

Empathic Integration Guide

SESSION 3 - ENERGY READING 101

1ST / ROOT CHAKRA - "I AM"

LOCATED:
BASE OF SPINE

ENERGY CENTER FOR:

SURVIVAL, FAMILY, YOUR ROOTS, YOUR FOUNDATION, YOUR SUPPORT,
YOUR FOOTING, YOUR FIRST IDENTITY OF YOURSELF/LIFE/THIS WORLD AS
YOU KNOW IT, MONEY, SECURITY

ASSOCIATED WITH THE COLOR:
RED

CRYSTALS FOR BALANCING:

GARNETS, BLACK TOURMALINE, RED TIGER EYE, RUBY, RED JASPER,
HEMATITE, SMOKY QUARTZ, BLACK OBSIDIAN

PHYSICALLY EXPRESSED THROUGH:

BASE OF SPINE, PHYSICAL BODY SUPPORT, LEGS, BONES, KNEES, FEET, RECTUM,
IMMUNE SYSTEM, EXCRETION + DIGESTION OF FOOD, INFLUENCES PROPER
FUNCTION OF SMALL INTESTINE, COLON, SEXUAL WELL-BEING, + KIDNEYS;
CHRONIC LOWER BACK PAIN, SCIATICA, VARICOSE VEINS, RECTAL
TUMORS/CANCER, DEPRESSION, IMMUNE-RELATED DISORDERS

EMOTIONALLY/ENERGETICALLY EXPRESSED THROUGH:

PHYSICAL FAMILY, GROUP SAFETY + SECURITY, ABILITY TO PROVIDE
FOR LIFE'S NECESSITIES, ABILITY TO STAND UP FOR SELF, FEELING AT
HOME/GROUNDED, SOCIAL + FAMILIAL LAW + ORDER

My body is a road map for my balancing, healing + destiny.

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2ND / SACRAL CHAKRA - "I FEEL"

LOCATED:

ABOVE THE ROOT CHAKRA, PELVIS TO NAVEL AREA

ENERGY CENTER FOR:

SEXUAL + CREATIVE EXPRESSION

ASSOCIATED WITH THE COLOR:

ORANGE

CRYSTALS FOR BALANCING:

ORANGE CALCITE, TOPAZ, TIGER EYE, ORANGE ADVENTURINE, AMBER,
PEACH MOONSTONE

PHYSICALLY EXPRESSED THROUGH:

REPRODUCTION + SEXUAL ORGANS, LARGE INTESTINES, LOWER VERTEBRAE,
PELVIS, APPENDIX, BLADDER, HIP AREA, URINARY TRACT,
INFLUENCES ORGANS OF DIGESTION + EXCRETION, GOVERNS FLOW OF
ENERGY THROUGH THE 5 VERTEBRAE OF THE SACRUM,
GOVERNS TASTE + PROPER FLOW + DISTRIBUTION OF ENERGY;
CHRONIC LOW BACK PAIN, SCIATICA, OB/GYN PROBLEMS, PELVIC/LOW
BACK PAIN, SEXUAL POTENCY, URINARY PROBLEMS

EMOTIONALLY/ENERGETICALLY EXPRESSED THROUGH:

BLAME + GUILT, MONEY + SEX, POWER + CONTROL, CREATIVITY,
ETHICS + HONOR IN RELATIONSHIPS, NEEDS + BOUNDARIES, INTIMACY,
ADDICTIONS, PLEASURE VS NEED

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3RD CHAKRA / SOLAR PLEXUS - "I DO"

LOCATED:

ABOVE NAVAL, UP TO BOTTOM OF RIB CAGE

ENERGY CENTER FOR:

SELF-ESTEEM, SELF-IMAGE, SELF-WORTH

ASSOCIATED WITH THE COLOR:

YELLOW

CRYSTALS FOR BALANCING:

CITRINE, YELLOW JASPER, YELLOW CALCITE, PYRITE

PHYSICALLY EXPRESSED THROUGH:

