

CHAKRAS 101 BY OASISTHEHEALER

What are chakras?

The soul is made of light and for it to descend into the body it reduces its vibration and as the soul enters the physical body through a subtle energy system made up of energy channels and **chakras** (energy centres). The chakras are described as powerful junctions where many nāḍīs meet, allowing life energy (*prāṇa*) to flow throughout the body and supporting the connection between body, mind, and spirit.

Each chakra corresponds with a body part that will show physical symptoms if that chakra is distorted. You can relate disease in these areas to distortions in the chakras that governs it.

ROOT CHAKRA – Legs, feet, spine, adrenal glands

SACRAL CHAKRA – Reproductive organs, lower abdomen, kidneys

SOLAR PLEXUS CHAKRA – Stomach, digestion, liver, pancreas

HEART CHAKRA – Heart, lungs, chest, arms

THROAT CHAKRA – Throat, neck, shoulders, thyroid

THIRD EYE CHAKRA – Brain, eyes, pituitary gland

CROWN CHAKRA – Brain, nervous system, pineal gland

Think of your chakras as doorways that connect every part of you, your body, your mind, your spirit, and your true self. When your chakras are healthy and balanced, it's easier to feel your best, think clearly, and be your true self.

How to improve your chakras

- Taking herbs and fruits that match the vibration of the chakra that you want to open, you have to do this in a ritualistic manner to get the full effects.
- From the outside in: Taking care of your body through things like yoga, exercise, and healthy habits can help your chakras. Life experiences can also strengthen them or make them feel out of balance.
- From the inside out: Meditation, mindfulness, and other spiritual practices help balance your chakras by working with your thoughts, emotions, and inner awareness.

The goal is to keep all of your chakras balanced so your body, mind, and spirit work together in harmony. In chakra traditions, opening and balancing the chakras is

believed to remove the inner blocks that make it harder to experience your true spiritual nature.

Think of your spirit like the sun. The sun is always shining, but if your windows are dirty, less light gets through. Balancing your chakras is like cleaning the windows—it doesn't create the light; it simply lets you experience it more clearly.

States the chakras exist in

The three simplest states are:

Balanced – Functioning in harmony with healthy energy flow.

Underactive (or Deficient) – Lacking energy or functioning below its optimal level.

Overactive (or Overstimulated) – Excessive energy or functioning beyond its optimal level.

Root Chakra (Muladhara)

Balanced

- **Grounded** – Feels connected to the body and present in the moment.
- **Secure** – Has a sense of safety, trust, and confidence in life.
- **Stable** – Handles challenges calmly and maintains emotional and physical balance.

Underactive

- **Fearful** – Frequently worries about safety, survival, or the future.
- **Insecure** – Lacks confidence and struggles to feel supported or protected.
- **Disconnected** – Feels ungrounded, restless, or detached from the body and physical world.

Overactive

- **Controlling** – Tries to control people or situations to feel safe.

- **Stubborn** – Resists change and clings to routines, beliefs, or possessions.
- **Materialistic** – Places excessive importance on money, status, or physical security.

What affects the Root Chakra

Strengthens

- **Grounding in nature** – Reconnects you with the earth and promotes stability.
- **Physical exercise** – Builds strength, body awareness, and resilience.
- **Stable routines** – Consistent habits create a greater sense of safety and security.

Weakens

- **Trauma** – Experiences that threaten safety or stability can disrupt the chakra.
- **Chronic stress** – Keeps the body in survival mode and creates imbalance.
- **Instability** – Frequent uncertainty, lack of routine, or insecurity can weaken its sense of grounding.

SACRAL CHAKRA (SVADHISTHANA)

Balanced

- Creative – Expresses ideas, passions, and talents freely.
- Emotionally Balanced – Experiences emotions without suppressing or becoming overwhelmed.
- Passionate – Enjoys life, healthy relationships, intimacy, and pleasure in balance.

Underactive

- Emotionally Numb – Struggles to feel or express emotions.
- Uninspired – Lacks creativity, enthusiasm, or motivation.
- Withdrawn – Avoids intimacy, connection, or new experiences.

