



Chakra Healing

# A GUIDE TO YOUR CHAKRAS

Solar Plexus Chakra	Third Eye Chakra	Crown Chakra	Sacral Chakra	Heart Chakra	Throat Chakra	Root Chakra
						
Warrior	Downward Dog	Headstand	Goddess	Camel	Shoulder Stand	Tree

*By Jesus Antonio DINAS ZAPE*

	Age of Trauma	Physical Problems	Psychological Problems	Elements to work with	Sound & Music to work with	Practice	Conclusion
	Womb to 7 years old	<ul style="list-style-type: none"> <li>✓ Eating disorders, malnourishment, obesity, anorxia</li> <li>✓ Problems with feet, knee, legs, hips or coccyx</li> <li>✓ Hemorrhoids, constipation, rectal or colon cancer</li> <li>✓ Spinal problems, Osteoporosis, rheumatism or other bone disorders</li> <li>✓ Adrenal insufficiency</li> </ul> <p><b>Disorder with Smell &amp; Bones</b></p>	<ul style="list-style-type: none"> <li>✓ Insecurity</li> <li>✓ Depression</li> <li>✓ Materialism,</li> <li>✓ Have more</li> <li>✓ Distraction</li> <li>✓ Idleness, laziness</li> <li>✓ Incapacity to manage money</li> <li>✓ Unstable</li> <li>✓ Impatience, Overdoing, Busyness</li> <li>✓ Firmness, rigour</li> <li>✓ Lack of focus</li> <li>✓ Anger, gear</li> <li>✓ Issue with trust</li> </ul>	<ul style="list-style-type: none"> <li>✓ Earth &amp; Gravity</li> <li>✓ North</li> <li>✓ Solid and Physical body</li> <li>✓ Square, Cube</li> <li>✓ Red, brown, mauve-green</li> <li>✓ Elefant, buffalo, bull</li> <li>✓ Ganesha, Savitri, Brahma</li> <li>✓ 10-12 hours sleep (on the belly)</li> <li>✓ Saturne/ Mars</li> <li>✓ Lead</li> <li>✓ Red ruby, red coral, hematite, onyx</li> <li>✓ Proteins, brown rice berries, red fruits</li> <li>✓ Scent : lebanon cedar, pine, patchouli, musc</li> </ul>	<ul style="list-style-type: none"> <li>✓ Sound of Nature/Forest</li> <li>✓ Tribal sounds/music</li> <li>✓ Percussion, Drum, tabla Didgeridoo, Tempura Gong, low voices, Ocarina Bases, Tibitan horns</li> <li>✓ Structure of the song</li> <li>✓ Constant rhythm</li> <li>✓ «Lam» , «Uh», C, "Sa"</li> <li>✓ Affirmation: <i>« I am secure, safe, and I am God's gift to this world. I am grounded in my body &amp; my truth. I am welcomed here and I am experiencing a positive connection to my earth life.»</i></li> </ul>	<ul style="list-style-type: none"> <li>✓ Hatha Yoga</li> <li>✓ African dance</li> <li>✓ Grounding &amp; Being in the body (in the present moment)</li> </ul> <p>Reconnect the body to the earth by walking barefoot on grass or on a sandy beach. Walk through a park, hiking in the wilderness, or sit with back against a tree to get grounded. Gardening</p> <ul style="list-style-type: none"> <li>✓ Apana</li> </ul>	<p>Presence—being here now—is essential for health. Many of us "split" from our bodies when we were very young. Disassociation made sense when it was the only way we could survive. We want to break this pattern of leaving our bodies when we are frightened or distracted because, in reality, we can only protect ourselves if we stay. <b>Soul lesson : To be at service</b></p>
	8 – 14 years Old	<ul style="list-style-type: none"> <li>✓ Sexual dysfunction, impotence, frigidity, or promiscuity</li> <li>✓ In women: fibroids, endometriosis, pelvic inflammatory disease, menstrual dysfunction, ovarian cysts or cancer</li> <li>✓ In men: prostate problems prostate cancer</li> <li>✓ Inflammatory bowel disease, ulcerative colitis, Crohn's disease, diverticulitis,</li> <li>✓ Appendicitis</li> <li>✓ Chronic low back pain &amp; sciatica</li> <li>✓ Kidney, Bladder or urinary problems</li> </ul> <p><b>Disorder with Taste &amp; Body Liquids ( Blood, Urine, etc)</b></p>	<ul style="list-style-type: none"> <li>✓ Restlness</li> <li>✓ Imaginative, Illusions,</li> <li>✓ Sadness</li> <li>✓ Despair</li> <li>✓ Anxiety, worry</li> <li>✓ Guilt</li> <li>✓ Shame,</li> <li>✓ Frustration</li> <li>✓ Resentment</li> <li>✓ Lack of vitality</li> <li>✓ Lust,</li> <li>✓ Addictions</li> <li>✓ Disconnection to or denial of emotions</li> </ul>	<ul style="list-style-type: none"> <li>✓ Water &amp; Attraction</li> <li>✓ South</li> <li>✓ Liquid and Emotional boby</li> <li>✓ Half moon, Icosohedron</li> <li>✓ Light Blue, Orange</li> <li>✓ Crocodile, fish, snaks, sea creatures</li> <li>✓ Brahma, Vishnui, Varuna, Rakini</li> <li>✓ 8 -10 h sleep (curled up)</li> <li>✓ Moon, Venus, Neptune</li> <li>✓ Silver &amp; tin</li> <li>✓ Carnelian, selenite,</li> <li>✓ Liquids , melon, zinc</li> <li>✓ Scents: sandalwood, lily, rose, geranium</li> </ul>	<ul style="list-style-type: none"> <li>✓ Sound of Water</li> <li>✓ Sensual sounds/music</li> <li>✓ Ocean drums, Tama, Ghatam, Ring stick, Balafo, Xylophone, deep voices</li> <li>✓ Melody of the song</li> <li>✓ Dynamic rhythm</li> <li>✓ «Vam», «Ooh», D, "Ga"</li> <li>✓ Affirmation: <i>« I am the right one. I am allowing nurturing &amp; comfort. I have pleasure in life. Sex is safe, spiritual and sacred. I am a creative genius making an awesome contribution to this world. I am attracting like-minded people who support and love me.»</i></li> </ul>	<ul style="list-style-type: none"> <li>✓ Tantra yoga</li> <li>✓ Latin dance</li> <li>✓ Creativity and Feeling emotions</li> </ul> <p>Cultivate a habit of self-nurture and self-care by immersing yourself in water on a regular basis. play music that duplicates the sound of the ocean; good way to calm your body or to clear and charge this chakra by walking in the moonlight. creative activities like painting</p>	<p>Water can help heal the shame associated with the sexual chakra. You can imagine all your guilt and shame dissolving in the bath water (with sea salt &amp; baking soda) and being washed away as you say: "I speak the truth and reclaim my true nature. I am pure. I am clean." Water is healing.</p> <p><b>Soul lesson : Peace and Wisdom</b></p>



