

CHAKRA BALANCING 101

QUICK START GUIDE



For Metaphysical Anatomy

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☯ Chakra Balancing Quick Info Guide:

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► Introduction

As we traverse through the realms of Spiritual Sciences, we can easily get lost, and the Chakras are one of the most important backbones you can always rely on to help you navigate. As mind-numbingly technical as we could get (Ancients studied these for 1000s of years) maybe it is better said as some say that 'you don't need to reinvent the wheel.' There a million ways to tune up your power centers, but its more important to just start now than wait around for the perfect day (or worse, an emergency!).

If you have been taking our Metaphysical Anatomy course, or The Metaphysics of Business & Marketing you are likely aware now that Chakras are akin to the energy centers located along the spine, each corresponding to specific physical, emotional, and spiritual aspects of our being. Balancing these wheels of energy can lead to enhanced well-being and a harmonious life to say the least. In Kundalini meditations, everyday people like you and I harness the raw power of these Chakra wheels together to seemingly do the impossible. Just realize that although it IS important to approach great power with great responsibility, it can be a fun and eye opening process that is perfect for channeling into creative ideas and future

collaborations. This info sheet will guide you through the associated colors, sounds, and crystals for each chakra to easily reference later.

I invite you to check out [The Genius](#), the best and only versatile Quantum Healing app we recommend at Light Body Balancing for Chakra balancing, Frequency healing, Scalar Light sessions, and PEMF therapy (for pain, stress, relaxation, peak performance etc).



GENIUS INSIGHT BIOFEEDBACK

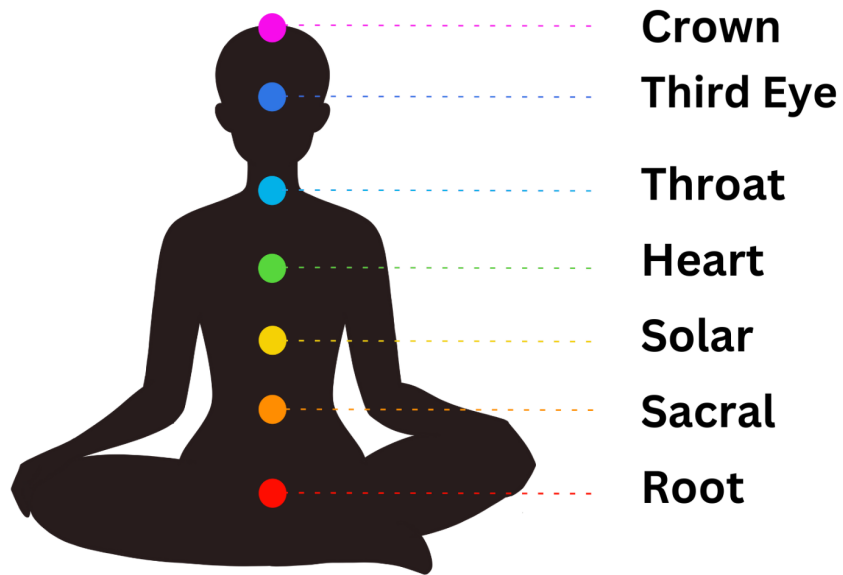
Advanced Scalar Wave Bio-resonance Mobile Applications

Your Body is Talking. Are you Listening?

- | Instantly SCAN Your Energy Field
- | State-of-The-Art Voice Spectral Analysis
- | Customized frequencies to heal your soul

The image shows a smartphone on the left with the 'Genius Insight' logo and a tablet on the right displaying a chakra energy level chart. The chart lists C-1 through C-8 and Th-1 through Th-3, with a 'High to Low' scale and numerical values. A hand is shown interacting with the tablet.

In using The Genius, you do not need to be a genius, because you already are. Using one button, you can 'Quick Balance' your Chakras daily using a proprietary and intriguing program that some describe as 'Star Trek tech'. For the modern day and age, having the ability to do this through your phone is a game-changer, and can help those who have busy lives and find it hard to carve out enough time. With that said, there are no 'shortcuts' technically, so you will still want to do the inner work for yourself, although having some assistance can make it significantly easier and save you time.



Knowing how to balance your Chakras to some degree with or without technological assistance is important for your general knowledge, and if you want to take it a step further the sky is the limit. In balancing energetic fields, I often find that Chakras are a great starting point, and going into the specifics combining other frequencies with these tailored to each individual person has the best results. Chakra imbalances affect us all day every day and they are a hidden aspect of our lives that society often overlooks due to lack of knowledge or limiting spiritual paradigms. This lost knowledge was once possibly more common to humanity, and regaining it brings us closer to the dreams of our ancestors who came before. Use this information to free yourself, free others and unlock your true potential.

