS



1. ROOT

- Eating disorders/malnutrition
- Adrenal insufficiency
- Problems with feet, legs, or coccyx
- Rectal or colon cancer
- Spinal problems
- Immune-related disorders
- Osteoporosis or other bone disorders

Reconnect your body to the earth by walking barefoot on grass or on a sandy beach. Walk through a park, go hiking in the wilderness, or sit with your back against a tree to get grounded.

Presence—being here now—is essential for health. Many of us "split" from our bodies when we were very young. Disassociation made sense when it was the only way we could survive. We want to break this pattern of leaving our bodies when we are frightened or distracted because, in reality, we can only protect ourselves if we stay.



2. SEXUAL

- Sexual dysfunction, impotence, frigidity, or promiscuity
- In women: fibroids, endometriosis, pelvic inflammatory disease, menstrual dysfunction, ovarian cysts or cancer
- In men: prostate problems or prostate cancer
- Inflammatory bowel disease, ulcerative colitis, Crohn's disease, diverticulitis
- Appendicitis
- Chronic low back pain or sciatica
- Bladder or urinary problems

Cultivate a habit of self-nurture and self-care by immersing yourself in water on a regular basis. Or play music that duplicates the sound of the ocean—a good way to calm your body and environment. Or clear and charge this chakra by walking in the moonlight.

Water can help heal the shame associated with the sexual chakra. You can imagine all your guilt and shame dissolving in the bath water (with sea salt & baking soda) and being washed away as you say: "I speak the truth and reclaim my true nature. I am pure. I am clean." Water is healing.



3. SOLAR PLEXUS

- Problems with the pancreas, including diabetes and hypoglycemia
- Digestive difficulties, such as gastric or duodenal ulcers
- Liver problems, including cirrhosis, hepatitis, liver cancer
- Hiatal hernia
- Gallstones
- Hemorrhoids, varicose veins
- Problems with the spleen

Spend time in the sun in early morning or before sunset. (Don't get too warm if you tend to be angry or short-tempered.) Physical movement awakens and recharges your body, especially first thing in the morning. Try Tai Chi, yoga, or Pilates (outside, if possible), and gardening.

Slowing down and becoming acquainted with who you are and what you really feel is key to 3rd chakra health. Being in the sun supports an increase in energy, vitality, and connection to self. When we are fit and healthy, we feel able to take action. Our intentions are clearly focused. We can claim our power and stand in it, with no need to take power from someone else.



## 4. HEART

- Congestive heart failure, heart attack, mitral valve prolapse, chest pain
- Arteriosclerosis, peripheral vascular insufficiency
- Asthma, shortness of breath, allergies
- Lung cancer, pneumonia, bronchitis, emphysema
- Breast cancer and breast disorders, such as mastitis or cysts
- Immune system deficiencies
- Circulation problems
- Tension or pain between the shoulder blades
- Shoulder, arm, and hand issues, such as carpal tunnel

One of the best ways to open a closed heart is through giving and receiving love with a pet—a dog, cat, horse, or even a bird can help heal earlier heartbreak and teach us how to love again.

The heart is the central organ in the body, the life giver. A heart that is closed to minimize pain can become the catalyst for illness. Unconditional love, forgiveness, and surrender—the ability to "let go and let God"—are the hallmarks of a heart chakra in perfect balance. Pets love us unconditionally and make it safe for us to learn to love again.



## 5. THROAT

- TMJ (temporomandibular joint) disorder in the jaw
- Swollen glands in the throat, throat cancer
- Neck problems
- Chronic childhood tonsillitis
- Hypo- and hyperthyroidism, thyroiditis, thyroid cancer, Hashimoto's, Grave's disease
- Chronic sinus problems
- Any disorders of the throat, voice, mouth, teeth, or gums

Be completely truthful in your journal. If you're angry, be angry. Write it out uncensored. Be who you are. Maybe you looked polished and put together at a meeting but felt like a scared child inside. Write about that. Maybe you are going to see your wife's family and they make you feel stupid and inferior. Write about that. Write the truth.

The point is to be authentic. When you can trust yourself to be truthful on the pages of your journal, you can trust yourself to be truthful in the world. Just watch how your whole body relaxes as you express your truth. You've given yourself permission to be you—to speak your mind, to give voice to the truth of who you are.



## 6. THIRD EYE

- Headaches
- Upper or frontal sinus conditions
- Neurological disturbances
- Bad eyesight, glaucoma, cataracts, macular degeneration, blindness
- Stroke, hemorrhage, and brain tumor

Ask your higher self for guidance and signs that you are on the right path. Listen for internal messages regarding purpose and direction, and visualize positive or peaceful outcomes. This may require putting self-interest aside, and instead, embracing the greater good for all.

Expressing the truth about who we are and what we really want is the key to peace and healthy living. Listening to ourselves and acknowledging what we really feel allows us to change what is not working and to live in a more meaningful, purposeful way.



## 7. CROWN

- Anxiety and depression, bipolar disorder
- Coma or amnesia
- Headache, migraine, stroke, brain tumor, epilepsy
- Multiple sclerosis
- Parkinson's disease
- Attention Deficit Disorder (ADD) and dyslexia
- Cognitive delusions
- ALS (Lou Gehrig's disease)
- Mental illness, schizophrenia, and multiple personality disorder
- Dementia or Alzheimer's disease

Invite the divine to enter your life daily, through prayer, meditation, or communion with nature. Or, like endurance athletes, connect with the divine through physical exertion. Honor the connection you currently have, and truth will open the door to greater levels of connection.

Fear, anxiety, and anger shut down our connection to the divine. This is one reason we pray or use techniques that allow us to release emotions that otherwise block the light coming down through the crown chakra.