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Accompanying Podcast

Thank you for asking me for your copy of this eBook, if you would like to hear more about the chakra system you can listen to the archives of my radio show The Psychic Show with Tracy Fance. The archives can be found [here](#). It's free to listen to the archives or to the live shows if you listen in on the internet.

Chakra Info

- My frame of reference is my experience, my intuition and Patricia Mercier's book 'Chakra Bible'. Always take information on board like food. As you digest see how well it sits for you. If it is unpalatable then discard it until you get it in another form.
- What are chakras? Chakras are energy points on various meridians (energy lines). In Sanskrit, the original language & source of Chakra's it means 'wheel'.
- There are over 100 but we will be focusing on the main 7 which follow the spine from the coccyx to the top of the head.
- Base, Sacral, Solar Plexus, Heart, Throat, Brow/3rd eye, Crown.
- Each chakra relates to each of the body's organs & has its own function & effect on us
- The bottom 4 chakras (base, sacral, solar plexus & heart) are related to the senses & the physical body. The 3 above the heart are linked to the spiritual. Only the heart chakra has a foot in each camp. Once we balance them all we reach Nirvana or a blissful state. But for this all chakras need to be permanently balanced not temporarily.
- We will also look at Kundalini energy as that is what we should be aiming for with the balancing of the chakras.
- Healers will be aware of your chakras when working on you and those who see auras will see the condition of each chakra. For everyone else there is dowsing with a pendulum!

General Chakra Info

- Funnel shaped and go from front to back
- Each Chakra has it's own colour and vibration
- Coming 7 shows will look at each one in turn with this show looking at the Base Chakra
- Each Chakra can be too open, too closed or balanced.
- Each chakra can affect the ones either side of it so always work to balance the whole lot

Base/Muladhara Chakra

- Muladhara – Root or base
- Colour – Red
- Element – Earth
- Key issues: sexuality, lust, obsession, worry/security,
- Location: The perineum between anus and genitals
- Spinal Area: 4th sacral vertebrae
- Physiological aspect (Anatomy): reproductive system
- Endocrine System (glands & hormones): gonads

Base/Muladhara Chakra

- Four leaf lotus represents this chakra each one represents the psychological states of:
- Greatest Joy
- Natural Pleasure
- Delight in controlling passions
- Blissfulness in concentration leading to meditation.

Base Chakra

- ❖ Nerve Plexus: sacral coccygeal
- ❖ Inner Aspect: Grounding of spiritual energies
- ❖ Physical Action: Sexuality
- ❖ Mental Action: Stability
- ❖ Emotional Action: Sensuality
- ❖ Spiritual Action: Security
- ❖ Deities: Brahma, Dakini,
- ❖ If the chakra is not functioning correctly this will create dis-ease in the body . The dis-ease will depend on if the chakra is OVER working or UNDER working. The effects may be felt by mind, body or spirit level.
- ❖ Lets look at the illnesses that can manifest.

Base Chakra – Dis-ease

- ❖ Sexual dysfunction
- ❖ Sacral, spinal, excretion & reproductive system
- ❖ Calming Crystals: Uncut emerald or sapphire
- ❖ Balancing Crystals: Red stones such as red carnelian or even tourmaline as it grounds us & rids negativity
- ❖ Yoga is a great balancer with specific asanas for each chakra

Sacral Chakra Info

- The Sanskrit name for the 2nd chakra is Svadisthana – ‘One’s own place or base’
- It’s located below the navel
- If it is imbalanced it will affect the base & solar plexus chakras.

Sacral/Svadisthana Chakra

- Six lotus petals representing the sixth state of consciousness into which we are evolving:
- Pitiless
- Affection
- Feelings of all destructiveness
- Delusion
- Disdain
- Suspicion

Sacral/Svadisthana Chakra

- Colour – Orange
- Element – Water
- Key issues: Relationships, Sexual impulse, violence & addictions.
- Location: Upper sacrum, below the navel
- Spinal Area: 1st lumbar vertebrae
- Physiological aspect (Anatomy): water works
- Endocrine System (glands & hormones): Adrenals

Sacral Chakra

- ❖ Nerve Plexus: sacral
- ❖ Inner Aspect: Feeling
- ❖ Physical Action: Reproduction
- ❖ Mental Action: Creativity
- ❖ Emotional Action: Joy
- ❖ Spiritual Action: Enthusiasm
- ❖ Deities: Vishnu, Rakini
- ❖ If the chakra is not functioning correctly this will create dis-ease in the body . The dis-ease will depend on if the chakra is OVER working or UNDER working. The effects may be felt by mind, body or spirit level.
- ❖ Lets look at the illnesses that can manifest.