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Root Chakra (Muladhara)

Associated Color: Red

Location: Base of spine

Element: Earth

Mantra: LAM

Crystals: Hematite, garnet, black tourmaline

Muladhara means "root support" in Sanskrit. This is the foundation from which we grow, representing security, survival, and our connection to the physical world.

When balanced, we feel:

Grounded and stable

Secure and safe

Connected to the earth

Prosperous

Reliable

When imbalanced, we may experience:

Anxiety, fear, or paranoia

Financial struggles

Difficulty manifesting needs

Identity crisis

The color red reflects the dense, grounded energy of the root chakra. Red crystals like garnet and hematite provide stabilizing, protective energy.

The earth element represents the solid foundation we build upon. Earth grounds and anchors us.

The mantra LAM resonates with the frequency of the root chakra, bringing security and strength.

This chakra is connected to the Schumann resonance, the vibrational frequency of the earth itself (7.83 Hz). Being barefoot on the ground aligns us with the Schumann resonance for greater vitality.

Supporting the root chakra brings feelings of safety so we can thrive. A balanced root empowers us to manifest physical needs and desires.



Sacral Chakra (Svadhishthana)

Associated Color: Orange

Location: Lower abdomen

Color: Orange

Element: Water

Mantra: VAM

Crystals: Carnelian, orange calcite, coral

Svadhishthana means "one's own dwelling place" in Sanskrit. This is the home of creativity, sexuality, emotions, and relationships.

When balanced, we feel:

Creative inspiration

Emotional intimacy

Sexual vitality

Ability to flow through change

Passion and excitement

When imbalanced, we may experience:

Creative blocks

intimacy issues

Sexual dysfunction

Emotional volatility

Addictive tendencies

The color orange reflects the vibrant, fertile energy of the sacral chakra. Orange crystals like carnelian provide creative spark.

The water element represents fluidity, flow, and flexibility. Water allows us to move through challenges with grace.

The mantra VAM resonates with the sacral chakra, enhancing creativity, intimacy, and passion. This chakra is associated with the vibrational frequency of water (356 Hz), supporting the free flow of emotions and energy.

A balanced sacral chakra allows us to embrace pleasure, follow inspiration, and connect with others. Honoring our feelings and needs creates harmony.



Solar Plexus Chakra (Manipura)

Associated Color: Yellow

Location: Upper abdomen

Color: Yellow

Element: Fire

Mantra: RAM

Crystals: Citrine, tiger's eye, yellow topaz

Manipura means "lustrous gem" in Sanskrit. This chakra is the source of personal power, governing self-esteem, willpower, and manifestation.

When balanced, we feel:

Confident and self-assured

Focused and determined

Ability to manifest goals

Inner warrior spirit

Power to take action

When imbalanced, we may experience:

Low self-esteem

Indecisiveness or lack of motivation

Difficulty reaching goals

Passivity or aggression

Poor digestion

The color yellow reflects the vibrant, illuminating energy of the solar plexus. Yellow crystals like citrine provide clarity and confidence.

The fire element represents the transformative power within us. Fire provides the warmth and light to grow.

The mantra RAM resonates powerfully with the solar plexus, building inner strength and determination.

This chakra is associated with frequencies around 128 Hz, invoking the sun's empowering and cleansing energies.

A balanced solar plexus allows us to shine our inner light. With self-esteem and willpower, we can manifest our boldest visions.



Heart Chakra (Anahata)

Associated Color: Green

Location: Center of chest

Color: Green or pink

Element: Air

Mantra: YAM

Crystals: Rose quartz, jade, green aventurine

Anahata means "unstruck" or "unhurt" in Sanskrit. This is the center of love, relationships, and healing.

When balanced, we feel:

Loving, open, and compassionate

Deep connections with others

Empathetic, forgiving, and gentle

Able to give and receive love

Content and at peace

When imbalanced, we may experience:

Loneliness, isolation, heartache

Co-dependency or jealousy

Judgment of others

Difficulty forgiving

Mood swings, anger

The color green reflects the expansive, nurturing energy of the heart chakra. Pink represents tender, unconditional love.

The air element represents circulation, breath, and embracing space. Air allows love to flow freely.

The mantra YAM resonates deeply with the heart, inviting more love, compassion, and connection.

This chakra is associated with a frequency of 126 Hz, aligning us with earth's geomagnetic field for grounding.

