

USING THE PENDULUM TO UNDERSTAND & READ CHAKRAS

When reading chakras, remember that the individual chakras are each a part of the full system of chakras. There is much information that can be gleaned from looking specifically at a single chakra - how it is embedded in the whole system and how it supports the other chakras is equally important. Chakras represent the map of the territory; we all have specific chakra life purpose needs and soul profile needs in this lifetime.

CHAKRA 1

Read it between the knees with intention

Location - base of spine, coccygeal plexus,
S1-5 & L1-5

Identity - Physical

Developmental Stage - Womb to 12 Months

Consciousness - Body awareness, feeling and sensation of being present, self-preservation, holding on

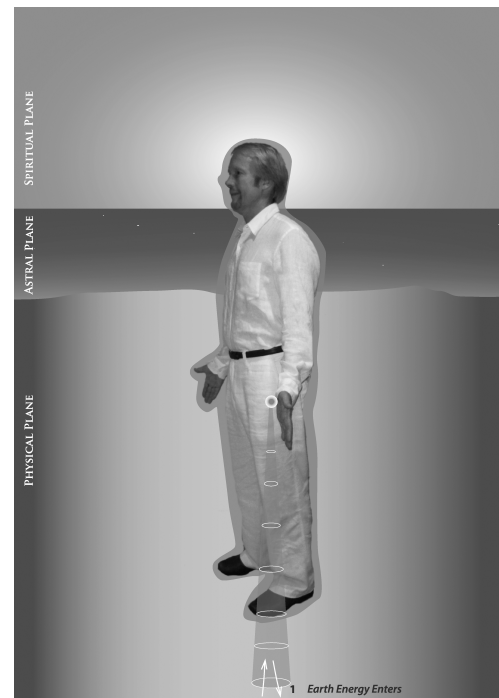
Open - Love and full acceptance of one's body and its limitations, good health, having the right to be here and have, sense of trust in the world, stillness, right livelihood

Deficient - Disconnection from body, fear of being present, anxious, feeling of not deserving to have, financial difficulties, poor boundaries, chronic disorganization

Excessive - Obesity, hoarding, sluggish, rigid, security addiction

Issues - Muscle, bone, ligament and skin disorders are not noticed until they become chronic, issues with any part of the legs, eating disorder, frequent illness

Demon – Fear



CHAKRA 2 - Front

Read it halfway between navel & pubic bone

Location - lower abdomen, sacral plexus, S1-5 & T9-12

Identity - Emotional

Developmental Stage - 6 to 24 months

Consciousness - Quality of love for others, give and receive physical pleasure, emotional range, sensual experience of life, movement, self-image, polarity, immune system, reaching out and receiving, letting go

Balanced - able to reach out and experience the world and express self through the five senses, flow and graceful movement, expresses and feels emotions fully, passionate about life and the connection to others, enjoys sex, orgasmic, vibrant, healthy sexuality and openness to self and others physically, sense of emotional and sexual power, manifests a strong healthy flexible body as the crown jewel of their life

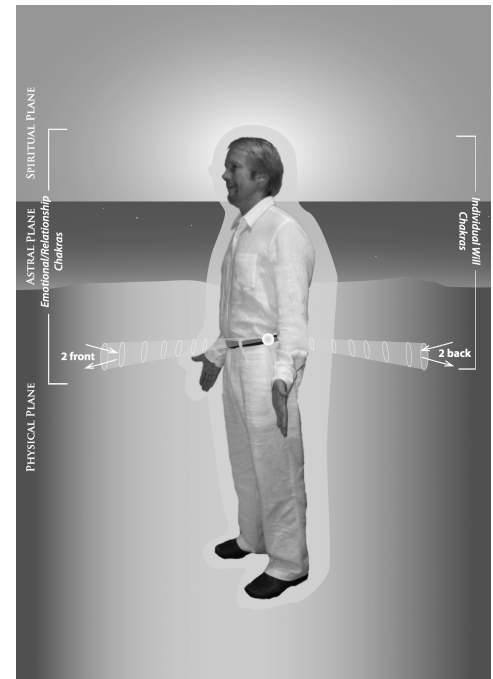
Deficient - Rigidity in body, fear of change, lack of desire and passion, denial of pleasure, limits interactions, rigid hold on sensuality and sexuality, denies that pleasure is a true need, limited creative expression, excessive number of boundaries, holds back on anger out of guilt, uses rage as impotent anger