ABDOMEN, STOMACH, UPPER INTESTINES, LIVER, GALLBLADDER, KIDNEY, PANCREAS (REGULATES INSULIN PRODUCTION), ADRENAL GLANDS (SEX + STRESS HORMONE REGULATION), SPLEEN, MIDDLE SPINE, ASSIMILATION OF FOOD, ARTHRITIS, GASTRIC OR DUODENAL ULCERS, COLON/INTESTINAL PROBLEMS, PANCREATITIS/DIABETES, BLOOD SUGAR, INDIGESTION, CHRONIC OR ACUTE ANOREXIA OR BULIMIA, LIVER DYSFUNCTION, HEPATITIS, ADRENAL DYSFUNCTION

EMOTIONALLY EXPRESSED THROUGH:

TRUST, FEAR + INTIMIDATION, SELF-ESTEEM, SELF-CONFIDENCE, SELF-RESPECT, CARE OF ONESELF + OTHERS, RESPONSIBILITY FOR MAKING DECISIONS, SENSITIVITY TO CRITICISM, PERSONAL HONOR, PERFECTIONISM

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4TH / HEART CHAKRA - "I LOVE"

LOCATED:

RIB CAGE, UPPER EXTREMITIES, ARMS, SHOULDERS, WRISTS, HANDS

ENERGY CENTER FOR:

SEAT FOR EMOTIONS + RELATIONSHIPS, LOVE, COMPASSION, WORRY, FEARS,
EMOTIONAL POWER

ASSOCIATED WITH THE COLOR:

GREEN / PINK / GOLD

CRYSTALS FOR BALANCING:

EMERALD, JADE, UNAKITE, GREEN ADVENTURINE, ROSE QUARTZ,
AMAMZONITE, GREEN CALCITE, GREEN FLOURITE

PHYSICALLY EXPRESSED THROUGH:

HEART + CIRCULATORY SYSTEM, LUNGS, SHOULDERS + ARMS, RIBS/BREASTS,
DIAPHRAGM, THYMUS GLAND (REGULATES IMMUNE SUPPORT), GOVERNS
TOUCH, CONGESTIVE HEART FAILURE, HEART ATTACK, MITRAL VALVE
PROLAPSE, CARDIOMEGALY (ENLARGEMENT OF THE HEART),
ASTHMA/ALLERGY, LUNG CANCER, BRONCHIAL PNEUMONIA, UPPER BACK,
SHOULDER, BREAST CANCER, BLOOD PRESSURE, LYMPH SYSTEM

EMOTIONALLY EXPRESSED THROUGH:

LOVE + HATRED, RESENTMENT + BITTERNESS, GRIEF + ANGER,
SELF-CENTEREDNESS, LONELINESS + COMMITMENT, FORGIVENESS +
COMPASSION, HOPE + TRUST, GIVING + RECEIVING, BALANCE

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5TH / THROAT CHAKRA - "I SPEAK"

LOCATED:

THROAT, JUST ABOVE COLLARBONE, UP TO MIDPOINT OF THE NOSE

ENERGY CENTER FOR:

VERBAL EXPRESSION, COMMUNICATION, SPEAKING YOUR TRUTH,
POWER OF WILL

ASSOCIATED WITH THE COLOR:

BLUE

CRYSTALS FOR BALANCING:

BLUE ADVENTURINE, ANGELITE, TURQUOISE, SODALITE, BLUE TOPAZ, BLUE APATITE, AQUAMARINE, LAPIS LAZULI, BLUE KYANITE,

PHYSICALLY EXPRESSED THROUGH:

THROAT, THYROID, TRACHEA, NECK VERTEBRAE, MOUTH, TEETH + GUMS, ESOPHAGUS, PARATHYROID (CONTROLS CALCIUM LEVELS), HYOPHTHALAMUS (REGULATES HORMONE RELEASE + BODY TEMPERTURE), ASSOCIATED WITH HEARING + THE PRINCIPLE OF SOUND, RASPY THROAT, MOUTH ULCERS, GUM DIFFICULTIES, TEMPOROMANDIBULAR JOINT (TMJ) PROBLEMS, SCOLIOSIS, LARYNGITIS, SWOLLEN GLANDS, THYROID PROBLEMS

