

DISSEMINATING VALUE OF CHAKRAS FOR HEALING

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ROOT CHAKRA (1ST)
 COCCYX, BASE OF SPINE, ANAL, SEX ORGANS, LOWER PELVIC AREA

FOOD, SHELTER, SURVIVAL, PHYSICAL NEEDS

DISCUSS: SURVIVAL, SECURITY, FAMILY, SAFETY, JUSTICE, TRUST, ORDER, SELF ACCEPTANCE

MARTHA ROGERS: HUMANS AS INDIVISIBLE, MULTIDIMENSIONAL, ENERGY FIELDS REPRESENTING MORE THAN THE SUM OF THEIR PARTS.

CHAKRAS: SPINNING WHEELS OF INTERDEPENDENT ENERGETIC "BATTERIES" THAT CONNECT TO EACH OTHER THROUGH NEUROLOGICAL, ENDOCRINE, AND AUTONOMIC NERVOUS SYSTEMS (BROWN, 2009), (MAXWELL, 2009), (MCMURRAY, 2005)

CHAKRAS: TAPPING INTO EMOTIONS THROUGH PHYSICAL DISEASE FOR HEALING OF MIND/BODY/SPIRIT

CROWN CHAKRA (7TH)
 CROWN OF HEAD

BRAIN, NERVOUS SYSTEM, MUSCULOSKELETAL, SKIN, PITUITARY

MIGRAINES, DEPRESSION, FRUSTRATION, INDECISIVE, INSISTENCE ON BEING CORRECT

DISCUSS HIGHER SELF, COURAGE, VALUES, SERVICE, WISDOM, DEVOTION

SACRAL CHAKRA (2ND)
 BLADDER, PROSTATE, SEX ORGANS

FEELINGS, DESIRE, CREATION, RELATIONSHIPS

DISCUSS: BLAME, GUILT, CREATIVITY, RELATIONS, LOSS, ABANDONMENT, ABILITY TO LET GO

14 YEAR OLD BOY, STOMACH PAIN ESPECIALLY DURING SCHOOL:
 DISCUSS: SOMETIMES SCHOOL IS SCARY. NEXT TIME THE STOMACH HURTS, STOP AND BREATHE, AND REMEMBER THAT YOU CAN COMMUNICATE ABOUT YOUR CONCERNS. AND THAT YOU ARE SAFE. SYMPTOMS IMPROVED WITH PRACTICE



THIRD EYE CHAKRA (6TH)
 EYEBROWS, BRAIN, SINUS, PINEAL GLAND, FACE

MEMORY, PURPOSE, INTUITION, DETERMINATION, VISUALIZATION, SPIRITUALITY

DISCUSS: INTUITION, IMAGINATION, SELF REFLECT, WORRY, FEAR, FORGETFULNESS, ATTITUDES, BELIEFS

46 YEAR OLD FEMALE, HOARSE VOICE, FATIGUE, AND SLIGHTLY SLUGGISH TSH. DISCUSS: ASKED IF SOMETHING IS STIFLING HER ABILITY TO SPEAK HER MIND? DIFFICULT BOSS THAT DOESN'T VALUE HER OPINION. CONSIDERED WAYS TO EXPRESS HERSELF INCLUDING WRITING AND ARTWORK. AND STRATEGIES TO TALK TO HER BOSS. SYMPTOMS RESOLVED, TSH IMPROVED.

SOLAR PLEXUS CHAKRA (3RD)
 NAVEL, STOMACH, LIVER, GALLBLADDER

WILL, PERSONAL POWER, SELF ESTEEM, COMMITMENTS, IDENTITY

DISCUSS: SELF ESTEEM, CONTROL, TRUST, SELF CONFIDENCE, BOUNDARIES, SHAME, ANGER, FEAR

HEART CHAKRA (4TH)
 HEART, LUNGS, CIRCULATION, BREASTS

COMPASSION, FORGIVENESS, SERVICE, LOVE

DISCUSS: NEGATIVITY, CRITICISM, LONELINESS, REJECTION, FORGIVENESS, GRIEF, INSPIRATION, COMPASSION, JOY, EMOTIONAL HEALING AND TRUSTING, ABILITY TO RECEIVE

50 YEAR OLD FEMALE SEVERE CHEST PAIN, WORK UP NEGATIVE. DURING EXAM DISCUSS: WAS THERE A SAD OR GRIEF RIDDEN ISSUE AT THE TIME OF THE ONSET OF THE PAIN? DOG KILLED BY COYOTE, PATIENT DIDN'T FEEL IT WAS APPROPRIATE TO GRIEVE. GIVEN PERMISSION TO GRIEVE AND CRY, PATIENT FELT BETTER AND CHEST PAIN GONE

THROAT CHAKRA (5TH)
 THROAT, NECK, THYROID

TRUTH, LANGUAGE, KNOWLEDGE, STRENGTH OF WILL, SURRENDER, JUDGMENT, COMMUNICATION

DISCUSS: PERSONAL EXPRESSION, PERSONAL WILL, CHOICE, SECRETS, LISTENING, SPEAKING UP