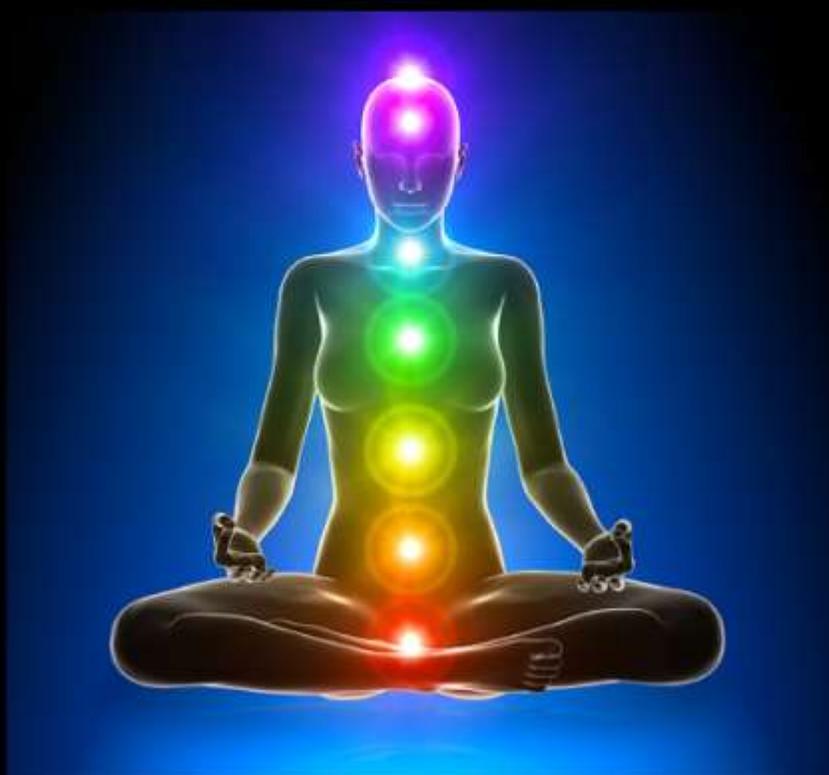


# How to Know if Your Chakras are Blocked

And What to do About It



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## Everything You Need to Know to Work with Your Chakras

The word chakra comes from Sanskrit and means wheel of light. Chakras are power points in the human body that circulate energy or life force, sometimes called Prana. They align in the body close to the spine starting at the tailbone and ending at the top of the head. These swirling disks of energy affect and regulate us physically, mentally emotionally and spiritually.

### When they are in balance

Properly aligned chakras allow energy to flow freely through us. This is important because everything in our bodies is in motion, We must keep the seven main chakras open and fluid. One of the major signs that our chakras are aligned and working properly is a bright aura.

If they're unbalanced or blocked it can affect us physically and even mentally. Often the symptoms of a blocked chakra show themselves in our physical bodies.

For example let's say you have a job you love and suddenly you get fired. You try to suck it up and be brave but suddenly you develop bronchitis. Soon this turns to chest pain which is bad for the heart. You are manifesting the pain and blockage you feel from your heart chakra.

## So How do Know When Your Chakras are Blocked?

The first key to aligning your chakras is to be aware of them. The simple act of placing your attention on them will start the process toward balance. Now let's look at each Chakra. We'll find out what the symptoms of misalignment are and how to bring them back to health.



## The Root Chakra

The first chakra is the Root Chakra or the Muladhara. It's located at the base of the spine. Its color is red and its element is earth. It's the chakra of stability and security. Physically it's responsible for the bladder and colon. When it's open we feel safe and brave in our world.

### Signs that your Root Chakra is closed:

- Weight and body issues become a struggle
- You struggle with debt and lack of money.
- You carry a sense of not being worthy and not belonging.

### Activities to Balance and Heal

There are certain activities you can engage in which act as fuel for the chakras. These are things you can do that vibrate on the same wave length as the energy centers in the body. The body needs fuel to keep it healthy and so do the chakras.