Excessive - Pleasure and sexual acting-out and addiction, imbalanced sexual behavior, not able to relax, must be in control, crisis junky, overly emotional, emotes all over others, poor boundaries, invasion of others, obsessive attachment, rage-aholic

Issues - Low immune system, reproductive issues, sexual dysfunction, spleen or urinary tract problems, lower back, knee problems, inflexibility, lack of appetite for food, sex, life

In the East they say that anger is the most powerful of all emotions because it motivates change

Demon – Guilt



CHAKRA 2 - Back

Read it over the lumbar spine, just above belt-level

Location - Lower back just above the sacrum

Consciousness - Sexuality and creative power

Task - Letting go in order to feel and flow

CHAKRA 3 - Front

Read it from the bottom of the rib cage, just below the sternum

Location - Over the solar plexus, T5-9

Identity - Ego identity

Developmental Stage - 18 to 42 months

Consciousness - Personal power and individuation, who you are in the universe, a sense of belonging, mental center to express thoughts and feelings in balance, mental clarity, knowing when to hold on and when to let go, raw energy from body and emotions is blended with intention and knowing in order to create willful action and power

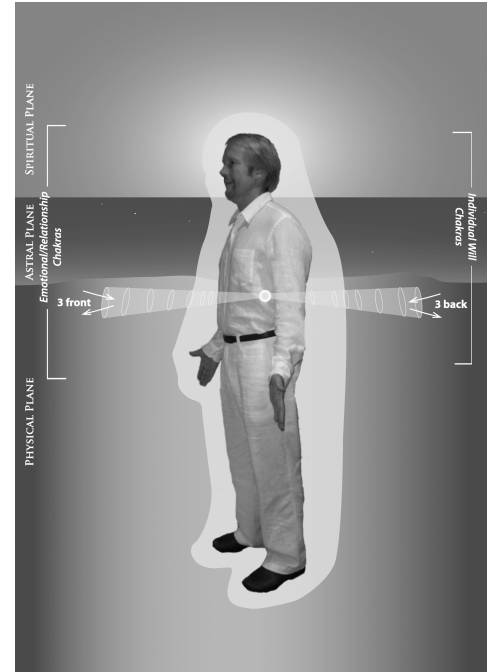
Balanced - Good self-esteem, spontaneity, playfulness, sense of humor, able to set and meet challenges, warmth in personality, has appropriate autonomy and sense of personal power, takes care of health and has good self-love

Deficient - Low self-esteem and self-discipline, weak will, poor digestion, victim mentality, passive/aggressive, emotionally and physically cold

Excessive - Overly aggressive, dominating, needs to be right, power hungry, violent outbursts, stubborn, driving ambition, type-A, competitive, arrogant, hyperactive

Issues - Digestive and eating disorders, hypoglycemia, diabetes, muscle spasms and disorders, chronic fatigue, pancreas, gall bladder, liver problems, hypertension

Demon - Shame



CHAKRA 3 - Back

Read it over the spine, just below the last rib

Location - Diaphragmatic center

Consciousness - Willingness to take care of mind, body and soul

Task - Healing through autonomy

CHAKRA 4 - Front

Read it between breasts

Location - Center of the sternum, pulmonary and cardiac plexi, T1-5

Identity - Social

Developmental Stage - 3.5 to 7 years

Consciousness - Desire to love, connect, a deep heart feeling of love for all those in one's life, on the planet and for all sentient beings, openness to life, able to see all of another (not just the outward appearance), ability to see the world as a supportive loving place where compassion and forgiveness and peace are the rule

