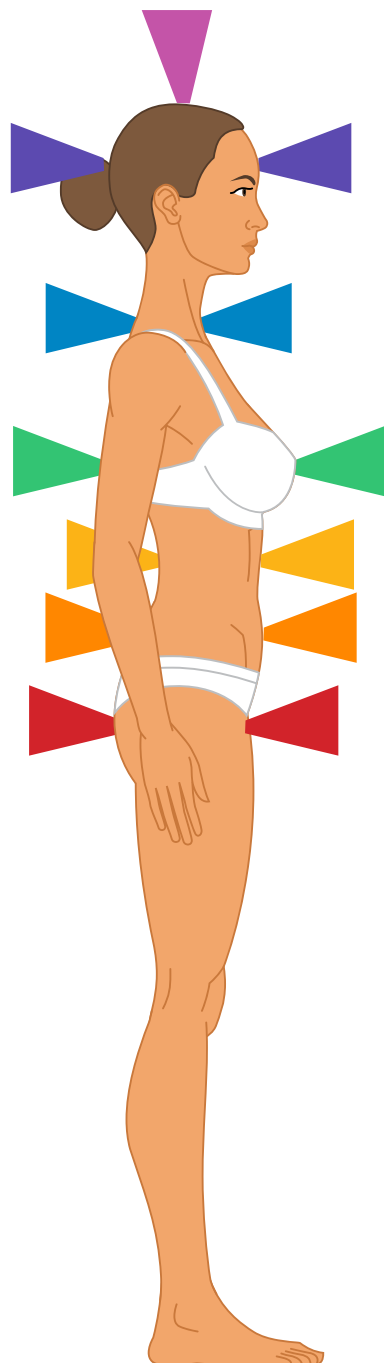


NEURO LINGUISTIC KINESIOLOGY TRAINING

The Chakras & Balance



7. Crown Chakra *I am at peace.*

6. Brow Chakra *I am calm. I see clearly*

5. Throat Chakra *I express myself clearly. I listen. I hear*

4. Heart Chakra *I am loved. I am loving*

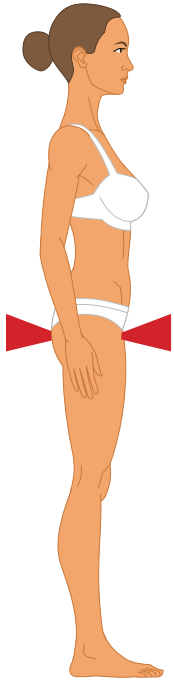
3. Solar Plexus Chakra *I am lovable. I am strong*

2. Naval Chakra *I am creative. I deserve pleasure*

1. Base/Root Chakra *I am safe and protected*

The Seven Major Chakras not only control and energize the vital organs of the body, but they also affect a persons psychological and spiritual condition.

The Base/Root Chakra



Name: Base or Root Chakra (Muladhara)