15 – 21 years old

- ✓ Problems with the pancreas, including diabetes and hypoglycemia
- ✓ Digestive difficulties, such as gastric or duodenal ulcers
- ✓ Liver problems, including cirrhosis,
- ✓ Disorder with pancrea
- ✓ hepatitis, liver cancer
- ✓ Hiatal hernia
- ✓ Gallstones
- ✓ Varicose veins
- ✓ Problems with the spleen
- ✓ Problem with the sight

**Disorder with Sight & Digestion**

- ✓ Superiority, inferiority complex
- ✓ Vainness, pride
- ✓ Racism
- ✓ Selfishness
- ✓ Power or Fame seeker
- ✓ Uncapacity to transform emotions
- ✓ Rage, Agressive
- ✓ Resistance, closed-minded ,judgmental, over-opinionated
- ✓ Lack of will power
- ✓ Afraid of social life, uptight
- ✓ Lack of confidence or leadership

- ✓ Fire & Action/Combustion
- ✓ West
- ✓ Plasma and Mental body
- ✓ Triangle, Tetrahedron
- ✓ Yellow
- ✓ Ram, lynx, lion
- ✓ Lakini, Rudra, Agni
- ✓ 7-8 hours sleep (on the back)
- ✓ Sun/ Mars, Pluto
- ✓ Gold, bronze
- ✓ Amber, citrine, yellow sapphire, topaz
- ✓ If excessive cut off starch, coffee, sugar, honey, banana
- ✓ Scent : citrus, lavender, clove, rosemary

