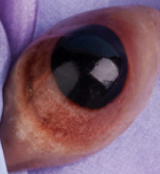


# Balancing the Seven Main Chakras



# Balancing the Seven Main Chakras

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Art Funky, LLC

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# Dedication

Dedicated to all Seekers.

May you find balance, healing, peace and  
connection.

My utmost gratitude to my husband, John, who  
offers nothing but unconditional support for all  
my endeavors.

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# Balancing the Root Chakra



The Root Chakra, also known as *Muladhara*, or root support, is located at the base of the spine



## At a glance:



**Gland connection:** adrenals

**Color:** intense red

**Element:** earth

**Governs:** physical needs, safety, security; connects us to the desire to live fully, and to enjoying the more material aspects of life

**Musical note:** C

**Mantra:** LAM

**Vowel sound:** O (As in “rope”)

**Frequency:** 396 Hz

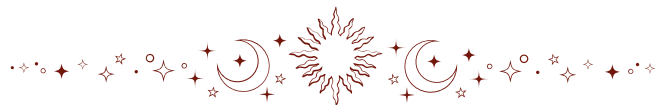
# Tarot Connection



**Tarot:**

**The Emperor** - red, power, confidence, assertive, leadership, stable, grounded, experiences abundance

**The Hierophant** (priest) - red, confidence, leadership, abundance in knowledge, both grounded and spiritual at once



# Balancing the root chakra

This chakra connects us to the earth, and as we have a physical body, this energy center correlates with our physical needs, survival, safety, and keeping us grounded.

**It is foundational: balancing this chakra is vital to help balance all those above it.**



# Balancing the root chakra



It's important to bring this chakra into balance before focusing on any other chakras. The root chakra serves as the foundation for personal transformation.

It stabilizes the other chakras; an out-of-balance root chakra means that you never truly experience your authentic self and destiny.

Bringing this chakra into balance involves several different activities, meditations, and habits you can change or form.

# What a balanced root chakra looks like

When someone has a **balanced root chakra**, they are grounded, have high physical energy, self-mastery, general good health, a sense of safety and belonging, and have a good sense of well-being.

They cultivate and sustain lifelong vitality and are considered “giving”; they take care of themselves and others, and trust in the abundance of the universe.



# When the root chakra is too open:

A root chakra that is **too open** manifests in someone with any, some, or all of the following characteristics that concern emotional behavior:

self-destructiveness, being externally focused, having communication challenges (including having a tendency to bully others), fearlessness to the point of being reckless, and having a tendency toward anger or greed.



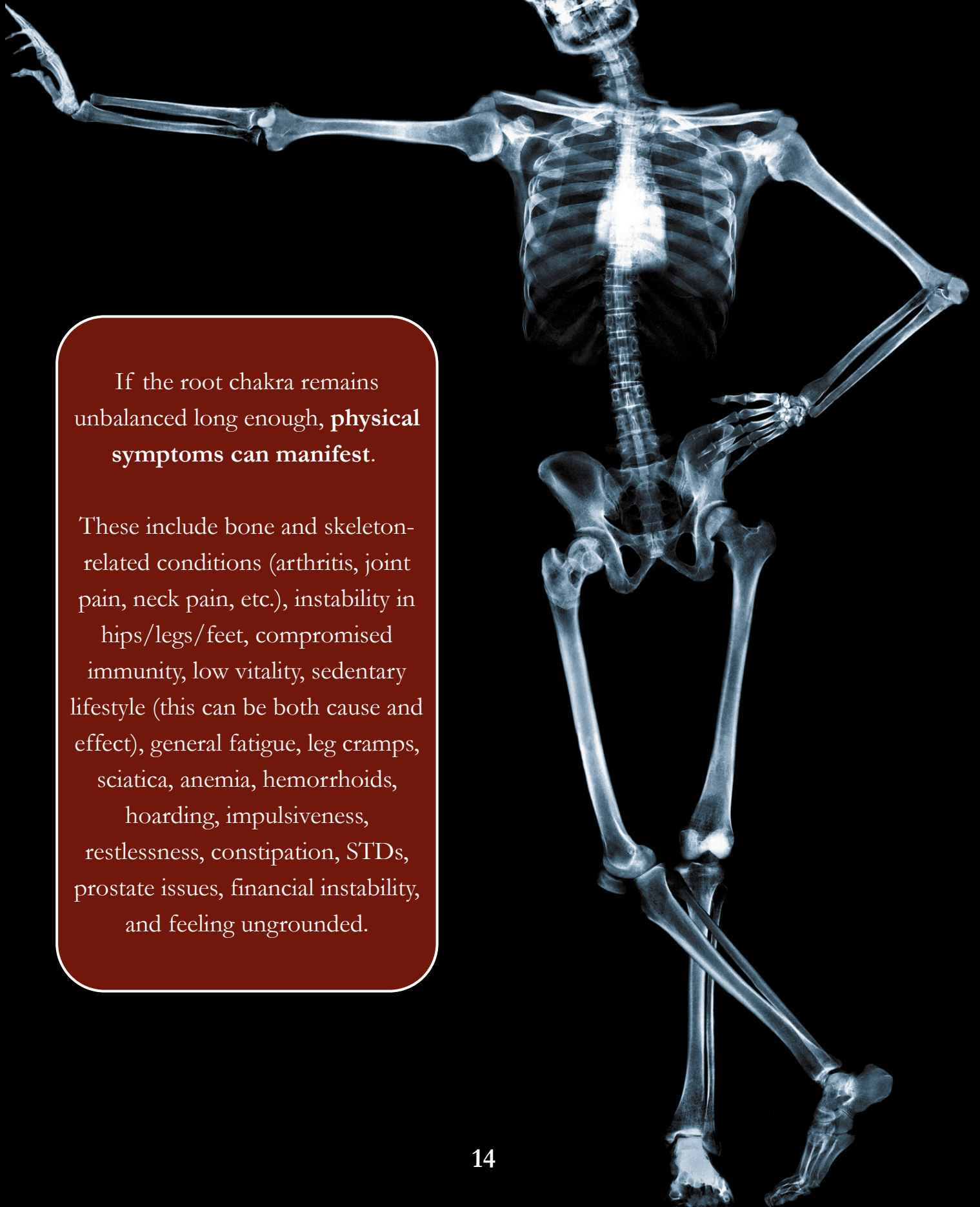
# When the root chakra has low-energy or is blocked



A root chakra that has **reduced energy flow or is blocked** manifests in someone with any, some, or all of the following characteristics that concern emotional behavior:

low self-esteem, feeling anxious, working in serial jobs due to a lack of purpose, the person doesn't feel like they belong, they're withdrawn, have persistent financial problems, or exhibit fearfulness

# Physical symptoms that can manifest from a blocked root chakra



If the root chakra remains unbalanced long enough, **physical symptoms can manifest.**

These include bone and skeleton-related conditions (arthritis, joint pain, neck pain, etc.), instability in hips/legs/feet, compromised immunity, low vitality, sedentary lifestyle (this can be both cause and effect), general fatigue, leg cramps, sciatica, anemia, hemorrhoids, hoarding, impulsiveness, restlessness, constipation, STDs, prostate issues, financial instability, and feeling ungrounded.

## How to balance this chakra:

You don't have to do everything listed here to help balance this chakra. Try different activities that follow, then pick the ones that are the most effective for you.



# Aromatherapy



Cedarwood essential oil can be used in a carrier oil (always test first!) or with a diffuser (but do not use a diffuser if you have pets in the home)



# Crystal Healing

Carry a crystal with you and/or put directly on this chakra area as you meditate.

These include ruby, blood stone, tigers eye, or tourmaline.



# Color Therapy



Stare at objects that are intense red in color or meditate with them, such as with a red-colored mandala. You can even wear red garments to remind yourself that you are working to balance this chakra.

# Exercise



Engage in physical exercises, stretching and/or spend time in nature. Walk barefoot in the grass or in the forest. Hiking, walking, or jogging help keep your feet in contact with the earth.

Engage in physical activities that work the body such as gardening, landscaping, or rock masonry.

Spend time making and giving gifts: this helps you to create and embrace abundance in the universe.

# Root Lock



Use the **Root Lock** (*mula bandha*). If you have ever done Kegel exercises, this is similar.

Focus your awareness at the base of the spine. Contract your muscles at the base of the pelvic bowl and lift toward the navel while squeezing as tightly as you can. Hold, then release.

During the root chakra meditation that accompanies this video, you will draw energy up and down through the belly, heart, throat, third eye and crown while engaging the root lock.

# Eating for the root chakra

Eat healthful earthy foods such as beans, beets, carrots, radishes, or turnips.



Eat other red foods such as apples, cherries, watermelon, strawberries, and spices, such as cloves, paprika or cayenne.

# Root Chakra Guided Meditation



## Listen to the root chakra meditation

Now that you have read about balancing the root chakra, the root chakra meditation video that goes with this will make more sense.

You are ready to try that meditation.

<https://youtu.be/z6NvqBiPbak>

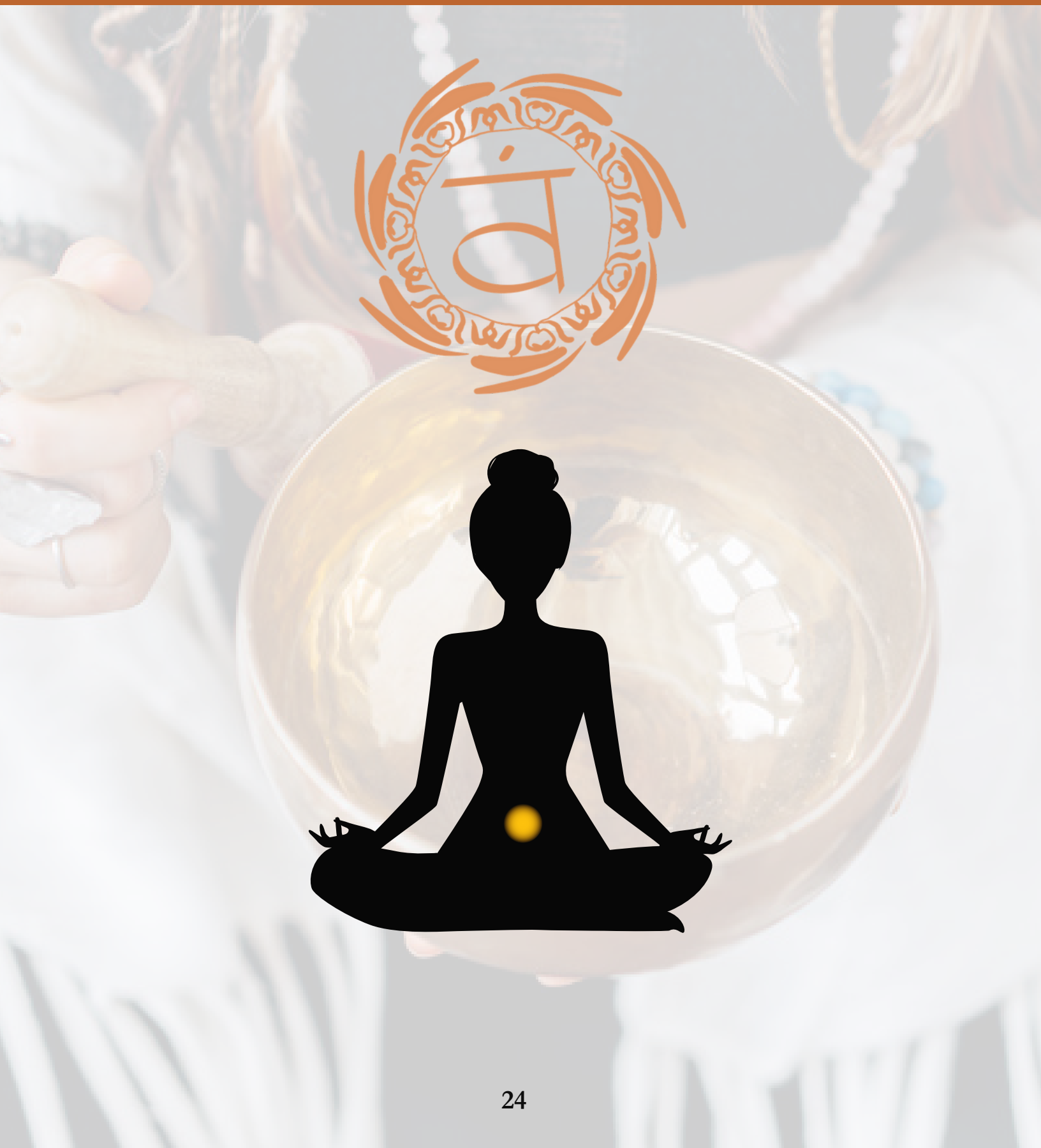
or use the QR code:



# Balancing the Sacral Chakra



The Sacral Chakra, also known as *Svadisthana*, is located in the lower abdomen. Due to its location, it concerns the sexual organs, as well as the large and small intestines.



