



Julie's Tarot Reading

The 7 Chakra's - What do they mean?

We have many Chakras throughout our body but today we are just taking a look at the main seven Chakras: when anyone of these Chakras are not balanced, this causes problems through our body. Let's take a look

1st Root Chakra: Muladhara – I have



This energy centre is represents stability, security & connection to the world.

Colour: The Root Chakra is associated with the colour red

Element: The Root Chakra is associated with the element of earth

Located at the base of the spine

2nd Sacral Chakra: Svishthana - I feel



The Sacral Chakra is an energy centre associated with feelings & emotions

Colour: The Sacral Chakra is associated with the colour Orange

Element: Associated with the element of Water

Located just below the navel, right in the centre of your lower belly & in your back it is located in the lumbar spine

3rd Solar Plexus Chakra: Manipura - I can



The Solar Plexus Chakra is associated personal power, self-esteem & ability to take control of one's life.

Colour: The Solar Plexus Chakra is associated with the colour Yellow

Element: Associated with the element of Fire.

Located just above the navel, below the ribcage & over the adrenal glands

4th - Heart Chakra: Anahata - I love



The Heart Chakra is associated with love, compassion, empathy & balancing the mind & body.

Colour: The Heart Chakra is associated with the colour Green

Element: Associated with the element of Air

Located in the centre of the chest, just above the heart & behind the sternum

5th Throat Chakra: Vishuddha – I speak



The Throat Chakra is associated communication, self-expression & speaking your truth. It's also connected to confidence & creativity.

Colour: The Throat Chakra is associated with the colour Blue or Turquoise

Element: Associated with the element of either or space (Akasha)

Located near the base of the throat & associated with the tongue, lips, jaws, ears, upper back & shoulders.



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6th Third eye Chakra - Ajna – I see



The Third Eye Chakra is said to be the centre of wisdom & clarity;
Colour: The Third Eye Chakra is associated with the colour Purple
Element: Associated with the element of light
Located in the middle of the forehead & between the eyebrows

7th Crown Chakra: Sahasrara – I know



This Chakra is the seventh & highest of all seven chakras & is associated with the pineal gland in the brain;

Colour: The Crown Chakra is associated with the colour violet or white
Element: Associated with the element of inner light or white light
Located at the top of the head & closely linked to the brain nervous system

The 7 Chakras



	<p>SAHASRARA CROWN CHAKRA</p> <p><i>Location</i> Just above the top of the head <i>Essential Oil</i> Sandalwood or lavender <i>Meaning</i> Thousand petaled <i>Asana</i> Savasana, rabbit</p>	 clear quartz
	<p>AJNA THIRD EYE CHAKRA</p> <p><i>Location</i> Between eyebrows within the head <i>Essential Oil</i> Frankincense & clary sage <i>Meaning</i> Intuition & clarity <i>Asana</i> Shoulderstand, legs up the wall</p>	 Sodalite
	<p>VISHUDDHA THROAT CHAKRA</p> <p><i>Location</i> Base of throat <i>Essential Oil</i> Chamomille or peppermint <i>Meaning</i> Communication <i>Asana</i> Plow, shoulderstand</p>	 Aquamarine
	<p>ANAHATA HEART CHAKRA</p> <p><i>Location</i> Heart <i>Essential Oil</i> Rose otto, bergamot <i>Meaning</i> Unstuck <i>Asana</i> Bridge, wheel, camel, wild thing</p>	 Rose Quartz
	<p>MANIPURA SOLAR PLEXUS CHAKRA</p> <p><i>Location</i> Navel <i>Essential Oil</i> Lemon, ginger <i>Meaning</i> Lustrous gem <i>Asana</i> Boat</p>	 Citrine
	<p>SVADHISHTHANA SACRAL CHAKRA</p> <p><i>Location</i> Lower abdomen <i>Essential Oil</i> Cardamon, jasmine <i>Meaning</i> Creativity, enjoyment <i>Asana</i> Garland, reclined bound angle, pigeon</p>	 Carnelian
	<p>MULADHARA ROOT CHAKRA</p> <p><i>Location</i> Base of spine <i>Essential Oil</i> Cedarwood <i>Meaning</i> Root, support <i>Asana</i> Child's pose, mounain pose, wide-legged forward fold</p>	 Red Jasper

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