- ✓ Sound of Fire
- ✓ Activiting sounds/music
- ✓ Tibetain bowls, Cymbale, Claves, Horns, Crystal bowls, Maracas, Wood block, Harmonic flute, temple blocks
- ✓ Baroque & classical music
- ✓ Expansive rhythm/music
- ✓ « Ram », « Oh », E, "Ri"
- ✓ Affirmation:  
*"I am powerful and I am using my power wisely. I am high self-esteem, confident and secure. I am creating a satisfying life. I am one success after another success. I am creating completion in perfect timing."*

- ✓ Karma yoga
  - ✓ Martial art
  - ✓ Assertion & taking actions
- Spending time in the sun in early morning or before sunset. (Don't get too warm if you tend to be short-tempered). Physical movement awakens and recharges the body, especially first thing in the morning. Tai Chi, yoga, or pilates outside (if possible)
- ✓ Samana

Slowing down and becoming acquainted with who you are and what you really feel is key to 3rd chakra health. Being in the sun supports an increase in energy, vitality, and connection to self. When we are fit and healthy, we feel able to take action. Our intentions are clearly focused. We can claim our power and stand in it, with no need to take power from someone else.  
**Soul lesson : Human and Divine love**



22 – 31 years Old

- ✓ Congestive heart failure, heart attack, mitral valve prolapse, chest pain
- ✓ Arteriosclerosis, peripheral vascular insufficiency
- ✓ Asthma, shortness of breath, allergies
- ✓ Lung cancer, pneumonia, bronchitis, emphysema
- ✓ Breast cancer and breast disorders, such as mastitis or cysts
- ✓ Immune system deficiencies
- ✓ Circulation problems
- ✓ Pain between shoulder blades, shoulder, arm, hand, carpal tunnel.

**Disorder with Touch & Chest**

- ✓ Overwhelmed with grief, loss, sadness
- ✓ Lack of altruism, tenderness
- ✓ Lack of love and compassion
- ✓ fear of exposing themselves
- ✓ Aloof, coldness, insensitive,
- ✓ Inderference
- ✓ Autism
- ✓ Envy
- ✓ Masochism
- ✓ Refusal
- ✓ Keep grudges

- ✓ Air & Balance
- ✓ East
- ✓ Gas and Astral body
- ✓ Cercle, Star of David, Octohedron
- ✓ Green, pink, gold
- ✓ Antilope,deer, dove, birds
- ✓ Ishana, Rudra, Vishnu, Laksmi, Krishna, Kama
- ✓ 5 -6 hours (on the left side of the body and on the edge of the bed)
- ✓ Venus
- ✓ Copper
- ✓ Emerald, rose quartz, jade
- ✓ Green vegetables, nuts, sprouts, lime, kiwi, food rich in Omega fatty acids.
- ✓ Scent : jasmine, rose, iris

- ✓ Sound of Birds, Wind, Breath
- ✓ Aerial sounds/music
- ✓ Wind instruments, String instruments, Chimes, Sitar, Harp, Koto monochord
- ✓ Devotional or New Wave music
- ✓ Fluctuation and chords
- ✓ «Yam», «Aah», F, "Ma"
- ✓ Affirmation:  
*«I am free of past hurts. My heart is healed and I forgive myself for believing others could hurt me. Emotions are safe. I am safe to feel all my feelings. I am free to love and be loved. I am fulfilling my heart's desire. I am compassion and self love. I choose joy."*

- ✓ Bhakti yoga
  - ✓ Devotional dance
  - ✓ Compassion & forgiveness
- One of the best ways to open a closed heart is through giving and receiving love with a pet -a dog, cat, horse, or even a bird can help heal earlier heartbreak and teach us how to love again.
- ✓ Prana

The heart is the central organ in the body, the life giver. A heart that is closed to minimize pain can become the catalyst for illness. Unconditional love, forgiveness, and surrender- the ability to "let go and let God" -are the hallmarks of a heart chakra in perfect balance. Pets love us unconditionally and make it safe for us to learn to love again.

