





21-DAY
MEDITATION
EXPERIENCE



*The
Seven
Chakras*

A Guide to Opening and
Balancing Your Energy Centers

Get to Know YOUR CHAKRAS

Chakras are energy centers in the body that play an important role in our physical, mental, and spiritual wellbeing. Understanding this mind-body energy system is essential for becoming the most vibrant, healthy, and radiant version of yourself.

The Sanskrit word *Chakra* literally translates to “wheel” or “disk.” In yoga, meditation, and Ayurveda, this term refers to wheels of energy throughout the body. To visualize a chakra in the body, imagine a swirling wheel of life-giving energy – the vital force that animates us and all living things.

Since everything in the mind-body energy system is moving, it’s essential that your seven main chakras stay open, aligned, and fluid. If there’s a blockage, the flow of energy is constricted – like water forced to run through a narrow pipe. So it is too with our bodies and the chakras. The key to unblock, move, and transform your energy – so that you can reach your highest mental, physical, and spiritual potential – is simple: awareness.



The Seven Chakras

A Guide to Opening and Balancing Your Energy Centers



THE CROWN CHAKRA

What it influences: self-knowledge, spirituality, connection to the divine
When it's blocked, you may experience: difficulty meditating, lack of spiritual connections, aimlessness



THE THIRD EYE CHAKRA

What it influences: self-reflection, intuition, clarity of sight
When it's blocked, you may experience: difficulty making decisions, poor intuition, lack of inspiration



THE THROAT CHAKRA

What it influences: self-expression, communication, integrity
When it's blocked, you may experience: difficulty communicating your thoughts and speaking your truth



THE HEART CHAKRA

What it influences: social identity, love, relationships
When it's blocked, you may experience: difficulty with relationships, lack of compassion, hopelessness



THE SOLAR PLEXUS CHAKRA

What it influences: ego identity, personal power, ambition
When it's blocked, you may experience: low self-esteem, lack of willpower, fear of rejection



THE SACRAL CHAKRA

What it influences: emotional identity, creativity, desire
When it's blocked, you may experience: creative blocks, intimacy issues, inability to flow with change



THE ROOT CHAKRA

What it influences: physical identity, stability, sense of safety
When it's blocked, you may experience: anxiety, lack of physical energy, a sense of being ungrounded

How to Balance THE ROOT CHAKRA

Heal the chakra that influences physical identity, stability, and sense of safety.

RELEASE YOUR FEARS

Located at the base of the spine, the pelvic floor, and the first three vertebrae, the root chakra or *Muladhara* is responsible for your sense of safety and security on this earthly journey.

Balancing the root chakra creates the solid foundation for opening the entire chakra system. Imagine that you're laying the foundation for a house in which you're going to live for a long time. A solid foundation embedded in firm soil will provide the stability you need to create a home filled with joy for years to come.

The first chakra is comprised of whatever grounds you to stability in your life. This includes your basic needs such as food, water, shelter, and safety, as well as your more emotional needs such as letting go of fear. When these needs are met, you feel grounded and safe, and tend to worry less day to day.

IMBALANCES IN THE ROOT CHAKRA

If there is an imbalance in the root chakra, you may experience anxiety disorders, unfounded fears, or nightmares. Physical imbalances can manifest as problems in the colon, with the bladder, with elimination, or with lower back, leg, or feet issues. In men, prostate problems might occur. Eating disorders may also be a sign of a root chakra imbalance.



Muladhara

The Root Chakra

Ask Yourself:

Do you experience anxiety, a lack of physical energy,
or a sense of being ungrounded?

Color: Red

Decorate your home or
workplace in shades of red,
or wear red clothing and
jewelry.

Element: Earth

Walk barefoot in the grass,
dig your toes in the sand, or
simply spend time in nature.

Nutrition: Red Foods

Eat tomatoes, beets, red
berries, apples, and
pomegranates.

Mantra: *Lam*

Meditate repeating the
mantra *Lam* silently to
yourself.



Affirmation

I am safe, protected, and
secure. All is as it should be.

