

Breakdown of the 7 Major Chakras For the “Chakra Wave in Ecstatic Dance” with Maria Barnicoat

[Click Here to Book Individual Sessions or the Whole Series](#)

ROOT CHAKRA – ALL IS ONE

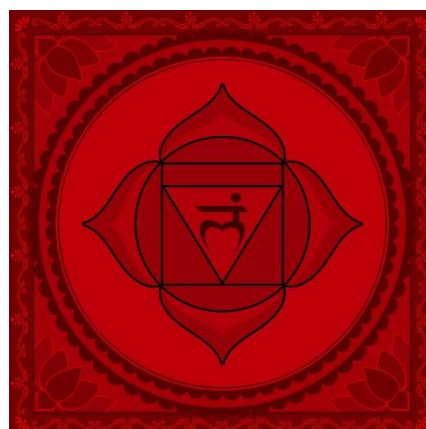
Mantra: “LAM”

Colour: Red/Brown

Sanskrit Name: Muladhara

Meaning: “Root support”

Chakra Element: Earth/Physical



Generally

It is sometimes called the base chakra. This chakra is your energy foundation and is where you connect with your physical body. By connecting with this chakra you feed both your physical and spiritual needs. Through this chakra you are guided on your journey through life.

In Balance

- Energy is free to flow down into the earth, as well as being drawn up from the earth.
- It gives you a feeling of security. Belonging.
- Life seems stable
- Filled with active positive energy, giving you a strong sense of community and good relationships.
- You feel have a solid foundation to build your life upon.
- Finding balance in your Root Chakra builds a solid foundation in support of all your other chakra centres.

Out of Balance

- You may feel as if you don't belong, you may feel disconnected from others or over concerned with your personal survival and security. You may be in denial of life and life's lessons. You may feel disconnected, rootless, alienated from others. You may have severe mood swings. Your ability to manifest will not flow. You may lack energy both physically and mentally to give you the boost you need to survive your life on earth. You may fear for your survival but lack the energy to do anything about it.

- Feel into any past traumatic life experiences from your early years, they can influence how these characteristics manifest.

Physical manifestations

Lower colon issues, rectal issues and haemorrhoids, adrenal issues, hip problems, leg and feet issues.

Affirmations to Strengthen our Roots

- I am grounded in the strength and calm of my inner spirit
- The Earth sustains and heals me
- I am grounded in knowing I am where I need to be right now
- I recognize and honour my connection to the earth

Meditation

Focusing on images that will ground you in the present time and space are helpful. Imagine a strong tall oak tree as representation of your inner strength and the calm of your inner spirit.

Visualize the branches of the tree reaching for the heavens and its roots going deep into the earth to draw back up through its trunk and into its branches vital nourishing earth energy.

Questions for Enquiry

What belief patterns did you inherit from your family and ancestors? What traumas did they endure? Which of those belief systems do you acknowledge are no longer serving you? Do you have unfinished business with your family? What blessings came from your family? Do you feel connected to your ancestors? Do you honour your ancestors?

SACRAL CHAKRA – HONOUR EACH OTHER

Mantra: “VAM”

Sanskrit Name: Swadhisthana

Colour: Orange/Red

Meaning: Sacred Home of the Self

Chakra Element: Water/Emotions



Generally

This is also called the spleen chakra. This chakra holds the energy of creativity, procreation, sex, morality, and control. Your dreams fantasies and emotions are also governed by this chakra.

Through this chakra you get your sense of freedom and being open to change. It allows flexibility and flow in your life.

In Balance

- When this chakra is in balance you flourish with the qualities of sensitivity and intuition. You are idealistic and a dreamer.
- You also do well with change and are able to go with the flow of life.
- You have a strong sense of self and what you want and find creative ways to get it.
- You know that everything is governed by choice and that you are always free to choose.
- All creative ideas and impulses originate from your Sacral Chakra.

Out of Balance

- You may have a tendency toward being ashamed, over-emotional or very theatrical.
- Keeping yourself grounded may be difficult and you can get overly caught up in day dreams.
- Your creativity may become blocked and dealing with change can be difficult.
- Frustration can build and turn into aggressive or passive aggressive behaviour.
- You could have feeling of being unsettled and stuck, feeling as if you have no choice.

Physical Dysfunctions

- low back pain, sciatica, ob/gyn problems, pelvic pain, libido, urinary problems

Affirmations to Strengthen our Sacral Chakra

- “I flow and adapt easily to whatever comes my way.”
- “I follow my dreams and trust my decisions.”
- “I allow creation to flow through me”
- “All people I meet have a divine purpose that is in aid of liberating me”
- “I honour all those I meet”

Meditation

Meditating with the water element in mind will help you tap into the flow of this chakra's energy (just like the earth, we are 2/3 water). You will also become more attuned with the flow of life. Energize your meditation space with a beautiful bowl filled with water. Anything related to water will do, sea shells, coral, even a picture of fish swimming in the ocean. Dance as much as you can to open this chakra up and strengthen it.

