

Balancing Chakras with God

What are Chakras?

Basic Chakra theory supposes that the chakras are the seven main energy centers in the body where we receive, absorb and distribute life energies. In this theory; they are located along the spine, starting at the base and running upwards to the crown of the head. The chakras are described as “Whirling Wheels of light” and each chakra radiates a specific color and energy. Each chakra relates to specific spiritual, emotional, psychological and physical issues. Balancing these energy centers leads to our well-being.

These seven chakras can become blocked through external situations and internal habits such as long-held tension in the body or staying stuck in our thoughts about things past or constant worry about the future. As a result, a chakra can become either deficient or excessive. Therefore this chakra is imbalanced. Practicing mantras Explain about power of words and frequency here. that correspond to each chakra can release these blocks and clear the path to more joyful living.

Why is balancing chakras with God important?

Balancing chakras is important for overall health and well-being because these energy centers play a crucial role in regulating various aspects of our physical, mental, emotional, and spiritual selves.

Balanced chakras allow for the free flow of energy (prana or chi) throughout the body for optional energy flow. Each chakra is associated with specific organs, glands, and bodily functions. When chakras are balanced, they support the optimal functioning of these physical aspects, contributing to overall well-being and vitality. Balancing chakras helps regulate emotional states, promoting stability, resilience, and inner peace. It helps with mental clarity, spiritual connection, enhanced relationships, stress reduction and alignment with life's purpose.

For Christians, balancing chakras with God can be important for several reasons.:

1. Alignment with Divine Will
2. Spiritual Integration
3. Holistic Healing
4. Discernment and Discipleship
5. Healing and Wholeness
6. Living Out God's Purpose

What does it look like to have balanced chakras?

Balanced chakras contribute to overall well-being and harmony on physical, mental, emotional, and spiritual levels. Recognizing balanced chakras involves tuning into the subtle cues and sensations in each area of your being and cultivating awareness of how you feel physically, mentally, emotionally, and spiritually. Regular practices such as yoga, meditation, breathwork, and energy healing can help restore and maintain balance in the chakras.

What does it look like to have an imbalance?

Recognizing imbalances in the chakras involves paying attention to various physical, mental, emotional, and spiritual signs and symptoms. It's important to note that these are general guidelines, and individual experiences may vary. Additionally, imbalances in one chakra can often affect other chakras as well, leading to interconnected patterns of imbalance. Consulting with a qualified healthcare professional, energy healer, or spiritual counselor can provide additional support and guidance in addressing chakra imbalances.

The False Self - is opposite of the True Self, who God created you to be.

The Shadow/False self- negative beliefs about themselves that limit their potential and lives. Most people repress or reject this part of themselves instead of confronting their shortcomings or limiting beliefs because it's often uncomfortable.

The great thing about us believers, we don't have to do that alone. We can invite the Holy Spirit into those spaces to be healed and liberated.

When we reject or ignore or suppress the shadow, one may experience:

- Projection
- Denial
- Mental Illness
- Dreams
- Vices
- Harmful Behavior
- Physical Ailments and Illnesses

What are the Biblical Truths about God?

Here's what we know, the bible does not mention "chakras" directly. We also know that this about God's Nature:

Omnipotent, Omniscient and Omnipresent: God is all-powerful, all-knowing, and present everywhere (Jeremiah 23:24, Psalm 129:7-10)

Creator: God is the creator of the universe and everything in it (Gen 1:1 John 1:3)

Loving and merciful: God is characterized by love, mercy and grace (1 John 4:8, Eph 2:4-5)

God's relationship with Humanity

Personal relationship: God desires a personal relationship with individuals (John 3:16, Rev 3:20)

Salvation through Jesus: Salvation and reconciliation with God are achieved through faith in Jesus (John 14:6; Eph 2:8-9)

So here's the thing,

The Bible teaches that the human body is a temple of the Holy Spirit (1 Cor 6:19-20). Spiritual well-being is important.

The bible acknowledges the interconnectedness of physical, emotional, and spiritual health (Prov 17:22; 3 John 1:2)

What are some ways to balance chakras with God?

Here are ways to align the flow of the chakras:

Yoga:

Meditation and mindfulness:

Affirmations:

Visualization:

Journaling:

Self-Care:

Chakra Overview

Here's a brief overview of the chakras and how they might align with our relationship with God:

Root Chakra (Muladhara):

The root chakra is located at the base of the spine and is associated with survival, stability, and basic needs. In terms of our relationship with God, this chakra might represent our sense of security and trust in divine providence. It can also symbolize our connection to the Earth. We are grounded by being connected at the bottom of our spine, foundational to the rest of our bodies and system's well-being and balance. The color used is red - to remind us of the blood shed for our foundation of living in Christ and promised eternal life through the blood shed for us. Rooted in Christ. We have to have this foundation for survival in this world.