## At a glance:



**Gland connection:** ovaries, testes (gonads)

**Color:** orange

**Element:** Water

**Governs:** Sexuality, Emotions, Desires

**Musical note:** D

**Mantra:** Vam

**Vowel sound:** OO (as in “due”)

**Frequency:** 417 Hz



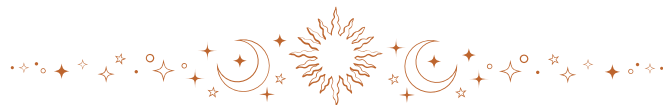
# Tarot Connection



**Tarot:**

**The Empress** - the mother & creativity,  
nurturing & abundance

**The High Priestess** who is mysterious,  
intuitive and creative, and keeps a good secret!



# Balancing the sacral chakra

This chakra is the “feeling” chakra.

Situations and issues that concern desire, enjoyment, emotions, sexuality, sensuality, intimacy, social life, and partnerships embody this chakra.

Balancing the sacral chakra, along with the root chakra and solar plexus are key to helping balance and open the upper chakras.



# Balancing the sacral chakra



As mentioned before, the sacral chakra represents emotions, and its element is water. That is, emotions are fluid - fluid like water.

A person's life force is also reflected in this chakra, with their ability to feel and sense their life experience, reacting and expressing emotions as events occur.

When emotional expression is suppressed – many cultures often discourage emotional expression – a blockage of this chakra can result.

# Balancing the sacral chakra

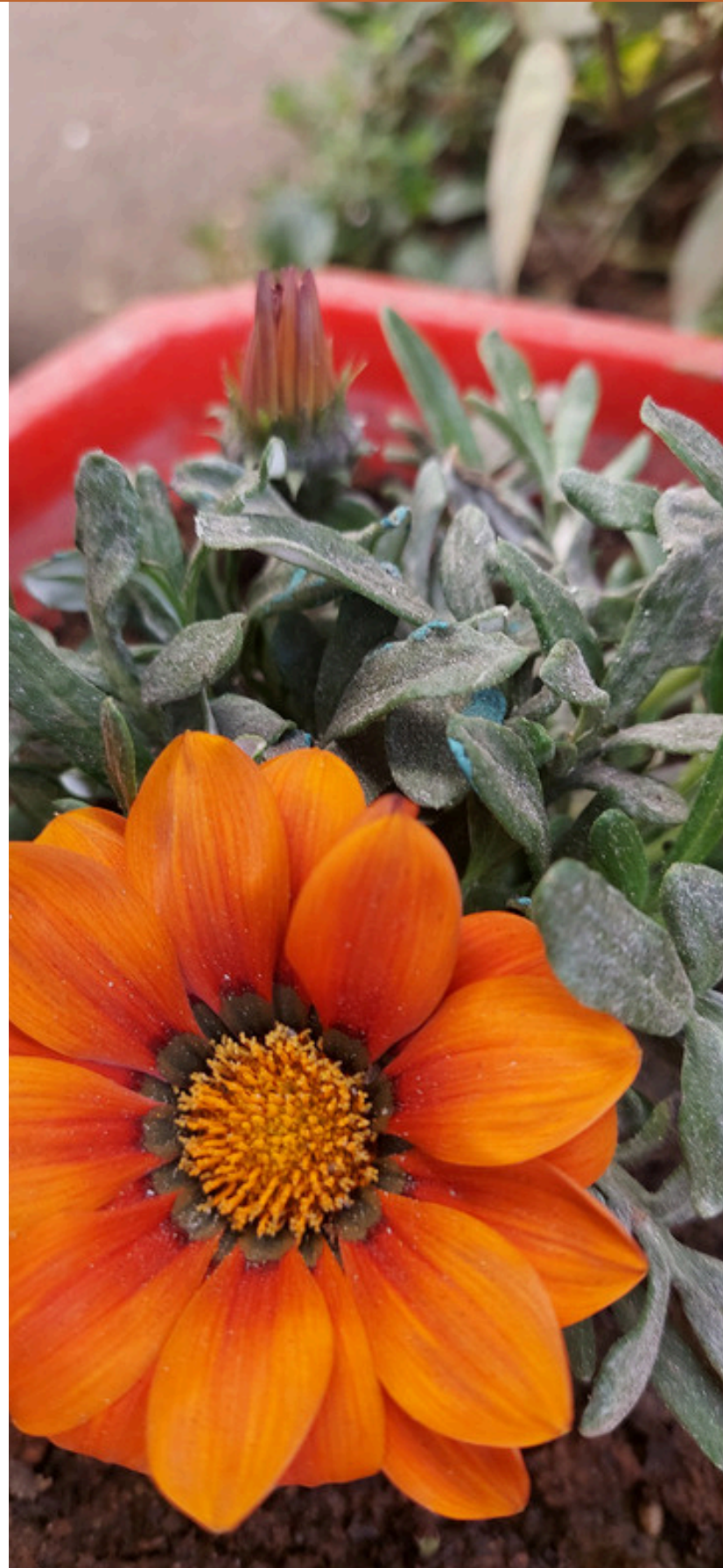
This chakra deals with a person's level of sensitivity, creation of new life, sexual desire, having passionate feelings towards another, developing a pastime, as well as being a center of creativity.



# What a balanced sacral chakra looks like

It's important to bring this chakra into balance because this is where personal transformation and change happen, which can then help create new opportunities and experiences in your life.

Learning how to process your emotions effectively is a sign of a sacral chakra coming into balance.



# What a balanced sacral chakra looks like



When you encounter someone who has a **balanced sacral chakra**, they are expressive, creative, attuned, and trusting.

They are able to connect more with their sexuality, as well as feel and understand their emotions.

They embrace creativity.

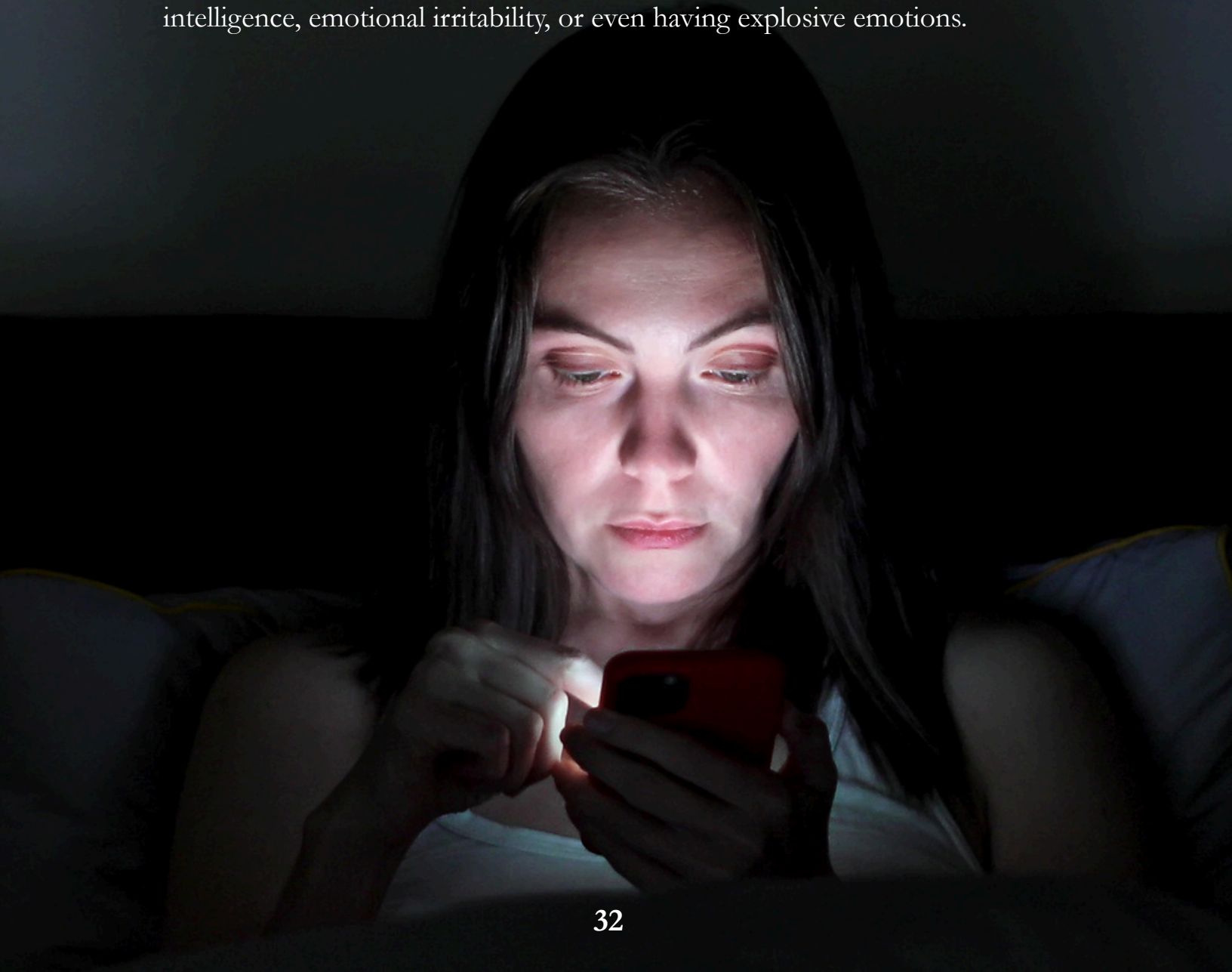
They are up for trying new things and are resilient when things go awry.

These are the people who are “comfortable in their own skin.” Even as they are open to new experiences, they are also grounded in their energy.

## When the sacral chakra is too open:

A sacral chakra that is **too open** manifests in someone with any, some, or all of the following characteristics that concern emotional behavior:

Proneness to manipulating others, developing addictive behaviors - it can be anything in excess, such as food addiction, sugar addiction, sex addiction, alcohol or drug addiction, workaholism, screen addiction; inability to control emotions, they often exhibit signs of codependency, having low emotional intelligence, emotional irritability, or even having explosive emotions.



# When the sacral chakra has low-energy or is blocked



A sacral chakra that has **reduced energy flow** or is **blocked** manifests in someone with any, some, or all of the following characteristics that concern emotional behavior:

Feeling overly sensitive, prone to feeling guilty, lonely, lacking in creative energy, fearing change, having low self-confidence, trust issues, anxiety, and/or depression, feeling numb, and/or detached from others.

# Physical symptoms that can manifest from a blocked sacral chakra

If the sacral chakra remains unbalanced long enough, **physical symptoms can manifest.**

Some of these include bladder issues, prostate problems, appendicitis, impotence, lower back pain, infertility, urinary problems, low libido, PMS, menstrual cramps, kidney disease, hip issues, lower digestive tract issues, and other health concerns in the lower abdominal region.

## How to balance this chakra:

You don't have to do everything listed here to help balance this chakra.

Try different activities that follow, then pick the ones that are the most effective for you.