EMOTIONALLY EXPRESSED THROUGH:

CHOICE + STRENGTH OF WILL, PERSONAL EXPRESSION, FOLLOWING ONE'S DREAMS, USING PERSONAL POWER TO CREATE, ADDICTION, JUDGMENT + CRITICISM, FAITH + KNOWLEDGE, CAPACITY TO MAKE DECISIONS, RELEASING, HEALING

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6TH CHAKRA / THIRD EYE - "I SEE"

LOCATED:
BROW AREA

ENERGY CENTER FOR:
SEEING BEYOND WHAT MEETS THE EYE, INTUITION, INNER WISDOM,
SPIRITUAL AWARENESS, PSYCHIC ABILITIES, POWER OF THE MIND

ASSOCIATED WITH THE COLOR:
INDIGO, PURPLE

CRYSTALS FOR BALANCING:
AMETHYST, SAPPHIRE, PURPLE FLUORITE, LABDORITE, LAPIS LAZULI,

PHYSICALLY EXPRESSED THROUGH:
BRAIN, NERVOUS SYSTEM, EYES, EARS, NOSE, PINEAL GLAND (REGULATES
SLEEP), PITUITARY GLAND (REGULATES HORMONES), BRAIN
TUMOR/HEMORRHAGE/STROKE, NEUROLOGICAL DISTURBANCES,
BLINDNESS/DEAFNESS, FULL SPINAL DIFFICULTIES,
LEARNING DISABILITIES, SEIZURES

EMOTIONALLY EXPRESSED THROUGH:
SELF-EVALUATION, TRUTH, INTELLECTUAL ABILITIES, FEELINGS OF ADEQUACY,
OPENNESS TO THE IDEAS OF OTHERS, ABILITY TO LEARN FROM EXPERIENCE,
EMOTIONAL INTELLIGENCE, HEALING ADDICTIONS

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7TH / CROWN CHAKRA - "I KNOW"

LOCATED:

TOP OF HEAD + ABOVE

ENERGY CENTER FOR:

CONNECTION TO DIVINE SOURCE, SPIRITUALITY, ENLIGHTENMENT,
COSMIC CONNECTION,

ASSOCIATED WITH THE COLOR:

VIOLET, CLEAR, WHITE

CRYSTALS FOR BALANCING:

CLEAR QUARTZ, AMETHYST, DIAMOND, LABADORITE, ANGELITE,
MOONSTONE, FLUORITE, SELENITE,

PHYSICALLY EXPRESSED THROUGH:

MUSCULAR SYSTEM, SKELETAL SYSTEM, SKIN, HAIR, TOP OF HEAD,
ENERGETIC DISORDERS, MYSTICAL DEPRESSION, CHRONIC EXHAUSTION
THAT IS NOT LINKED TO A PHYSICAL DISORDER, EXTREME SENSITIVITIES TO
LIGHT, SOUND, + OTHER ENVIRONMENTAL FACTORS

EMOTIONALLY EXPRESSED THROUGH:

ABILITY TO TRUST LIFE, VALUES, ETHICS, COURAGE, HUMANITARIANISM,
SELFLESSNESS, ABILITY TO SEE THE LARGER PATTERN, FAITH + INSPIRATION,
SPIRITUALITY + DEVOTION

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1) WHERE HAVE I BEEN FEELING PHYSICAL/EMOTIONAL SYMPTOMS?

2) USING THE 7 MAJOR CHAKRAS AS A ROAD MAP, WHERE AM I
ENERGETICALLY OUT OF BALANCE?

3) WHAT COULD I DO TO ALLOW MORE BALANCE IN THIS AREA?

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