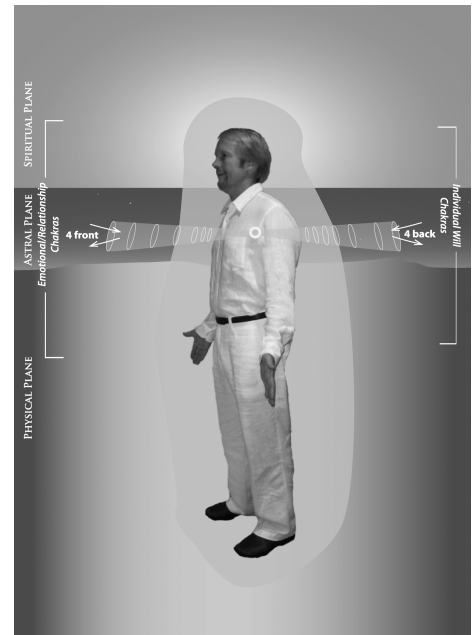
Balanced - Ability to love unconditionally and see love everywhere, love people in their humanity, accept the reality of our own humanity, overall life is in balance, heart transmutes earth plane energies into spiritual plane energies and spiritual plane energies into earth plane energies to be used in daily life, natural healing abilities, compassion, love, empathy, good immune system, wonderful self-love that accepts both the Anima and Animus forces, able to reach out and take in life and kindness from others and from self, has strong healthy relationships

Deficient - Anti-social, withdrawn, cold, critical, judgmental, intolerant of others and self, isolation, loneliness, narcissism, fear of relationships, kills love to punish partner for being who he/she is

Excessive - Codependency, poor boundaries, demanding, clinging, jealous, overly sacrificing

Issues - Disorders of the heart, lungs, thymus, breasts and arms, asthma, circulation, shortness of breath, tension in chest or between shoulder blades, immune system deficiency, poor relationship skills, being able to be both soft and strong in a relationship

Demon - Grief



CHAKRA 4 - Back

Read it between the shoulder blades

Location - Between shoulder blades

Consciousness - View of the world, ego will, will toward outer world and those in it, “The world is a safe place to live and work and bring up children”, “Life is hard”, “Life is a gift”, “my will over your will”, “my will over God’s will”, “not getting my way means my survival is at stake”, “I want my way without having to acknowledge your humanity”

Task – Trust others

CHAKRA 5 - Front

Read it over the Adam's apple

Location - Front of neck, pharyngeal plexus, C3-7

Identity - Creative self-expression

Developmental Stage - 7 to 12 years

Consciousness - Speaking the truth and acknowledging one's needs, expressing one's inner world to the outer world

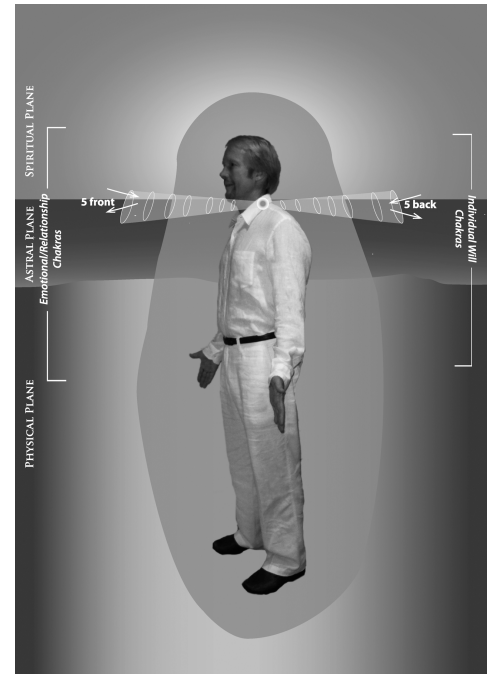
Balance - Resonant voice, good listener, good sense of timing and rhythm, clear flowing communication, creative life, able to be fulfilled by life, can express needs and trust that they will be filled, can understand others fully and express creatively what they see and feel, can release and purify emotions and feeling through the voice without hurting anyone else

Deficient - Weak voice, difficulty speaking about feelings, shy and introverted, poor rhythm, tone deaf, can't create vision or ask for help to create action

Excessive - Talking as a defense, too much too fast, gossiping, interrupting, can't listen and comprehend, dominating communication with powerful voice

Issues - Disorders of throat, ears, voice, neck, TMJ, toxicity, emotional holding and fear of expressing

Demon – Lies



CHAKRA 5 - Back

Read it just below the occipital joint

Location - Back of neck

Consciousness - Place on the planet, expressive work center, sense of self in society and one's profession, competitive center with others, where do I fit in, taking pride in life if career fulfills life task and challenges the person but if holding back from giving one's best then can become a victim of false pride, blaming outside circumstance for living an unfulfilled life, fear of failure can cause avoidance of contact and the statement: "I'm better than you; you are not good enough for me."