# Aromatherapy

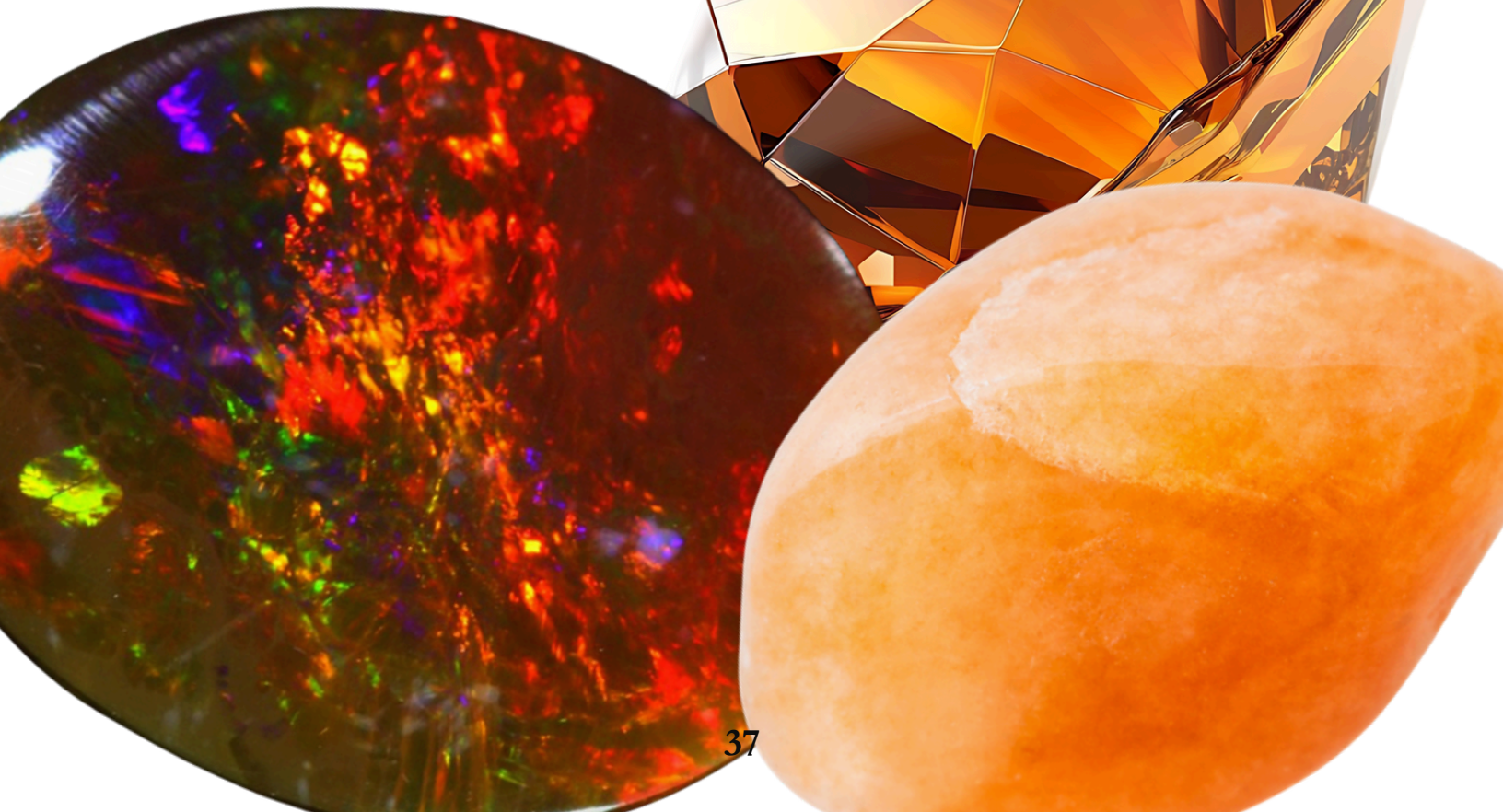


Sandalwood or orange essential oil can be used in a carrier oil (always test first!) or with a diffuser (but do not use this if you have pets in the home)

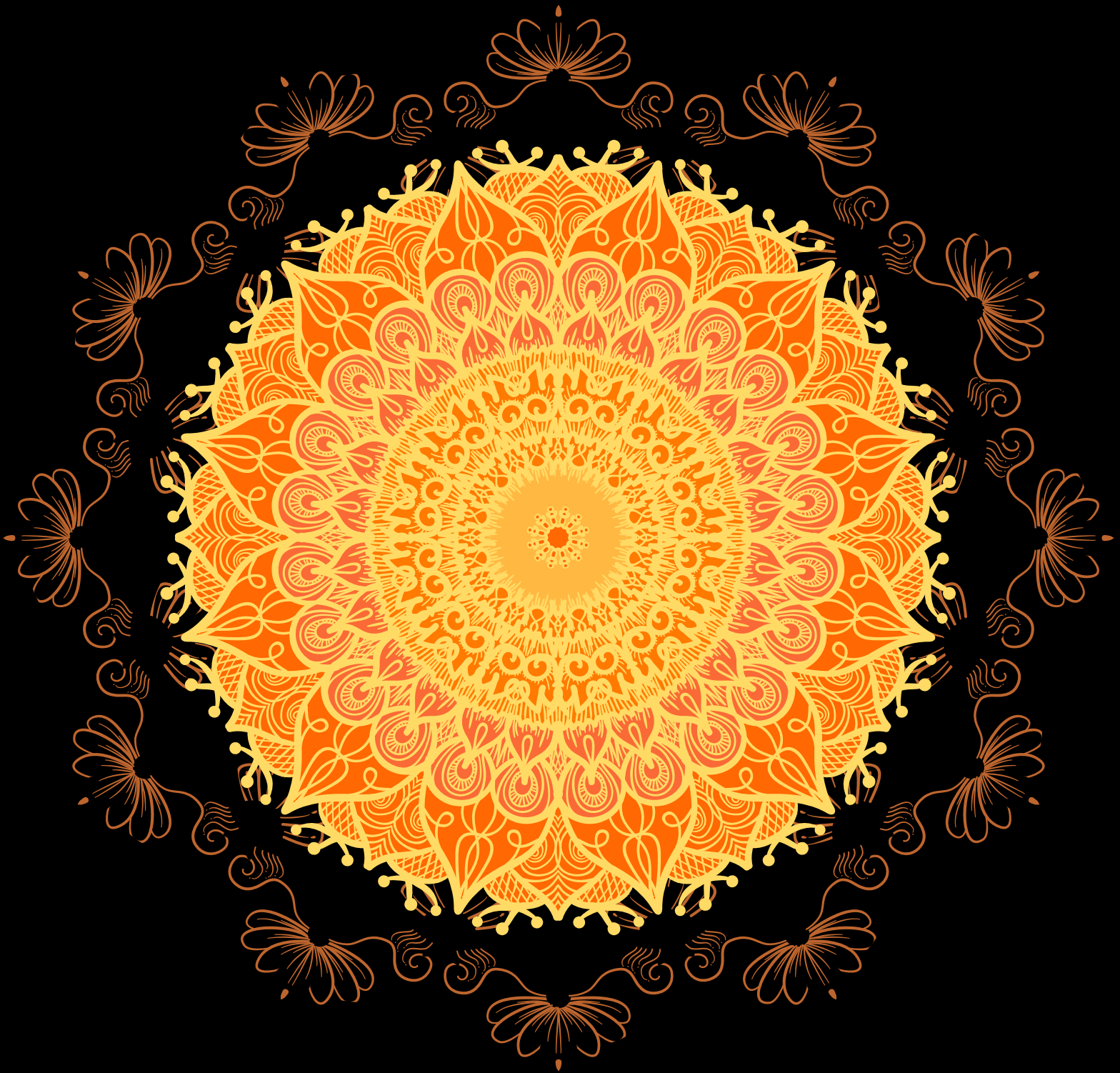
# Crystal Healing

Carry an orange-in-color crystal with you or put directly on the chakra area as you meditate.

These include carnelian, orange citrine, aventurine, fire opal.



# Color Therapy

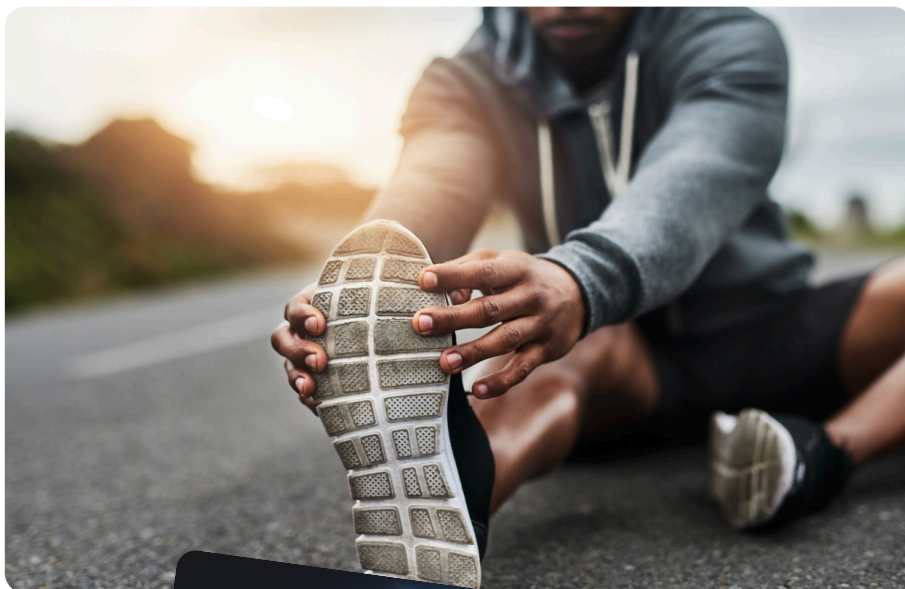


Use color therapy: stare at objects that are orange in color or meditate with them, such as with an orange-colored mandala.

Wear orange garments to remind yourself that you are working to balance this chakra.

# Exercises

To help further open this chakra, it's important to engage in leisure activities, perform lower back exercises and/or stretches, swimming, take a bath or use a hot tub, have intercourse with a trusted partner, engage in dancing that moves the waist, such as merengue, salsa or belly dancing.



# Get Creative



Getting creative is another great way to open this chakra.

These activities include painting, drawing, photography, making music, quilting, making jewelry, writing stories, designing a room in the house, or anything else that gets the creative juices flowing.



# Eating for the sacral chakra

Additionally, it's important to eat more healthful "orange" foods such as the following:

oranges, peaches, sweet potatoes, carrots, mangoes, coconut, pumpkin, squash, papaya, and spices such as cinnamon and turmeric.



# Sacral Chakra Guided Meditation



## Listen to the sacral chakra meditation

Now that you have read about balancing the sacral chakra,  
the sacral chakra meditation video that goes with this will make  
more sense.

You are ready to try that meditation:

<https://youtu.be/3E2Fc0qhkNA>



# Balancing the Solar Plexus Chakra



The Solar Plexus Chakra, also known as *Manipura*, is located mid-abdomen, just at or above the belly button. Due to its location, it concerns the digestive system, muscles, pancreas, and adrenals.



# At a glance:



**Gland connection:** pancreas, adrenals

**Color:** yellow

**Element:** Fire

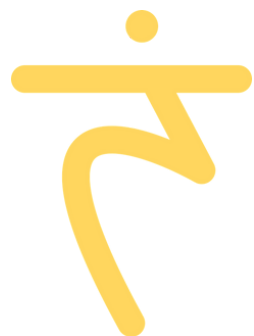
**Governs:** Excessive or deficient fire

**Musical note:** E

**Mantra:** Ram

**Vowel sound:** AH (like the “a” sound in “father”)

**Frequency:** 528 Hz



# Tarot Connection:



**Tarot:**

**The Chariot** - for progress  
leading to success

**Strength** - for courage and facing  
your fears

**The Sun** - for happiness and  
confidence



# Balancing the solar plexus chakra

Balancing this chakra, along with the root and sacral chakras, is key to helping balance and open the upper chakras.

The lower three chakras are connected to the upper three via the heart chakra.



## Balancing the solar plexus chakra



Clearing, opening and balancing the solar plexus chakra allows you to experience life more fully because you will be more open, motivated and able to ride the waves of life, rather than resisting them.

This is because the earth energy from the root chakra moves up to the water energy of the sacral chakra and combines to form the transformational energy of fire in the solar plexus chakra.

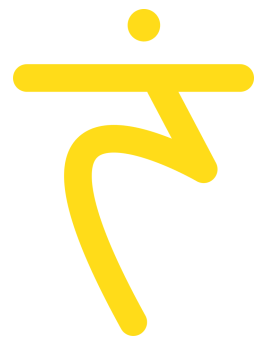
# Balancing the solar plexus chakra



This fire energy is what drives self-confidence, motivation, and personal willpower.

This energy empowers you to take action and follow through with your intentions to create a life that you want.

It's what gives you the courage to face your fears, stand by what you believe in, and assert yourself respectfully with others.



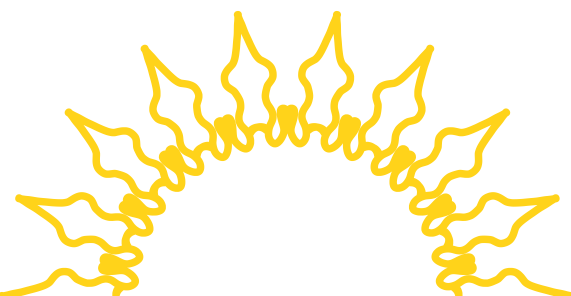
# What a balanced solar plexus chakra looks like

When you encounter someone who has a **balanced solar plexus chakra**, they can be spontaneous, have self-respect, they are respectful towards others, and have a sense of personal power.

They feel comfortable asserting their unique personality, talents and gifts.

They have high self-esteem, with a good dose of relaxed confidence.

They feel capable and set out to reach their goals.



# When the solar plexus chakra is too open:

A solar plexus chakra that is **too open** manifests in someone with any, some, or all of the following characteristics that concern emotional behavior:

They might come off as egotistical and could be short-tempered, judgmental, dominating, or might have a need to control everything.

They might have addictive tendencies (including addictions to caffeine and sugar). They might crave hot, spicy foods.

# When the solar plexus chakra has low-energy or is blocked



A solar plexus chakra that has **reduced energy flow or is blocked** manifests in someone with any, some, or all of the following characteristics that concern emotional behavior:

A person might exhibit low self-esteem, have poor willpower, be anxious, insecure, and/or concerned about others' opinions; they have many doubts and fears about themselves.