How to Balance THE SACRAL CHAKRA

Heal the chakra that influences emotional identity, creativity, and desire.

AWAKEN YOUR CREATIVITY

The second chakra, *Svadhithana*, is also known as the creativity and sexual chakra. It is located above the pubic bone – below the navel – and encompasses the genital region and the hypogastric plexus.

The focus of the sacral chakra is creativity. As humans, it is part of our nature to create. When we use our creative energy – whether it is through cooking, baking, gardening, procreating, or even finding a new solution to an old problem – we are opening our second chakra. A balanced sacral chakra leads to feelings of wellness, abundance, pleasure, and joy.

IMBALANCES IN THE SACRAL CHAKRA

When this chakra is out of balance, you may experience emotional instability, creative blocks, fear of change, sexual dysfunction, depression, or addictions.



Svadhishthana

The Sacral Chakra

Ask Yourself:

Do you experience creative blocks, intimacy issues,
or an inability to flow with change?

Color: Orange

Decorate your home or workplace in shades of orange, or wear orange clothing and jewelry.

Element: Water

Spend time by bodies of water: the ocean, lakes, or rivers. Hop in and go swimming!

Nutrition: Orange Foods

Eat oranges, carrots, melon, mangoes, nuts and seeds.

Mantra: *Vam*

Meditate repeating the mantra *Vam* silently to yourself.



Affirmation

I am beautiful, creative, and
unique.

How to Balance THE SOLAR PLEXUS CHAKRA

Heal the chakra that influences ego identity,
personal power, and ambition.

DISCOVER YOUR POWER

The third chakra is called *Manipura*, which means “lustrous gem.” Located around the navel in the area of the solar plexus and up to the breastbone, it is a source of personal power and governs self-esteem, warrior energy, and the power of transformation. The *Manipura* chakra also controls metabolism and digestion.

When you feel self-confident, have a strong sense of purpose, and are self-motivated, your third chakra is open and healthy. Having clear goals, desires, and intentions allows you to move forward and achieve them. Each small step you take while honoring the larger intention helps to strengthen your third chakra. You can harness the power of *Manipura* to assert your will in a healthy way and achieve any goal you set out to accomplish.

IMBALANCES IN THE SOLAR PLEXUS CHAKRA

If your third chakra is out of balance, you can suffer from low self-esteem, have difficulty making decisions, and may have anger or control issues. The digestive fire, called *Agni*, is also present in the third chakra – weak digestion may indicate a blockage.



Manipura

The Solar Plexus Chakra

Ask Yourself:

Do you experience low self-esteem, lack of willpower, or fear of rejection?

Color: Yellow

Decorate your home or workplace in shades of yellow, or wear yellow clothing and jewelry.

Element: Fire

Enjoy sitting around a bonfire with friends. Soak up the sunlight.

Nutrition: Yellow Foods

Eat bananas, yellow peppers, lentils, corn, turmeric, and ginger.

Mantra: *Ram*

Meditate repeating the mantra *Ram* silently to yourself.



Affirmation

I accept myself and am positively empowered. I do enough and am enough.

How to Balance THE HEART CHAKRA

Heal the chakra that influences social identity,
love, and relationships.

OPEN YOURSELF TO LOVE

The fourth chakra, also referred to as the heart chakra, is located at the center of the chest and includes the heart, cardiac plexus, thymus gland, lungs, and breasts. It also rules the lymphatic system.

The Sanskrit word for the fourth chakra is *Anahata*, which means “unstruck” or “unhurt.” The name implies that beneath the pains and grievances of past experiences lies a pure and spiritual place where no hurt exists.

When your heart chakra is open, you are flowing with love and compassion, you are quick to forgive, and you accept others and yourself.

IMBALANCES IN THE HEART CHAKRA

A closed heart chakra can give way to grief, anger, jealousy, fear of betrayal, and hatred toward yourself and others. Physical imbalances may manifest as heart conditions, respiratory problems, or upper-back pain.



Anahata

The Heart Chakra

Ask Yourself:

Do you experience difficulty with relationships,
lack of compassion, or hopelessness?