An open heart allows us to love ourselves and others with compassion. This transforms relationships and heals emotional wounds.



Throat Chakra (Vishuddha)

Associated Color: Blue

Location: Throat

Color: Blue

Element: Ether/Space

Mantra: HAM

Crystals: Sodalite, blue lace agate, lapis lazuli

Vishuddha means "purification" in Sanskrit. This chakra governs communication, expression of truth, and creativity.

When balanced, we feel:

Confident self-expression

Clear, purposeful communication

Alignment of beliefs and speech

Ability to speak up for self and others

Openness to listen and learn

When imbalanced, we may experience:

Fear of public speaking

Difficulty expressing self

Speech without thought

Dishonesty, lying

Shyness or talking too much

The color blue reflects the cool, vast expansiveness of the throat chakra. Blue crystals like lapis lazuli amplify and clarify communication.

The ether/space element represents the realm of vibration, sound, and expression. Space allows truth to be heard.

The mantra HAM resonates with the throat, aiding honest, thoughtful communication. This chakra is associated with a frequency of 141 Hz, which unblocks stagnant energy and promotes free expression.

Aligning the throat chakra helps us speak our truth with integrity, listen openly, and express our authentic selves.



Third Eye Chakra (Ajna)

Associated Color: Indigo

Location: Forehead, between eyebrows

Color: Indigo

Element: Light

Mantra: OM

Crystals: Amethyst, lapis lazuli, sapphire

Ajna means "command" or "perceive" in Sanskrit. This chakra governs intuition, imagination, insight, and perception beyond the physical.

When balanced, we feel:

Strong intuition, insight

Vivid imagination and visualization

Ability to focus mind and see truth

Wisdom, understanding, spiritual connection

When imbalanced, we may experience:

Difficulty concentrating

Nightmares or hallucinations

Delusions, misjudgments

Confusion, learning difficulties

Close-mindedness

The color indigo reflects the mystical, psychic energy of the third eye. Dark blue/purple crystals like amethyst enhance intuition.

The light element represents illumination, perception, and inner vision. Light allows us to see beyond physical sight.

The mantra OM resonates profoundly with the third eye, enhancing wisdom, insight, and focus.

This chakra is associated with theta brainwave frequencies 4-7 Hz, allowing connection to insight and inspiration.

Awakening the third eye helps us tap into our psychic abilities, visualize, and see the big picture with clarity.



Crown Chakra (Sahasrara)

Associated Color: Violet or White

Location: Top of head

Color: Violet/White

Element: Thought

Mantra: NG

Crystals: Clear quartz, selenite, amethyst

Sahasrara means "thousand-petaled" in Sanskrit. This chakra represents spiritual connection, oneness with all beings, and alignment with the Divine.

When balanced, we feel:

Expansive, unifying love

Connection to all beings

Purpose and meaning

Enlightened consciousness

Peace, bliss, serenity

When imbalanced, we may experience:

Existential dread

Depression

Lack of purpose

Feeling lost or incomplete

The color violet reflects the otherworldly energy of the crown, while white represents unity consciousness. Amethyst and selenite crystals support spiritual growth.

The thought element represents consciousness beyond the egoic mind. Thought allows access to wisdom from a higher source.

The mantra NG resonates with source energy, elevating consciousness to connect with spirit. This chakra is associated with frequencies over 40 Hz, particularly gamma brainwaves, allowing transcendence of duality.

Expanding the crown chakra brings liberation, wisdom, and completion. We realign with the Divine and recognize our true nature.

Additional Chakras

While even these are still not the full scope of our Chakras, they offer some good insight into what is next beyond the common 7 that most people focus on. As you will see, there is much to be explored, and ponder about the truth of existence.

Earth Star Chakra

Location: Below feet

Color: Black

Element: Earth

Crystals: Smoky quartz, jet, obsidian

The earth star chakra grounds us and connects us to the energy of the planet. It provides stability and a sense of security.

When balanced, we feel:

Deeply rooted
Connected to nature
Solid foundation
Ability to manifest physical needs

When imbalanced, we may experience:

Spaciness, anxiety
Environmental sensitivity
Difficulty manifesting
Financial insecurity

Soul Star Chakra

Location: Above head

Color: White/Clear

Element: Light

Crystals: Clear quartz, selenite

The soul star chakra connects us to cosmic energy and spiritual realms. It brings intuition, inspiration, and purpose.