They might find it difficult to make decisions or feel challenged to manifest their goals in the physical world due to being overshadowed or influenced by other people's views (rather than relying on their own personal power), leading to feelings of powerlessness.

They may try to overcompensate for those powerless feelings and lack of self-confidence by people-pleasing, avoiding conflict, or striving for perfectionism. When those strategies don't work, and they get criticized, they can be extremely sensitive to the criticism they receive.

# When the solar plexus chakra has low-energy or is blocked

People with solar plexus chakras that have low energy flow or are blocked often seek approval and validation from others.

They may feel like they don't want to do anything, or when they do, they can't do anything right.

They might experience a notable level of personal dissatisfaction.



They may feel butterflies in the stomach when nervous and are susceptible to feeling “not good enough.”

They often have a deep well of shame, embarrassment, or guilt, along with plenty of limiting beliefs. This would go along with a weak sense of self-worth and purpose; they may have trouble standing on their own two feet.

They might procrastinate and have trouble taking action or finding a purpose. They are the overthinkers of the world.

They chronically breathe too shallowly.



# Physical symptoms that can manifest from a blocked solar plexus chakra

If the solar plexus chakra remains unbalanced long enough, physical symptoms can manifest.

Some of those physical symptoms can include stomach ulcers, issues with metabolism, excess weight or obesity, heartburn, diarrhea, & addiction to stimulants.

Other symptoms might include fatigue, weight gain around the stomach; liver, spleen, gall bladder, or pancreas issues, diabetes, chronic fatigue, shallow breathing, or lower to middle back issues.

They might feel chronically cold, or the opposite, very hot, or have hypoglycemia, irritable bowels, eating disorders, or hernias.

## How to balance this chakra:

You don't have to do everything listed here to help balance this chakra.

Try different activities that follow, then pick the ones that are the most effective for you.



# Aromatherapy



You can try the following essential oils in a carrier oil (always test first) or with a diffuser (but do not use this if you have pets in the home): chamomile, lemon, lemongrass, frankincense, ginger, myrrh, sandalwood, cinnamon bark, grapefruit, or bergamot essential oil.

Be especially careful with cinnamon essential oil on sensitive parts of the body.

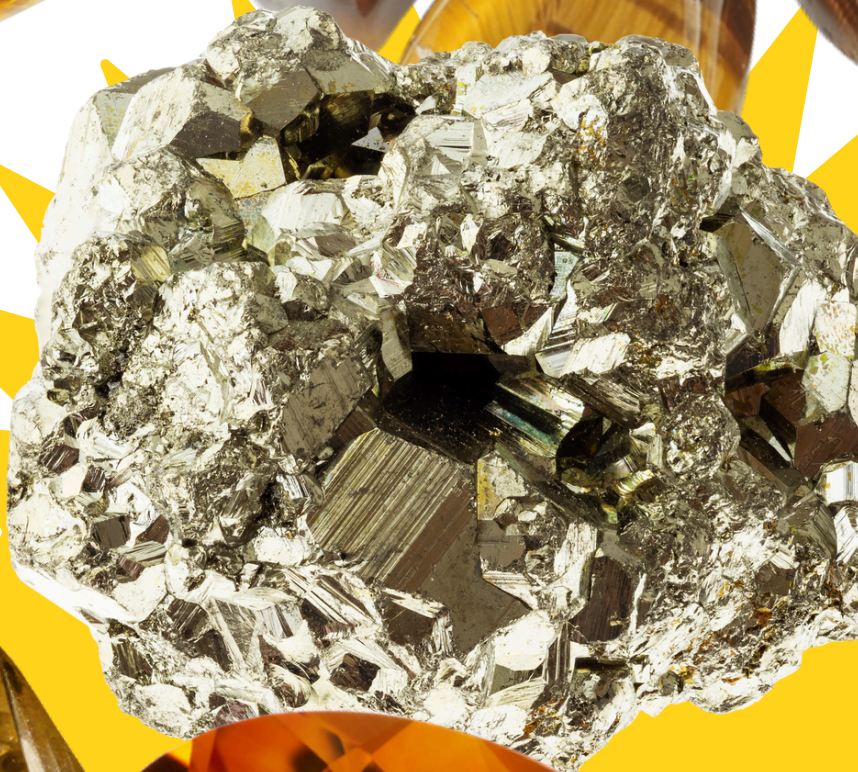


# Crystal Healing

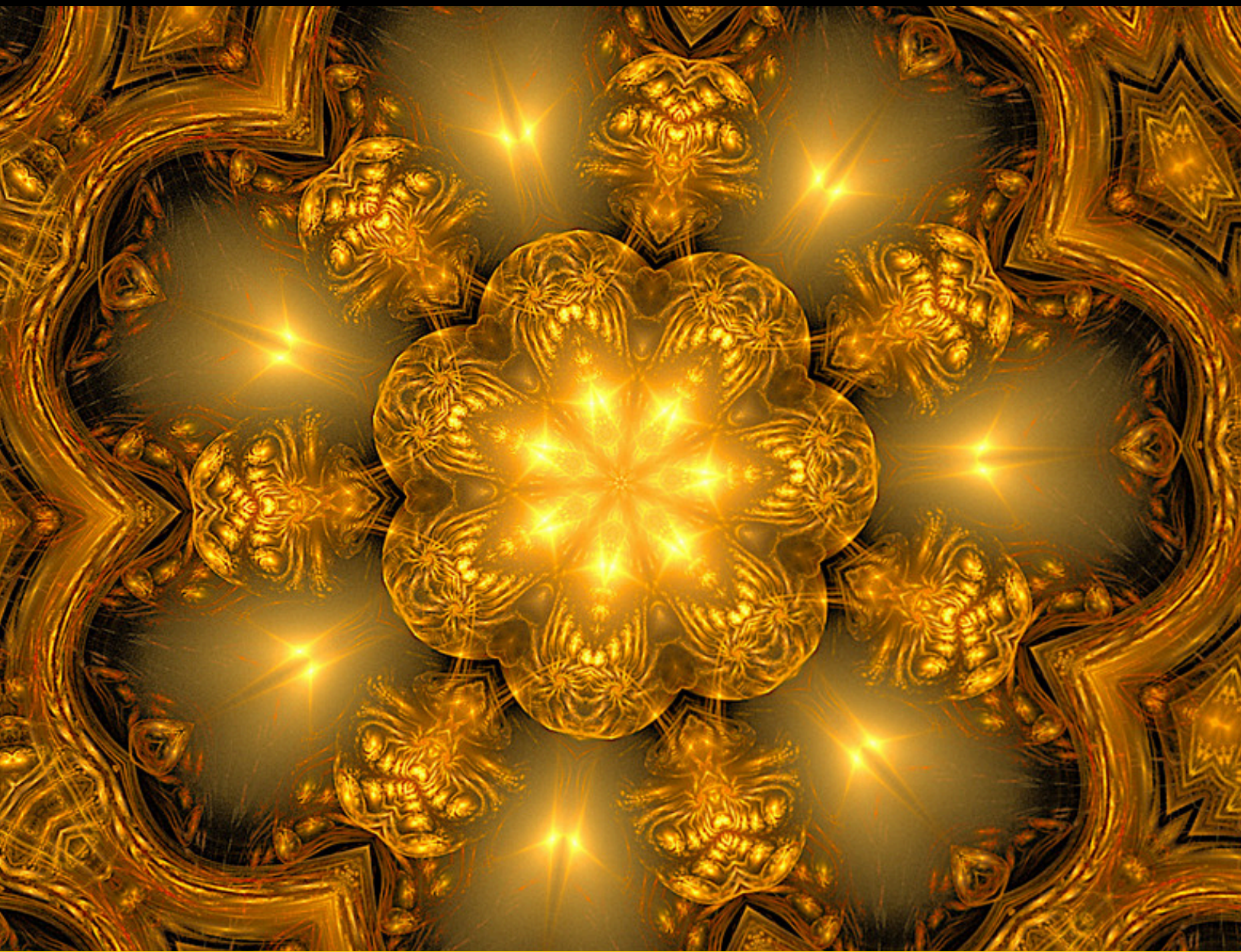
Carry a yellow-colored crystal with you or put it directly on the chakra area as you meditate.

These include yellow tiger's eye, yellow citrine, yellow calcite, amber, or yellow topaz, pyrite (chalcopyrite), or golden quartz.

Wearing gold can work, as well.



# Color Therapy



Stare at objects that are yellow in color or meditate with them, such as with a yellow-colored mandala.

Wear yellow garments to remind yourself that you are working to balance this chakra.

# Exercises

To help further open this chakra, it's important to engage in various physical exercises to help.

These include exercises with the arms, back, and core part of the body, abdominal exercises (like sit-ups or planks), or core-strengthening yoga.

The yoga power pose for 2 mins/day can be really helpful, as well as Breath of Fire yoga.

Fixing or doing things with your hands, making to-do lists and acting on them, and engaging in laughter are some other things to try.

Getting out into the sun is another great way to open this chakra.

Making and sitting by a fire is another powerful activity you can try.



# Working on your mental game



- You can help open this chakra by getting out of the “victimhood mentality”. Often, counseling can help with this.
- Release anger.
- Never stop learning. Knowledge builds power.
- Build a feeling of love inside and send that out. This helps send energy up to the heart chakra.
- Change routines. Get more active if you haven’t been. Slow down if you have been too active.



# Eating for the solar plexus chakra

Additionally, it's important to eat more healthful "yellow" foods such as the following:

Bananas, pineapple, apple juice, grapefruit...



...rice, beans, oats, quinoa, ginger, egg, lemon, chickpeas, corn, yellow bell pepper, yellow lentils, yellow carrots, milk, cheeses, & yogurt.

# Solar Plexus Chakra Guided Meditation



## Listen to the Solar Plexus Chakra Guided Meditation

Now that you have watched this solar plexus chakra balancing video, the guided meditation video that goes with this will make more sense.

Of course, meditation is always a powerful way to work on opening this (or any) chakra.

You are ready to try that meditation:  
<https://youtu.be/py-vfkJIz6I>



# Balancing the Heart Chakra



The Heart Chakra, also known as *Anāhata*, is located at the heart level, in the center of the chest. Due to its body location, it concerns the heart itself, the chest, lungs, thymus gland, and circulation in the body.



## At a glance:



**Gland connection:** thymus

**Color:** green

**Element:** air

**Governs:** all aspects of love's connection and expression

**Musical note:** F

**Mantra:** YAM

**Vowel sound:** AY

**Frequency:** 639 Hz

यं

# Tarot Connection



## Tarot:

**The Lovers** - symbolic of true love and healing

**The Star** - symbolic of the love for humanity

**Temperance** - symbolic of the love and care of the soul

**The Empress** - symbolic of love and nurturing



# Balancing the heart chakra

The heart chakra concerns the right to love and be loved.

If the lower three chakras - root, sacral and solar plexus - cover the more physical and emotional aspects of ourselves, the heart chakra is the gateway that connects the lower three chakras to the upper three that embody our higher self, higher frequencies and higher consciousness.

The mind-body connection exists at the level of the heart.



## Balancing the heart chakra



As you balance and work on each chakra, your wisdom and awareness grow.

It is at the heart where your ego takes a back seat to your higher self, allowing the most authentic version to ripple to the surface.

This paves the way for engaging life from a heart-centered perspective.



# Balancing the heart chakra



The heart chakra affects your life in terms of your relationships, how “deserving” you feel to receive love from others, and how much you see and feel love around you.

It represents how much you accept yourself as you are, how much you respect others, but also your capacity to forgive others for their transgressions.

Your level of compassion and empathy towards yourself and those around you affects and is affected by this chakra. The heart chakra embodies how you see yourself in relation to the world and those around you.

# Balancing the heart chakra

It's important to bring this chakra into balance because then you can learn to find your strength and place in the world using the power of love.

In the process, you become more present and loving along the way. This means that you begin to let go of judgement, understand that you ARE worthy of love, and that you - and every other being - is divine.

You exude more peace and more love, in general, when this chakra is flowing and balanced.

Love, then, catalyzes your transformation.



# What a balanced heart chakra looks like

When you encounter someone who has a **balanced heart chakra**, they display signs of unconditional love.

They choose to view the world with love.

They are optimistic, friendly, peaceful, and have a great capacity for empathy.



# When the heart chakra is too open:

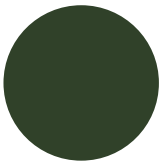
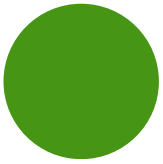
A heart chakra that is **too open** manifests in someone with any, some, or all of the following characteristics that concern emotional behavior:

Clinginess, smothering displays love, and adopting the role of a martyr.

They might be prone to angry outbursts, fits of jealousy, and/or possessive behavior.