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| | Balanced | Imbalanced |
|-----------|--|--|
| Physical | Feeling grounded, stable, and having good physical health, especially in the legs, feet, and lower back. | Issues with the legs, feet, lower back, or digestive system. Fatigue, lethargy, or feeling ungrounded. |
| Mental | Having a clear sense of purpose, feeling secure, and having a strong connection to the physical world. | Lack of focus, difficulty making decisions, or feeling disconnected from reality. |
| Emotional | Feeling calm, secure, and having a healthy relationship with money and possessions. | Fear, anxiety, insecurity, or overeating/undereating. |
| Spiritual | Feeling connected to the Earth and having a sense of belonging and safety in the world. | Lack of faith, feeling disconnected from the Earth, or struggling to find a sense of belonging. |

Sacral Chakra (Swadhisthana):

The sacral chakra is located in the lower abdomen and is associated with creativity, pleasure, and emotional well-being. In relation to our relationship with God, this chakra might represent our capacity to experience joy, love, and divine grace. It can also symbolize our ability to create. This chakra speaks to your body's balance. It's color is orange. It's connected to the element of water. We are to reflect Christ in us. People can see Jesus in us, and thirst for the water He represents. If we are balanced here, we are not affected by high's and low's - which in turn also shows that we are rooted and grounded in Christ- giving thanks in all situations.

| | Balanced | Imbalanced |
|-----------|--|---|
| Physical | Experiencing pleasure and vitality in life, having a healthy libido, and being in touch with one's sensuality. | Reproductive issues, lower back pain, urinary problems, or sexual dysfunction. |
| Mental | Feeling creative, inspired, and emotionally expressive, with a healthy flow of ideas and emotions. | Creative blocks, lack of inspiration, or difficulty expressing emotions. |
| Emotional | Having healthy relationships, experiencing joy, and embracing change with ease and flexibility. | Mood swings, jealousy, guilt, or intimacy issues. |
| Spiritual | Feeling connected to one's emotions and intuition, and experiencing a sense of abundance and creativity in life. | Feeling uninspired or creatively stagnant, disconnected from pleasure or enjoyment in life. |

Solar Plexus Chakra (Manipura):

The solar plexus chakra is located in the upper abdomen and is associated with personal power, self-confidence, and willpower. In terms of our relationship with God, this chakra might represent our sense of empowerment and alignment with divine purpose, courage and strength. It can also symbolize our ability to act with integrity. Known as fire and light of the body. We access and relay God's power through this Chakra. Color is yellow.

| | Balanced | Imbalanced |
|-----------|---|---|
| Physical | Having good digestion and metabolism, feeling energized and confident in one's physical abilities. | Digestive issues, stomach ulcers, adrenal fatigue, or chronic fatigue syndrome. |
| Mental | Having a strong sense of self-esteem, self-worth, and personal power, and feeling motivated and assertive. | Low self-esteem, lack of confidence, or feeling powerless. |
| Emotional | Feeling self-assured, confident, and in control of one's emotions, without being overly aggressive or dominating. | Anger, frustration, resentment, or difficulty setting boundaries. |
| Spiritual | Feeling a strong sense of inner strength, courage, and willpower, and being aligned with one's personal values and beliefs. | Lack of purpose or direction in life, feeling disconnected from personal power or inner strength. |

Heart Chakra (Anahata):

The heart chakra is located in the center of the chest and is associated with love, compassion, and connection. In relation to our relationship with God, this chakra might represent our capacity to experience unconditional love and divine compassion. It can also symbolize our connection to the divine source and our ability to love and serve others as expressions of divine love. This is where love and balance are united. Learning to love God and to love others is our life long calling. The symbol is the Star of David, which is a man after God's own heart. The element connected to this Chakra is air. The Spirit is our breath, our life, our helper. We are commanded to love God with all our hearts. All thoughts and actions stem from the heart. We turn our hearts toward Him daily. Color is green.

| | Balanced | Imbalanced |
|-----------|--|--|
| Physical | Having a healthy heart and circulatory system, and experiencing love and compassion towards oneself and others. | Heart or lung issues, high blood pressure, or poor circulation. |
| Mental | Feeling open-hearted, compassionate, and empathetic towards others, with a sense of connection and unity. | Difficulty expressing love or compassion, feeling closed off emotionally. |
| Emotional | Experiencing love, joy, and gratitude, and having healthy, fulfilling relationships based on mutual respect and understanding. | Grief, loneliness, jealousy, or holding onto past hurts. |
| Spiritual | Feeling connected to the divine source of love and experiencing a deep sense of spiritual fulfillment and purpose. | Difficulty connecting with others, lack of empathy or compassion, feeling isolated or unloved. |

Throat Chakra (Vishuddha):

