

# Ultimate Guide to **CHAKRAS**

By the

**SPIRITUAL  
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You're about to learn the extreme importance of your chakras, and why they can either stop you from experiencing endless abundance, joy, love, and purpose in your life... or they can bring everything you've ever dreamed of to you, faster than ever before...

# CHAKRAS

## Blocks, and Learning to Clear Them Through Energetic Healing

I often get questions about clearing energy blocks using the chakra system. I love this way of understanding and clearing our energy, because the chakras have so many clear connections to many different facets of our personalities and bodies. Chakras show a true understanding of the psychosomatic state we all live in.

Recently, one question that really struck me was this:

Question: "Oliver, when you realize that you have specific issues - such as fear of rejection - how do you know which chakra is connected to that? Do you clear the issue/block in your chakras or mind?"

This is a really good question... and a layered one.

Let me begin by explaining exactly what chakras are and what they are connected to



**"What Exactly Are**

# **CHAKRAS?"**

Chakras are swirling balls of energy (prana) formed where the physical and consciousness meet. The knowledge on chakras is ancient and powerful... and people have been working with these energy centers for thousands of years.

Chakras align with the spine, and many diagrams show them stacked upon each other, like spaced out vertebrae throughout the human system.

There are seven main chakras in the human body, which is where I will be focusing to answer this question.

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# Your Root CHAKRA

**Where is it...** This energy is located at the base of the spine, where it meets the pelvis. It relates to how grounded we are, our survival instincts, and our basic needs - both physically and mentally. Essentially, the root chakra correlates to how safe and secure we feel.

**What affects it...** There are many factors that can affect this chakra and either keep it balanced, or contribute to an unbalanced chakra. Our food and water intake- and how healthy that is-, the space we call home, and our finances. On a more spiritual level, feeling safe and releasing fear will be major factors in a balanced root chakra.

**When it's blocked...** Physical issues arising from a blocked root chakra include pain or problems in the colon, lower back, bladder, legs, and feet... the lower areas of our body. Emotional or spiritual issues are often anxiety, fear, a feeling of dissociation from the body, and poor boundaries with yourself and other people.







# Your Sacral **CHAKRA**

**Where is it...** This chakra is found just below the belly button... right in the base of the stomach. The Sacral Chakra relates to our sexual and creative energies... as we know, these two energies are almost always intertwined.

**What affects it...** How connected we feel to others, whether we are having and enjoying new experiences, and setting and maintaining healthy boundaries. Poor performance within these energies can lead to a blocked sacral chakra.

**When it's blocked...** You might feel like you can't take control of your emotions, and often find them bouncing all over the place. You can go from happy to sad in a split second, and you can't seem to find balance and inner peace. You may fear change or have addiction issues- to food, alcohol, sugar, or even people. Physically, a blocked sacral chakra is often going to cause reproductive issues for men and women, as well as menstrual issues for women.



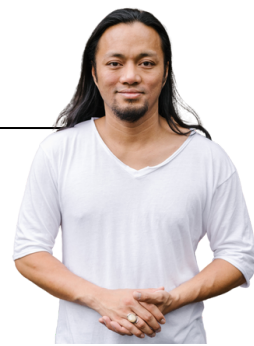


# Your Solar Plexus CHAKRA

**Where is it...** Just above the belly button, right at the base of the chest. This chakra can often be seen as representing personal power, and therefore, having control over your self-esteem. How confident and in control we feel is directly related to the Solar Plexus chakra- which is often why we're told to breath deep into our solar plexus and send calm energy there.

**What affects it...** Our own fears, anxiety, and feelings of purpose are spiritual and energetic factors that affect this chakra. Physically, our metabolism and digestive system play a large role in the balance of the Solar Plexus. Gut health and eating well are very important.

**When it's blocked...** Blocks in this chakra can have serious and damaging affects on our being, both spiritually, physically, and mentally. People with a blocked Solar Plexus often are indecisive, and have anger and control issues. Physical manifestations show up in the digestive systems, such as diabetes or hypoglycemia.





# Your Heart **CHAKRA**

**Where is it...** As the name suggests, this chakra sits in the area near your heart, right in the center of the chest. Though all chakras are representations of the physical meeting energetic consciousness, this chakra represents where they also meet the spiritual energies we possess.

**What affects it...** This chakra is all about our ability to love and our spiritual awareness. It's one of my favorite chakras to work with. A balanced heart chakra will lead to inner peace, and allow love and compassion flow freely from and to you.