Co-dependency is another symptom. They are only capable of conditional love, even as they might feel unworthy of being loved themselves.

# When the heart chakra has low-energy or is blocked



A heart chakra that has **reduced energy flow or is blocked** manifests in someone with any, some, or all of the following characteristics that concern emotional behavior:

They might wallow in self-pity, fear rejection, or dread loneliness. They might have trouble committing to a relationship and complain of feeling disconnected from others, sometimes even from themselves.

Low self-esteem is another sign of a heart chakra imbalance, along with feelings of depression. They might feel resentful of others or engage in excessive self-criticism. They can also be prone to feeling bitter about life.

# Physical symptoms that can manifest from a blocked heart chakra

If the heart chakra remains unbalanced long enough, physical symptoms can manifest.

Some of those physical symptoms include breathing difficulties, high blood pressure, heart trouble, cancer, asthma, as well as circulation problems.

## How to balance this chakra:



You don't have to do everything listed here to help balance this chakra.

Try different activities that follow, then pick the ones that are the most effective for you.

# Aromatherapy



Try rose, eucalyptus, mint, or geranium essential oil.

These can be used in a carrier oil (always test first!) or with a diffuser (but do not use diffusers if you have pets in the house).



# Crystal Healing

Carry a green or pink crystal with you or put it directly on the chakra area as you meditate.

These include jade, malachite, emerald, green aventurine, green/pink tourmaline, and rose quartz



# Color Therapy



Stare at objects that are green in color or meditate with them, such as with a green-colored mandala.

You can also try wearing green garments to remind yourself that you are working to balance this chakra.

# Exercises

To help further open this chakra, it's important to engage in activities you love or those that have special importance to you.

Another way to balance this chakra is to work on your own feelings of resentment or unresolved arguments.

You have to **DECIDE** to see everything as love and set aside judgment.

Regularly telling your partner and family how much you love them can open the heart, as can a practice of gratitude.

This can look like verbally sharing what you are grateful for, giving praise to others and recognizing them for their contributions, mindful appreciation, or even keeping a gratitude journal.

Reviewing the positive parts of your life is another meaningful way to open the heart.



# Get Mindful

Of course, mindfulness and meditation are two powerful ways to open up the heart, especially those that include working on forgiveness.

Love and kindness meditations can be particularly powerful.

Engaging in breathwork is another practical way to help you open this chakra.



# Eating for the heart chakra

Additionally, it's important to eat more healthful “green” foods such as spinach, kale, Swiss chard, broccoli, peas, green beans, green olives, cucumber, lentils, celery, arugula, green apples, kiwi, green pears, and green grapes.

Herbs and spices such as parsley, cilantro, cumin, dill, basil, oregano, micro algae (chlorella, spirulina), green tea, and matcha are other great foods to incorporate.



# Heart Chakra Guided Meditation



## Listen to the Heart Chakra Guided Meditation

Now that you have watched this heart chakra balancing video, the guided meditation video that goes with this will make more sense.

Of course, meditation is always a powerful way to work on opening this (or any) chakra.

You are ready to try that meditation:  
<https://youtu.be/nI5jzNCpJx4>



# Balancing the Throat Chakra



The throat chakra is also known as *Vishuddha* in Sanskrit, which means “purification.” It is located in the throat area, both front and back. This is where the voice is, and as such, this chakra’s element is sound. This chakra deals with all body parts in and around the throat: the mouth, teeth, nose, ears, jaw, neck, as well as the thyroid and parathyroid glands.



## At a glance:



**Gland connection:** thyroid, parathyroid

**Color:** Light Blue

**Element:** sound

**Governs:** communication

**Musical note:** G

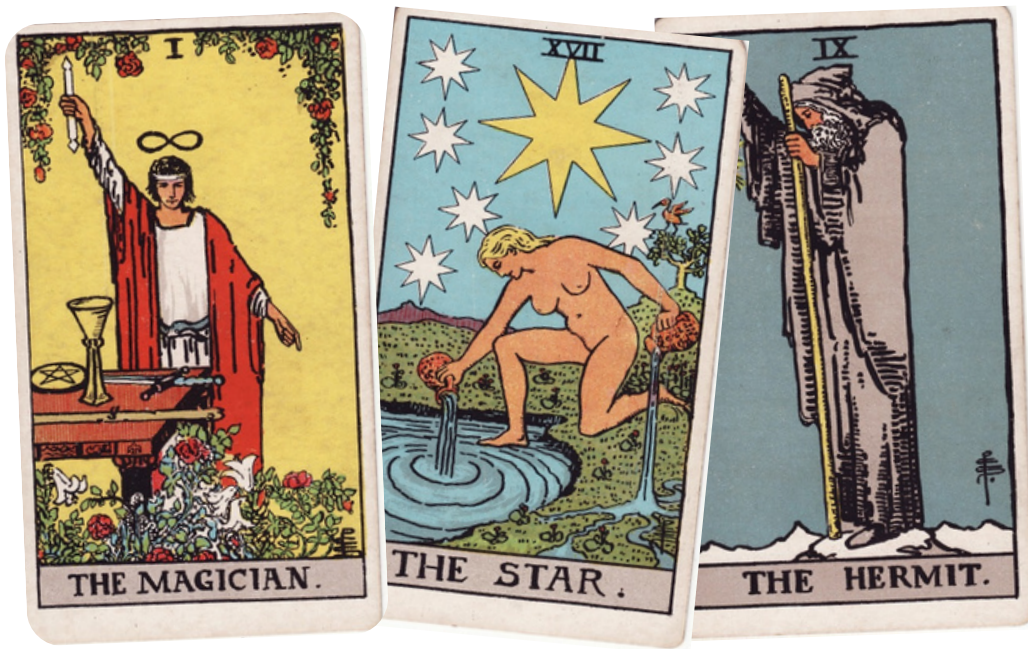
**Mantra:** HAM

**Vowel sound:** EE

**Frequency:** 741 Hz



# Tarot Connection:

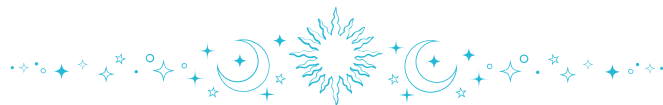


## Tarot:

**The Magician** - symbolic of manifestation through communication

**The Hermit** - symbolic of silence and inner listening

**The Star**- symbolic of deepening spiritual awareness & inner guidance coming online



# Balancing the throat chakra

This is the chakra of communication, and with it, vibration and sound. Related to that is self-expression.

Our consciousness creates and transmits information both internally and with other beings. Thus, it is dynamically creative. Communication is no longer dependent on physical elements.

For example, you can phone someone across the world to communicate, but you do not have to be physically present to do so.



# Balancing the throat chakra



Everything is made up of vibration.

If you get down to the smallest particles using a microscope, you will see that they are made of vibrations - you cannot actually “see” these particles. They seemingly disappear if you try to look at them directly.

Sound and vibration do, however, create reality. This is why sound can affect organic matter (and inorganic!) on a cellular level and harmonize it if it is “out of tune.”

# Balancing the throat chakra



This chakra centers on communication: the right to speak and express truth.

This includes using the voice, but also being a listener, as well as in psychic communication, such as with telepathy. This psychic communication also extends to listening (such as with clairaudience) and trusting our own inner voice.

Because the mouth, nose, and ears are part of this chakra, smell, taste, hearing, and speaking are all under its influence.



# What a balanced throat chakra looks like

Balancing this chakra gives you the gift of more effective communication, heightened inner wisdom, and intuition.

You can also experience enhanced creativity because it is your ability to communicate that helps you to create the life you wish to live.

A **balanced** throat chakra allows you to live out your truth, become your most authentic self, and manifest the intentions you set forth.

Thus, you also develop routines and discipline with this chakra to carry out your intentions.



# When the throat chakra is too open

A throat chakra that is **too open** manifests in someone with any, some, or all of the following characteristics that concern emotional behavior:

A person might like to gossip or be unable to keep a secret.

Lying or otherwise telling tales is another sign of a throat chakra that is too open. They might be overly talkative, arrogant, and even self-righteous.

Not having tact in conveying constructive criticism or otherwise engaging in sensitive communication when they should not are other possible symptoms.



# When the throat chakra has low-energy or is blocked



A throat chakra that has **reduced energy flow or is blocked** manifests in someone with any, some, or all of the following characteristics that concern emotional behavior:

They might feel unable to speak up or voice their opinion; they might feel like they get taken advantage of, or feel like people ignore them or that their opinion doesn't matter.

They might experience a lack of creativity, exhibit shy behavior, have difficulty in communicating and expressing ideas or feelings.

# Physical symptoms that can manifest from a blocked throat chakra



If the throat chakra remains unbalanced long enough, physical symptoms can manifest.

Some of those include how you actually speak (whether your voice is strong or if it crackles or is shaky), stuttering, issues that affect any part of the speech apparatus (throat, back of the neck, vocal folds, esophagus, or bronchial tubes going into the lungs).

Other physical symptoms might include problems in the mouth and throat area such as with mouth pain, sore throat, nasal congestion, sinus infections, and laryngitis.

Thyroid problems (under- or over-active) are a sign of an imbalanced throat chakra as well.

Other imbalances manifest as being prone to getting colds and the tendency to lose one's voice when ill. Still, there might be problems around the ear area, such as dizziness, tinnitus, earaches, or difficulty hearing.



# How to balance this chakra



You don't have to do everything listed here to help balance this chakra.


Try different activities that follow, then pick the ones that are the most effective for you.

# Aromatherapy

Aromatherapy can include myrrh, chamomile, peppermint, basil, lila, eucalyptus, salvia, & orange blossom essential oils.

These can be used in a carrier oil (always test first!) or with a diffuser (but do not use this if you have pets in the home).

# Crystal Healing



Carry or wear a light-blue-in-color crystal with you or put it directly on this chakra area as you meditate.

These gems or crystals include turquoise, aquamarine, Amazonite, blue topaz, azurite, blue aventurine, Ceylon sapphire, aqua aura quartz, blue lace agate, or chrysocolla.

# Color Therapy



Stare at objects that are light blue in color or meditate with them, such as with a light-blue-colored mandala.

Wear light blue clothing to remind yourself that you're working on this chakra.

# Voice Exercises



Another way to balance this chakra is to engage in public speaking.

You can also try other activities that involve the voice: singing, shouting, speaking, getting together and talking with friends, diction training or voice lessons.

# Voice Exercises



You can engage in activities that symbolically nourish the throat: drinking hot beverages, writing in a diary, composing a song or letter to express what cannot be put into words - anything that allows you to express yourself freely.

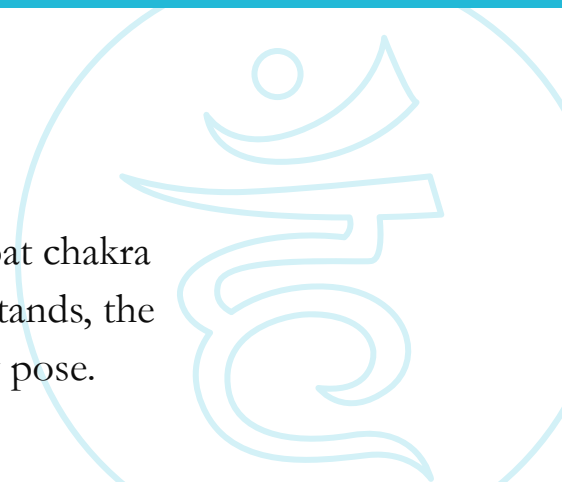
Try things that can push you out of your comfort zone: talk to strangers. Give your opinion or say what you think, in a fair way.



# Physical Exercises



Physical exercises that focus on the throat chakra are also beneficial: neck rolls, shoulder stands, the fish pose in yoga, as well as the plow pose.



# Listening Exercises

## LISTEN. LISTEN...

While speaking is integral to the throat chakra, so, too, is listening. It takes at least two people to form a conversation: a speaker and listener, and often they alternate.

The listening component is just as important as the speaking component. Learning to be a better listener is a crucial step in evolving your throat chakra.

Other exercises that don't actually require your voice include charades or yawning exercises.



# Get Mindful

Meditation and breathwork are two powerful ways to help you open this chakra. Drinking a lot of water or tea is another great way to get this chakra flowing.

A silhouette of a person in a yoga pose, standing on a beach at sunset. The person is in a standing lotus position with their hands raised in a prayer position above their head. The background shows the ocean with waves and a bright sunset sky. The person's reflection is visible in the wet sand.

You can also say different mantras.

Think of repeating a mantra as a tool to help focus the mind. You don't even necessarily need to know the meaning of a mantra; it is the sound that matters. That is because the brain has something to focus on, allowing thoughts to fall away.

Mantras can also be a great meditative tool.