Color: Green

Decorate your home or workplace in shades of green, or wear green clothing and jewelry.

Element: Air

Breathe deeply. Go out on a windy day and fly a kite. Drive with the windows down.

Nutrition: Green Foods

Eat leafy greens, peas, zucchini, avocado, and broccoli.

Mantra: *Yam*

Meditate repeating the mantra *Yam* silently to yourself.



Affirmation

I love myself unconditionally. I give and receive love fully and effortlessly.

How to Balance THE THROAT CHAKRA

Heal the chakra that influences self-expression, communication, and integrity.

SPEAK YOUR INNER TRUTH

In the area of the throat, the fifth chakra, or *Vishuddha*, governs the anatomical regions of the thyroid, parathyroid, jaw, neck, mouth, tongue, and larynx. To be open and aligned in the fifth chakra is to speak, listen, and express yourself from a higher form of communication. Faith and understanding combine the essence of the *Vishuddha* chakra.

Work on the lower chakras will help prepare you for this level of communication. For example, when you align the first and second chakras, it helps with overcoming fear. Opening the third chakra helps you to feel your personal power and have the confidence to express yourself. Knowing what's in your heart comes when you align the fourth chakra. Then, when verbalizing your needs, desires, and opinions, you're better able to determine how to be truthful to yourself and others.

IMBALANCES IN THE THROAT CHAKRA

If your throat chakra is out of balance, this may manifest as difficulty communicating and expressing your feelings, indecision, and mood swings. Thyroid problems, a sore throat or stiff neck, and tooth and gum issues may also be a sign of fifth chakra imbalance.



Vishuddha

The Throat Chakra

Ask Yourself:

Do you have difficulty communicating your thoughts
or speaking your truth?

Color: Blue

Decorate your home or
workplace in shades of
blue, or wear blue
clothing and jewelry.

Element: Ether

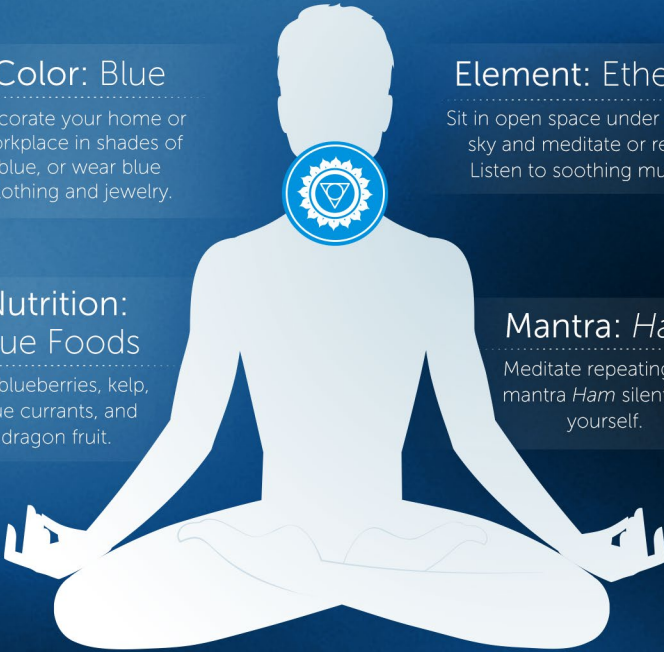
Sit in open space under a blue
sky and meditate or relax.
Listen to soothing music.

Nutrition: Blue Foods

Eat blueberries, kelp,
blue currants, and
dragon fruit.

Mantra: *Ham*

Meditate repeating the
mantra *Ham* silently to
yourself.



Affirmation

I express myself with grace and integrity. I
communicate effectively with everyone I meet.

How to Balance THE THIRD EYE CHAKRA

Heal the chakra that influences self-reflection,
intuition, and clarity of sight.