Location: Base of spine

Purpose: Grounding/Foundation

Colour: Red

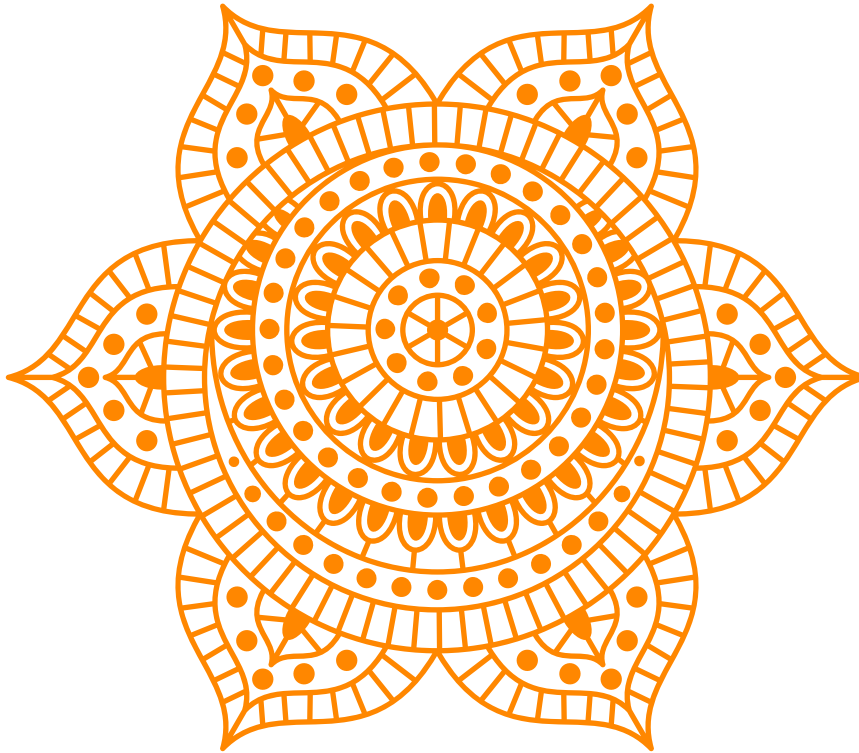
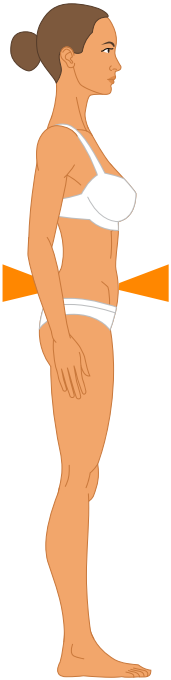
Negative emotion: Fear

Relationship with... Bones, pelvic area, immunity

Affirmations:

*I am safe and protected at all times
My World is a safe place for me
It is safe for me to be here
I am meant to be here
I give myself permission to be here
I trust my body*

The Naval/Sacral Plexus Chakra



Name: Naval or Sacral Plexus Chakra (Svadhithana)

Location: Naval/Lower abdomen

Purpose: Movement and connection

Colour: Orange

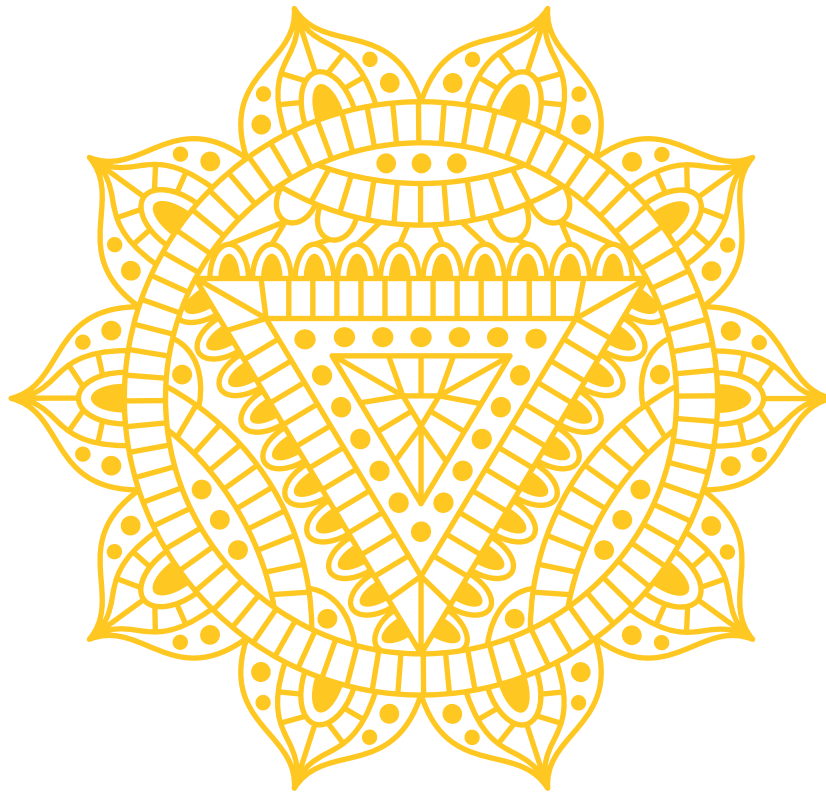
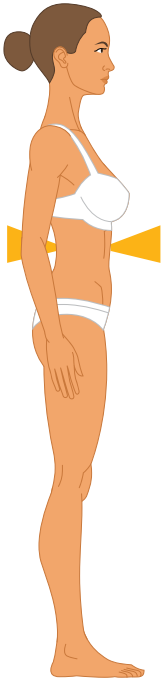
Negative emotion: Guilt