## Eating for the throat chakra



It's important to eat more healthful “blue” foods such as blueberries, blackberries, plums, blue cheese, blue carrots, blue corn, teas, and hot soups.

Herbs include peppermint, spearmint, cloves, cinnamon, elderberry, and slippery elm.

# Throat Chakra Guided Meditation



## Listen to the Throat Chakra Guided Meditation

Now that you have watched this heart chakra balancing video, the guided meditation video that goes with this will make more sense.

Of course, meditation is always a powerful way to work on opening this (or any) chakra.

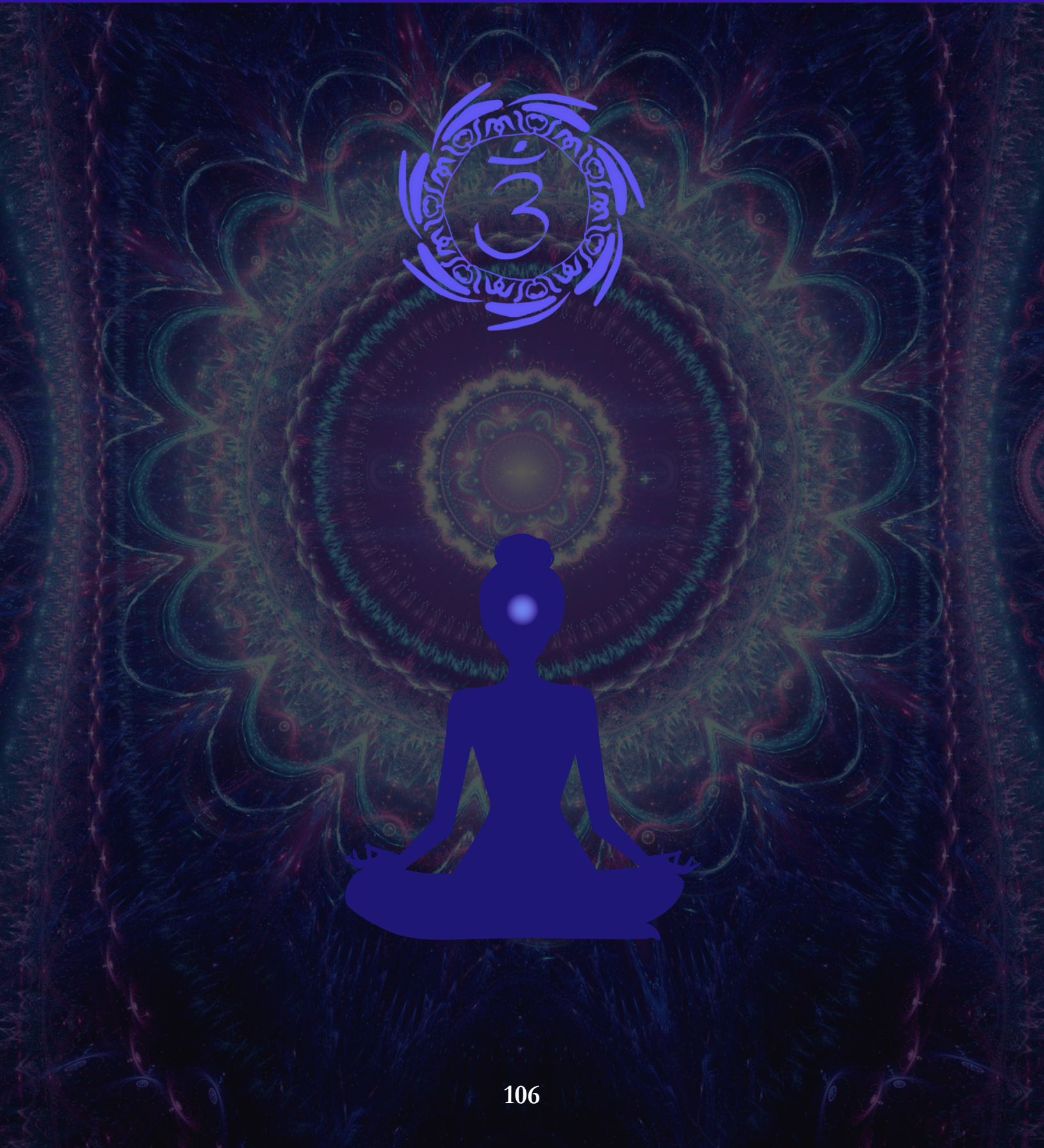


You are ready to try that meditation:  
<https://youtu.be/Ti7NVUEVA0Y>

# Balancing the Third Eye Chakra



The Third Eye Chakra is also known as the Brow Chakra. “*Ajna*” is its Sanskrit name, meaning “beyond wisdom, perceiving or commanding.” It is located just above and between the eyebrows. Due to its location, it governs the entire head, including the forehead, eyes, ears, nose, and sinuses.



## At a glance:



**Gland connection:** pituitary gland

**Color:** Indigo

**Element:** light & telepathic energy

**Governs:** Intuition & reasoning

**Musical note:** A

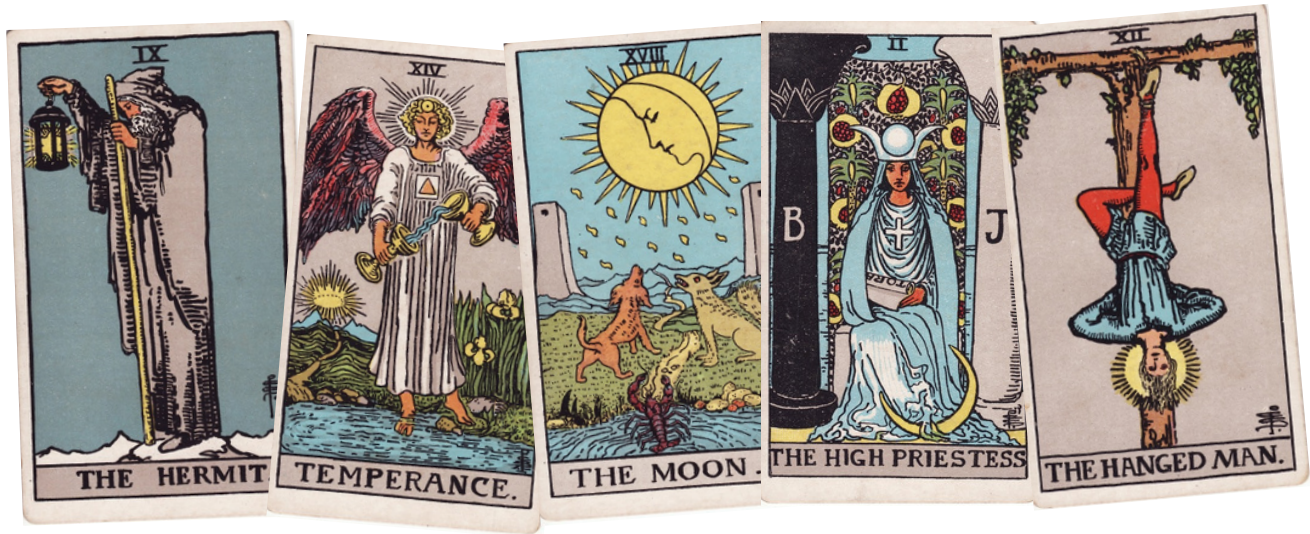
**Mantra:** Aum

**Vowel sound:** MM (not a vowel sound per se)

**Frequency:** 852 Hz



# Tarot Connection



## Tarot:

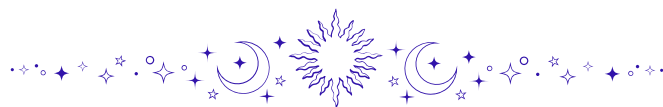
**The Hermit** - symbolic of going within and connecting to the inner self

**Temperance** - symbolic of inner knowing and connection to the universe and manifesting power

**The Moon** - symbolic of the subconscious mind and working with the shadow self

**The High Priestess** - symbolic of intuitive wisdom

**The Hanged Man** - symbolic of pausing to listen to universal guidance



# Balancing the third eye chakra

This chakra is the “intuitive” chakra. Situations and issues that concern spiritual communication, clairvoyance, consciousness, and perception are what this chakra guides.

When you encounter someone who has a **balanced third eye chakra**, they listen to their intuition, care not for materialism, and have a solid sixth sense.



## A balanced third eye chakra

They have emotional intelligence and can “read” people. They often seem wise beyond their years and can offer great insights.

They understand people on a holistic level.

They can see auras. They have vivid dreams. They also have good vision. They also feel as though they have a purpose and are quite empathic.



# When the third eye chakra is too open:



A third eye chakra that is **too open** manifests in someone with any, some, or all of the following characteristics that concern emotional behavior:

They can be overly logical. More extreme emotional responses include anxiety, schizophrenia, and paranoia.

They might lack sensitivity or be judgmental. They might come off as cynical or even arrogant.

## When the third eye chakra has low-energy or is blocked

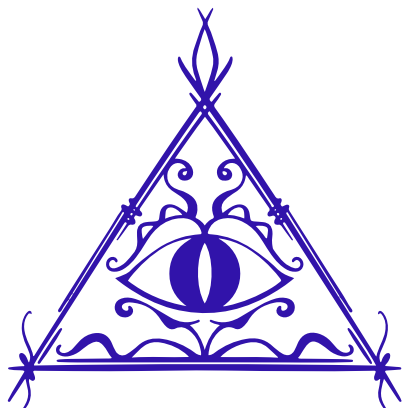
A third eye chakra that has **reduced energy flow or is blocked** manifests in someone with any, some, or all of the following characteristics that concern emotional behavior:

It may manifest as someone who is a poor planner and may have learning difficulties.

They can be short-sighted, resulting in difficulties in seeing a situation “clearly” or objectively.



# When the third eye chakra has low-energy or is blocked



It may manifest as someone who is a poor planner and may have learning difficulties.

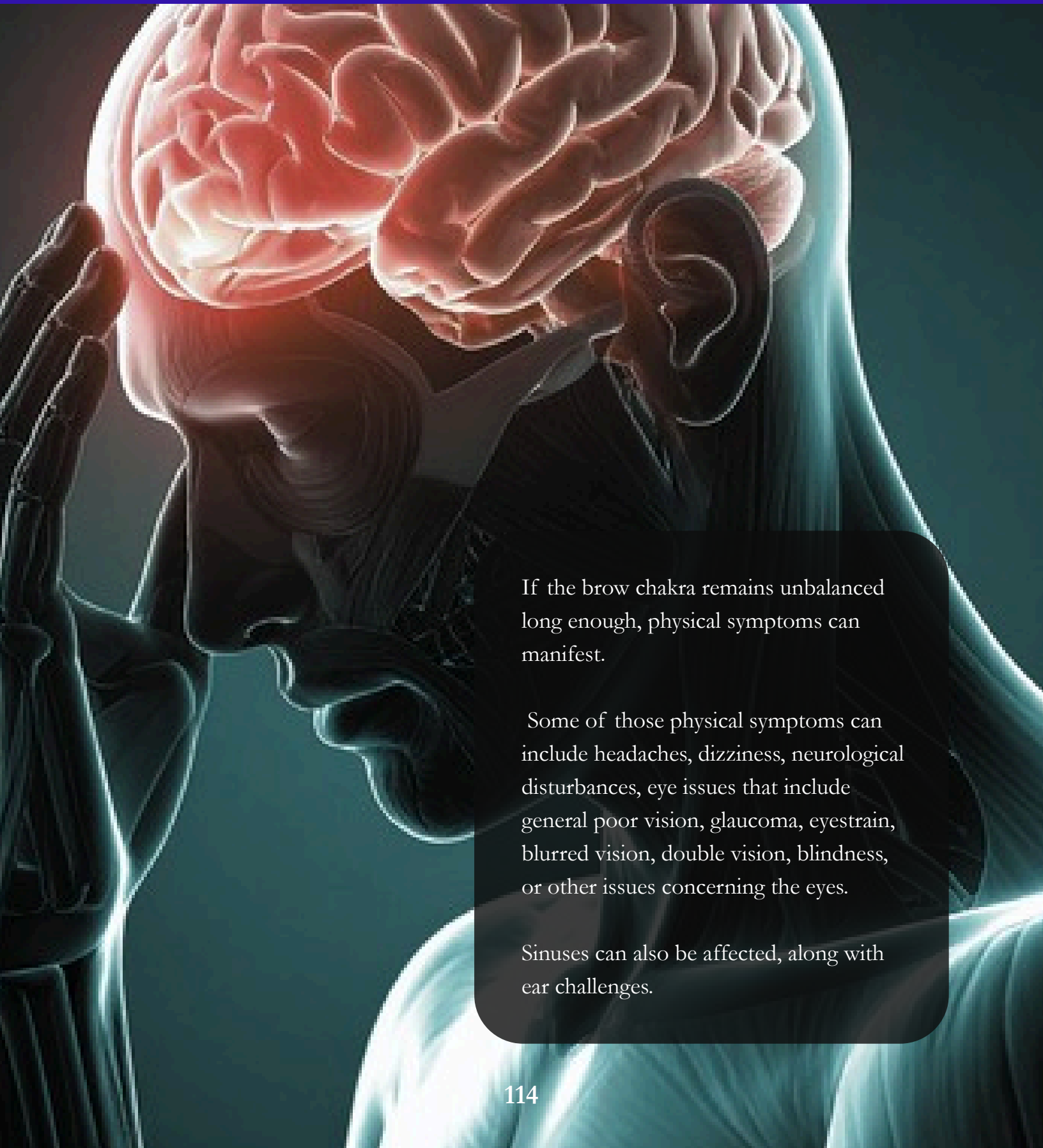
They can be short-sighted, resulting in difficulties in seeing a situation “clearly” or objectively.