Questions for Enquiry

How often do you direct your creative energies into negative paths of expression? Are you comfortable with your sexuality? Do you keep your word? Are you a controlling person? How is your experience in one to one relationships? Are there uncomfortable patterns which emerge?

SOLAR PLEXUS CHAKRA – HONOUR THYSELF

Mantra: “VAM”

Sanskrit Name: Manipura

Colour: Yellow

Meaning: City of Shining Jewels

Chakra Element: Fire/Impulse



Generally

This is where your strongest sense of self is stored. Here is where all your personal boundaries are set. It is the key to transformation and a journey into our self-esteem, self-honour and self-respect.

Your personal growth and change stem from this chakra.

In Balance

- You have a sense of value and uniqueness.
- You are energetic and confident.
- People recognize your integrity and personal honour.
- Your strong sense of personal worth is your advantage in avoiding the pitfalls of excess.
- You enjoy a challenge, but at the same time you are not a workaholic.

Out of Balance

- You can be manipulative of others or easily controlled by others.
- Your self confidence is easily threatened and you may have a fear of rejection.
- Lack of energy and motivation takes away your ability to put ideas into action.
- You are overly concerned with your self image.

Physical Dysfunctions

- stomach ulcers, intestinal tumours, diabetes, pancreatitis, indigestion, anorexia/bulimia, hepatitis, cirrhosis, adrenal imbalances, arthritis, colon diseases

Affirmations to Strengthen our Solar Plexus Chakra

- “Through the fire I transform negativity into positive uplifting thoughts and actions.”
- “I am confident and courageous in my life decisions.”
- “The fire within me sparks the flames of great achievements.”
- “I transform fear into confidence and strength.”
- “I crown myself with personal responsibility and authority over my life”
- Let the “fire in your belly” help you to manifest your hopes and dreams into action.

Meditation

The benefit of meditation on this chakra comes from its purifying and energising qualities. It helps to transform old thoughts and feelings from negative to positive energizing thoughts and feelings.

Meditation with candles burning in the room helps connect with the energy of this chakra (or in front of a fire place on a cold wintery day). Create a fire in honour of this chakra and as you meditate let the fire of this chakra burn away negative patterns by visualizing them going up and away through the smoke and flames.

Questions for Enquiry

Do you like yourself? If not what don't you like and why? Are you actively working to change the things you don't like? Are you critical of others? Do you need the approval of others? If so, why? Are you continually wishing your life was different? Are you able to admit when you are wrong? Are you open to feedback from other people about yourself?

HEART CHAKRA – LOVE IS DIVINE POWER

Mantra: “Yam”

Sanskrit Name: Anahata

Colour: Green/Pink

Meaning: “Un-Struck”

Chakra Element: Air



Generally

This chakra has subtle harmonies that can be likened to plucking or striking a musical instrument. It lies at the centre of your subtle body and is linked to both physical and spiritual aspects. It can take energy from the upper chakras and transform it to be absorbed by the lower chakras. In turn it can take the lower chakra energies and transform them into energy that forms your ideas, dreams, and thoughts.

You use this chakra centre to touch others with love and compassion. Opening of your Heart Chakra enables you to give and receive the gift of love and compassion.

A journey into our ability to let go, our ability to forgive and feel inner peace.

In Balance

- When this chakra is in balance you feel free yet grounded.
- You are accepting of yourself and trusting and compassionate, not only toward yourself but toward all beings.
- You openly give and received love, compassion, trust, and joy.
- This chakra is also important in helping to manifest ideas into physical reality.
- It is the centre that filters both the upper and lower chakras; it is where the physical and spiritual meet.

Out of Balance

- If this chakra is over-active you become too airy making it difficult to be grounded.
- You may feel lonely and afraid of being hurt.
- On the other hand if the Heart Chakra is under-active you may feel weighed down with a lack of joy in your life.
- You can become possessive or jealous, even selfish.
- With this chakra out of balance you feel unfulfilled emotionally.

Physical Dysfunctions

heart conditions, asthma, lung & breast cancers, thoracic spine, pneumonia, upper back, shoulder problems

Affirmations to Strengthen our Heart Chakra

- “I free my heart of hurt and pain.”
- “I forgive past hurts and open to infinite joy.”
- “I release the heavy burden of guilt and embrace the lightness of my heart.”
- “The air of change surrounds me and places me on the road to joy.”
- “My heart is filled with trust and compassion for myself and others.”

Meditation

Meditating on this chakra clears your mind of its limited thinking and makes your body, mind, and spirit lighter and carefree. There is a Buddhist meditation technique called metta or “loving-kindness,” that is used to open the Heart Chakra and heal emotional wounds.