Relationship with... Genito-urinary system

Affirmations:

*I am creative
I deserve pleasure
I give myself permission to experience pleasure
Life is pleasurable
I move freely*

The Solar Plexus Chakra



Name: Solar Plexus Chakra (Manipura)

Location: Solar Plexus

Purpose: Transformation

Colour: Yellow

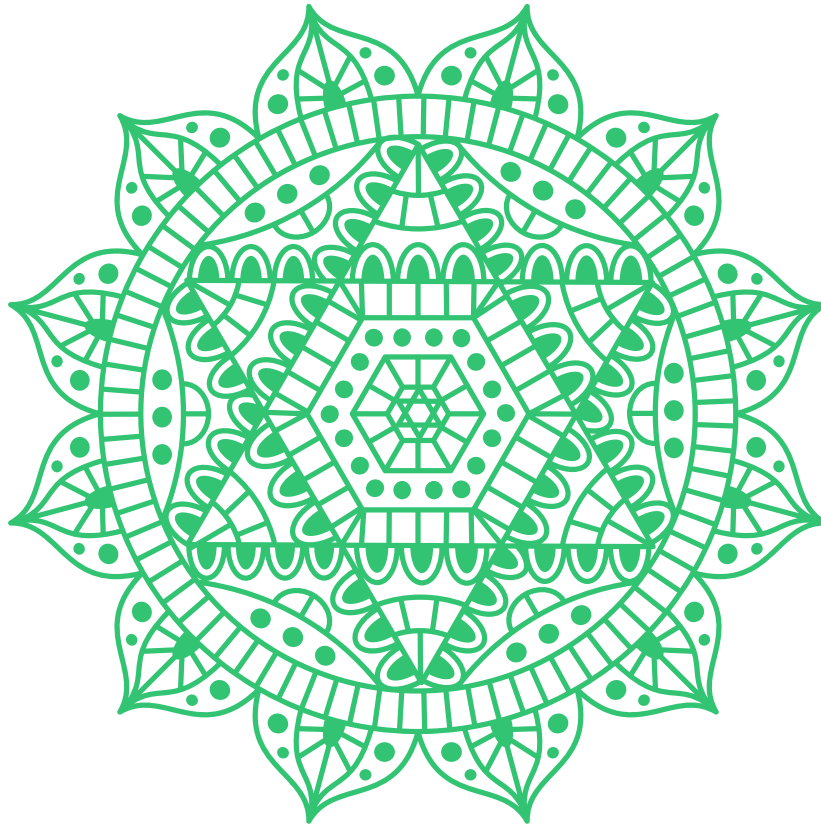
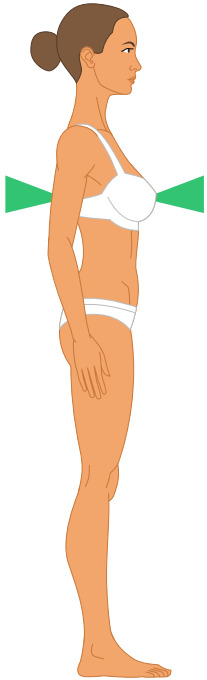
Negative emotion: Shame

Relationship with... Digestive system, liver, gallbladder, kidneys

Affirmations:

