

Lavenderbuddy's Chakra Guide

Energy flows all through your body and there are spots where it collects the most. These are the chakras. There are Seven main ones, and they line up along the middle of your body starting at the middle of the head.

We usually describe them as bright balls in different colours, glowing and possibly spinning. It's all about how you picture energy in your body. Each one is connected to a different part of your life, starting with your physical body starting at the bottom (the Root chakra) and ending up at the top where you are connected to the Universe (the Crown chakra).

When your energy is flowing nicely, there is a balance in all these areas and things should be going smoothly in life, however if they start to close up or flicker, it can mean some trouble.

Crown Chakra

Connection to our Soul

Third Eye Chakra

Imagination & Wisdom

Throat Chakra

Communication

Heart Chakra

Love & Happiness

Solar Plexus Chakra

Power Centre

Sacral Chakra

Your emotions, senses & feelings are here with your creativity

Root Chakra

Keeps you connected to the ground. Safety & Security



This is at the top of your head
The Crown is where your Soul can be led
Imagine a glowing violet ball
This is where you are connected to all

Creative ideas and imagination
Your third eye has a lovely vibration
It is a secret of your other sight
Focus here with all your might

When you listen or when you speak
Your throat chakra hits its peak
Making plans and thinking it through
All communication is a lovely Blue

Right in the middle we have the heart
It glows a beautiful Green when relationships start
Connects you to others and lets you love
Forgiveness and understanding are what it is made of

The Solar Plexus is a lovely Bright Yellow
This is not a Chakra that likes to be mellow
Have Some Courage and stand tall
Use your Power and Strength and give it your all

Next is the Sacral, a glowing Orange spot
Things that you like, things you do not
All your senses, sit right here
So are your feelings, like hope and fear

The first is the root, it spins a bright red
It is not about spirit, it is your body instead
The physical you, as well as your stuff
Sometimes it is hard, to know it is enough.