They might be prone to nightmares or hallucinations.

They also have trouble trusting their own inner wisdom; they might even feel perpetually lost.



# Physical symptoms that can manifest from a blocked third eye chakra



If the brow chakra remains unbalanced long enough, physical symptoms can manifest.

Some of those physical symptoms can include headaches, dizziness, neurological disturbances, eye issues that include general poor vision, glaucoma, eyestrain, blurred vision, double vision, blindness, or other issues concerning the eyes.

Sinuses can also be affected, along with ear challenges.

## How to balance this chakra:

You don't have to do everything listed here to help balance this chakra.

Try different activities that follow, then pick the ones that are the most effective for you.



# Aromatherapy



Some essential oils you can try are patchouli, clary sage, lavender, and blue yarrow.

These can be used in a carrier oil (always test first!) or with a diffuser (but do not use this if you have pets in the home).



# Crystal Healing



Carry or wear a deep-blue crystal with you or put it directly on the chakra area as you meditate.

These include lapis lazuli, lepidolite, sapphire, purple apatite, blue kyanite, and labradorite.

# Color Therapy



Stare at objects that are indigo (deep blue/purple) in color or meditate with them, such as with an indigo-colored mandala.

Wear indigo and deep blue-colored garments to remind yourself that you are working to balance this chakra.

# Creative Exercises



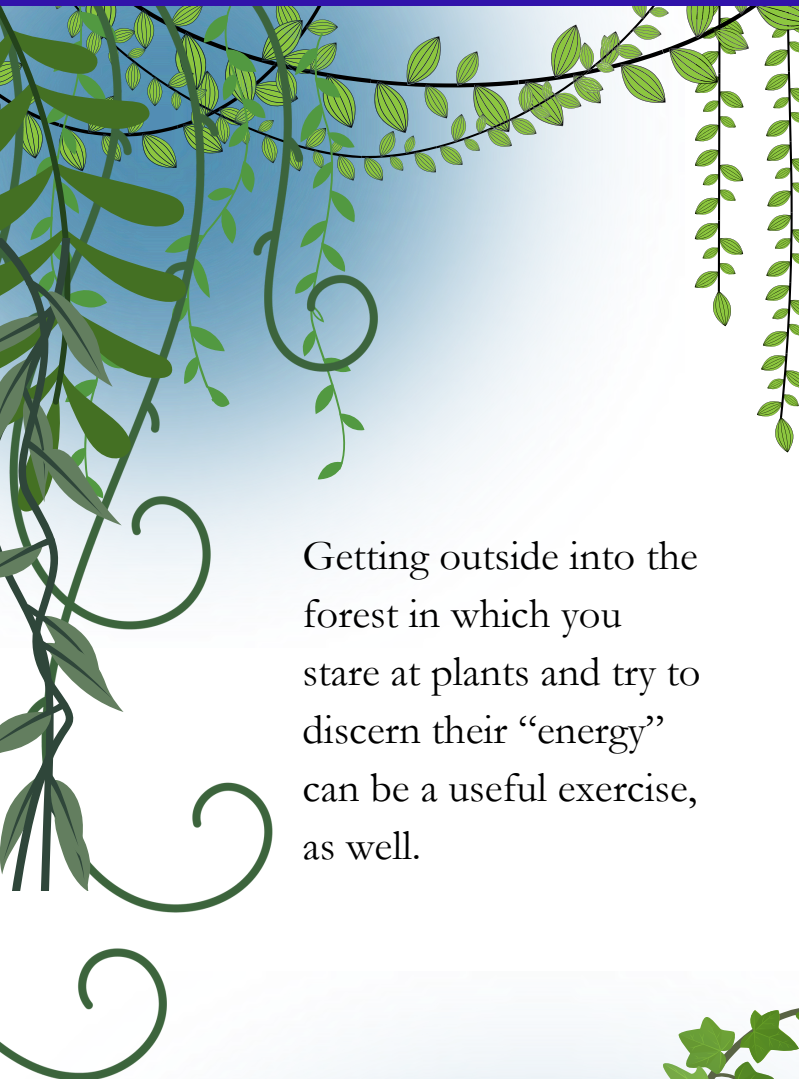
To help further open this chakra, getting creative is a wonderful way to aid in this process.

Similar to the sacral chakra, these activities include:

painting, drawing, photography, making music, quilting, making jewelry, writing stories, designing a room in the house, or anything else that gets the creative juices flowing and your imagination going. Using your imagination is also a great way to stimulate the energy of this chakra.



# Intuitive Exercises

A decorative illustration of a green vine with small leaves and a spiral curl, positioned on the left side of the page.

Getting outside into the forest in which you stare at plants and try to discern their “energy” can be a useful exercise, as well.

# Get Focused



Other ways to open this chakra include meditation and working with or visualizing geometric figures.

Activities that involve making task lists, lists of goals and desires, prioritizing (and making lists that help you to do so) can be helpful.

Additionally, activities that require a level of focus such that you can engage in deep focus, thereby letting your mind and thoughts settle, can be very beneficial.

“Letting go” and accepting things as they are (which doesn’t mean you cannot or should not change a situation, but acknowledging it for what it is) is a good practice.

Taking cold showers is challenging, but it can be worth a try.



# Eating for the third eye chakra



Additionally, it's important to eat more healthful “blue” foods such as purple grapes, eggplant, purple cabbage, purple asparagus, dark chocolate, plums, purple potatoes, black currants, raisins, nuts, and seeds such as walnuts, almonds, & flaxseeds.

## Eating for the third eye chakra

Fermented foods like yogurt, kefir, & sauerkraut can help the third eye chakra as well.



# Third Eye Chakra Guided Meditation



## Listen to the Third Eye Chakra Guided Meditation

Now that you have watched this throat chakra balancing video, the throat chakra meditation video that goes with this will make more sense.

Of course, meditation is always a powerful way to work on opening this (or any) chakra.

You are ready to try that meditation:  
<https://youtu.be/VqCZ1xXpgF4>



# Balancing the Crown Chakra



The Crown Chakra, also known as the “*Sahasrara*,” as its Sanskrit name, means “thousandfold.” It is located at the top of the head. Due to its location, it governs the upper skull, cerebral cortex, the central nervous system, skin, and the pineal gland.



## At a glance:



**Gland connection:** pineal

**Color:** violet, gold, white

**Element:** thought, cosmic energy

**Governs:** spirituality and understanding

**Musical note:** B

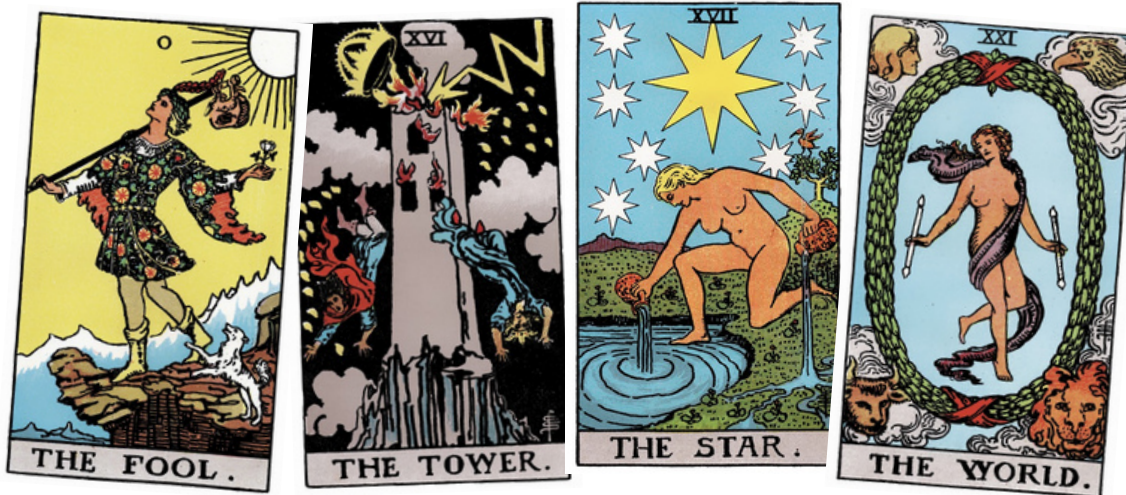
**Mantra:** Aum

**Vowel sound:** NG (not a vowel sound per se)

**Frequency:** 963 Hz



# Tarot Connection



Tarot:

**The World** - symbolic of universal connection

**The Star** - symbolic of perpetual hope and universal love

**The Tower** - symbolic of transformational power

**The Fool** - symbolic of universal communication



# Balancing the crown chakra

This chakra is the “knowing” chakra. As it is the top-most chakra, it is where your life force descends from the universe and gives life and consciousness to you, and ignites all the other chakras.

It is with this chakra that one can connect to universal consciousness - the realms beyond the physical reality in which our bodies exist.



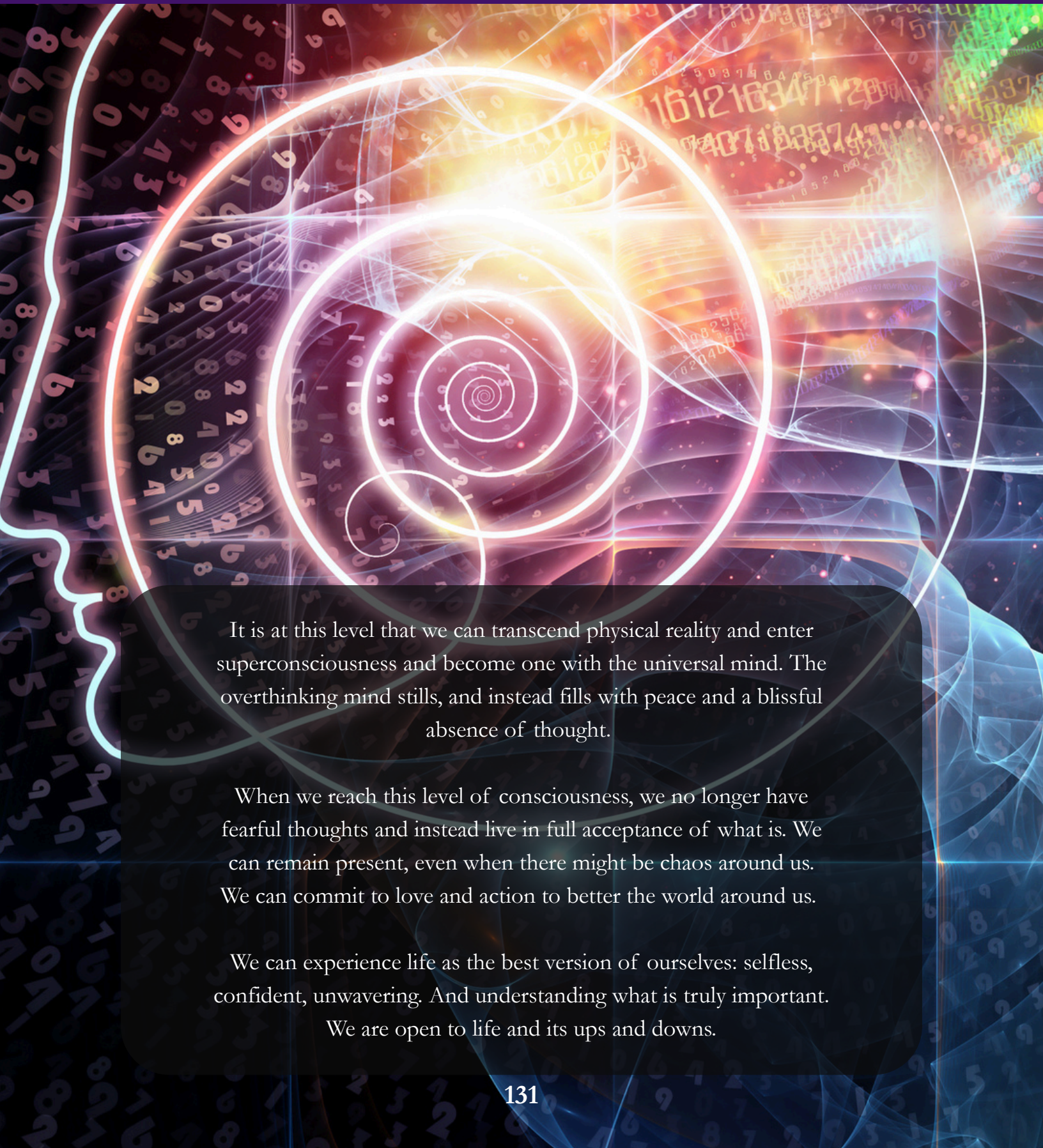
## Balancing the crown chakra



In fact, this chakra is the one that allows us to reach beyond the physical plane and into other realms: spiritual realms, other universes, galaxies, and beyond... while still allowing us to be able to come back down to physical reality and ground ourselves.