The throat chakra is located in the throat area and is associated with communication, self-expression, and authenticity. In terms of our relationship with God, this chakra might represent our ability to speak our truth and express our spiritual insights and aspirations. It can also symbolize our receptivity to divine guidance and inspiration. We have our voice from this area, and our communication abilities. How we communicate with God and with others. We all have unique voices and most people have a desire to be heard. With our voice we praise and give prayer audibly. As our relationship grows, we acquire a recognizable voice of those we love and trust. To hear someone speak, we have to practice listening. Allowing space for people's voices to be heard. But also listening to God's voice in the stillness of practice. The color is blue.

| | Balanced | Imbalanced |
|------------------|--|--|
| Physical | Having a healthy throat and thyroid gland, and being able to communicate effectively and truthfully. | Sore throat, thyroid issues, jaw tension, or frequent headaches. |
| Mental | Feeling confident in expressing oneself, speaking one's truth, and being able to listen attentively to others. | Difficulty expressing oneself, fear of speaking up, or feeling unheard. |
| Emotional | Feeling emotionally authentic, expressing oneself clearly and honestly, and having healthy communication in relationships. | Inhibited communication, fear of rejection, or being overly critical of oneself or others. |
| Spiritual | Feeling connected to one's inner truth and higher guidance, and being able to communicate with clarity and integrity. | Feeling disconnected from one's inner truth, inability to express one's authentic self, or struggling to communicate with clarity and honesty. |

Third Eye Chakra (Ajna):

The third eye chakra is located in the center of the forehead and is associated with intuition, insight, and spiritual awareness. In relation to our relationship with God, this chakra might represent our capacity to perceive the divine presence and discern spiritual truths beyond the limitations of the physical world. It can also symbolize our connection to divine wisdom and higher consciousness. The element associated with this chakra is light. Seeing ourselves as God sees us. Seeing others as Christ sees them. What is our source of light? How does that light penetrate the darkness? We need light to live. We need to perceive light to be who we are called to be in Him. Jesus was known as the Light of the world. We are to shine our lights brightly, not hide it under a bush. Allowing our relationship to Christ be visible. With the Light, we grow. The color is indigo.

| | Balanced | Imbalanced |
|-----------|--|---|
| Physical | Having clear mental focus, good intuition, and healthy sleep patterns. | Headaches, vision problems, or sinus issues. |
| Mental | Having a strong sense of intuition, insight, and inner wisdom, and being able to discern truth from illusion. | Difficulty accessing intuition, feeling disconnected from inner wisdom, or being overly skeptical. |
| Emotional | Feeling emotionally balanced, with a healthy relationship to intuition and psychic abilities. | Confusion, indecision, or feeling out of touch with one's intuition. |
| Spiritual | Feeling connected to higher consciousness and spiritual insight, and experiencing a deep sense of inner knowing and clarity. | Lack of spiritual insight or guidance, feeling disconnected from higher consciousness, or struggling to trust one's inner guidance. |

Crown Chakra (Sahasrara):

The crown chakra is located at the top of the head, the part where you are born and come through your mother's pelvis and is associated with spiritual connection, enlightenment, and unity consciousness. In terms of our relationship with God, this chakra might represent our direct experience of divine presence and oneness with the divine source. It can also symbolize our surrender to divine will and our recognition of the inherent divinity within ourselves and all of creation. This is a place of abiding and knowing. Knowing your own spiritual identity and how you were created, and whose you belong to. It is where we know we belong. We are bought with a price. We are adopted. We have our existence in Him once we are born into His kingdom. He is our source of all wisdom and balance and understanding. The color is white or purple.

| | Balanced | Imbalanced |
|-----------|--|--|
| Physical | Feeling a sense of spiritual connection and transcendence, and experiencing a deep sense of inner peace and serenity. | Migraines, neurological disorders, or light sensitivity. |
| Mental | Having a clear understanding of spiritual truths and universal principles, and feeling connected to the divine source of wisdom. | Feeling spiritually disconnected, existential crises, or difficulty finding meaning in life. |
| Emotional | Feeling spiritually uplifted and inspired, and experiencing a sense of awe and reverence for the divine. | Depression, apathy, or feeling spiritually unfulfilled. |
| Spiritual | Feeling connected to the divine source of all creation, and experiencing a sense of unity, consciousness and oneness with all that is. | Feeling disconnected from the divine, lack of spiritual purpose or direction, or difficulty experiencing transcendence or unity consciousness. |

Spiritual Practices - Ways to Balance Chakras

Root Chakra (Muladhara):

- Connect with God's Grounding Presence: Ground yourself in God's presence through prayer, meditation, and scripture reading. Reflect on God's faithfulness and provision, trusting in His guidance and protection.
- Practice Gratitude: Cultivate gratitude for God's blessings and provisions in your life. Thank God for the gift of life, health, and sustenance, recognizing His abundant grace and love.
- Prayer and Meditation: Engage in prayer and meditation focused on God's stability and security. Reflect on scriptures that emphasize God as your rock and foundation.
- Scripture Study: Dive into passages that speak to God's provision and protection, such as Psalm 18:2 and Psalm 62:2. Meditate on His promises of security and trustworthiness.
- Nature Walks: Spend time in nature, acknowledging God's creation as a manifestation of His stability and provision. Connect with the earth and ground yourself in His presence.

