



Rainbow Chakra Centers

BODY-MIND-SPIRIT CONNECTIONS

1993

PHYSICAL AREAS AND GLANDS OF EACH ENERGY CENTER:

7 CROWN CHAKRA: Pineal gland; Hair/Head Top, CNS (nervous system)

6 BROW CHAKRA: Pituitary, Hypothalamus; Eyes, Astral, Nervous Syst.

5 THROAT CHAKRA: Thyroid, Para-Thyroid, Neck, Ears, Atlas, Respiratory Syst, Cords, vocal chords, etc.

4 HEART CHAKRA: Thymus, Hrt, Breathing apparatus, Lungs, Blood pressure, Lymph, Immune Syst.

3 SOLAR PLEXUS CHAKRA: Pancreas, Stomach, Liver, Small Intestine, Bloodsugar, Digestion

2 SPLEEN CHAKRA: Bloodsugar, Spleen, Ovaries, Urinary Tract, Uterus, Kidney, Adrenals

1 BASE ROOT CHAKRA: Inv. & Sex organs, Systemic, Tailbone, Leg, Ft.

MENTAL-EMOTIONAL STRENGTHS/BLOCKS OF EACH ENERGY CENTER:

7 Compassion & selflessness, seeing self in others, all oneness, harmonious, peaceful, unattached, loving, non-egoistic, SPIRIT LOVE

6 Overview visualization, clairvoyance, choices for good of all, Psychic/Spirit awareness of self, others, env., Addicts healed, Service

5 Open, clear Communicating, feelings, thoughts, Creativity, Speaking up, Releasing, breathing life-force, Healing

4 Harmony, trust, Lovingness, gentle w/ self, others; Able to give, & to receive w/o giving, flexible, open to new people, ideas, growth, Coping w/ loss, Balance

3 Mental energy, will/power/control over self vs others; beliefs, details, constructive vs self-crit. thoughts, perfects

2 Feelings, Emot. needs, boundaries, trust, warmth, intimacy, attach/let go, addictive patterns, psychological

1 Body & Spirit, safety, sexuality, Action, ground, control, phys. energy



• Spiritual Heart Center
• Heart and Feet Chakras
• Root Chakra

Small Chart Rainbow Wheel 8 Diameter Rainbow Chakra Wheel On 8 Sq Card Text On Reverse

S Marginson



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Chakras Suze Moll, 2017-08-21 Your Chakras are important sources of internal power. The word Chakra originated from Sanskrit meaning wheel. Our bodies have seven main Chakra power points and many smaller points. The seven main Chakras start at the base of the spine and continue up the central spine to the head. Each Chakra point is a swirling power that influences your internal organs, vibrates at a different rotating speed, and is associated with a color. These colors correspond to the colors of the rainbow: red, orange, yellow, green, blue, indigo, and violet. When the power in the Chakra is balanced, we are healthy and exhibit a sense of well-being. If the power becomes blocked, the Chakra is not balanced, and the bodily functions may be affected. Diseases may appear, and the mind may be affected by negative attitudes or fears. Since each of the Chakras relates to a different set of organs, these areas may suffer too. These insights into your Chakras will help you understand your inner rainbow of power. We have included additional pages for journaling your feeling and thoughts on each of the Chakras.

The Top Books of the Year Small Chart Rainbow Wheel 8 Diameter Rainbow Chakra Wheel On 8 Sq Card Text On Reverse

The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous captivating novels captivating the hearts of readers worldwide. Let's delve into the realm of bestselling books, exploring the engaging narratives that have charmed audiences this year. Small Chart Rainbow Wheel 8 Diameter Rainbow Chakra Wheel On 8 Sq Card Text On Reverse :

Colleen Hoover's "It Ends with Us" This poignant tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Small Chart Rainbow Wheel 8 Diameter Rainbow Chakra Wheel On 8 Sq Card Text On Reverse :

Taylor Jenkins Reid's "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reid's captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Small Chart Rainbow Wheel 8 Diameter Rainbow Chakra Wheel On 8 Sq Card Text On Reverse :

Delia Owens' "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is an exceptional and thrilling novel that will keep you wondering until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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