Task - Choice and commitment

CHAKRA 6 - Front

Read it above the center of the forehead

Location - Forehead, brow, third eye, carotid plexus, C1-2

Identity - Archetypal self-reflection, vision and pattern recognition

Developmental Stage - Puberty

Consciousness - Center of intuition and dreams, willingness to have a vision, visualize that things can be different, able to see the infinite patterns of life each of us are embedded in, past life vision

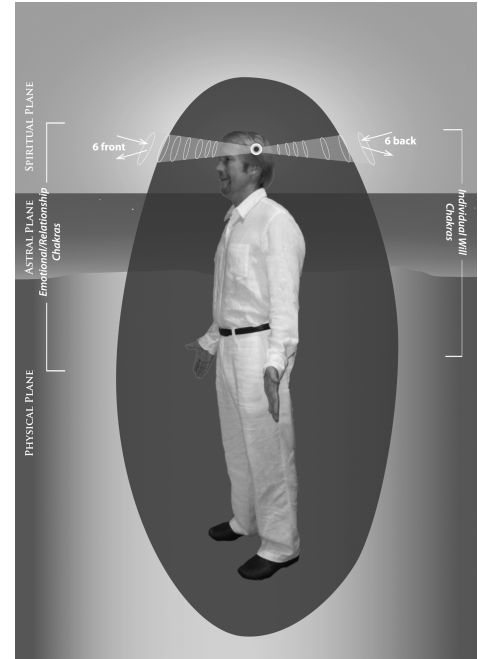
Balanced - Intuitive, perceptive, imaginative, good memory, able to access and remember dreams, able to think symbolically and visualize, capacity to visualize and understand mental concepts including reality and the universe and how those worlds are likely to respond to us as individuals

Deficient - Poor vision and memory, difficulty seeing the future and alternatives, denial of what is really going on, only sees one way, blocked in creative ideas and stagnant in life

Excess - Hallucinations, delusions, obsessions, nightmares, images about reality that are untrue or negative and project that onto the world which creates that world, often in therapy as the person sees an unhealthy pattern emerging, the chakra will spin in chaos or project the vision before coming into balance, has past life recall and dwells more on past lives rather than seeing how past lives relate to the present one

Issues - Headaches, vision problems

Demon – Illusion



CHAKRA 6 - Back

Read it just above occipital joint

Location - Back of head

Consciousness - Mental executive center, carry out ideas in a practical way, willingness to make vision a reality, ability to manifest and implement the creative ideas formulated through 6-front, ideas are followed through with appropriate action to cause them to materialize in the physical world, if 6th is closed it is hard to bring ideas to fruition, if 6-front is open and 6-back is closed the client needs training on how to get step by step to a goal, will say to others “you do the work and I’ll be the idea person” or “I can’t stand to wait that long”, if 6-front is excessive and projecting negativity and 6-back is open then criminal activity and violence can occur

Task – Clarity of purpose and place in the world

CHAKRA 7

Read it directly over the head

Location - Crown of head, cerebral cortex

Identity - Universal self-knowledge, wisdom and belief system

Developmental Stage - All through life

Consciousness - Knowing that you walk with God, integration of entire being, physical, mental, emotional and spiritual concepts of mankind

Balanced - Transcendence of the mundane, a sense of peace and faith and inner purpose in life, can perceive, analyze and assimilate information, intelligent, thoughtful and aware, open minded, able to question, spiritual connection, understands wisdom and mastery as life tasks, synthesizes information and reality to create a new reality in every moment, powerful operating system that balances all energies both material and spiritual easily

Deficient - Rigid belief systems, apathy, dominated by lower chakras, materialism, greed, domination, spiritual cynicism, learning disability, no spiritual experience of life, thinks spirituality is dogma of religion, always do it the same way

Excess - Over-intellectualization, spiritual addiction and attachment to having the one and only religious view, confusion, dissociation from body, tries to live in the spirit world not on earth, attached to non-attachment, space shot

Issues - Migraines, brain tumors, cognitive delusions

Demon - Attachment

Task - Doorway beyond limitations of form to the spirit world and infinite possibility

