CATCHING A GLIMPSE OF THE POWER OF CHAKRA



CHAKRA MAP

BY MICHELE HOWE CLARKE, MBA

THE SEVEN ENERGY CHAKRAS

The energy chakras also called Chakras. Each energy chakra holds a life lesson necessary to understand for proper use of our free will. These energy hubs help us integrate energy.

Energy flows in and out of everyone through their Chakras. The literal translation of Chakra is wheel. They are the personal portals to the flow of energy between the subtle body and the physical body. Chakras are spinning wheels of energy located in 7 primary areas of the body. Chakras must be balanced or life is un balanced.

There are seven main Chakras along your torso that keep the energy balanced throughout your body. They are located along your body in a vertical line from the root to the top of the head. **The seven Chakras are: the root Chakra, the Sacral Chakra, the solar plexus Chakra, the heart Chakra, the throat Chakra, the third eye Chakra and the crown Chakra.** Each Chakra has truths to understand, lessons to learn and expressions to share. When the Chakras are not expressed the energy does not flow correctly throughout your body, or in and out from the universe. The energy highway gets congested and blocks its natural flow.

They move up in the colors of the rainbow, ROYGBIV: at the root is the red Chakra of connection to tribe; above is the Sacral Chakra, orange, representing our ability to create; right below your chest plate is your personal power Chakra, yellow in its fierce burning will. The green Chakra is your heart Chakra, balancing your power with compassion and love. Your throat holds your blue Chakra of expression. Between your eyes is the third eye, a beautiful indigo of intuition and guidance. The crown Chakra is violet and holds the connection to all, understanding I am that I am.

Our body is constantly flowing with energy. It travels from the tops of our heads to the tips of our toes. The seven chakras are: the root chakra, the sacral chakra, the solar plexus chakra, the heart chakra, the throat chakra, the third eye chakra and, lastly, the crown chakra.

Imagine a spinning disc filled with energy and interacting with all our bodies various systems. The chakras provide a constant flow of harmonious energy between those systems and throughout our body. If that flow of energy gets blocked or disrupted, our bodies become unbalanced. This can result in physical ailments, unhappiness, inability to focus and a list of other issues. Understanding chakras and how they affect our bodies is an important step in maintaining both physical and mental health.

🌈 How to Set Rainbow Intentions with Goddess Alchemy

Reflect on Your Spectrum

Think of the rainbow's seven colors as areas of your life:

- ❤️ Root/Red – Home, security, stability
- 🧡 Sacral/Orange – Creativity, pleasure, relationships
- 💛 Solar/Yellow – Confidence, purpose, willpower
- 💚 Heart/Green – Love, compassion, connection
- 💙 Throat/Blue – Communication, truth, expression
- 💜 Third Eye/Indigo – Intuition, insight, clarity
- 🤍 Crown/Violet – Spiritual connection, alignment

Rate each area from 1–10 for how aligned and fulfilled you feel.

Choose One Small Shift for Each Area

Rainbow Intentions are about balance, not perfection. Maybe you commit to a 10-minute walk daily for your body ❤️, or calling a loved one weekly for your heart 💚.

Anchor Your Intentions in Ritual

During Lughnasadh, light a candle 🕯️, visualize a rainbow wrapping around you, and speak your intentions out loud. Feel each color's energy blending into one harmonious whole.

FACE FORWARD You

