

इत्थो इत्थुल्लोड्डे naturala chakra इत्थुल्लोड्डे

The literal meaning of the Sanskrit word “chakra” is “wheel” or “circle”, however, a better translation to express their dynamic energy would be “vortex” or “whirlpool”. Chakras are reservoirs of pranic energy, which is the subtle life force of the body. The 7 primary chakras which govern the various aspects of self-development are listed below, along with the particular gemstone that enhances and compliments their particular body energy.

RED ROOT CHAKRA MULADHARA STONE: RED JASPER

Keywords: Physical Self
Location: base of spine, perineum
This chakra is associated with the element of earth, and represents survival, security, safety, and our connection to our physical environment. Closely linked to the legs, and the inner soles of your feet, which helps to keep you centered, well rooted, and connected to the physical realms.

ORANGE SACRAL CHAKRA SVADISTHANA STONE: CARNELIAN

Keywords: Creativity, Sexuality, Emotions
Location: Pelvic bone
Governed by the element of water, tasks of second chakra include allowing for playtime, pleasure, connecting emotionally to others, sensuality, and creativity. Associated with the lower back, genitals, womb, bladder, and kidneys. All watery things have to do with this chakra – urination, menstruation, and emotional tears. Water flows, moves, & changes, and healthy second chakra allows for new experiences, creative possibilities, flexibility, happiness, enthusiasm, and optimism.

YELLOW SOLAR PLEXUS MANIPURNA STONE: CITRINE

Keywords: Self-Esteem, Will, Achievement
Location: Navel, Solar Plexus
Associated with the element of fire, and the power of transformation. This chakra offers the heat & energy required to digest and distribute food to empower the body. Linked with the dazzling power of the sun, Manipura is our center of power which helps to lift confusion and increase your mental focus. This chakra offers dynamic energy, will, motivation, commitment, and self-esteem. Assists with personal accomplishment, and satisfaction.

GREEN HEART CHAKRA ANAHATA STONE: AVENTURINE

Keywords: Love & Harmony
Location: Center of Chest
The Heart chakra rests in the center of the chakra system, and is the balance point between the world of matter and world of spirit. It is intimately connected to the lungs, respiration, and the element of air. Keeping an open heart chakra develops trust, which offers the ability to surrender to our life journey without fear. An emotionally healthy heart center maintains harmony & peace, with a balanced flow of love for self and others. Love is the greatest healer, and is the sweet emotional glue that holds family and friends together.

BLUE THROAT CHAKRA VISHUDDHA STONE: LAPIS, SODALITE

Keywords: Holistic Communication
Location: Neck & Throat
Vishuddha chakra is associated with the element of sound, and all the subtle vibrations that pervade the universe. Vishuddha is a Sanskrit word which means pure. This chakra receives energy from sixteen different dimensions, offering a heightened expansion of awareness. It allows for the ability to discern between true knowledge and the babblings of our unconscious mind, with all its wishful thinking. Proper understanding without ego involvement, is attained, which gives true discrimination of life. This is the chakra that encourages the capacity to speak your own truth with clarity, and non-judgement of others.

INDIGO BROW CHAKRA AJNA STONE: AMETHYST

Keywords: Intuition, Psychic Awareness
Location: Between the Eyebrows
Connected to the inner, third eye, this center helps to deepen your spiritual awareness of the subtle etheric levels of reality. Although our 2 physical eyes help us to see the material world, our inner vision facilitates focusing energies towards intuition, imagination, and visionary capacities. Accessing spiritual and psychic aspects of self, develops telepathy, clairvoyance, and precognition. So much of our life is created through first imagining and visualizing our possible realities. Creating positive inner visions of the future acts as a natural magnet for bringing desired circumstances into our life.

VIOLET CROWN CHAKRA SAHASRARA STONE: CLEAR QUARTZ

Keywords: Divine Insight
Location: Top of Head
Represents the capacity to achieve the highest state of enlightenment. This center enhances our connection to Divine guidance, and inspiration. Builds a deep affinity for beauty and harmony in all of life, through a strong spiritual connection to the highest vibrations of awareness. Encourages the natural capacity to connect to the Divine through enhancing the desire to unconditionally serve others without attachment.



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