Overactive

- Emotionally Reactive – Emotions become intense and difficult to regulate.
- Impulsive – Seeks immediate gratification without considering consequences.

- Overindulgent – Excessively pursues pleasure, entertainment, food, or intimacy.

What Affects the Sacral Chakra

Strengthens

- Creative Expression – Art, music, dance, and other creative activities.
- Healthy Relationships – Trust, emotional openness, and meaningful connection.
- Movement & Play – Dancing, swimming, and joyful physical activity.

Weakens

- Emotional Suppression – Bottling up or ignoring emotions.
- Shame & Guilt – Especially around emotions, creativity, or sexuality.
- Toxic Relationships – Unhealthy emotional patterns and lack of trust.

SOLAR PLEXUS CHAKRA (MANIPURA)

Balanced

- Confident – Trusts in their abilities and believes in themselves.
- Disciplined – Has self-control, motivation, and follows through on goals.
- Empowered – Feels capable of making decisions and taking action.

Underactive

- Insecure – Doubts their worth and seeks validation from others.
- Unmotivated – Lacks drive, purpose, or determination.
- Indecisive – Struggles to make choices or take responsibility.

Overactive

- Dominating – Tries to control or overpower others.
- Arrogant – Has an inflated ego or excessive pride.
- Aggressive – Reacts with anger, impatience, or hostility when challenged.

What Affects the Solar Plexus Chakra

Strengthens

- Achieving Goals – Completing challenges builds confidence and self-worth.
- Physical Exercise – Strengthens willpower, discipline, and personal power.
- Positive Self-Belief – Healthy self-talk and self-respect reinforce inner confidence.

Weakens

- Criticism & Humiliation – Damages confidence and self-esteem.
- Failure Without Growth – Repeated setbacks without learning reduce motivation.
- Lack of Purpose – Living without direction or meaningful goals weakens personal power.

HEART CHAKRA (ANAHATA)

Balanced

- Compassionate – Shows kindness, empathy, and understanding toward yourself and others.
- Loving – Gives and receives love freely without attachment or fear.
- Forgiving – Lets go of resentment and chooses healing over holding onto pain.

Underactive

- Guarded – Struggles to trust others or open up emotionally.
- Lonely – Feels isolated, disconnected, or unloved.
- Resentful – Holds onto hurt, grief, or past emotional wounds.

Overactive

- Self-Sacrificing – Puts others' needs before your own to an unhealthy extent.
- Overly Attached – Becomes emotionally dependent or fearful of losing others.

- Overprotective – Smothers loved ones or tries to fix everyone's problems.

What Affects the Heart Chakra

Strengthens

- Acts of Love & Kindness – Giving and receiving genuine love and compassion.
- Forgiveness – Releasing resentment and healing emotional wounds.
- Healthy Relationships – Honest, supportive, and respectful connections.

Weakens

- Grief & Loss – Unresolved heartbreak or emotional pain.
- Betrayal & Rejection – Experiences that damage trust and openness.
- Isolation – Prolonged loneliness or emotional disconnection.

THROAT CHAKRA (VISHUDDHA)

Balanced

- Honest – Speaks truthfully with integrity and authenticity.
- Expressive – Clearly communicates thoughts, feelings, and ideas.
- Good Listener – Listens openly and respectfully while valuing others' perspectives.

Underactive

- Shy – Hesitates to speak up or share thoughts and feelings.
- Suppressed – Holds back emotions or fears being judged.
- Inexpressive – Struggles to communicate needs, opinions, or creativity.

Overactive

- Talkative – Speaks excessively without allowing others to contribute.
- Blunt – Communicates harshly without considering others' feelings.
- Opinionated – Feels the need to dominate conversations or always be right.

What Affects the Throat Chakra

Strengthens

- Honest Communication – Speaking truth with kindness and confidence.
- Active Listening – Creating balanced, respectful conversations.
- Creative Expression – Singing, writing, speaking, or storytelling.

Weakens

- Lying or Dishonesty – Creates conflict between inner truth and outward expression.
- Fear of Judgment – Prevents authentic communication.
- Being Silenced – Repeated criticism, ridicule, or suppression of your voice.

