

INNER BALANCE & REIKI CLASSES: Introduction to the Chakras

NAME	LOCATION & ORGANS	ENDOCRINE SYSTEM	COLOR	ELEMENT	QIGONG MOVEMENT	FUNCTION	BALANCED
First Root Chakra	Base of spine, sciatic nerve, hips, legs, feet, knees, ankles,	Adrenal Glands	Red	Earth	Rooting: Imagine a tree firmly rooted and opening to the sun	Grounding Survival Support Rooted	Nourishment, Trust, Healthy Boundaries, Good Physical Health, Ability to provide for oneself, Balanced Life, connection to family and has solid roots, Security, Stability, and Safety.
Second Sacral chakra	Pelvic area, kidneys, spleen, lower abdomen, uterus, tan-tien	Ovaries or Testes	Orange	Water	Traveling Eastward Across the Ocean	Movement Creativity Sexuality Emotions	Creative, Movement, fluidity of emotions and creative energy, healthy sexuality, partnership and connection with others, balance of masculine / feminine, graceful movement, ability to accept change easily, nurturing of self and others,
Third Solar plexus chakra	upper abdomen, liver, stomach, digestive system	Pancreas	Yellow	Fire	Circle of Light: Trace the outline of the sun	Authentic Power Will Joyfulness	Empowerment, Authentic power, Life force, Vitality, Energy, Action from internal power, confidence, able to make good decisions, Let go of Ego based nature and Express Authenticity from Divine Self, joyfulness, humor, playfulness, laughter.
Fourth Heart chakra	Center of chest, heart, lungs, upper back and shoulders	Thymus Gland	Green	Air	Giving and Receiving from the Heart Center	Love Gratitude Compassion Abundance	Capacity to love others and self, Openness to give and receive love, compassion and understanding, equal exchange of energy in relationships, connection with breath of life, healthy lungs, Flow of Abundance. Bridge and balance point between physical and spiritual worlds.
Fifth Throat chakra	Throat, neck, mouth, jaw, ears	Thyroid Gland	Sky Blue	Sound	Swimming with a Blue ball of Light	Communication Speak & Hear Truth Within	Clear communication of thoughts and emotions, creativity with words, dialogue with higher self and source to know personal truth, connection to authentic power to move forward with confidence in Life in your Truth.
Sixth Third eye chakra	Middle of forehead, Eyes, left and right sides of brain	Pituitary Gland	Indigo	Thought	Offering Out and Letting Go with Trust	Intention Intuition Dreams Imagination	Imaginative, intuitive, and creative, perceptive and logical, easily accesses dream state, magical connection with world, Ability to Manifest and Create through Intention, Increased Intuition, Connection between left and right sides of brain.
Seventh Crown chakra	Top of the head, hair, scalp, (halo)	Pineal Gland	Violet or White	Light	Weaving the Crown of Light	Connection to the Universe Spiritual Center	Wisdom, Prayer, Meditation, Inter-connection with All things, Connection to the Divine, Openness, Wholeness, Infinite and Expansive Connection and Awareness of All that is, receives inner wisdom from source of creation.