TRUST YOUR INTUITION

The sixth chakra, *Ajna*, is in the area of the third eye, which is found in the space between the eyebrows. It encompasses the pituitary gland, eyes, head, and lower part of the brain. A spiritual chakra which means “beyond wisdom,” this is your center of intuition. *Ajna* leads you to an inner knowledge that will guide you if you let it. An open sixth chakra can enable expanded imagination, visualization, clairvoyance, telepathy, and lucid dreaming.

Your intuition is like a “sixth sense” that grows stronger as you open your third eye, something you can look to for guidance in making the right decisions. With a blocked sixth chakra, only the mind, intellect, and ego are used in the decision-making process. When the third eye is open, however, the soul becomes involved as well. Pay attention to a hunch or a subtle feeling of moving forward or holding back. If you are conflicted, ask for your sense of intuition to be opened in order to help you make the right choice.

IMBALANCES IN THE THIRD EYE CHAKRA

If there is an imbalance in the sixth chakra you may experience poor intuition, lack of concentration, impaired judgment, confusion, or depression. Physical imbalances may manifest as headaches, trouble sleeping, or nightmares.



Ajna

The Third Eye Chakra

Ask Yourself:

Do you experience difficulty making decisions, poor intuition, or lack of inspiration?

Color: Indigo

Decorate your home or workplace in shades of indigo, or wear indigo clothing and jewelry.

Element: Light

Sit in stillness in the sunlight. Relax or read a book in a sun-filled room.

Nutrition: Indigo Foods

Eat blackberries, purple kale, cabbage, grapes, raisins, and figs.

Mantra: *Sham*

Meditate repeating the mantra *Sham* silently to yourself.



Affirmation

I trust my intuition and follow its wisdom. I understand the true meaning of life's situations.

How to Balance THE CROWN CHAKRA

Heal the chakra that influences self-knowledge, spirituality, and connection to the divine.

CONNECT TO THE DIVINE

The seventh chakra, *Sahaswara*, is referred to as the thousand-petal lotus chakra. Of the seven main chakras, this one is highest on the body, located at the crown of the head. *Sahaswara* is our source of enlightenment and spiritual connection to our higher selves, to every being on the planet, and ultimately to the divine energy that creates everything in the universe.

While many of us have the demands of daily living and the busy minds that accompany these demands, reaching enlightenment may not be as far off as it appears. Practicing meditation, prayer, or daily silence are disciplines that lead to increased moments of spiritual connection. Once you've established a daily practice of these activities that connect you to universal consciousness, you will see expansion of spiritual awareness in your outer world. You will begin to experience unconditional love on a consistent basis. You will be more compassionate, kind, and forgiving, and show more humility. Life will become less about you and more about serving others because when you serve others, you are serving yourself.

IMBALANCES IN THE CROWN CHAKRA

A closed crown chakra can lead to lack of inspiration, aimlessness, feelings of loneliness, excessive materialism, lack of spiritual connections, and difficulty meditating. Physical imbalances may manifest as exhaustion, sensitivity to light and sounds, poor sleep habits, or migraines and tension headaches.



Sahaswara

The Crown Chakra

Ask Yourself:

Do you experience aimlessness, feelings of loneliness,
or lack of spiritual connections?

Color: Violet

Decorate your home or workplace in shades of violet, or wear violet clothing and jewelry.

Nutrition: Spirituality

This chakra is nourished not with food but with spiritual practices. Its food is meditation, prayer, and self-reflection.

Element: All Elements

Connect with your wholeness and spirituality. Meditate, pray, or chant.

Mantra: *Om*

Meditate repeating the mantra *Om* silently to yourself.

Affirmation

I honor the divine within me
and all living things.



Awareness THE KEY TO BALANCING THE CHAKRAS

Awareness of which of your chakras may be blocked is key to aligning them. Our mind-body system is in constant flux between balance and imbalance – only when we become aware of our imbalances can we take the necessary steps to move toward a state of wholeness. As you integrate the information in this guide into your daily life, your chakras will begin to open and you will shine with the brilliance of your true self.

To learn more about balancing your mind-body system, visit chopracentermeditation.com.



"In the midst of movement and chaos,
keep stillness inside of you."

~Deepak Chopra