*I am worthy of love
I am lovable
I honour the power within me
I accomplish tasks easily and efficiently
Every day is fun and successfull*

The Heart Chakra



Name: Heart Chakra (Anahata)

Location: Chest, heart, sternum

Purpose: Love & Balance

Colour: Green

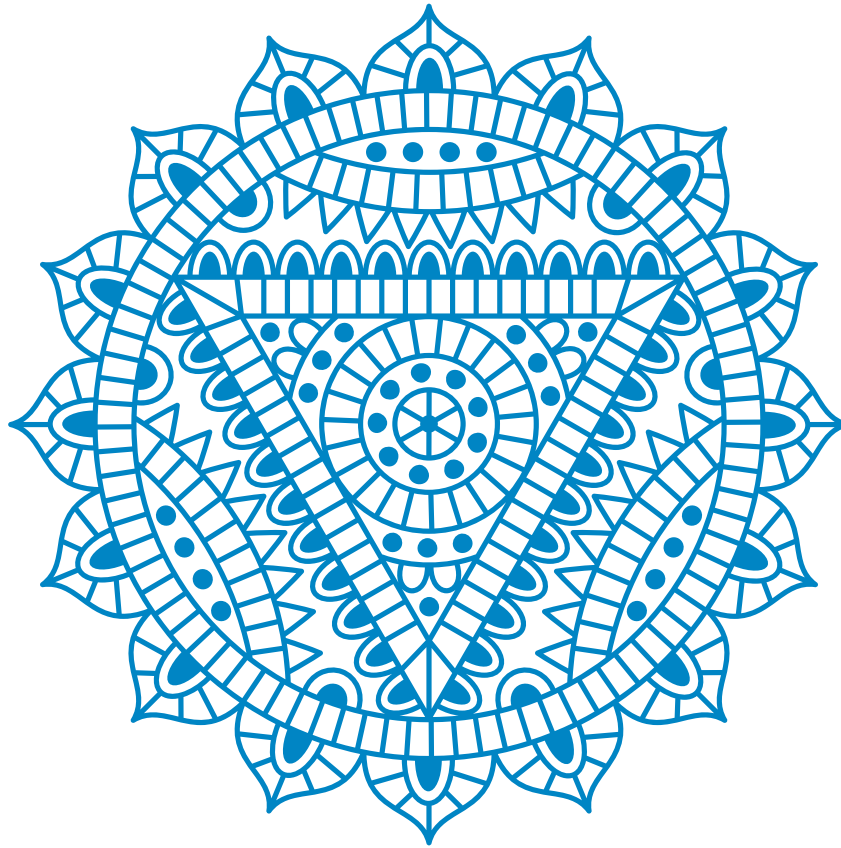
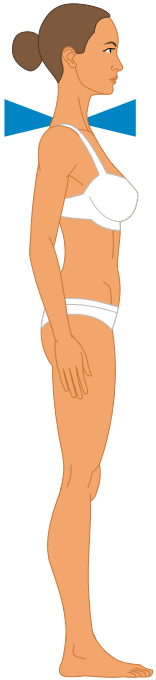
Negative emotion: Grief

Relationship with... Lungs, heart, Circulatory System

Affirmations:

*I am loving and kind
I completely love and accept myself
I am loving to myself and others
I am loved. I am loving
There is enough love for everyone including me*

The Throat Chakra



Name: Throat Chakra (Vissudha)

Location: Throat/Thyroid

Purpose: Communication

Colour: Blue

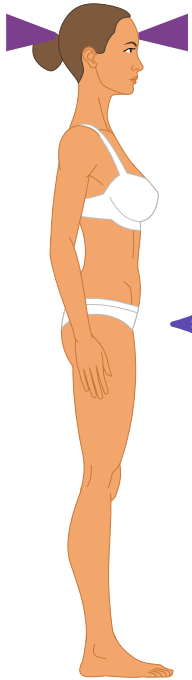
Negative emotion: Lies

Relationship with... Thyroid, throat

Affirmations:

*I speak and hear the truth
I express myself with clarity and ease
I know just what I want to say
I am listening carefully to what others say
My voice is heard*

The Brow Chakra



Name: Brow/Third Eye Chakra (Ajna)

Location: Forehead, brow, third eye

Purpose: Self reflection

Colour: Indigo

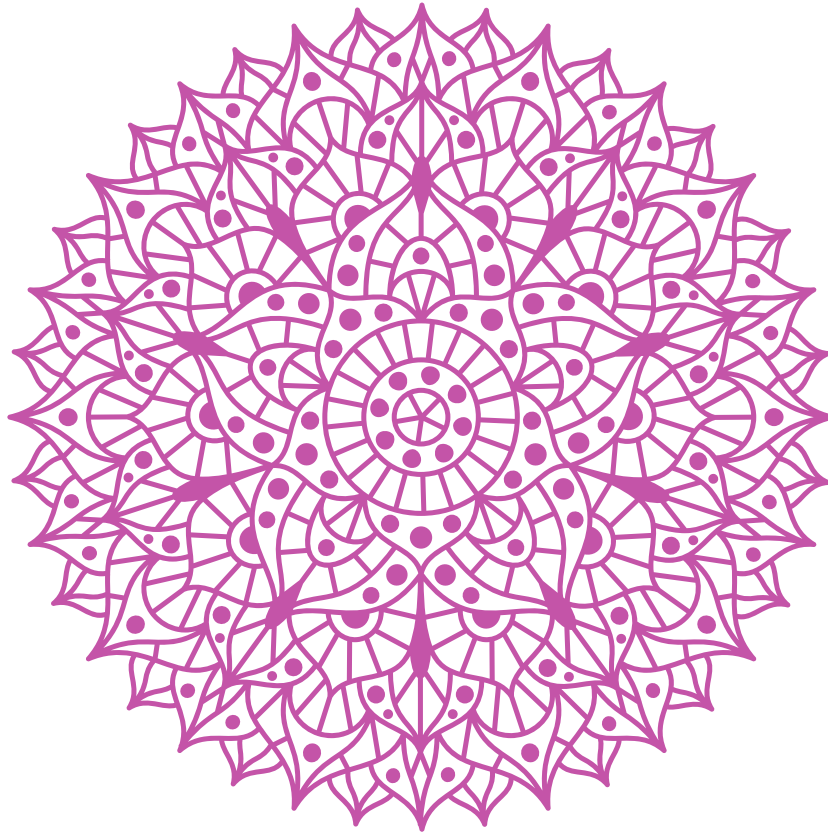
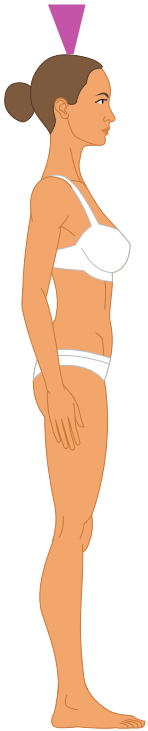
Negative emotion: Illusion

Relationship with... Autonomic nervous system, pituitary gland

Affirmations:

*I see with clarity
I can manifest my vision
I believe in my own magic*

The Crown Chakra



Name: Crown Chakra (Sahasrara)