Sacral Chakra (Swadhisthana):

- Embrace God's Creative Spirit: Tap into God's creative spirit within you by engaging in activities that foster creativity and self-expression, such as art, music, or writing. Offer your creative endeavors as acts of worship to God, honoring Him as the ultimate source of inspiration and creativity.
- Cultivate Emotional Awareness: Practice mindfulness and self-reflection to become more aware of your emotions and innermost desires. Surrender your emotions to God in prayer, inviting His healing presence to bring balance and harmony to your emotional life.
- Creative Expression: Explore creative practices such as art, music, or writing as forms of worship and self-expression. Offer your creative endeavors as acts of praise to God.
- Gratitude Practice: Cultivate gratitude for God's abundance and creativity in your life. Keep a gratitude journal where you reflect on the beauty and blessings around you.
- Sacramental Living: Participate in sacramental practices such as communion or baptism, recognizing God's presence and grace in tangible ways.

Solar Plexus Chakra (Manipura):

- Align with God's Will: Surrender your will to God's divine plan and purpose for your life. Seek guidance through prayer and meditation, asking God to reveal His will and empower you to live in alignment with His purposes.
- Cultivate Confidence in God's Power: Trust in God's strength and provision, knowing that you are empowered by His Spirit to overcome challenges and obstacles. Draw strength from God's promises and affirmations found in scripture.
- Fasting and Prayer: Engage in fasting and prayer to surrender your will to God's and seek His strength and guidance. Fast from distractions or habits that hinder your alignment with His Purposes.
- Service and Outreach: Serve others with humility and compassion, reflecting Christ's example of selflessness and empowerment. Look for opportunities to uplift and empower those in need.
- Confidence in God's Promises: Meditate on scriptures that speak to God's promises and provision, such as Philippians 4:13 and Joshua 1:9. Trust in His strength to overcome obstacles and challenges.

Heart Chakra (Anahata):

- Practice Unconditional Love: Embrace God's unconditional love for you and extend that love to others. Practice acts of kindness, compassion, and forgiveness, reflecting God's heart of love towards humanity.
- Foster Connection with God and Others: Cultivate deep, meaningful relationships with God and others, nurturing bonds of love, empathy, and understanding. Pray for God's love to flow freely through your heart, healing and restoring broken relationships.
- Lovingkindness Meditation: Practice lovingkindness meditation, extending God's love and compassion to yourself and others. Pray for a heart that mirrors Christ's love for humanity.
- Community and Fellowship: Engage in Christian community and fellowship, nurturing relationships built on love, grace, and mutual support. Serve and care for one another as members of the body of Christ.
- Forgiveness and Reconciliation: Seek forgiveness for any hurts or grievances you hold towards yourself or others. Embrace Christ's example of forgiveness and extend grace to those who have wronged you.

Throat Chakra (Vishuddha):

- **Speak God's Truth with Love:** Use your voice to proclaim God's truth with clarity and compassion. Speak words of encouragement, edification, and healing, uplifting others and glorifying God with your speech.
- **Listen to God's Voice:** Cultivate a listening ear to hear God's voice speaking to you through scripture, prayer, and quiet reflection. Practice discernment to distinguish God's voice from other influences, allowing His wisdom to guide your words and actions.
- **Prayerful Communication:** Practice prayerful communication with God, speaking openly and honestly about your thoughts, feelings, and desires. Listen attentively for His voice in response.
- **Scripture Memorization:** Commit scripture passages to memory that speak to the power of words and communication, such as Proverbs 18:21 and Ephesians 4:29. Let God's word guide your Speech.
- **Speaking Truth in Love:** Speak truth with love and compassion, following Christ's example of grace-filled communication. Seek to build up and edify others with your words, honoring God in all you say.

Third Eye Chakra (Ajna):

- Seek Divine Wisdom: Open yourself to receive divine wisdom and insight from God. Pray for spiritual discernment and illumination, asking God to enlighten your mind and reveal His truth and purpose for your life.
- Surrender to God's Guidance: Trust in God's guidance and direction, surrendering your intellect and understanding to His infinite wisdom. Allow God's Spirit to lead you on the path of spiritual growth and enlightenment
- Spiritual Discernment: Cultivate spiritual discernment through prayer, meditation, and scripture study. Ask God for wisdom and insight to discern His will and purpose for your life.
- Silent Retreats: Set aside time for silent retreats or solitude, creating space for God to speak to your heart and mind. Listen for His voice in the quiet moments of reflection.
- Spiritual Direction: Seek guidance from spiritual mentors or directors who can offer wisdom and discernment as you navigate your spiritual journey. Be open to their counsel and insights.

