

CHAKRA	Spiritual Level	Physical Level	Disorders	Mental Level
7th Chakra SPIRIT	enlightenment, spirituality	brain, entire organism, pineal gland (serotonin,melatonin)	immune system, chronic illness; depression, confusion, flight from reality	self-realization
6th Chakra WISDOM	wisdom, intuition, perception, fantasy	cerebellum, nervous and hormonal systems, eyes, ears, nose, sinuses; pituitary gland	headaches, sinusitis; poor concentration and learning disabilities, anxiety	fantasy, dreams, visions, higher guidance
5th Chakra TRUTH	knowing and doing the right thing; aligned with your true nature	throat, neck, esophagus, windpipe, shoulders, jaw	Thyroid, neck pain, speech defects; shyness, inability to express oneself	sharing information; communication
4th Chakra LOVE	humanity , connectiveness to others; power of love	heart, lungs, blood, arms and hands	High/low blood pressure, coronary artery and respiratory disease; lack of feelings, problems with relationships, poor boundaries	empathy, considering your health and well being balanced with others needs
3rd Chakra SENSE OF SELF	balance of power; self control	digestion, small intestine, liver, autonomic nervous system; pancreas	Digestive problems, stomach ailments, diabetes, obesity; aggression, insecurity, sleep disorders	positive thoughts about self and others, beliefs
2nd Chakra CREATIVITY	sexuality, sensuality, fertility, place in the world	sexual organs, kidneys, bladder, blood circulation	Impotence, prostate or female reproductive system, kidney disease; addiction, poor libido, mental weakness	awareness of one's own emotions

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1st Chakra SECURITY/TR IBE	basic trust, security, self- preservation	pelvis, bones, large intestine,nails, teeth	Constipation, back pain, disease of the bones; basic fear, lack of trust,	will to live; passion for life

	Masters/Lessons/Integrate	Affirmations
7th		"I am aware in every moment"
6th		"I open myself to my inner light"
5th		"I open myself to the power of truth"
4th		"I send myself and others love and compassion"
3rd		"I trust my own feelings and spontaneity"
2nd		"I take pleasure in life with all of my senses"
1st		"I trust the power of the earth and feel my own body"