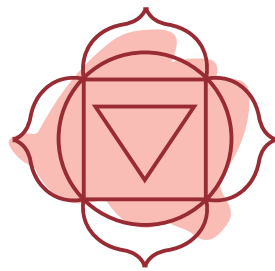




# The Primary 7-Chakras

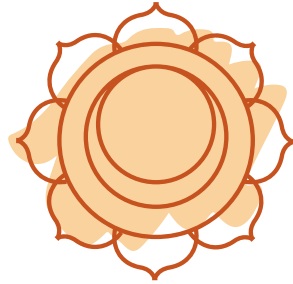


## 1<sup>st</sup>: The Root Chakra

**Location:** Base of spine, perineum

**Life Stage:** Womb- 1 year

Issue	Survival, grounding, safety, family of origin
Balanced	Stability, security, good physical health, trust, prosperity
Identity	Physical body and self
Demon	Fear
Excessive	Heaviness, sluggishness, monotony, obesity, hoarding, materialism
Deficient	Frequent fear, lack of discipline, restless, underweight, spacey
Mantra	“I am here now”, “I belong”, “I deserve _____”
Element	Earth



## 2nd: The Sacral Chakra

**Location:** Abdomen, hips.    **Life Stage:** 6 months - 2 years

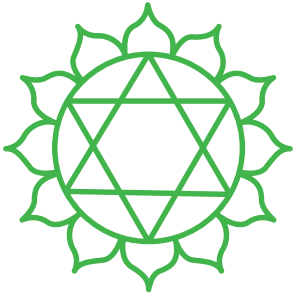
Issue	Emotions, creativity, and sexuality
Balanced	Fluidity, creative energy, healthy sexuality, embodied feelings
Identity	Emotional self
Demon	Guilt
Excessive	Overly emotional, poor boundaries, sex addiction, obsessions
Deficient	Frigidity, impotence, emotional numbness, fear of pleasure
Mantra	“I matter”, My feelings matter”, “I desire balance”
Element	Water



### 3rd: The Solar Plexus Chakra

**Location:** Solar Plexus, sternum.    **Life Stage:** 18 months - 4 years

Issue	Power, empowerment, will
Balanced	Vitality, purpose, spontaneity, empowered, Self-esteem
Identity	Ego self
Demon	Shame
Excessive	Dominating, blaming, aggressive, scattered, over-active
Deficient	Weak will, poor esteem, passivity, sluggish, fearful
Mantra	“I can assert”, “I am worthy”
Element	Fire



## 4th: The Heart Chakra

**Location:** Chest, heart center     **Life Stage:** 4 years - 7 years

Issue	Love and relationships
Balanced	Balance, compassion, self-acceptance, secure relations
Identity	Social self
Demon	Grief
Excessive	Codependency, poor boundaries, possessiveness, jealousy, narcissism
Deficient	Shyness, loneliness, isolation, lack of empathy, bitterness, critical
Mantra	“I am loved”; “I am love”, “I can receive love”
Element	Air



# 5th: The Throat Chakra

**Location:** Throat     **Life Stage:** Expressive and creative self

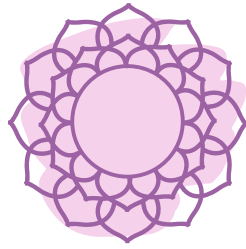
Issue	Expression and communication
Balanced	Clear communication, creative expression, manifestation, resonance
Identity	Creative self
Demon	Lies
Excessive	Excessive talking, inability to listen, overextension, stuttering
Deficient	Fear of speaking, poor rhythm, aphasia
Mantra	“I can expression, be seen, and be heard”
Element	Sound(s)



## 6<sup>th</sup>: The Third Eye Chakra

**Location:** Brow, forehead     **Life Stage:** Adolescence

Issue	Intuition, imagination
Balanced	Imaginative, psychic perceptions, accurate interpretation
Identity	Archetypal
Demon	Illusion
Excessive	Headaches, nightmares, hallucinations, delusions, difficulty concentrating
Deficient	Poor memory, poor vision, cannot see patterns, denial
Mantra	“I see clearly”
Element	Light



# 7th: The Crown Chakra

**Location:** Top of head      **Life Stage:** Universal Self

Issue	Awareness
Balanced	Wisdom, consciousness, Self-energy, spiritual connection
Identity	Universal Self
Demon	Attachment
Excessive	Overly intellectual, spiritual addiction, confusion, dissociated
Deficient	Learning difficulties, spiritual skepticism, limited beliefs, materialism, apathy
Mantra	“I am one”; “I am Self”
Element	Conscious thought



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