Crown Chakra (Sahasrara):

- Surrender to God's Presence: Open yourself to the transcendent presence of God, surrendering your ego and individual identity to His divine love and grace. Enter into moments of worship and adoration, experiencing the awe and wonder of God's majesty and glory.
- Seek Union with God: Cultivate a deep sense of oneness and union with God, recognizing His presence in all creation and surrendering yourself completely to His divine will. Pray for God's Spirit to fill you with His presence, uniting you with the divine source of all life and light.
- Contemplative Prayer: Practice contemplative prayer, surrendering your thoughts and desires to God's presence and sovereignty. Rest in the knowledge of His transcendence and majesty.
- Worship and Adoration: Engage in worship practices that elevate your consciousness and draw you into God's divine presence. Sing praises, offer prayers of adoration, and surrender yourself fully to His glory.
- Divine Union: Seek union with God through intimate communion and fellowship. Abide in His love, allowing His Spirit to permeate every aspect of your being and unite you with His divine presence.

Yoga Postures - Ways to Balance Chakras

| Chakra | Yoga Poses |
|--|---|
| Root Chakra (Muladhara): Grounding poses; while focusing on connecting with God's Stability and security | Mountain Warrior Poses Tree Poses |
| Sacral Chakra (Swadhisthana): Hip Opening poses; while inviting God's creative spirit to flow through you | Pigeon Bound Angle Lizard |
| Solar Plexus Chakra (Manipura): Core-Strengthening poses; while invoking God's strength and empowerment within you | Boat Plank Table Top |
| Heart Chakra (Anahata): Heart-Opening poses; while opening your heart to God's unconditional love and compassion | Camel Cobra Humble Warrior set up |
| Throat Chakra (Vishuddha): Neck and Throat-Opening; while invoking God's clarity and truth to speak through you. | Fish Shoulder Stand Bow |

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| <p>Third Eye Chakra (Ajna): Forward-folding poses; while inviting God’s wisdom and insight to illuminate your path</p> | <p>Child’s Pose Forward Fold Dolphin</p> |
| <p>Crown Chakra (Sahasrara): Meditation and prayer seated poses; focus on uplifting your consciousness to God’s divine presence and wisdom</p> | <p>Simple seated Savasana/Corpse Lotus</p> |

Meditating on Scriptures - Ways to Balance Chakras

Root Chakra (Muladhara):

Reflect on biblical passages that emphasize God as our rock and foundation, such as

- Psalm 18:2, and meditate on His steadfastness and faithfulness.
- ...rooted and built up in Him and established in the faith, just as you were taught, abounding in thanksgiving. -Col. 2:7
- “I, Jesus, have sent My angel to testify to you these things for the churches. I am the root and the descendant of David, the bright morning star.” Rev 22:16
- He will be like a tree Firmly planted by streams of water, which yields its fruit in its season. And it’s leaf does not wither; and in whatever he does, he prospers. - Psalm 1:3

Sacral Chakra (Swadhisthana):

Reflect on passages that speak to God's creative power, such as Genesis 1:1, and contemplate how you can channel His creativity in your life.

- Col 3:10 - And have put on the new self, which is being renewed in knowledge after the image of it's creator.
- Eph 4:24 - And to put on the new self, created after likeness of God in true righteousness and holiness.
- John 4:24 - God is spirit, and those who worship him must worship in spirit and in truth.
- 1 Cor 15:49 - Just as we have borne the image of the man of dust, we shall also bear the image of the man of heaven.

Solar Plexus Chakra (Manipura):

Reflect on passages that speak to God's power and strength, such as Philippians 4:13, and draw upon His strength to face challenges with confidence.

- John 6:38 - For I have come down from heaven, not to do My own will, but the will, but the will of Him who sent Me.
- John 4:34 - Jesus said to them "my food is to do the will of Him who sent me and to accomplish His work."
- Psalms 143:10 - Teach me to do your will, for You are my God; Let your good Spirit lead me on level ground.
- Romans 9:16 - So then it does not depend on the man who wills or the man who runs, but on God who has mercy.

Heart Chakra (Anahata):

Reflect on passages that speak to God's love and compassion, such as John 3:16, and meditate on His boundless love for you and others.

- Matt 6:21 For where your treasure is, there your heart will be also.
- Psalm 51:10 Create in me a pure heart, O God, and renew a steadfast spirit within me.
- John 14:27 Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.
- Psalm 26:2 Test me, ord, and try me, examine my heart and my mind.

Throat Chakra (Vishuddha):

Reflect on passages that speak to the power of speech and communication, such as Proverbs 16:24, and meditate on speaking words of kindness and truth.