Sixth CHAKRA (AJNA)

Balanced

- Intuitive – Trusts inner guidance and perception.
- Clear-Minded – Sees situations with awareness and understanding.
- Imaginative – Uses creativity, vision, and insight to perceive possibilities.

Underactive

- Confused – Struggles with clarity, direction, or understanding.
- Unaware – Lacks self-reflection or connection to inner wisdom.
- Closed-Minded – Finds it difficult to see different perspectives or possibilities.

Overactive

- Overthinking – Becomes trapped in thoughts, analysis, or mental activity.
- Detached – Becomes disconnected from practical reality or emotions.
- Fantasizing – Focuses excessively on ideas, visions, or beliefs without grounding.

What Affects the Third Eye Chakra

Strengthens

- Meditation & Reflection – Develops awareness and inner clarity.
- Learning & Self-Discovery – Expands understanding and perspective.
- Trusting Intuition – Builds connection with inner guidance.

Weakens

- Mental Overload – Excessive stress, distractions, or constant stimulation.
- Lack of Self-Reflection – Avoiding inner awareness or personal growth.
- Limiting Beliefs – Restricting perception and openness to new ideas.

CROWN CHAKRA (SAHASRARA)

Balanced

- Connected – Feels a sense of unity with life, spirit, and existence.
- Aware – Experiences greater consciousness, wisdom, and understanding.
- Peaceful – Feels inner calm, acceptance, and trust in the flow of life.

Underactive

- Disconnected – Feels separated from spirituality, purpose, or a deeper meaning.
- Closed-Minded – Struggles to consider higher perspectives or new awareness.
- Empty – Experiences a lack of inspiration, meaning, or inner connection.

Overactive

- Escapist – Avoids physical reality by focusing only on spiritual concepts.

- Detached – Becomes disconnected from the body, emotions, or daily responsibilities.
- Inflated – Develops spiritual pride or a belief of being above others.

What Affects the Crown Chakra

Strengthens

- Meditation & Contemplation – Encourages awareness and inner connection.
- Spiritual Practice – Deepens understanding of purpose and existence.
- Compassion & Service – Creates a sense of unity and connection with others.

Weakens

- Material Attachment – Becoming solely focused on external possessions or status.
- Lack of Purpose – Feeling disconnected from meaning or direction.
- Ignoring Inner Growth – Avoiding self-reflection and deeper awareness.

MISCONCEPTIONS ABOUT CHAKRAS

The Heart Chakra Is Neutral in Gender

A common misconception is that the Heart Chakra is either masculine or feminine. In reality, the Heart Chakra represents balance and unity, which means it is neutral in gender.

The Heart Chakra (Anahata) represents the meeting point between the lower physical chakras and the higher spiritual chakras. It connects earthly experiences with spiritual awareness, creating harmony between different aspects of the self.

The qualities of the Heart Chakra — love, compassion, forgiveness, empathy, and connection — are not limited to any gender. Both masculine and feminine energies can express through the Heart Chakra.

A balanced Heart Chakra is not about becoming more masculine or feminine; it is about integrating both qualities, such as strength with gentleness, giving with receiving, and wisdom with emotion.

The Heart Chakra teaches that love is a universal energy beyond gender, identity, or physical form.

Emotions Come From the head and not the heart

A common misconception is that all emotions come from the Heart Chakra. In chakra teachings, emotions are often understood as involving the lower and upper energy centres together, not just one chakra.

The Heart Chakra (Anahata) represents the experience and expression of love, compassion, forgiveness, and emotional connection. It is associated with the way we open ourselves to others and connect through the heart.

However, emotions are also connected with the mind and higher chakras. The Third Eye Chakra relates to perception, thoughts, beliefs, and how we interpret experiences. The Crown Chakra relates to higher awareness and consciousness.

Emotions can be understood as a process involving the whole system:

- The mind perceives and interprets experiences.
- The body and lower chakras create sensations and reactions.
- The Heart Chakra processes connection, love, and emotional openness.

The Heart Chakra does not create all emotions; rather, it represents the centre where emotional awareness, compassion, and connection are balanced.