Sacral Chakra – Dis-ease

- ❖ Over production of adrenaline when stressed creating stress related illness and sometimes chronic.
- ❖ Water infections etc
- ❖ Emotional stress makes us put barriers up. In relationships barriers can block the Kundalini energy from rising past the 2nd chakra. This may cause us to flit from lover to lover seeking satisfaction but finding nothing except more dissatisfaction.
- ❖ Activating crystals: Fire opal & carnelian (any orange stone)
- ❖ Calming Crystals: Orange calcite balances & is effective with IBS. Uncut emerald is fab!
- ❖ Balancing Crystals: Moonstone & aquamarine
- ❖ Yoga is a great balancer with specific asanas for each chakra

Chakra Info

- Last week we looked at the 2nd chakra, if you missed it go to the archives to catch up. Hopefully we are showing in iTunes now. We are on Stitcher.
- The Sanskrit name for the 3rd chakra is Manipura – ‘Place of Gems’
- It’s located above navel but below the sternum
- If it is imbalanced it will affect the sacral & Heart chakras.

Solar Plexus/Manipura Chakra

- Represented by a 10 leaved lotus flower whose meanings are:
- Spiritual ignorance
- Thirst
- Jealousy
- Treachery
- Shame
- Fear
- Disgust
- Delusion
- Foolishness
- Sadness
- All of these must be overcome at this chakra level before moving on to the heart chakra.

Solar Plexus/Manipura Chakra

- Colour – Yellow
- Element – Fire
- Key issues: Power, fear, anxiety, introversion.
- Location: Below sternum and above the navel
- Spinal Area: 7th/8th thoracic vertebrae
- Physiological aspect (Anatomy):
Metabolic/digestive
- Endocrine System (glands & hormones): Islets of Langerhans (pancreas cells producing 4 hormones)

Solar Plexus/Manipura Chakra

- ❖ Nerve Plexus: solar plexus
- ❖ Inner Aspect: Opinion & personal power
- ❖ Physical Action: Digestion
- ❖ Mental Action: Power
- ❖ Emotional Action: Expansiveness, open & communicative
- ❖ Spiritual Action: Growth
- ❖ Deities: Rura, Lakini
- ❖ If the chakra is not functioning correctly this will create dis-ease in the body . The dis-ease will depend on if the chakra is OVER working or UNDER working. The effects may be felt by mind, body or spirit level.
- ❖ Lets look at the illnesses that can manifest.

Solar Plexus Chakra – Dis-ease

- ❖ Digestive problems, cancer & diabetes. Manipura sends energy to the islets of Langerhans situated in the pancreas which produces insulin to lower high blood sugar & glucagon's to raise blood sugar
- ❖ Lack of energy
- ❖ Alleviate the stress via meditation, yoga, gentle exercise, eat healthily,
- ❖ Activating crystals: Topaz preferably yellow, yellow tourmaline,
- ❖ Calming Crystals: Emerald & sapphire
- ❖ Balancing Crystals: Citrine
- ❖ Yoga is a great balancer with specific asanas for each chakra

Chakra Info

- So far we have looked at the first 3 chakras, lets now look at the 4th Chakra.
- The Sanskrit name for the 4th chakra is Anahata – ‘Unstruck Note’
- It’s located in the middle of the chest.
- If it is imbalanced it will affect the solar plexus & throat chakras.
- It straddles the psychic and the physical chakras and is considered the gateway to higher consciousness.

Heart/Anahata Chakra

- Represented by a 12 leaved lotus flower whose meanings are:
 - Lustfulness
 - Fraudulence
 - Indecision
 - Repentance
 - Hope
 - Anxiety
 - Longing
 - Impartiality
 - Arrogance
 - Incompetence
 - Discrimination
 - A defiant attitude
- All of these must be overcome at this chakra level before moving on to the throat chakra.

Heart/Anahata Chakra

- Colour – Green &/or Pink/Red/white
- Element – Air
- Key issues: Passion, tenderness, inner-child issues & rejection
- Location: Centre of chest on the sternum
- Spinal Area: 4th Thoracic vertebra
- Physiological aspect (Anatomy): Circulatory, lymphatic, immune
- Endocrine System (glands & hormones): Thymus

Heart/Anahata Chakra

- ❖ Nerve Plexus: Heart
- ❖ Inner Aspect: Unconditional love & compassion
- ❖ Physical Action: Circulation
- ❖ Mental Action: Passion
- ❖ Emotional Action: Expansiveness, open & communicative
- ❖ Spiritual Action: Devotion
- ❖ Deities: Ishvara & Kakini
- ❖ If the chakra is not functioning correctly this will create dis-ease in the body . The dis-ease will depend on if the chakra is OVER working or UNDER working. The effects may be felt by mind, body or spirit level.