Some activities which energize and keep the Muladhara healthy are:

- Wearing red clothing
- Eating
- Bare feet in the grass
- Playing with Children
- Foot massage
- Gardening



## The Sacral Chakra

The second chakra is the Sacral Chakra and is located below the belly button. It is the chakra of sexuality, relationships and freedom from guilt. It governs creativity, nurturance and sensation.

### Signs That your Sacral Chakra is Closed

- You believe sex is bad and that it can hurt you.
- You feel abused, hurt, and confused and don't trust that you can be loved for being you
- You feel you have to be sexy to be loved.

### Activities which energize the Sacral Chakra

- Warm showers
- Swinging
- Making a meal that you love
- Lovemaking
- Creative projects
- Riding a Bicycle
- Afternoon naps
- Swimming
- Massages

The key here is to feel pleasure and delight in the flow of life!



## Personal Power Chakra

The third chakra is the Personal Power Chakra. It's located just above the navel. Its color is yellow and its element is fire. This is the chakra which governs self worth, relationship with self, self esteem, freedom from shame and self image.

### Signs your Power Chakra is Closed

- You feel like a victim in the world and feel powerless to other people and circumstances often.
- You give your power away to others as you feel this is necessary to keep peace in relationships.

### Activities which strengthen the Personal Power Chakra

- Yell out loud
- Change of routine
- Rock-climbing
- Hiking
- Building a fire
- Ripping up boxes
- Throwing ice cubes
- Laughing
- Sucking in the tummy

It is the part of you that says, I can accomplish anything I need to with grace and ease.



## The Heart Chakra

Our fourth energy center is the heart chakra, sometimes called Anahatha. It's located in the center of the chest, its color is green and its element is air. This is the area of compassion and self acceptance.

### Signs of a Closed Heart Chakra

- You are afraid of commitment.
- You feel like you have to please others to be loved.
- You have been hurt by others in relationships and feel you have to guard yourself from being hurt again.

### Healthy Activities for the Heart Chakra

- Look in a mirror and say I love you to your image.(and mean it)
- Give away your last bite
- Read past journals or diaries and feel compassion for the person you were then.
- Keep a faith box
- Hand massage



## The Throat Chakra

Our next energy center is the throat chakra also known as Visuddha. It is located at the hollow of the throat. Its color is blue and its element is sound. Here we find our voice, not only our physical voice but also our sense of expression.

### Signs of a Closed Throat Chakra

- You are afraid to speak up and say what you want or feel.
- You go along with others so you don't upset anyone.
- You get sore throats often and feel like your throat is blocked

### Some wonderful activities for the Throat Chakra

- Say "Ohm" 7 times
- Write letters to people
- Read out loud
- Let others read to you
- Have an inner-child dialogue
- Press your palm to your ears
- Neck rolls
- Practice being silent





## The Intuitive Chakra

Our next center is the intuitive Chakra or third eye. It is also known as Ajna. It's located between the eyebrows. Its color is Indigo and its element is light. This chakra is about intuition and psychic power. It allows us to see hear and know what we shouldn't be able to.

### Signs of a Closed Third Eye Chakra

- You feel disconnected from your intuition, or don't feel like you have any.
- You feel lost when it comes to your spiritual purpose and path in life.
- You get headaches and feel tension in your brow area often.

### Activities for the Intuitive Chakra

- Dream journaling
- Eye Sunning
- Eye rolling
- Guided Imagery
- Eye Movement Meditation
- Telepathic Practices
- Watching the sunrise
- Watching the sunset
- Drawing or painting
- Color therapy



## The Crown Chakra

The seventh chakra is known as The Crown Chakra or Sahashrara. It is located at the top of the head. Its color is violet and its element is thought. Here we find our connection with divinity.

### Signs of a Closed Crown Chakra

- You feel no connection or guidance from a higher power.
- You feel unworthy of spiritual help and are angry that your higher power has abandoned you.
- You suffer from migraines and tension headaches.

### Some Good activities for the Crown Chakra

- Headstands
- Head Rolls
- Fasting
- Floral water meditation
- Prayer

I hope this information has helped you. If you'd like more information about your chakra system click the link below.

