

## **Chakras Training - Catherine Robinson**

Information paraphrased from “Aromatherapy and Chakras” by Salvatore Battaglia and my own experiences with clients as a Certified Aromatherapist (Catherine Robinson)

**Root Chakra.** The root chakra is our “base” and it’s responsible for our feelings of safety and grounding. It’s concerned with physical needs and basic survival. It is located at the base of our spine. It’s color is red.

If you have issues with yourself, if you don’t trust yourself or your place in the world, you’ll have problems at your root.

A balanced root is represented by being comfortable in your own body, sense of trust in the world, feelings of safety and security, able to relax and be still.

Excess in the root may result in overeating, hoarding, greed, sluggishness, laziness, fear of change, addiction to security and rigid boundaries.

Deficiency may result in feeling disconnected from the body, underweight, fearfulness, anxiety, restlessness, poor focus, poor boundaries and being disorganized. They don’t tend to recognize the body’s importance, and grooming/hygiene tend to be poor. Details about life are not important and they tend to live in a fantasy world.

Health issues related to this chakra may include:

Disorders of the bowel and large intestine

Disorders of the bones

Issues with legs, feet, knees, base of spine

Eating disorders

Immune system, and adrenal system issues

**Sacral Chakra.** Located at the level of the pubic bone, between the naval and the genitals, it’s our center of creativity, passion, joy, intimacy, relationships and money. It’s color is orange.

The word creativity brings up an image of an Artist for most people (painter, sculptor, etc) but it’s any kind of action that results in

something being created. Going into the kitchen and grabbing things out of the cabinets/fridge and cooking a tasty meal for your family is creativity. Looking at something and turning it into something else is creation.

It's the area of relationships, and that's not just with our spouse, that's relationships with ourselves, our family, our business partners, boss, etc. It's our relationship to money as well.

This chakra is our "feeling" center and challenges can arise when we're taught to suppress our feelings or are told our feelings are wrong. For example being told "you have no right to feel angry", "boys don't cry", "you should be ashamed of yourself" etc. Feeling is a very important way of obtaining information about ourselves, when our right to feel is affected we become out of touch with ourselves.

Sexual abuse can lock this chakra (either too open or too shut) and if you have suffered sexual abuse please seek the care of a trained and sympathetic therapist.

Someone with a balanced chakra is able to tap into their creativity and talents, tend to be physically fit and eat healthy, are emotionally mature, playful and have the ability to experience pleasure, and have healthy boundaries.

Excess in the sacral, may result in sexual addiction, excessively strong emotions, being ruled by emotions, oversensitivity, emotional dependency and obsessive attachment. They need intense emotions. They are usually the ones creating drama and difficulties. They tend to identify with emotions, ie they say "I am angry" instead of saying "I feel angry" and their world revolves around their emotions, how they feel is all important, egotistical and even narcissistic.

Deficiency may cause rigidity in the body and attitudes, fear of sex, poor social skills, denial of pleasure (any kind of pleasure) excessive boundaries, fear of change and lack of desire.

Health issues related to this chakra may include:  
Disorders of the reproductive organs, spleen, urinary system  
Menstrual difficulties

Sexual dysfunction - impotence, frigidity, premature ejaculation, non-orgasmic

Lower back pain

Dull senses - loss of appetite for food, sex or life

**Solar Plexus Chakra.** The solar plexus is our “seat of self”, it’s where we find our power and self-confidence. It is closely tied to our self-esteem. When we feel “out of control” or have things we feel are out of our control then this area can have issues. It’s color is yellow.

When you have a balanced solar plexus chakra you are responsible, reliable, balanced, able to let someone else be in control, “go with the flow”, confident in who you are and your place in the world, self-disciplined.

Excess in the solar plexus may lead to aggression, dominating, controlling, need to be right, need to have the last word, manipulative attitude, temper tantrums, stubbornness, competitiveness, arrogance and hyperactivity, bullying. Also those who tend to need to be in dominant control of even their own body (treating and pushing their bodies like machines, refusing to accept physical limitations)

Deficiency may lead to low energy, low self esteem, emotional coldness.

Health issues related to this chakra may include:

Digestive disorders

Adrenal gland disorders

Fatigue, weakness

Eating disorders

Diabetes, hypoglycemia

Disorders of the stomach, pancreas, gallbladder and liver

**Heart Chakra.** The heart chakra is our area that is associated with compassion, affection and love. Love to others and love for ourselves. It’s common color is green, and is the “front” of the chakra and concerns our love for others. Non-traditional color is pink and it’s the “back” of the chakra and concerns our love for ourselves.

A balanced chakra is full of compassion, lover, empathy, peace, balance and a strong immune system. This person gives and receives freely and

selflessly, is willing to be vulnerable, emotionally honest and treats others as unique human beings.

Excess may lead to codependency, poor boundaries, being demanding, clingy, jealous and overly sacrificing. Excess here doesn't mean excess of actual love, it is excess love for self and one's own needs. Needs constant reassurance and doesn't allow others freedom to be who they are.