**Soul lesson : Brotherhood and Love**



32 – 37 years old

- ✓ TMJ (temporomandibular joint) disorder in the jaw
- ✓ Swollen glands in the throat, throat cancer
- ✓ Neck problems, torticollis
- ✓ Chronic childhood tonsillitis
- ✓ Hypo- and hyperthyroidism, thyroiditis, tracheitis
- ✓ thyroid cancer, Hashimoto's, Grave's disease
- ✓ Chronic sinus problems
- ✓ Any disorders of the throat, voice, mouth, teeth, or gums

**Disorder with Voice & Throat**

- ✓ Phobia
- ✓ Shy, quiet
- ✓ Embarrassment
- ✓ Inhibitions
- ✓ Aversion
- ✓ Don't communicate feelings and emotions
- ✓ Don't express real feelings or truth, liar, dishonest
- ✓ Over talkative
- ✓ Terror

- ✓ Ether & Expression
- ✓ Center
- ✓ Vibration and Etheric body
- ✓ Cercle with a point in the center, dodecahedron
- ✓ Blue, turquoise, grey blue
- ✓ White elephant, humanity
- ✓ Gnaga, Sarasvati, Shakin
- ✓ 5-6 hours sleep (Alternatively on the left side and on the right side)
- ✓ Mercure, Jupiter
- ✓ Mercury
- ✓ Aquamarina, blue sapphire, turquoise
- ✓ Fruits
- ✓ Scent : benzoin, sage, eucalyptus, incense

- ✓ Sound of Shell
- ✓ Chanting or Toning
- ✓ Synthetizer, Chimes, Tubular bell, Chanting or Speaking voice
- ✓ Tibitan Monk music
- ✓ « Ham », « Eye », G, "Pa"
- ✓ Affirmation: *"I am openly expressing myself. I am safe vocalizing my feelings. I am important; What I have to say is important. My words are supported by love and joy. I speak with clarity and kindness. I am allowing others to speak their truths. I am open to hearing"*

- ✓ Shabda yoga
- ✓ Musical (dancing & singing)
- ✓ Expression & Authenticity

Write on a dairy : Be completely truthful in your journal. If you're angry, be angry. Write it out uncensored. Be who you are. Maybe you looked polished and put together at a meeting but felt like a scared child inside. Write about that.

- ✓ Udana

The point is to be authentic. When you can trust yourself to be truthful on the pages of your journal, you can trust yourself to be truthful in the world. Just watch how your whole body relaxes as you express your truth. You've given yourself permission to be you—to speak your mind, to give voice to the truth of who you are.

**Soul lesson : Expression of Divinity**



38 – 42 years Old

- ✓ Headaches
- ✓ Upper or frontal sinus conditions
- ✓ Neurological disturbances
- ✓ Bad eyesight, glaucoma, cataracts, macular degeneration, blindness
- ✓ Stroke, hemorrhage, and brain tumor
- ✓ Ear infection, Otitis

**Disorder with Ear & Head**

- ✓ Neurosis
- ✓ Mental issues
- ✓ Insanity ,craziness
- ✓ Nightmare
- ✓ Lack or no clarity of direction in life
- ✓ No understanding of purpose in life
- ✓ Bad listener
- ✓ Lack of fulfilment
- ✓ Lack of imagiation
- ✓ No psychic abilities
- ✓ Lack of capacity of introspection or discernment

- ✓ Cosmos & Introspection
- ✓ Hight
- ✓ Widsom and Celestial body
- ✓ Cercle or Prism
- ✓ Indigo, gray-purple
- ✓ Owl, Higher Self
- ✓ Hakini, Paramshiva, Sanada
- ✓ 4 hours sleep
- ✓ Jupiter, Uranus
- ✓ Silver
- ✓ Sodolite, lapis-Lazuli, amethyst, alexandrite
- ✓ Pure and organic food clear of additives.
- ✓ Scent : star anise, acacia, saffron, violet, geranium

- ✓ Inner Sound
- ✓ Silent Mantra
- ✓ Alchamy bowls, Bells, little tibetan bowls
- ✓ Hearing own Heart beat
- ✓ Minimalist Zen meditation music or Silence
- ✓ «Om», «Aye», A, "Da"
- ✓ Affirmation: *«I am intuitive. I am hearing and trusting my inner voice and the voice of my guidance. I am unlimited possibilities and I am connected to my own inner vision. I am seeing the possibilities and bringing them into my reality. I am confident with my own knowing."*

- ✓ Nada yoga
- ✓ Medidation
- ✓ Intuition & Listening

Ask your higher self for guidance and signs that you are on the right path. Listen for internal messages regarding purpose and direction, and visualize positive or peaceful outcomes. This may require putting self-interest aside, and instead, embracing the greater good for all.