Location: Cerebral Cortex

Purpose: Understanding/Connection to Higher Self

Colour: Violet

Negative emotion: Attachment

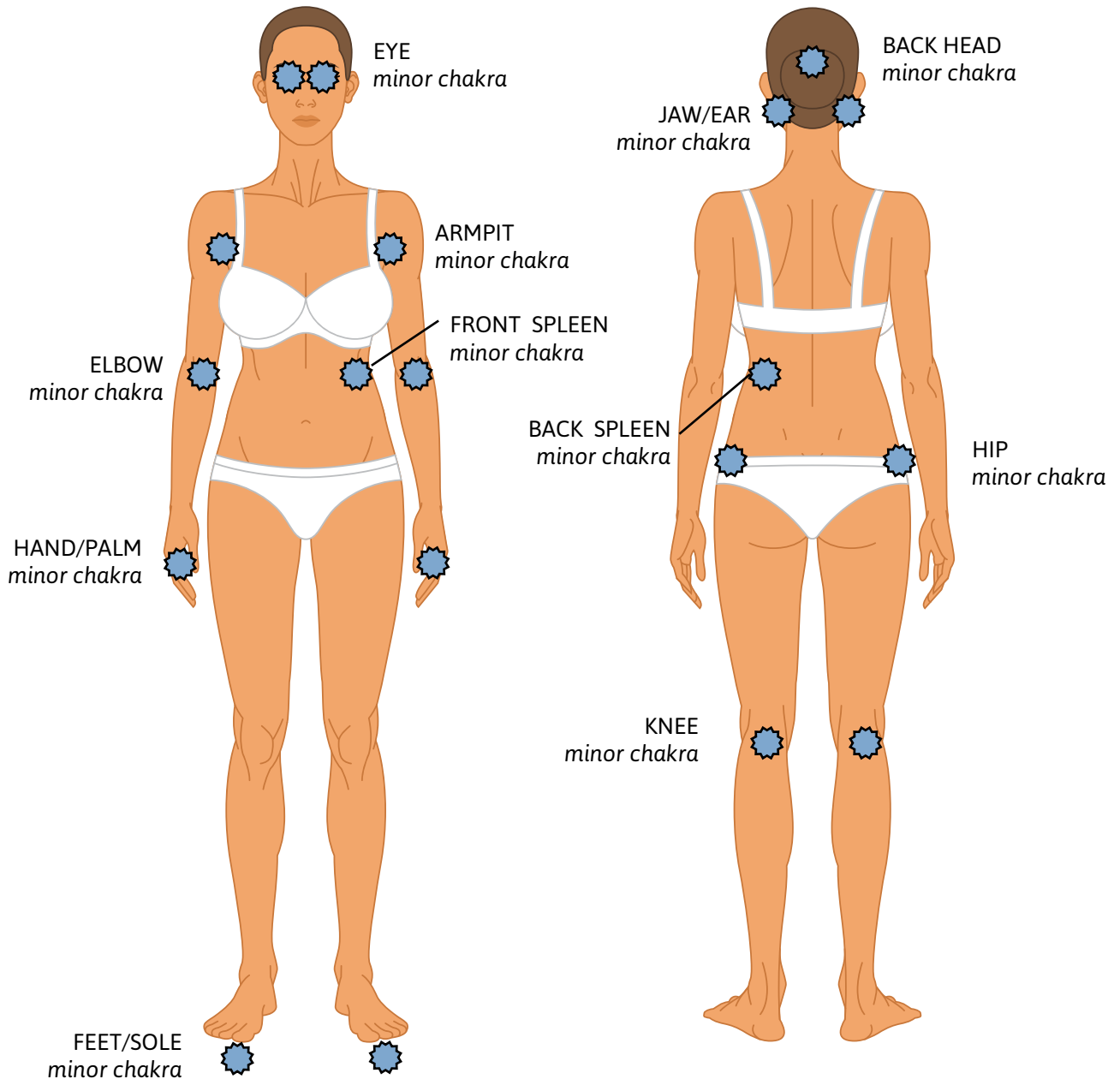
Relationship with... Central Nervous System, Pineal Gland

Affirmations:

*I am open to new ideas
I am guided by my inner wisdom
I am healthy. I feel whole.
I love My body
Information I need comes to me with ease*

The Minor Chakras

In addition to the 7 Major Chakras, there are a number of Minor Chakras that could come up in a Kinesiology Balance.



References:

1. <http://www.liveconsciously.com.au/energy-psychology/>
2. Advanced Pranic Healing, Master Choa Kok Sui.