- Psalm 37:30 - The mouth of the righteous utters wisdom, and his tongue speaks justice
- Matt 12:34c - Out of the abundance of the heart, the mouth speaks.
- Eph 4:15 - Rather, speaking the truth in love, we are to grow up in every way into him who is the head into Christ.
- II Corin 3:12 - Therefore having such a hope, we use great boldness in our speech.

Third Eye Chakra (Ajna):

Reflect on passages that speak to the importance of spiritual discernment and insight, such as James 1:5, and meditate on seeking God's wisdom in all things.




- Matt 6:22-23 - The eye is the lamp of the body. So, if your eye is healthy, your whole body will be full of light, but if your eye is bad, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness.
- Matt 7:3 - Why do you look at the speck that is in your brother's eye, but do not notice the log that is in your own eye?
- Matt 5: 14-16 - Let your light shine before men in such a way that they may see your good works, and glorify your Father who is in heaven, nor does anyone light a lamp and put it under a basket, but on the lampstand, and it gives light to all who are in the house.
- John 9:5 - While I am in the world, I am the Light of the world.





Crown Chakra (Sahasrara):

Reflect on passages that speak to God's transcendence and sovereignty, such as Psalm 8:1, and contemplate His majesty and glory.

- Eph 1:17 - That the God of our Lord Jesus Christ, the Father of glory, may give you a spirit of wisdom and of revelation in the knowledge of Him.
- Jeremiah 32:38 - 39 - They shall be My people, and I will be their God; and I will give them one heart and one way, that they may fear Me always, for their own good and for the good of their children after them.

- 1 Corn 6:17 - But he who is jointed to the Lord becomes one spirit with Him.
- Romans 8:9 - However, you are not in the flesh but in the Spirit of God dwells in you, But if anyone does not have the Spirit of Christ, he does not belong to Him.

| CHAKRA | NAME & MEANING | IMAGE |
|---|--|---|
| <p>Root Chakra (Muladhara):</p> | <p>Prithvi Mudra (gesture of the earth) Touch the tips of the thumb and ring fingers together, with the other fingers straight. Promotes a feeling of stability, confidence, strength, and helps reduce stress and weakness.</p> |  |
| <p>Sacral Chakra (Swadhisthana):</p> | <p>Jala Mudra (gesture of water) Touch the tip of the thumb and pinky together, with the other fingers straight or relaxed. Enhances fluidity and creativity, heightens sensitivity and empathy, and harmonizes emotions.</p> |  |
| <p>Solar Plexus Chakra (Manipura):</p> | <p>Suyra Mudra Bend your ring finger to touch the base of your thumb. Press your thumb over your ring finger. Keep the rest of the fingers straight and relaxed. Boosts self-confidence, fuels inner fire and enhances personal power.</p> |  |

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| <p>Heart Chakra (Anahata):</p> | <p>Padma Mudra</p> <p>Bring your hands together in front of your heart center into Anjali mudra. Keep your thumbs, and little fingers touching, and spread the rest of the fingers out like the petals of a lotus flower.</p> <p>Promotes a sense of love, compassion and openness. It enhances your ability to connect with others emotionally and fosters feelings of self-love.</p> |  |
| <p>Throat Chakra (Vishuddha):</p> | <p>Vishuddha Mudra</p> <p>Extend your fingers straight out and press the thumbs of one or both hands into the base of the ring fingers, and allow the ring finger to be straightened naturally. Extend your pink finger, and extend your index and middle fingers pressing them together.</p> <p>Encouraging clear . It signifies expressing truth without fear of judgment or retribution. Enhance the ability to express self authentically.</p> |  |
| <p>Third Eye Chakra (Ajna):</p> | <p>Jnana Mudra</p> <p>Touch the tip of your thumb to the tip of your thumb to the tip of your index finger, creating a circle. Extend your other three fingers straight but relaxed.</p> <p>Bring clarity of thought, improves memory and enhances concentration.</p> |  |
| <p>Crown Chakra (Sahasrara):</p> | <p>Ananata Mudra</p> <p>Bring your hands together in front of your heart center into Anjali mudra. Spring your fingers out like the petals of a lotus flower, keeping only the base of the palms together. Brings calmness and peace of mind. Invites a sense of unity and connection with God. Enhances your intuition and promotes clarity.</p> |  |