Deficiency may lead to antisocial behavior, being withdrawn, cold, critical, judgemental, intolerant of others, lonely, isolated, depressed, fear of relationships, lack of empathy.

Health issues related to this chakra may include:  
Disorders of the heart, lungs, thymus, breasts, arms  
Shortness of breath  
Sunken chest  
Asthma  
Immune system deficiency  
Tension between shoulder blades, pain in chest

**Throat Chakra.** The throat chakra is responsible for communication, self-expression, and the ability to speak truth, truth to others but also your personal truth. It's color is blue. This chakra can have special challenges, often stemming from childhood, and is resolved by reclaiming our right to truth. When our parents, culture or government lie to us, there is an abuse of this right. Traumas and abuses associated with the throat chakra include lies, verbal abuses, excessive criticism, secrets (threats for telling), authoritarian parents (don't talk back) and alcoholic chemical dependent family (don't talk, don't trust and don't feel right)

Being told we have no right to feel a certain way when in fact that is how we feel, makes a lie of our experience: hearing the words "I love you" while being abused, neglected or shamed makes a lie of love. Being told to apologize for something we don't feel sorry for, to be nice to someone we clearly dislike, or to be thankful for something we didn't want are all experiences that teach us to lie. They teach us to lie to ourselves, to each other and to our bodies.

A balanced chakra is reflected by a resonant voice, being a good listener, having a good sense of timing and rhythm, having clear communication and living creatively.

Excess may lead to too much talking, inability to listen, gossiping and a dominating voice. Excess talking is used as a way of staying in control, so they remain the center of attention.

Deficiency may show up as a fear of speaking, a weak voice and shyness, inability to get their words together, extreme self-consciousness, fear of humiliation.

Health issues related to this chakra may include:

Disorders of the throat, ears, voice and neck

Tightness of the jaw

Mouth ulcers and gum problems

Laryngitis

Swollen glands

Thyroid problems

**Third Eye Chakra.** The third eye chakra connects us to our dreams, governs our intuition and helps us see with perspective and clarity. It's how we see ourselves, others and the world around us. It can be affected when we're going through life changes or a perception shift. It is also impacted if someone wants you to see things their way instead of your own. It's color is indigo and it's located in the forehead, slightly above and between the eyebrows.

Our physical eyes are the tools with which we perceive tangibles, while the "third eye" offers us the ability to see and understand all things.

When we are told, usually as children, that what we perceive is not real, when things are deliberately hidden or denied our right to "see" is damaged. Reclaiming this right helps to balance this chakra. This chakra can also be "damaged" when, again usually as children, we see things that are beyond our scope of understanding, when we see angry, frightening and overwhelming scenes.

A person with a balanced chakra will have intuition, perception, imagination, good memory, good dream recall, the ability to visualize

and a trust in their inner guidance. A balanced chakra is able to calm the mind and see clearly, without any personal issues.

Excess in this chakra may lead to hallucinations, delusional obsessions, difficulty concentrating and nightmares.

Deficiency in this chakra may lead to insensitivity, poor vision, poor memory, difficulty seeing the future, lack of imagination, poor dream recall and denial. Someone with this may have difficulty imagining things differently.

Health issues related to this chakra may include:

Headaches

Vision problems - poor eyesight, glaucoma, cataracts, macular degeneration

Conditions of the upper or frontal sinuses

Neurological disturbances

Diseases caused by a dysfunction of the third eye chakra may be caused by an individual's not wanting to see something that is important to their soul growth.

**Crown Chakra.** The crown chakra is our area of spiritual connection, it lifts and inspires us, connects us to "Source" (I personally prefer the term God), helps our awareness that we are a soul in a human body. It's color is violet (also can be white), it's located at the top of the head.

The crown chakra holds our "right to know", this includes the right to accurate information, the right to truth, the right to knowledge and the right to know what's going on. Equally important is one's spiritual rights, the right to connect with the divine in whatever way we find most appropriate. Traumas and abuses associated with the crown chakra include withheld information, education that thwarts curiosity, invalidation of one's beliefs, forced blind obedience (no right to question or think for oneself), spiritual abuse.

A balanced chakra has the ability to perceive, analyse and assimilate, is intelligent and thoughtful, open minded, able to question, spiritually connected, faith in the transcendent realms and a sense of purpose in life. Does not judge or criticize others, embodies love, compassion and awareness.

Excess in this chakra may lead to over-intellectualisation (over questioning information, confusion and disassociation from the body.

Deficiency in this chakra may lead to spiritual cynicism, learning difficulties, rigid belief systems, apathy.

Health issues related to this chakra may include:

Anxiety, depression

Insomnia

Amnesia

Headaches, strokes, brain tumour

Epilepsy

ADD and hyperactivity

Dementia, alzhiemers

Cognitive delusions