

The Chakras



7th Chakra- Sahasrara
Crown Chakra
Connectivity to the Divine
Balanced: Spiritual Liberation Moksha/Samadhi

6th Chakra- Ajna
Third eye
Intuition
Balanced: equalized polarities between yin/yang and upper and lower chakras

5th Chakra- Vishuddha
Throat Chakra
communication, Maturation
Balanced: Independence and sense of security.

4th Chakra- Anahata
Heart Chakra
To Love and be loved
Balanced: Ability to give and receive.

3rd Chakra- Manipura
Solar Plexus
Personal Power
Balanced: Expansiveness

2nd Chakra- Svadhishtana
Sacral Chakra
Pleasure/reproduction
Balanced: creativity and pleasure

1st Chakra- Muladhara
Root Chakra
Sexuality, Manifestation
Balanced: The right to be here

1. Connective Survival style
- 'deroots' flees to crown

2. Attunement Survival Style
Disconnection between Ajna and Sacral. Intuition Projects outwards rather than Inward and down.

4. Autonomy Survival style
-Difficulty setting limits, speaking our truth. **Over abundant heart. Blocked Flow**

3. Trust Survival Style
Must depend on ourselves. Blocked flow Manipura

5. Love-Sex survival style
Esteem based on looks. Disconnect between 3rd&4th