Time and space have less relevance in favor of experiencing new dimensions.

# Balancing the crown chakra



It is at this level that we can transcend physical reality and enter superconsciousness and become one with the universal mind. The overthinking mind stills, and instead fills with peace and a blissful absence of thought.

When we reach this level of consciousness, we no longer have fearful thoughts and instead live in full acceptance of what is. We can remain present, even when there might be chaos around us. We can commit to love and action to better the world around us.

We can experience life as the best version of ourselves: selfless, confident, unwavering. And understanding what is truly important. We are open to life and its ups and downs.

# A balanced crown chakra

When you encounter someone who has a **balanced crown chakra**, they exude an air of peacefulness, having an experience of being One with the world.

They're inspiring and almost seem otherworldly. They are lucky in life. They exhibit a high level of spiritual growth, wisdom and are in touch with their highest selves.

They exhibit a level of joy and acceptance and have faith that things will work out.



# When the crown chakra is too open:



A crown chakra that is **too open** manifests in someone with any, some, or all of the following characteristics that concern emotional behavior:

Egotism, greed, and mental confusion. They may experience perpetual frustration with life and exhibit a lack of joy.

They might experience mental confusion and have feelings of loneliness. They may also be manic, deceptive, or display obsessional thinking.

# When the crown chakra has low-energy or is blocked

A crown chakra that has **reduced energy flow or is blocked** manifests in someone with any, some or all of the following characteristics that concern emotional behavior:

They might have difficulties with physical, mental or emotional health. They may feel a lack of meaning in their life, exhibit a lack of faith, or feel insignificant in this world.

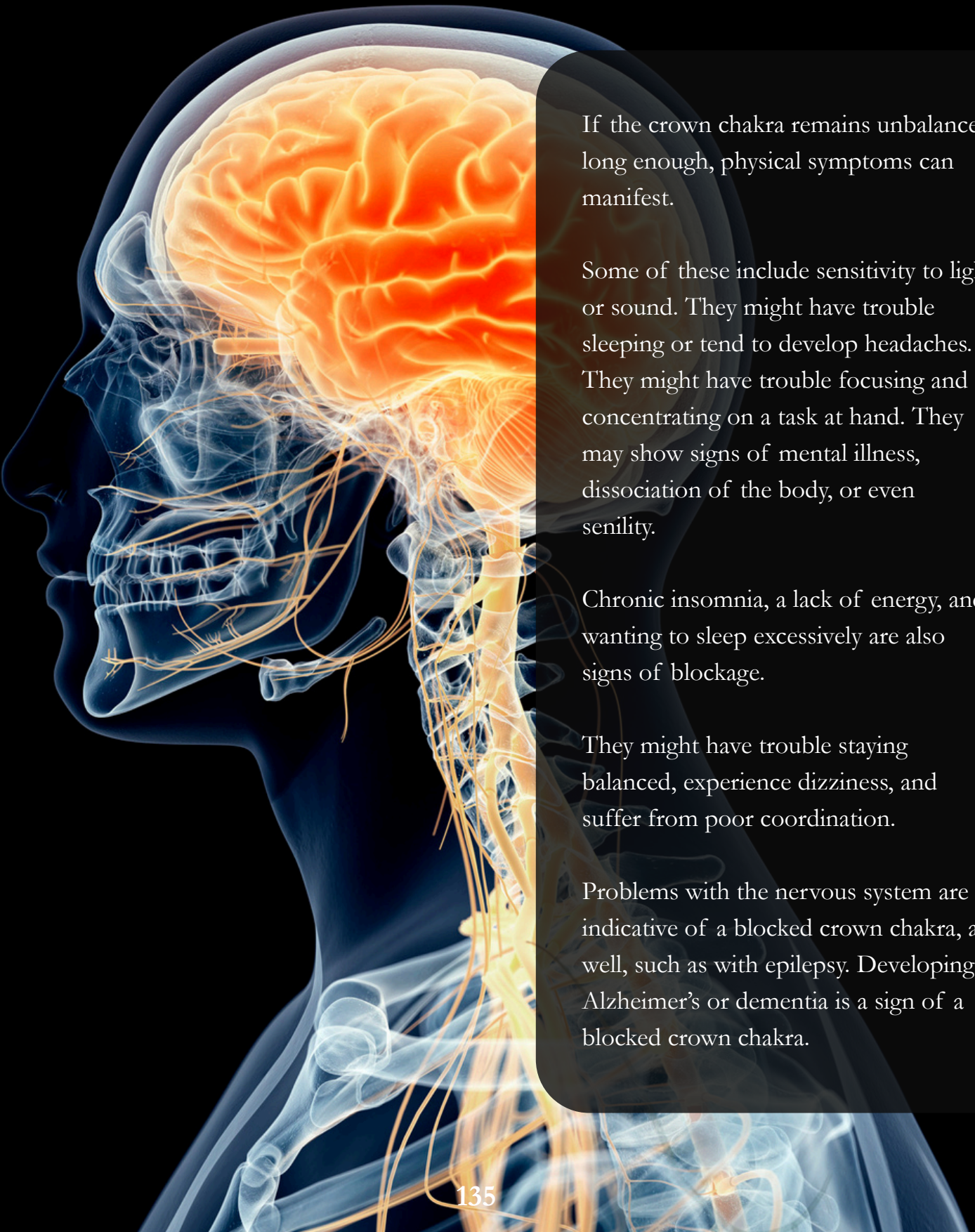


They may be prone to depression, negative or self-destructive feelings, predisposing them to bad moods.

Constantly feeling unlucky in life is another sign of a closed crown chakra.

There might be a disconnect between what they believe and what they actually do or feel.

# Physical symptoms that can manifest from a blocked crown chakra



If the crown chakra remains unbalanced long enough, physical symptoms can manifest.

Some of these include sensitivity to light or sound. They might have trouble sleeping or tend to develop headaches. They might have trouble focusing and concentrating on a task at hand. They may show signs of mental illness, dissociation of the body, or even senility.

Chronic insomnia, a lack of energy, and wanting to sleep excessively are also signs of blockage.

They might have trouble staying balanced, experience dizziness, and suffer from poor coordination.

Problems with the nervous system are indicative of a blocked crown chakra, as well, such as with epilepsy. Developing Alzheimer's or dementia is a sign of a blocked crown chakra.

## How to balance this chakra:

You don't have to do everything listed here to help balance this chakra.

Try different activities that follow, then pick the ones that are the most effective for you.



# Aromatherapy



Try rosewood, lavender, jasmine, vetiver, sandalwood, myrrh, clove, or sweetgrass essential oil.

These can be used in a carrier oil (always test first!) or with a diffuser (but do not use this if you have pets in the home).

You can also use incense if you are not sensitive to the aromas.



# Color Therapy



Stare at objects that are violet, white, or even gold in color, or meditate with them, such as with a purple mandala.

Wear lots of purple garments to remind yourself that you are working to balance this chakra.

# Exercises

To help further open this chakra, activities that involve nature are beneficial, such as hiking, being out in the sunshine, or working outside.

Mindful activities can help, especially those that take place outdoors, such as walking a labyrinth or visiting a medicine wheel.

Spending time in silence is another way to help open the crown.

Still, exercises like Yoga Nidra, headstands, lotus postures, doing the corpse pose, or rabbit pose can help.

You can also try an exercise like the 5 Tibetans.



# Get Mindful



There is no better activity to open this chakra than meditation.

Infinite varieties exist; choose what resonates with you and allows you to regularly do so.

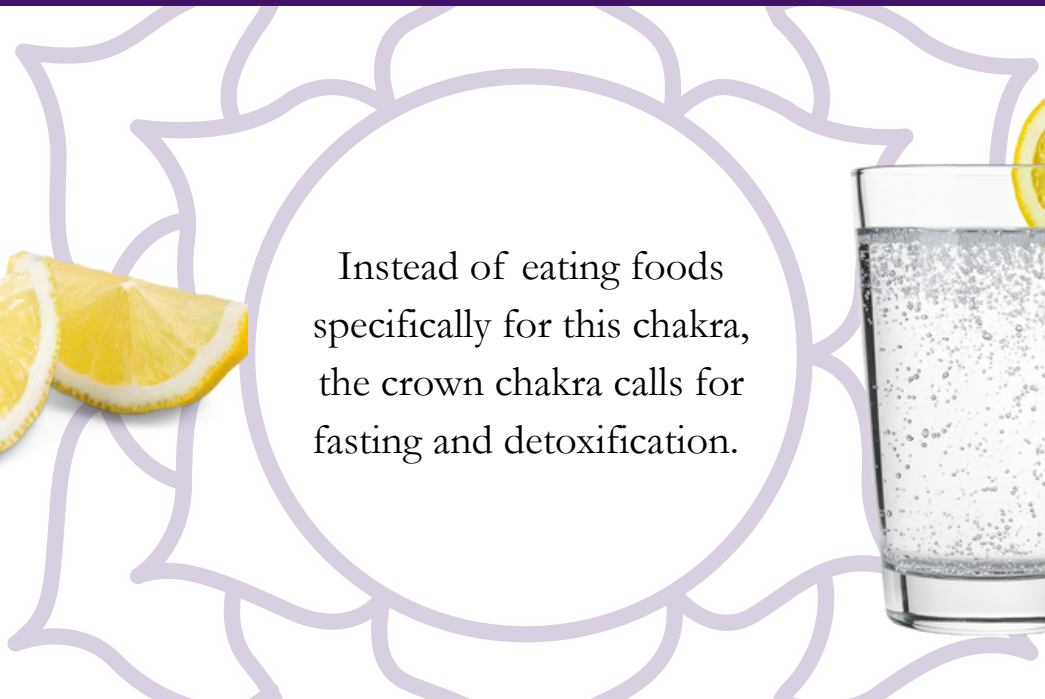
Becoming aware of your thoughts, your actions, and your breathing helps you to clear your mind and engage with life more mindfully.

Practicing gratitude and activities that require a level of humility are really good, as are acts of selflessness.

Actively embracing a “live and let live” mindset, such that you respect others’ truth or beliefs, even if you do not agree, is another good thing to do.



# Eating for the crown chakra



Instead of eating foods specifically for this chakra, the crown chakra calls for fasting and detoxification.



DETOX

The word 'DETOX' is spelled out using dark brown wooden block letters. The letter 'O' is replaced by a fresh, sliced lemon.

# Crown Chakra Guided Meditation



## Listen to the crown chakra guided meditation

Now that you have watched this crown chakra balancing video, the crown chakra meditation video that goes with this will make more sense.

Of course, meditation is always a powerful way to work on opening this (or any) chakra.

You are ready to try that meditation:  
<https://youtu.be/XlkGdX89KLw>



# About Cynthia

Cynthia Calhoun (she/her) is the founder of Art Funky, a one-woman creative and spiritual studio where design, intuition, and heart-centered connection meet.



Art Funky began in 2022 as a creative design company dedicated to crafting authentic, exceptional web and graphic designs for small business owners. Over time, Cynthia's spiritual side kept asking to be expressed, and in late 2024, she began weaving her spiritual wisdom into her work—shaping Art Funky into a space where creativity and intuition naturally coexist.

As an empath and intuitive healer, Cynthia has spent over a decade using tarot, chakra healing, and meditation to navigate life's challenges, tune into energy, and cultivate clarity. She is a certified meditation teacher with additional training in psychic development, chakra work, mudras, energy healing, and other modalities. Her life experiences have taught her that the most powerful transformation happens when we meet ourselves exactly where we are. Through her offerings, she brings together practical guidance and spiritual insight—whether through art and design or intuitive healing.

Whether she's designing a website, creating a mandala, leading a chakra meditation, or sharing a tarot reading, Cynthia's work is rooted in one core truth: creativity and spirituality are both forms of healing. She blends her understanding of culture, education, and human connection to help others express themselves—through creative expression, a spiritual practice, or their own personal evolution.



*Your intuition knows the way. Trust it to guide you home to yourself.*