Going to a place a stillness, silence and consciousness in order to listen to ourselves, and acknowledging what we really feel allows us to change what is not working and to live in a more meaningful, purposeful way. Silence is a place where all the answers can be perceived. Following intuition and guidance is a key to be in a flow of life

**Soul lesson : Detachment and Intuition**



43 – 50  
years  
old

- ✓ Coma or amnesia
- ✓ Headache, migraine, stroke, brain tumor, epilepsy
- ✓ Multiple sclerosis
- ✓ Parkinson's disease
- ✓ Attention Deficit Disorder (ADD) and dyslexia
- ✓ Cognitive delusions
- ✓ ALS (Lou Gehrig's disease)
- ✓ Brain inflammation

**Disorder with Divine Guidance & Brain**

- ✓ Anxiety and depression, bipolar disorder
- ✓ Nervous
- ✓ Mental illness, schizophrenia, and multiple personality disorder
- ✓ Dementia or Alzheimer's disease
- ✓ Phobia, Psychoses

- ✓ Universe & Oneness
- ✓ Everywhere
- ✓ Potentiality and Causal body
- ✓ Nothingness & Everything
- ✓ Multicolor, white, light, purple
- ✓ Wild geese, Beings of light
- ✓ Amalaka, Vishnu, Paramshiva
- ✓ 4 hours sleep
- ✓ Moon, Neptune
- ✓ Gold
- ✓ Amethyst, diamond, white tourmaline, celestine
- ✓ Fast
- ✓ Scent : incense, lotus flowers, bergamot

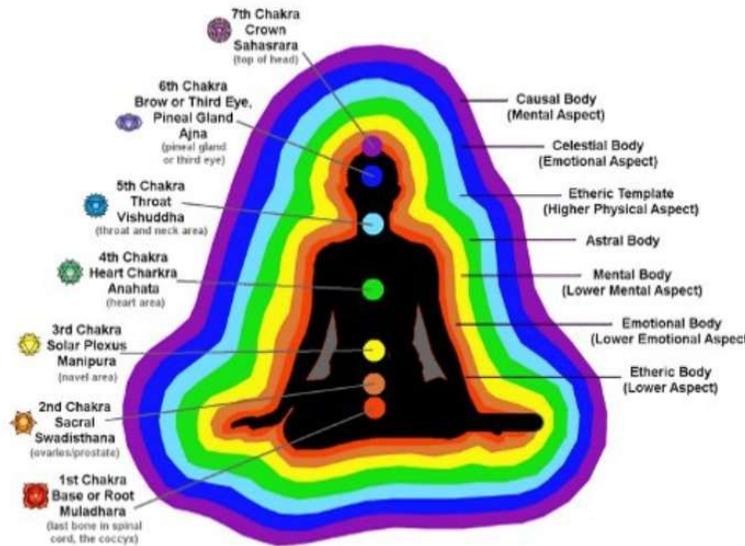
- ✓ Inner light & Cosmic Energy
- ✓ Chimes, Prayers, Silence
- ✓ Sacred Sutras
- ✓ « Om », « Eee », B, "Ni"
- ✓ Affirmation:  
*"I am connected to my higher self and I am connected with the higher purpose of my life. I am acting on my truth. I am one with the Universe and I am experiencing God there for me. I am led by the divine and I am assisted by the angels. I am receiving inspiration. I am living my purpose and thriving. I am able to reach my higher potential. I am seeing the higher self of others."*

- ✓ Raja yoga
- ✓ Silence
- ✓ Spirituality & Connection

Invite the divine to enter your life daily, through prayer, meditation, or communion with nature. Or, like endurance athletes, connect with the divine through physical exertion. Honor the connection you currently have, and truth will open the door to greater levels of connection.

Fear, anxiety, and anger shut down our connection to the divine. This is one reason we pray or use techniques that allow us to release emotions that otherwise block the light coming down through the crown chakra.

**Soul lesson : Oneness with Source**



**Auric Bodies and Chakras**

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