When meditating on this chakra it is best to be out in the open air if possible or near an open door or window. Wind chimes are a wonderful reminder of the air as it flows around you.

Feel the gentle breeze and imagine your body is as light as air, feel living joy.

Questions for Enquiry

What emotional memories do you still need to heal? Do you allow yourself to be controlled by the wounds of another person? What steps have you taken or will you take to prevent that from happening again? What is your understanding of forgiveness? What have you done that needs forgiving? Who do you have to forgive?

THE THROAT CHAKRA – ALIGNING WITH DIVINE WILL

Mantra: “Ham”

Sanskrit Name: vishuddha

Colour: Blue

Meaning: “The Pure Place”

Chakra Element: Ether/Space



Generally

The Throat Chakra is your communication centre.

This chakra oversees your ability to make responsible decisions and speak up for yourself. It is also your spiritual voice.

Creative ideas manifest in your life, once they are expressed through speech and other forms of expression. This chakra helps you convey the truth from your heart and ideas from your mind.

A journey into the maturation of the willpower to true inner authority

In Balance

- Your beliefs, creativity, and emotional needs are expressed clearly without fear of what others will think.
- You have an ability to listen and empathize with others.
- Being able to communicate clearly results in self empowerment and self esteem.
- You know that there are times when silence is beneficial and at the same time your motivational words can help empower others.
- You have a sense that your personal will aligns with divine will.

Out of Balance

- Can inhibit your ability to communicate clearly.
- You may end up unknowingly speaking half-truths.
- You will suffer in silence rather than express your true feelings.
- It disrupts your ability to communicate and stand up for yourself.
- You may have a lack of fulfilment in your sense of service to life.
- It can also result in becoming a gossip and developing negative habits.

Physical Dysfunctions

sore throat, mouth ulcers, scoliosis, swollen glands, thyroid dysfunctions, laryngitis, voice problems, gum or tooth problems, TMJ issues.

Affirmations to Strengthen our Throat Chakra

- “My words are pure and honest.”
- “I use my words wisely and express my feelings clearly.”
- “The sky is the limit for all my dreams and desires.”
- “Silence is golden. I listen to other with an open mind and heart.”
- “I communicate clearly and empower other with my words.”
- “I am true to my words and my actions reflect that.”
- “My personal will aligns with divine will”
- “I have ease in expressing my personal authority”

Meditation

Meditating outside under a clear sky is best, but if not possible you can sit by a window. Visualize yourself within the infinity of a clear blue sky. Use sounding, chants, mantras, songs to open up your throat energy and imagine ease flowing through the throat. Also, try singing in a way that is just a stream of energy from how you are in the now, making whatever sounds and noises that naturally happen without changing them.

Questions for Enquiry

What is your definition of being strong willed? Who has control over your expression and willpower, and why? Do you feel able to express yourself fully? If so why not? Are you able to sense when you are receiving guidance to act upon? What fears do you have associated with divine guidance? Do you trust guidance that has no proof of outcome?

THE THIRD EYE CHAKRA – SEEK ONLY THE TRUTH (The POWER of the Mind)

Mantra: “Aum”

Sanskrit Name: Ajna

Colour: Indigo

Meaning: Command

Element: Association with Light



Generally

Your inner wisdom is housed here. This chakra governs both your conscious and subconscious mind. It allows you to see beyond your physical existence. The search for the difference between truth and illusion, the two forces present at every moment. Trust what you cannot see far more than what you can see.

A journey into your mental body, your sense of symbolic sight and psychological characteristics

In Balance

- This chakra is your doorway to all things of your senses and beyond.
- Your intuition is heightened, and you can develop psychic abilities.
- You are able to learn from your past experiences and plan for the future with clear self-evaluation, intellectual abilities and openness to the ideas of others.
- You are emotionally intelligent.
- It gives you a sense of self above and beyond the physical world.

Out of Balance

- You may lack discipline, have a fear of success, and have no inner vision.
- You can have difficulty recognizing subtle signs and may set your goals and standards too low.
- If this chakra is overly active you may not be able to trust or recognize your intuition.
- You may become self-righteous. You live in your head so much that you forget your heart, your heart and mind are not in balance.
- Feelings of inadequacy.

Physical Dysfunctions

brain tumours, strokes, blindness, deafness, seizures, learning disabilities, spinal dysfunctions, panic, depression

Affirmations to Strengthen our Third Eye Chakra

- “I am able to see the big picture that surrounds my life.”
- “I trust my intuition and make clear decisions from the heart.”
- “My heart and mind are in agreement.”
- “I have a clear view of my life’s purpose.”
- “I listen to the wisdom of my higher self.”
- “I have confidence in my judgment and sense of self.”

