

Chakras



Crown

Located at the very top of the head. The 7th and highest Chakra, the Crown Chakra represents our ability to be fully connected spiritually. The energy of this chakra allows us to experience mystical oneness with everyone and everything in nature. This Chakra is linked to inner and outer beauty, our connectedness to spirituality, and the feeling of pure bliss. This Chakra is most likely stimulated by breathing in fresh clean air and spending time in the sunlight.



Third Eye

Located in the center of the forehead between the eyes. The 6th Chakra, also referred to as the "Brow Chakra," is related to our ability to maintain focus and see things for what they truly are.. This Chakra greatly influences our intuition, imagination, wisdom, and our decision making abilities. This Chakra is most likely stimulated by forward bending yoga positions, oil treatments (specifically lavender) and eating purple foods such as grapes or blueberries.



Throat

Located directly over the throat. The 5th Chakra is directly connected to communication, self expression and speaking the truth. Perfect for accepting your originality, and expressing your authentic voice. This Chakra is most likely stimulated by doing shoulder stands, or by singing or chanting. You can also stimulate this Chakra by drinking juice and tea and eating plenty of fresh fruits.



Heart

Located at the center of the chest, above the heart. The 4th Chakra represents our ability to love and be loved, the quality of our love, and our past and future loves. It is the center of your deep bonds with other beings, your sense of caring and compassion, your feelings of self-love, altruism, generosity, kindness, and respect. This Chakra is most likely stimulated by practicing Bikram Yoga and eating plenty of green foods. Another way to activate the Heart Chakra, is to simply practice love.



Solar Plexus

Located in the upper abdomen in the stomach area. The 3rd Chakra, which is sometimes referred to as the "Center of Willpower," represents the core of our personality, and our ability to be confident and in control of our day to day lives. This Chakra is most likely stimulated by Kundalini Yoga, dancing, and the consumption of yellow foods and herbal teas. Every time you judge or criticize yourself, you deplete this chakra and weaken your willpower. Self love, self acceptance, and acknowledgement of your own worth are the building blocks of the third chakra.



Sacral

Located in the lower abdomen, about 2 inches below the navel and 2 inches in. The 2nd Chakra is closely linked to our sense of abundance, well-being, pleasure and sexuality. The energy of this chakra allows you to let go, to move, and to feel change and transformation occurring within your body. It allows you to experience this moment as it is, in its own fullness. This Chakra is most likely stimulated by pelvic thrusts, the "Cobra" yoga pose, and eating lots of orange foods and nuts.



Root

Located at the base of the spine in the tailbone area. The 1st Chakra is associated with survival issues. It is your survival center. Your fight and flight response is initiated from this chakra. This is your primal, animal nature. It is the root of your being and establishes the deepest connections with your physical body, your environment and with the Earth. This Chakra is most likely stimulated by stomping your feet on bare ground, or "Earthing," practicing Kundalini Yoga, eating lots of red foods and root vegetables such as potatoes and carrots.