Heart/Anahata Chakra – Dis-ease

- ❖ Lets look at the illnesses that can manifest.
- ❖ Heart disease, blood pressure issues, circulatory issues
- ❖ Emotional imbalances
- ❖ Inability to love yourself & others
- ❖ Respiratory problems, lung issues, immune disorders
- ❖ Allergies (not food ones)
- ❖ Breast cancer
- ❖ Fatigue,

Heart/Anahata Chakra Crystals

- ❖ Activating crystals: Peridot, (Chrysolite/Olivine),
- ❖ Calming Crystals: Pink Topaz, Pink/Lavender kunzite, Rhodonite
- ❖ Balancing Crystals: Watermelon tourmaline, Green Aventurine, Rose Quartz
Rhodocrosite
- ❖ Yoga is a great balancer with specific asanas for each chakra

Chakra Info

- The Sanskrit name for the 6th chakra is Ajna – ‘Servant or command’
- It’s located in the between the eyebrows.
- If it is imbalanced it will affect the throat & crown chakras.
- The 2nd of the psychic or spiritual chakras.

Brow/Ajna Chakra

- Represented by a 2 petal lotus flower whose meanings are:
- All of these must be balanced at this chakra level before moving on to the brow chakra.

Brow/Ajna Chakra

- Colour – White or deep blue
- Element - Joy
- Key issues: Balancing lower & higher selves, trusting inner guidance
- Physical Location: Centre of brow
- Spinal Area: 1st Cervical vertebra
- Physiological aspect (Anatomy): Endocrine & nervous
- Endocrine System (glands & hormones): Pineal & pituitary

Brow/Ajna Chakra

❖ Nerve Plexus: Hypothalamus

❖ Inner Aspect: Intuition

❖ Physical Location: Centre of brow

❖ Emotional Action: Clarity

❖ Spiritual Action: Meditation

❖ Deities: Shiva & Shakti

❖ If the chakra is not functioning correctly this will create dis-ease in the body . The dis-ease will depend on if the chakra is OVER working or UNDER working. The effects may be felt by mind, body or spirit level.

Brow/Ajna Chakra – Dis-ease

- ❖ Lets look at the illnesses that can manifest.
- ❖ Headaches & issues within the skull including eyes and ears.
- ❖ Dogmatic attitude, arrogance, self righteousness or excessive chatter (excess energy)
- ❖ Suicidal tendencies & depression

Brow/Ajna Chakra Crystals

- ❖ Activating crystals: Diamond, Herkimer Diamond.
- ❖ Calming Crystals: Sapphire, Emerald.
- ❖ Balancing Crystals: Lapis Lazuli
- ❖ Yoga is a great balancer with specific asanas for each chakra

Chakra Info

- The Sanskrit name for the 7th chakra is Sahasrara
- It's located on top of the head at the crown.
- If it is imbalanced it will affect the brow chakra.
- The 3rd of the psychic or spiritual chakras.

Crown/Sahasrara Chakra

- Represented by a 1,000 petal lotus flower which is consisting of 20 layers each containing 50 petals with the Sanskrit alphabet on them:
- All of the previous chakras must be balanced before moving on to the Crown chakra.

Crown/Sahasrara Chakra

- Colour – Shimmering rainbow like the scales of the trout but usually ascribed the colour violet.
- Element – Cosmic Energy, space or thought.
- Key issues: Inner wisdom & death of the body.
- Physical Location: Top of the head
- Physiological aspect (Anatomy): Central nervous system & brain.
- Endocrine System (glands & hormones): Pineal & pituitary

Crown/Sahasrara Chakra

- ❖ Nerve Plexus: Cerebral Cortex
- ❖ Inner Aspect: Release of Karma
- ❖ Physical Location: Top of Head
- ❖ Emotional Action: Beingness
- ❖ Spiritual Action: Unity through transcendental consciousness
- ❖ Deities: Shiva & Shakti
- ❖ If the chakra is not functioning correctly this will create dis-ease in the body .
The dis-ease will depend on if the chakra is OVER working or UNDER working.

Crown/Sahasrara Chakra

❖ If the chakra is not functioning correctly this will create dis-ease in the body . The dis-ease will depend on if the chakra is OVER working or UNDER working. When it is out of balance you may experience a sensitivity to light and a chronic tiredness. An unbalanced violet chakra can exhibit itself in a feeling of lack of purpose or inspiration, confusion, a lack of understanding, a loss of identity, apathy, learning difficulties, or denial of our spirituality. When the crown chakra is in balance we experience an ability to understand and learn new information easily. We make logical decisions easily and may have a strong sense of humanitarianism and devotion. We feel open minded and thoughtful and are more connected to our spiritual nature. We develop a trust in the Divine.

Crown/Sahasrara Chakra

- ❖ Activating crystals: Celestite, Blue Sapphire,
- ❖ Calming Crystals: Charoite, Sugilite/Luvulite
- ❖ Balancing Crystals: Clear Quartz, Amethyst
- ❖ Yoga is a great balancer with specific asanas for each chakra