Meditation

Find a quiet and still space, free from all forms of digital.

Sit on the edge of a cushion, pillow, or blanket, as comfortably as you can. Rub your hands together vigorously until you feel a heat and warmth generating between them. Close your eyes and cup your palms over them. Bathe your eyes in complete darkness. Take several slow and steady breaths into the calm... let your hands drop and rest in your lap.

Imagine a ball of swirling indigo light in the middle of your forehead. In this ball is everything you’ve ever seen. Everything you have watched, everything you have read, everything you have witnessed lives here...

Let an image of yourself rise in your mind’s eye. See yourself as you truly are, as a pulsing, vibrating hunk of pure potential. See the cosmos in your eyes, the stardust on your skin, the rhythms of nature in your heart’s beat... See only the beauty in you.

And when it happens that your mind would like to show you your flaws, to show you your failures and shortcomings (and it will), guide yourself back from that place to only contemplate your light, your innate goodness, your spirit...

Teach yourself to see your own light in the same way that you teach yourself any new discipline. Focus and Practice. What you think about yourself, you become. Practice holding a vision of love.

Take a break from watching the news and perusing your friends’ newsfeeds. Take ownership over what you consume; what you read and watch. Bust out the old magazines, and make a vision board. Write your vision down, and hang it somewhere you look every day. Read a book. Look at the sea. See the beauty everywhere, even when it’s the hardest thing to do.

Questions for Enquiry

Are you judgmental? What people or situations bring that out in you? What attitudes do you have that disempower you? What beliefs do you have that cause you to interpret the actions of others in a negative way? Recall instances in which a more profound level of truth than you were used to hearing was revealed. Was the experience intimidating? What beliefs and attitudes in yourself would you like to change? Can you commit to making those changes?

THE CROWN CHAKRA – LIVE IN THE PRESENT MOMENT

Mantra: “So-Hum”

Sanskrit Name: Sahasrara

Colour: Violet/White

Meaning: Thousand Petals

Element: Association with Time/Space



Generally

This chakra is considered the door to divine universal energy. It takes you far beyond physical worldly things into timeless infinite consciousness. It is the pathway to your higher consciousness.

A journey into our connection to life force energy, inspirational and prophetic thoughts, transcendent ideas and mystical connections with a strong relationship to the divine.

In Balance

- Allows you to see far beyond the material world and into your true nature.
- The more balanced the Crown Chakra is the better your connection to the divine consciousness.
- You will experience more joy, receive guidance, and be drawn to spiritual teachings. You will easily understand these teachings and they will feel like home as you incorporate them into your life.
- You will also have access to your intuitive nature and inner guidance.

Out of Balance

- Your vision of what is beyond your material existence will be very limited.
- It may be difficult for you to connect with the world around you and to find the joy in life.
- Your sense of wonder, spirituality, and creativity will be lacking.
- The world can feel like a dense physical place without energy.
- You may become very materialistic, stuck in the past, and worried about the future. H
- Having material possessions may be your only vision of a successful life.

Physical Dysfunctions

mystical depression, diseases of the muscular system, skeletal system and the skin, chronic exhaustion not associated with physical ailments, sensitivity to light, sound, environment

Affirmations to Strengthen our Crown Chakra

- “I am open to the joy of my universal connection to all beings.”
- “I receive and welcome the intuition of my inner spirit.”
- “I recognize the limitless potential of my body, mind, and spirit.”
- “My existence moves beyond the material world and touches the divine source.”
- “The joy of my inner spirit lives in me and is expressed through me.”
- “I allow the light from above to flow through my being, enlightening my spirit.”
- “I am the light of my soul, I am bountiful and bliss”

Meditation

Meditating on the Crown Chakra will open the door to a stronger understanding and intuitive knowledge of your inner spirit, your divine source. You will see and experience the universal connection within all beings and strengthen your spirit through its infinite joy.

The most powerful way to heal the crown chakra is through meditation. This is because of the ties between the crown chakra and spirituality. Regular meditation practice of all sorts is beneficial. For a meditation focused on Sahasrara, envision white light pouring into the top of your head, filling your body and connecting you with the world around you. If you only have a few moments to meditate, try imagining a violet lotus flower over your crown for a simple chakra meditation. Nurturing the body with wholesome, healthy foods while focusing on spiritual things can help heal this chakra.

Questions for Enquiry

What spiritual truths are you aware of that you do not live by? Are you devoted to a spiritual path? What prevents you from continuing desired spiritual practices? Are you afraid of a closer spiritual connection to the divine because of the changes it might trigger in your life? What guidance have you sought during meditation or praying? What type of guidance do you fear the most? Do you bargain with the Divine? Do you complain to the Divine more than you express gratitude?

[Click Here to Book Individual Sessions or the Whole Series](#)