

Chakra Knowledge

brain, thalamus, hypothalamus,
pineal gland, lungs, arteries, blood

CENTER OF VALUE

BALANCED

- Center of Value, Intuitive Knowingness
- Deep connection with self
- Knowing connection to higher consciousness
- Inner and outer peace
- Discerning value in opportunities and allowing new perceptions

UNBALANCED

- lack of trust in intuition, limiting beliefs for value
- close-mindedness, harsh values limiting perspectives
- overwhelm, confusion, frustration, apathy, holding breath around value
- lack of inspiration, blind to new perspectives,
- limiting beliefs for identity, self-sabotage for growth and expansion
- headaches, and migraines, indecision, burnout, lung infection

pituitary gland, lymphatic system, vocal
cords, esophagus, larynx, tonsils,
parathyroid glands, thyroid, jaw

MANIFESTATION CENTER

BALANCED

- Strong sense of integrity, and honor
- Effective communication: listening and speaking
- Discerns energy for vibrational accuracy
- Non-judgemental, mindful, observant, decisive
- Curiosity for worthiness connections for manifestation intentions

UNBALANCED

- trouble communicating effectively, oversharing or not talking
- overactive mind, spinning stories or thoughts in resistance to uncertainty
- allowing other opinions change your mind from knowing value in manifestations or avoiding intentions that are relevant now
- laryngitis, cough, strep, mucus, TMJ, hormone imbalances, thyroid disease, chronic fatigue

thymus, pancreas, gall bladder, spleen, bladder,
bowels, stomach and digestive tract, hair

CENTER FOR HEALING

BALANCED

- Healing all energy relating to Forgiveness and letting go
- Healthy passion for life, allowing full release for future
- Sense of freedom knowing the journey is worthy of continuing
- Healing energy transmuting stuck energy to empower the journey to move forward
- Being able to acknowledge feelings, discerning for healing and growth opportunities (Emotional Mastery)

UNBALANCED

- acid reflux, stomach disorders, diabetes, gallbladder issues, bowel issues, UTI or bladder infections, arthritis, epilepsy, hair issues, and allergies
- rejection or disassociation to previous passions in life, self-sabotage in passion projects and meaningful relationships
- listlessness, lacking energy, drained, heavy or lethargic, stuffing feelings
- scattered, overwhelmed, feeling like you need to control everything and everyone for own certainty, projecting feelings
- stuck in past, letting judgements or anger control experiences

appendix, kidneys, lungs and respiratory system,
blood, immune system, reproductive organs

CENTER FOR ABUNDANCE

BALANCED

- Center of Worthiness, Gut Instincts Knowingness
- Regulates energy flow and breathes new opportunities
- Courageous, resourceful, and thrive no matter what happens
- Quality of life is abundantly present
- Natural calmness and peace surrounding you
- Grounded and centered for whatever comes
- Healthy sexuality balanced in unconditional love and potential creation of life for another

UNBALANCED

- inflammation, illness, insecurity, holding breath, respiratory issues
- lack of self-confidence, limiting beliefs for worthiness
- money issues, and expectations for abundance experiences
- limiting beliefs for abundance opportunities, feel temporarily stuck
- avoidance for fear of repeating "mistakes" or lost opportunities

WISDOM CENTER

energy for inspiration, energy for ideas or
thoughts, blood, oxygen, capillaries, eyes, sinuses,
adrenal glands and adrenal system

BALANCED

- Clarity, inner wisdom, spiritual insight, intuitive visionary, imaginative
- expands relative value knowledge and perspective to create manifestation intentions
- dreams, big vision, possibilities are exciting

UNBALANCED

- doubtful, unproductive, avoidance, self-sabotage by avoiding feelings of uncertainty
- feels a lack of purpose, bored
- overstimulated, overwhelmed, scattered emotions
- vision problems, night blindness, sinus infections, nasal congestion, phlegm

CENTER FOR BALANCE AND HAPPINESS

Energy for 369 Divine Timing in Akashic
Stream of Knowledge, heart, circulatory
system, veins, liver, skin, central nervous
system, cerebellum, spinal cord, teeth, neck,
shoulders, back, arms, hands, legs, feet

BALANCED

- Unconditional Love and Compassion for yourself and others
- Acceptance for Balance no matter what, inner peace
- Happiness Gauge, joy felt in abundance and as balance is found
- Generosity, kindness, respect for yourself and others
- Know what you value and your values,
- Know worth, and what is worthy as abundance is experienced
- Know desires, know supported by Divine,
- Know soul's desires for life experiences
- Regulates a sense of identity, self-confidence, self-esteem
- Desire to learn more, and willing to forgive for abundant opportunities in growth and expansion

UNBALANCED

- limiting beliefs for worthiness causing self-sabotaging
- people-pleasing patterns, abandonment reactions
- easily influenced, and compromise your values and worth
- low self-esteem, slouching shoulders
- heart disease, cardiovascular disease, high blood pressure, elevated cholesterol levels, hypertension, light headed, teeth, or gum problems, issues with neck, back, shoulders, legs, feet, arms, hands
- trouble letting go and forgiving, feeling unsupported
- Restless legs or constant moving around to avoid moving towards next value-added growth opportunity
- Tired arms or a driven need to constantly do everything else except what will be worthy for your life

CENTER OF DIVINE ACTION

skeletal system, cranium, pelvis, muscles,
tendons, ligaments, breasts, chest, ribs, ears

BALANCED

- Divinely guided creative actions, intentionally lead to abundance
- Feeling pleasure as aligned with passion for life and manifestations, growing confidence and trust in self
- Healthy boundaries and metabolism
- creating structure, processes and nurturing growth through intentional actions that align with manifested desires and their potential abundant opportunities
- Knowing you are supported by the Divine in guidance for every action

UNBALANCED

- boundaries are challenging or non-existent, limit desire movement
- victim mindset or waiting for others to do for you
- bully mindset or dis-empowering others by doing their actions
- joint problems, obesity, muscular tension and misaligned joints
- feeling like you are alone, not supported, or have to do everything for everyone
- feeling stuck emotionally, non-worthy, self-sabotage by non-action, doubt or avoidance
- avoiding Divine guidance, signs, and messages out of fear, uncertainty in self, or worthiness limiting beliefs