

Muladhara (root) Earth, Red	Svadhithana (sacral) Water, Orange	Manipura (solar plexus) Fire, Yellow	Anahata (heart) Air, Green	Vissudha (throat) Sound, Blue	Ajna (third eye) Light, Indigo	Sahasrara (crown) Thought, Violet
<i>Purpose</i>						
<i>Foundation</i>	<i>Movement, Connection</i>	<i>Transformation</i>	<i>Love, Balance</i>	<i>Communication, Creativity</i>	<i>Pattern recognition</i>	<i>Understanding</i>
<i>Basic Right</i>						
<i>To be here & have</i>	<i>To feel & have pleasure</i>	<i>To act as & be an individual</i>	<i>To give & receive love</i>	<i>To speak & be heard</i>	<i>To see</i>	<i>To know & learn</i>
<i>Physical, Emotional, Spiritual Impacts</i>						
<i>Fear, issues with feet/legs/knees/low spine, frequent illness, eating disorders, fear of change, poor discipline, disconnected from body & purpose</i>	<i>Guilt, rigidity in body/attitude, fear of pleasure/intimacy, disorder in pelvis, low back/knee pain, poor boundaries, victim mentality</i>	<i>Shame, low energy, eating/digestion issues, diabetes, muscle spasms, stimulant use, victim mentality, passive, no trust in higher power</i>	<i>Grief, disorders of heart, lungs, thymus, breasts, arms, breath, circulation; fear of intimacy, antisocial, depression, feeling trapped</i>	<i>Lies, disorders of throat, ears, voice, neck, jaw, fear of speaking or excess speaking, introversion, feeling universe is unsafe</i>	<i>Illusion, headaches, vision problems, poor memory, lack of imagination, denial, seeing god as judgemental</i>	<i>Attachment, coma, migraines, rigid belief system, apathy, disconnected from source</i>
<i>Balancing Practices</i>						
<i>Reconnect with body, physical activity, touch, massage, yoga, reclaim right to be here</i>	<i>Movement, emotional release, inner child work, addiction counseling</i>	<i>Deep relaxation, grounding, vigorous movement, ego strengthening, anger & shame work</i>	<i>Breath work, journaling, psychotherapy-self discovery work, self acceptance, forgiveness</i>	<i>Release neck/shoulder muscles, singing, chanting, journaling, psychotherapy</i>	<i>Create visual art, meditation, art therapy, dream work, guided visualizations</i>	<i>Stillness, meditation, psychotherapy</i>
<i>Affirmations</i>						
<i>I am safe. The earth supports my needs. I love my body & trust its wisdom.</i>	<i>I deserve pleasure in my life. I absorb information from my feelings.</i>	<i>I honor the power within me. The fire within me burns through all blocks & fears.</i>	<i>I am worthy of love. There is an infinite supply of love. I live in balance with others.</i>	<i>I hear & speak the truth. My voice is necessary. I express myself with clear intent.</i>	<i>I see all things in clarity. I am open to the wisdom within. I can manifest my vision.</i>	<i>Divinity resides within me. The world is my teacher. I am guided by inner wisdom</i>

Adapted from Eastern Body Western Mind by Anodea Judith

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