

# Chakra Blessed Water Kit

Chakras are a basic part of most eastern philosophies. Chakras, or Energy Centers as they are sometimes called, seem to exist on all levels of our subtle bodies (spiritual, mental, emotional, and physical). The energy of the chakras communicates freely with the denser matter of our physical bodies. Chakras can be compared to energy transformers which allow the higher energy frequencies of the spiritual, mental, or emotional bodies to function and communicate with the lower frequency levels of the physical body.

## #1 Root

The energies of the Root Chakra spin over the lower pelvis (anus), perineum (but not the major reproductive organs), hips, legs, and feet. This chakra pushes its energy both upward and downward, providing essential life energy and a column of support for all that lies above. The energies of the Root chakra include inherited, generational tendencies that have come down from generation to generation. The fundamental energies include stability, physical and emotional security, support, a solid foundation, and being well-grounded. Issues here, both positive and negative, revolve around the essentials needed for basic survival, well-being, and happiness.

Out of balance, we see ourselves as having no control over our own lives (victims) and we portray someone else as responsible for our problems. Life seems very unfair. There is almost always a deep lack of self worth. The underlying emotion may be that the negative stuff that life is giving us is all that we deserve anyway. This type of despair, blame and guilt makes recovery from tragedy or loss very difficult. There is a tendency to be either too cautious and fearful or to act with thoughtlessness and to exhibit compulsive behaviors. Health condition of this chakra include, among other things, bladder and prostate problems, endometriosis, fibroids and cysts, pelvic floor muscle tone, lower lymphatic drainage, injuries to the lower spine, and some types of sciatica.

## #3 Solar Plexus

The Solar Plexus Chakra is located at the tip of the sternum, the xiphoid process and encompasses more organs and systems than any other chakra. These organs and systems include the stomach, pancreas, liver, gall bladder, and is responsible for the down-regulating of the nervous system after the high-powered response to stress or danger. The focus of this chakra is predominantly on relationships, and controls the intake and outflow of the energy produced in our interchanges with others. When balanced, this chakra gives off a light and an energy that is magnetically attractive to others making them very much liked and loved. These people are generous, confident, decisive, and are instinctive leaders and inspired healers.

Lack of balance or strength in this chakra results in low self-worth. They often crave recognition or praise from others and tend to make others responsible for their happiness or lack of it. They often have difficulty setting boundaries and are easily manipulated by others because they are searching for love and recognition from the people who are, too often, least capable of giving it. Physical ailments may include muscle aches, stomach ulcers, diabetes, allergies, insomnia, eating disorders, panic attacks, gall stones, liver problems, digestive and breathing difficulties.

## #2 Sacral

The Sacral Chakra encompasses the small and large intestines, genitals, reproductive organs, sciatic nerves, ovaries and the sperm banks and creation sites, including uterus and the prostate. The energy of the Sacral chakra includes the assimilation of nourishment from food as well as the acceptance of new ideas, both of which result in growth and the creation of new life. The Sacral governs the appetite and is involved, along with the Base chakra, with abundance issues. Emotionally, the balanced and unbalanced states of the Sacral are the polar opposites of suffering and unhealthy sacrifice of self for others and the enjoyment of service, pleasurable activities, happiness, and contentment.

When out of balance or depleted is referred to as "The Martyr" because, while the person spends their life in service, they do so grudgingly and with resentment. A stiff or unyielding Sacral chakra suffocates the heart energy and results in some types of inappropriate speaking patterns. The person will either laugh at inappropriate times, be unable to express their needs or their deep emotions, and may avoid verbal conflicts at all costs. Physical ailments may include constipation, back pain, cysts and fibroids, abnormal menstruation, infertility, and impotence.

## #4 Heart

The Heart Chakra includes the chest area, encompassing the heart as well as the blood and cardiovascular system, the thymus gland, vagus nerve, breastbone, scapula, respiratory diaphragm, as well as the arms and hands. The heart is the dominant organ and core of our physical and spiritual beings. The Heart chakra is all about love, and love is the center and most necessary ingredient of our lives. A balanced Heart chakra is able to love and serve others while allowing them the freedom to walk their own paths without judgment, resentment, and manipulation from us. This complete love, charity, will bring us peace and joy in our own lives. The heart, both the chakra and the physical organ, have no built-in systems of protection. They are designed to be completely open and vulnerable, able to love and be loved.

Out of balance, the Heart Chakra either closes us off from others or makes us critical and judgmental. Trouble in the Heart Chakra often has its foundation in issues with mother/father love; we miss out on a lot of love and support because we expect love to be given in a certain form, while it is being given in another way. Physical issues include, of course, heart and circulatory problems, heart palpitations, heart attacks, angina, high blood pressure, and lung issues.

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## #5 Throat

The Throat Chakra includes, of course, the throat—trachea and esophagus—the thyroid, the jaw (both upper and lower), the cervical spine, and the lungs. This chakra is located at the cross-roads of the body, both from the left and the right and from upper to lower. The Throat Chakra acts as a bridge between the feelings centered in our hearts—our heart-felt emotions—and the thoughts in our minds. Communication is the central responsibility of this chakra. The Throat chakra governs many aspects of creativity and will-power, as well as everything connected to self-expression.

The throat becomes out of balance and inflamed if there is too much energy in this chakra or it may become closed off, creating difficulty swallowing. The Throat Chakra is referred to as “The Silent Child” and represents the swallowing of words and feelings when expressing them is difficult or impossible. Physical ailments of this chakra include thyroid issues, sore throats, TMJ, ear infections, any facial issues, neck and shoulder pain, and laryngitis.