Mantras and Affirmations - Ways to Balance Chakras

| Chakra | Mantra | Affirmation |
|---|---------------------------------------|---|
| <p>Root Chakra (Muladhara): I AM</p> | <p>My roots are in Jesus.</p> | <p>To reinforce a sense of security and trust in God.</p> <p>"I am rooted in God's love and protection"</p> <p>"I trust in God's provision and guidance."</p> |
| <p>Sacral Chakra (Swadhisthana): I FEEL</p> | <p>He is mine and I am His.</p> | <p>To nurture your creative potential.</p> <p>"I am a vessel of God's creativity"</p> <p>"I embrace God's abundance and creativity in my life"</p> |
| <p>Solar Plexus Chakra (Manipura): I DO</p> | <p>Not my will but His.</p> | <p>To cultivate confidence and resilience.</p> <p>"I am empowered by God's strength within me"</p> <p>"I trust in God's plan and purpose for my life"</p> |
| <p>Heart Chakra (Anahata): I LOVE</p> | <p>Keep my heart pure.</p> | <p>To foster a compassionate heart and loving attitude.</p> <p>"I am a vessel of God's love and compassion"</p> <p>I forgive others as God forgives me"</p> |
| <p>Throat Chakra (Vishuddha): I SPEAK</p> | <p>He hears my voice, I am heard.</p> | <p>To honor the divine presence within.</p> <p>"I speak God's truth with clarity and compassion"</p> <p>"I listen attentively to God's voice within me"</p> |

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| <p>Third Eye Chakra (Ajna): I SEE</p> | <p>You are my Light, let me shine for you.</p> | <p>To cultivate spiritual discernment.</p> <p>"I trust in God's guidance and wisdom"</p> <p>"I am open to receiving divine insights and revelations"</p> |
| <p>Crown Chakra (Sahasrara): I KNOW</p> | <p>I abide in Him and He in me.</p> | <p>To align yourself with the divine source of all creation.</p> <p>"I am one with God's divine presence"</p> <p>"I surrender to the infinite wisdom of God"</p> |

Sound Healing - Ways to Balance Chakras

Root Chakra (Muladhara):

Listen to grounding sound frequencies or music that evoke feelings of stability and security, such as the sound of a steady heartbeat or nature sounds like ocean waves or rainfall.

396HZ; music note C

Sacral Chakra (Swadhisthana):

Listen to uplifting music or chants that evoke feelings of joy, inspiration, and creativity while praising and worshipping God.

417HZ; Music note D

Solar Plexus Chakra (Manipura):

Listen to uplifting worship songs or hymns that inspire feelings of courage, determination, and faith while praising God for His mighty deeds.

528HZ; Music Note E

Heart Chakra (Anahata):

Listen to soothing music that evokes feelings of peace, love, and harmony while expressing gratitude for God's love and grace in your life.

639HZ; Music Note F

Throat Chakra (Vishuddha):

Listen to chanting or recitations of sacred texts that resonate with the power of speech and communication while praising God for His word and wisdom.

741HZ; Music Note G

Third Eye Chakra (Ajna):

Listen to meditative music or sounds that evoke feelings of peace, serenity, and inner stillness while expressing gratitude for God's presence and guidance in your life.

852HZ; Music Note A

Crown Chakra (Sahasrara):

Listen to devotional music that elevates your consciousness and evoke feelings of spiritual connection and awe while praising God for His infinite grace and love.

963HZ; Music Note B

Journaling Prompts and Questions: Ways to Balance Chakras

Root Chakra (Muladhara):

Journaling Prompts:

- Reflect on God's provision and protection in your life. Journal about moments when you have felt grounded and secure in God's love and faithfulness.
- Write about any fears or insecurities you may have and surrender them to God, trusting in His strength and stability to anchor you.
- Explore how you can cultivate a deeper sense of rootedness in your faith and relationship with God. Consider incorporating grounding practices such as prayer, scripture reading, or nature walks into your daily routine.

Journaling Questions:

- How do I experience God's stability and security in my life?
- In what ways do I trust in God's provision and protection?
- How can I deepen my sense of rootedness in my faith and relationship with God?

Sacral Chakra (Swadhisthana):

Journaling Prompts:

- Reflect on God's creativity and abundance in the world around you. Journal about moments when you have experienced joy, inspiration, or creative flow in your life.
- Write about any blocks or obstacles that may be hindering your creativity and ask God to help you overcome them.

- Explore ways to honor God's creative spirit within you through acts of self-expression, such as art, music, or writing. Consider how you can use your gifts and talents to glorify God and bless others.

Journaling Questions:

- How does God's creativity manifest in my life?
- How can I honor God's creative spirit within me through my daily activities?
- In what ways can I express gratitude for God's abundance and creativity in my life?

Solar Plexus Chakra (Manipura):

Journaling Prompts:

- Reflect on times when you have felt empowered by God's strength and courage to face challenges in your life. Journal about how God has equipped you to overcome adversity.
- Write about any areas where you may be struggling with self-confidence or self-doubt and ask God to help you see yourself through His eyes.
- Explore ways to align your will with God's will for your life. Consider journaling prayers of surrender and trust, asking God to guide you in fulfilling His purposes with confidence and courage.

