

# Earth & Spirit Connection 101

## Chakras

### What is a chakra?

Chakras are energy centers of the body that correspond to the seven points along our nervous system. When they are open, vital life force energy runs through and between them freely uniting our physical, mental, emotional and spiritual bodies.

Each chakra is represented as a disc or a ball with an associated color. I'm going to briefly cover the main seven chakras below that you will find within your own body.

### Learning the seven most common Chakras from the ground up.

#### Root Chakra

Location: Base of your spine, pelvic floor

Color: Red

Symbolizes: Balance, safety, security, energy, comfort

Element: Earth

**Earth** relates to our most basic, primal needs for survival and stability emotionally and physically. When in balance, we feel safe, confident, grounded and strong.

## **Sacral Chakra**

Location: Above the pubic bone and below the navel

Color: Orange

Symbolizes: Emotions, creativity, sexuality, sociability

Element: Water

**Water:** Relates to emotions, passion, pleasure, fluidity. When in balance, you can easily connect with others, feel calm and content, let things go and be open to joy.

## **Solar Plexus Chakra**

Location: Between your navel to your ribcage

Color: Yellow

Symbolizes: Mental activities, personal power, strength, determination

Element: Fire

**Fire:** Represents heat, strength, power, transformation, digestion. When in balance, we take action in our lives through food, movement and breath.

## **Heart Chakra**

Location: Center of your chest including lungs, lymphatic system and endocrine system

Color: Green

Symbolizes: Love, compassion, acceptance, sincerity

Element: Air

**Air:** Represents love and compassion, openness and positivity. When in balance, you are able to willingly and freely give and receive love, compassion and feel motivated.

### **Throat Chakra**

Location: Base of your throat up to your eyes

Color: Blue

Symbolizes: Self-expression, speaking your truth, ability to communicate, inspiration

Element: Ether

**Ether:** Represents sound and space, conscious and unconscious mind, your connection to spirit, intuition and stillness. When in balance, you can freely communicate and express yourself.

### **Third Eye Chakra**

Location: Between your eyebrows, eyes, head and lower part of your brain

Color: Indigo

Symbolizes: Self-expression, intuition, trust

Element: Light

**Light:** Represents the electromagnetic energy which travels faster than all other elements (Earth, Water, Fire, Air, Ether (sound)).

## **Crown Chakra**

Location: The top of your head

Color: Violet or white

Symbolizes: Universal energy, connection with spirituality, fulfillment, consciousness

Element: Thought

**Thought:** Represents the infinite field of consciousness that surrounds us or Universal energy

## **Bonus Chakra**

### **Earth Star Chakra**

#### **What is it?**

The Earth Star Chakra is a chakra that connects us directly to Mother Earth. It acts as a grounding point for your etheric and physical body.

#### **Where is it?**

Located about 6"-12" below your feet

**Color:** Dependent upon each individual

#### **What does it represent?**

The deep connection with all sentient beings/energies and

#### **When activated and open:**

You'll have a stable and healthy connection of your etheric body to your physical one, your ability to see the "bigger picture" will become easier, your connection to spirit and Earth will increase, your ability to be present will become easier, you will feel more

grounded, safe and secure. You will also develop a sense of your overall power and potential and deepen your connection to the planet and the Universe.

### **How to use this chakra?**

While running through a chakra meditation starting from the crown and working your way down, ask that the light take with it anything that no longer serves you and empty it into the earth through the Earth Star Chakra.

### **How to activate it?**

Spend time in nature and with Mother Earth

Walk barefoot whenever and wherever possible

Hug a tree or sit near a tree

Admire something in nature for its intricate details

Hold a handful of dirt