## #7 Crown

Balance in the Crown Chakra is ultimate balance in and between all of the chakras. The crown chakra, when healthy and balanced, opens us to the light of Heaven and enables us to be guided and inspired in all that we do. We walk the path that is ours with peace and enthusiasm. We recognize both our strengths and our weaknesses but without guilt—with only a great desire to be better today than we were yesterday. Balance here comes from the weeding out of imperfections in ourselves through the acknowledgment of our dependence on the Savior and His Atonement.

Out of balance in the Crown Chakra is negativity, judgment, manipulation, unkindness, and insincerity. Imbalance in the Crown chakra leads to pride, arrogance, and self-importance. Problems in this chakra may manifest as depression, mental fog, fatigue, disinterest in life, migraines, chronic headaches, greed and materialism, sensitivity to light and sound, neurological or endocrine system disorders, boredom, frustration, learning disabilities, sleep disorders, and a variety of mental disorders.

## #6 Brow (Third Eye)

The Brow Chakra, also called the Third Eye, is often considered our link to the inspiration of Heaven. As we look up towards Heaven, and the Light of Heaven radiates down to us, it is said to enter the third eye, pass through the brain, exit at the back of the neck, and ground us to the earth on which we live and have our being. The Brow Chakra is intuitive and should be perfectly balanced between the analytical brain and the creative, inspired aspects of ourselves. It is here, in this Chakra, that we exert control over our physical, emotional, and mental well being. The Brow/Third Eye is the center of thought, analysis, discernment, and—eventually—wisdom. It is the seat of our artistic, psychic gifts, imagination, and intuition. When we are balanced in this chakra, we will see clearly, maintaining a sense of proportion and having an accurate perception of past, present, and future.

Out of balance, we limit our goals and dreams by trusting too implicitly in conventional ideas, old familiar patterns, or the things we think others expect of us. There may be a tendency to over-analyze until we are stuck, unable to move in any direction at all. On the other hand, imbalance here may manifest as too little concern for the future and an inability to learn, either from our mistakes or from the inspiration of Heaven. Having a “pain in the neck” or thinking that someone is a “pain in the neck”, may indicate that we are allowing them, or others, to disturb our sense of clarity; we have a difficult time seeing our way clearly when they are about. Headaches, dizziness, eye problems, and learning disabilities may indicate disturbances here.

## #8 Spleen

The Spleen Chakra is located in the center of the bottom rib on the left side of the body. This places the Spleen chakra directly over the location of the physical spleen. The Spleen chakra is smaller than the seven centrally located chakras. This chakra is usually thought of as magenta in color, although some philosophies show it as having various colors along the periphery of its petal shape. The spleen chakra, like the physical spleen, controls the quality of the blood and supports the immune system. Spleen energy aids the body in being victorious over the diseases to which we are exposed, and prevents the immune system from becoming over zealous and creating autoimmune disorders and allergies. Just as this chakra lends strength to the immune system physically, this chakra also lends strength to the parts of the energy system responsible for protecting us from the energetic drain we may experience as we associate with others.

Out of balance physical issues in which this chakra is involved includes fatigue (a lack of overall vitality), Chronic Fatigue, arthritis, and rheumatism. An unhealthy spleen chakra depletes our life energy and usually results in serious depression and anxiety about our ability to provide for ourselves and those that rely on us. Some philosophies do not distinguish between this chakra and the sacral chakra but the energies of the two are really quite distinctive.

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## #12 Hands (Palmar)

The major chakra of the hands is located in the center of the palms with other, smaller chakras thought to be located at each joint, at the wrists, and at the tips of the fingers. The hand chakra is one of the ways that we interact with the world on an energetic level. Picture young lovers holding hands. The chakras in our hands allow healing energy to flow both in and out and are closely associated with the act of giving and receiving. Balance in the energies of the palm chakras allow us to give and receive both material things and emotional support. Healthy hand chakras manifest an openness, generosity, and creativity. Out of balance energy may manifest as a lack of creativity or a lack of connection with the world and with the people around you. The chakras in our hands can be used to soothe, strengthen, and support the energies of others. Underactive palm chakras may make us susceptible to illnesses passed, by hand, to us from others. Deficient energy here may render us unable to receive help from others or to be able to ask for help when we need it. We may be unable to give, being miserly with both our gifts and possessions. Over-active palm chakras may manifest as wanting to touch everything, wanting to buy or acquire more than we need, being unable to let go of others (children, for example) as they move on with their lives, and skin rashes or peeling palms.

## Complete Energy

We often think of the chakras as separate wheels of energy, each with its own physical and emotional traits, strengths, and weaknesses. The energy of the seven central chakras (and the spleen chakra) form a vertical column of energy through which the energies of the chakras interact with each other, strengthening and supporting one another. This vertical column is called *Sushumna*. Because the chakras spin in opposing directions, they form two criss-crossing channels called *Ida* and *Pingala*. *Ida* is said to be the source of yin energies and *Pingala* the source of yang energy. The *Complete Energy* remedy strengthens the central column and these two criss-crossing channels, thus strengthening both Yin and Yang. The energies of these three channels meet at the Brow (Third Eye) Chakra. Balance between *Ida* and *Pingala* and strength in the central vertical column creates a strong and balanced system overall. This remedy works with these three aspects of the energy body.

*For more information on Chakras please refer to*  
**Butterfly Miracles with Essential Oils**  
*by LaRee Westover*