**When it's blocked...** A block in this chakra is very serious. I dealt with a block here before I met Mandy... as many of you know, I had closed myself off and was very distrusting of the world. Because of that, my heart chakra was blocked. A block here can lead to feelings of anger, betrayal, jealousy, and resentment. These feelings, of course, create even more serious mental issues, like depression. This can show up physically as issues with the heart, circulation, and lungs.







# Your Throat **CHAKRA**

**Where is it...** Center of the throat. This chakra is all about communication. It's about speaking your authentic feelings and truths, as well as doing it properly- and listening to others as well. Not just listening to them, but listening to yourself. Are you paying attention to your own wants, needs, and wishes?

**What affects it...** If we feel as if we're communicating with others, but they aren't listening, this will greatly affect the balance of the throat chakra. It can be thrown off when we refuse to listen to our higher selves and consciousness as well.

**When it's blocked...** Generally, this chakra is blocked when you are holding in your emotions and beliefs instead of speaking them aloud to those around you. This might be a fear of speaking due to a childhood trauma, difficulty putting your feelings and thoughts into words, or a shy spirit. Most times, people with a blocked throat chakra are afraid of judgment from others. Physically, you may experience a sore throat or thyroid problems.





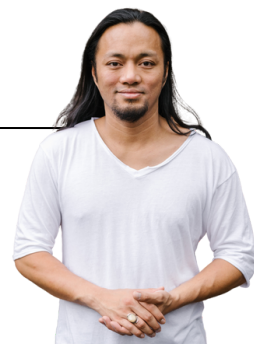


# Third Eye CHAKRA

**Where is it...** Middle of your forehead, just above the space between the eyes. This might be one of the most famous chakras due to the spiritual elements associated with it. Your third eye correlates with your intuition, which is why it's often seen as the place of psychic and spiritual knowing. An open and balanced third eye means a person is wise to the divine understanding of the Universe.

**What affects it...** Your ability to think and make decisions, as well as your imagination and memory will greatly affect this chakra. Plus, it connects you to your higher self, so your spirituality and understanding of your greater purpose will play a large role in keeping the third eye balanced. The third eye will allow you to cut through the noise of society and those around us, and see the authentic truth of the world.

**When it's blocked...** The third eye chakra can be blocked due to issues with the lower chakras. In fact, if one of the first five chakras is out of balance, it is highly likely the third eye is as well. If you experience difficulty with your intuition or often feel judgmental and dismissive of others, your third eye is probably blocked. Physically, this blockage can be seen through headaches, dizzy spells, and issues with the health of your brain.





# Your Crown **CHAKRA**

**Where is it...** The top center of your skull. This is where your physical body and consciousness meet your higher self and the collective consciousness. The crown chakra allows you to grow spiritually and raise the vibration of humanity, as well as connect with divine knowing.

**What affects it...** Needs of society and our physical world-like materialistic needs- affect the crown chakra heavily. This chakra is about letting go of the physical, singular consciousness in order to become one with the collective.

**When it's blocked...** Blockages in this chakra can be very serious. People who are extremely materialistic and have a difficult time letting go of their things will often have a block in the crown chakra. It may create disconnection between the mind and body, and even between you and your emotions. It might be difficult to feel empathy for others.





# I've Identified Which **CHAKRA** is Blocked... Now What?

## **STEP ONE : BEGIN BY SETTING AN INTENTION.**

- The one I love to use is... “For the highest good of all I’d love to to work on, get clarity, or heal everything that is causing me to have issues with... X... I want to release my pattern of... X...”
- Intentions are extremely powerful. Once you’ve set an intention, you’ll begin to notice synchronicities showing up. The beliefs and emotions behind the blocks will begin to clear. Intentions are THAT powerful.

## **STEP TWO : TO GO EVEN DEEPER, SET YOUR INTENTION BEFORE AN ENERGY CLEARING SESSION.**

With that intentional energy surrounding you, the chakras related to what you are trying to clear will become apparent. You can then use deep energy work and healing in order to clear that specific chakra.



# I've Identified Which **CHAKRA** is Blocked... Now What?

## **STEP THREE : LEARN WHAT WORKS FOR YOU.**

There are many different ways to clear chakras- mine being one of them. The most important part of this process is learning what path works best for you, and how you are best able to heal.

## **STEP FOUR : BE PATIENT.**

Some blockages are rectified within seconds or minutes, while other might take days or weeks. Blockages can be like an onion- you might peel back and clear one layer, only to find another buried underneath.

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