Journaling Questions:

- How does God empower me to face challenges and obstacles in my life?
- What areas of my life do I need to surrender to God's strength and guidance?
- How can I align my will with God's will for my life and step into His purposes with confidence and courage?

Heart Chakra (Anahata):

Journaling Prompt:

- Reflect on God's unconditional love and compassion for you. Journal about moments when you have experienced God's love in tangible ways through the kindness of others or moments of grace.
- Write about any hurts or wounds that may be blocking your ability to give and receive love freely. Offer these hurts to God in prayer, asking Him to heal and restore your heart.
- Explore ways to cultivate a deeper sense of compassion and empathy for others. Consider journaling prayers of intercession for those who are in need of God's love and grace.

Journaling Questions:

- How do I experience God's unconditional love and compassion in my life?
- In what ways can I extend God's love and grace to others?
- What steps can I take to heal and nurture my heart, allowing God's love to flow freely within and through me?

Throat Chakra (Vishuddha):

Journaling Prompts:

- Reflect on how you can use your voice to speak words of truth, kindness, and encouragement to others. Journal about moments when you have felt called to speak up for justice or advocate for those in need.

- Write about any fears or insecurities you may have about expressing yourself authentically. Ask God to help you find the courage to speak your truth with love and humility.

- Explore ways to use your voice to glorify God and edify others. Consider journaling prayers of gratitude for the gift of speech and asking God to help you use your words to build up and inspire those around you.

Journaling Questions:

- How does God speak to me and through me in my daily life?

- In what ways can I use my voice to speak words of truth, kindness, and encouragement to others?

- What fears or insecurities do I need to surrender to God, trusting Him to guide and empower my speech?

Third Eye Chakra (Ajna):

Journaling Prompts:

- Reflect on moments when you have sensed God's presence and guidance in your life. Journal about times when you have experienced clarity and insight in your spiritual journey.

- Write about any areas where you may be struggling with doubt or confusion and ask God to illuminate your path with His wisdom and understanding.

- Explore ways to deepen your spiritual discernment and intuition. Consider journaling prayers of openness and receptivity, inviting God to speak to you through His word, His Spirit, and the wisdom of others.

- Explore ways to deepen your spiritual discernment and intuition. Consider journaling prayers of openness and receptivity, inviting God to speak to you through His word, His Spirit, and the wisdom of others.

Journaling Questions:

- How do I discern God's will and guidance in my life?
- What practices help me cultivate spiritual discernment and intuition?
- In what ways can I open myself to receive divine insights and revelations from God?

Crown Chakra (Sahasrara):

Journaling Prompts:

- Reflect on God's transcendence and sovereignty over all creation. Journal about moments when you have felt awe and reverence in the presence of God's majesty and glory.
- Write about any barriers or distractions that may be hindering your ability to experience God's presence fully. Surrender these barriers to God in prayer, asking Him to draw you closer to Himself.
- Explore ways to cultivate a deeper sense of spiritual connection and union with God. Consider journaling prayers of adoration and worship, expressing gratitude for the gift of divine communion and intimacy with God.

Journaling Questions:

- How do I experience awe and reverence in the presence of God?
- What barriers or distractions hinder my ability to experience God's presence fully?
- How can I cultivate a deeper sense of spiritual connection and union with God in my daily life?

Foods - Ways to Balance out Chakras

Root Chakra (Muladhara):

Consume grounding foods such as root vegetables (e.g., carrots, potatoes, beets), whole grains, and protein-rich foods like beans and lentils while offering gratitude to God for His provision.

Sacral Chakra (Swadhisthana):

Enjoy nourishing foods that support vitality and creativity, such as fresh fruits, nuts, seeds, and herbal teas, while expressing gratitude for God's provision of abundance.

Solar Plexus Chakra (Manipura):

Choose energizing foods that support digestion and metabolism, such as whole grains, lean proteins, and foods rich in healthy fats like avocados and nuts, while acknowledging God's provision of nourishment and sustenance.

Heart Chakra (Anahata):

Choose heart-healthy foods that nourish your body and soul, such as leafy greens, berries, nuts, and omega-3 fatty acids, while acknowledging God's provision of healing and restoration.

Throat Chakra (Vishuddha):

Choose soothing foods that support throat health, such as herbal teas, honey, and fruits with high water content, while expressing gratitude for the gift of speech and expression.

Third Eye Chakra (Ajna):

Choose nourishing foods that support brain health and clarity of mind, such as leafy greens, berries, fatty fish, and nuts, while acknowledging God's provision of sustenance for body and spirit.

Crown Chakra (Sahasrara):

Choose light and pure foods that support spiritual clarity and upliftment, such as fresh fruits, vegetables, and herbal teas, while expressing gratitude for the nourishment of body and soul provided by God.

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Interested in a more in-depth study on chakras and your identity with Christ? Holy Yoga has a study starting October 30.



[For more info click here](#)
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