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The Seven Chakras

Submitted by Gypsy Chicks
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The seven chakras are the centers in our bodies in which energy flows through. Often when our emotions are out of balance, these centres become blocked which can manifest as illness, aches or pains in the body, so it's important to understand what each chakra represents & what we can do to keep this energy flowing freely. **Come to see us at Gypsy Chicks to learn more! We have crystals that you can carry & essential oils you can use to help you get your energy moving. We are open Monday 11 - 5 pm Tuesday through Friday 10 - 6 pm and Saturday 11 - 5 pm.**

Root Chakra - Location: Base of spine in tailbone area. **Emotional issues:** Survival issues such as financial independence, money & food. **Physical body affects:** adrenals, kidneys, spinal column, colon, legs, bones. **What will help:** Red Jasper & Tiger's Eye provide a strong protection barrier & bring about a feeling of safety & security. Ylang Ylang, Vetivert or Cinnamon essential oils help with motivation when you are mentally, emotionally, physically or spiritually exhausted.

Sacral Chakra - Location: Lower abdomen, about two inches below the navel and two inches in. **Emotional issues:** Sense of abundance, well-being, pleasure and sexuality. **Physical body affects:** ovaries, testicles, prostate, genitals, spleen, womb, bladder. **What will help:** Carnelian helps to find the strength within so you can come into your own or use Goldstone to build energy, courage & a positive attitude. Orange, Lemongrass or Neroli essential oils uplift & bring cheer into your day evoking happiness, enthusiasm and self-assurance.

Solar Plexus Chakra - Location: Upper abdomen in the stomach area. **Emotional issues:** Self-worth, self-confidence and self-esteem. **Physical body affects:** pancreas, adrenals, liver, stomach, gallbladder, nervous system, muscles. **What will help:** Citrine magnifies positive personal energy or use Sunstone to attract strength of the sun & good fortune. Grapefruit or Rosemary essential oils increase your mind power, keep you alert and motivate your thoughts to fruition.

Heart Chakra - Location: Center of chest just above the heart. **Emotional issues:** Love, joy and inner peace. **Physical body affects:** heart, thymus gland, circulatory system, arms, hands, lungs. **What will help:** Aventurine is known to attract prosperity & wealth and encourage regeneration of the Heart or use Emerald for successful love, enhancing devotion & domestic bliss. Eucalyptus, Cedarwood or Pine essential oils balance the heart chakra & stabilize the emotions connecting to compassion & self-love.

Throat Chakra - Location: Throat. **Emotional issues:** Communication, self-expression of feelings and the truth. **Physical body affects:** thyroid, parathyroid, hypothalamus, throat, mouth. **What will help:** Sodalite aids in career success & creative solutions or use Lapis Lazuli to bring serenity & deepen inner self-knowledge & truth. Geranium or Peppermint essential oils relax your thoughts & give you peace of mind.

Third Eye Chakra - Location: Forehead between the eyes. **Emotional issues:** Intuition, imagination, wisdom & the ability to think & make decisions. **Physical body affects:** pituitary gland, pineal gland, left eye, nose, ears. **What will help:** Amethyst & Moonstone bring spiritual awareness, enhancing inner growth, intuition & psychic abilities. Patchouli, Myrrh or Frankincense essential oils are meditative for deepening your spiritual connection & revitalizing your soul.

Crown Chakra - Location: The very top of the head. **Emotional issues:** Inner & outer beauty, our connection to spirituality & pure bliss. **Physical body affects:** vitalizes the upper brain (cerebrum). **What will help:** Clear Quartz will structure, store, amplify, focus, transmit & transform energy, which includes matter, thought, emotion & information. In combination with Rose Quartz it radiates a loving vibe. Lavender & Jasmine essential oils open you up to the heavens & inspire insights.



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