

CHAKRA ORIENTATION



For a chakra balance treatment and a list of all my
treatments please contact me

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Have you ever wondered why we yawn?

I believe we yawn in order to bring energy into our main chakra energy flow. To open up and strengthen the chakra system.

Why animals don't move until they stretch? I mean really, really stretch. No matter how much you try to hurry them up, they don't move until they stretch.

Why don't we do that?

Stretching is our bodies way of getting the fluids into the muscles and joints moving.

Did you know that the colors of each chakra is in the same order as the colors of the rainbow? I don't think that is a coincidence, do you? Perhaps there is more meaning to the bible's story of the rainbow than what we were taught.

After lots of hours of listening to audio books and from what I have witnessed through working with people, I want to share what I have learned. These are just my observations and opinions.

I feel like I am not here to teach you. I simply want to remind you of what you already know. There are thousands of reference books and websites to look up chakra information.

My intention is to offer a compiled source for each chakra in relation to body awareness, in relation to the emotional energy that can show up in the body. I use colors, affirmations, breathing and stretching, to open up and clear the energy (Nadi) areas that may be blocked. This leaves your body surrounding each chakra with a refreshed and open feeling.

If you can remember any of this as you go through your day whether it be driving in your car, in the morning before you get out of bed, or in the evening before you sleep, then I will have made a difference in your life by just sharing what I know. Sometimes we just need to be reminded.

So lets get started.

Location: Center of Chest

Stage of life: 4 to 7 years. Relationships outside the family, relating helps build self esteem and self-acceptance.

Color: Green, Element: Air, Sound:: Yam, Ah (as in father), Animal: Black antelope (leaping with joy)

Related areas: pulmonary plexus and cardiac plexus, thymus, heart, Lungs, respiratory, cardiovascular, lymphatic, immune, circulatory, heart, high blood pressure, lung cancer, upper back problems, arms, and hands, love of others, compassion, harmony, existential fulfillment, at war with yourself, feelings of alienation, inability to bond with another, self destructive tendency, devotion, compassion, selfishness.

Herbs for incense are lavender, jasmine, root, yarrow, marjoram and meadowsweet. The foods associated with this chakra are vegetables. Animals are antelope, birds, and doves.

Twelve Mental Capabilities: Hope, anxiety, endeavor, possessiveness, arrogance, incompetence, discrimination, egoism, lustfulness, fraudulence, indecision and repentance

Infrastructures of chakra cone:

Back; Your unconscious beliefs about relationships; keeps you connected to people you have not let go of. Front; your major and minor relationships; your ability to give and receive, Inner: the relationship within: Self to self; divine to self; self and divine to all aspects of the self. Outer: Balance relationships between self and all aspects of self with the world and others in it.

Religious: Union, Hesod- Love, Sifira, Tiferet; Beauty

Gemstone: Moss agate any green stone- balance your relationship with others and the world, to increase calm and create a sense of direction in life.