When balanced, we feel:

Part of something greater

Guided from within

Inspired, creative

Sense of meaning

Connected to Spirit

When imbalanced, we may experience:

Disconnection

Lack of purpose

Creative blocks

Existential angst

Higher Heart Chakra

Location: Upper chest

Color: Pink

Element: Love

Crystals: Rose quartz, rhodonite

The higher heart chakra facilitates unconditional love, compassion, and seeing the Divine in all.

When balanced, we feel:

Universal love

Unity with all

Spiritual devotion

Service, altruism

Nonjudgment

When imbalanced, we may experience:

Disconnection

Conditional love

Loneliness

Judging self/others

Difficulty forgiving

Alta Major Chakra

Location: Back of skull

Color: Violet

Element: Light

Crystals: Amethyst, lepidolite

The alta major chakra aids spiritual perception, psychic abilities, imagination, and accessing akashic records.

When balanced, we feel:

Expanded awareness

Trust in intuition

Vivid imagination

Psychic senses open

Connection to akashic wisdom

When imbalanced, we may experience:

Confusion, delusion

Nightmares

Difficulty visualizing

Psychic bombardment

Closed third eye

Causal Chakra

Location: Back of head

Color: Silver/Gold

Element: Cosmic Energy

Crystals: Moonstone, pyrite

The causal chakra facilitates higher consciousness, understanding karma, and connecting to unified field of energy.

When balanced, we feel:

Expanded consciousness

Insight into karmic patterns

Unity with all beings

Clear understanding

Connection to source energy

When imbalanced, we may experience:

Limited perspectives

Karmic entanglements

Feelings of separation

Mental confusion

Spiritual cynicism

Stellar Gateway Chakra

Location: Back of neck

Color: Gold

Element: Cosmic Light

Crystals: Citrine, golden topaz

The stellar gateway chakra facilitates connection to galactic and stellar consciousness, ET communication, and cosmic wisdom.

When balanced, we feel:

Contact with ET intelligence

Access to cosmic wisdom

Expanded galactic awareness

Telepathic communication

Interstellar travel

When imbalanced, we may experience:

Fear of ETs

Feeling cosmically alone

Limited consciousness

Difficulty channeling

Resistance to cosmic evolution

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What is the Hara Line?

Extremely important and not given enough credit. The hara, or hara line, is an important energetic center running vertically through the core of the body. In Japanese “hara” means belly or center of vital energy.

In Eastern healing traditions and even the mystery schools of Ancient Egypt, some version of the hara is considered the body’s primary energetic engine and the seat of vital life force. It is said that your inner serpent transforms into a dragon along this line, and its akin to the meter

you might see on a video game when you power up sometimes. Keeping the hara strong and clear of blockages is crucial for physical, emotional, and spiritual wellbeing.

Location of the Hara Line

The hara line runs from the perineum at the base of the pelvis up through the lower abdomen along the front of the spine. It spans from the earth star chakra below the feet to the soul star chakra above the crown.

The main section of the hara line flows through the lower three chakras:

- Root chakra at the perineum
- Sacral chakra at the low abdomen
- Solar plexus chakra at the upper abdomen

These lower chakras are anchored by the earth star chakra grounding us into the earth below.

Hara Line Function

The hara line serves several key energetic functions:

- Provides a vital foundation for physical energy and health. A strong hara fuels the body with life force energy.
- Allows us to manifest desires and meet basic needs of prosperity and security. The lower chakras translate spiritual intentions into physical form.
- Anchors higher spiritual energies into the body through grounding. The hara unifies heaven and earth.
- Channels higher vibrations into positive expression and action to achieve soul-level goals.
- Keeps us present, embodied, and centered in the here and now. The hara line anchors awareness in the body.

Overall, the hara line works as an energetic pipeline, taking dense earthly energies and drawing them upward, while pulling down spiritual energies and channeling them into real-world action and transformation.

The Hara and Lower Chakras

The lower chakras along the hara line govern physical energies and needs:

- Root chakra: Represents security, survival, grounding. Key to feeling safe so we can thrive.
- Sacral chakra: Governs creativity, sexuality, emotions, pleasure. Allows healthy release and flow.
- Solar plexus: Our core power center and seat of self-esteem. Key for confidence, willpower, and manifestation.

When these lower chakras are balanced, the hara line creates a vital foundation to pursue life with an embodied sense of belonging, abundance, and empowerment. We can ground spiritual energies into real-world success.

Blockages Along the Hara Line

Energetic blockages along the hara line create issues like:

- Insecurity, anxiety, financial problems (blocked root)
- Sexual dysfunction, intimacy struggles, creative blocks (blocked sacral)
- Low self-esteem, difficulty manifesting, lack of motivation (blocked solar plexus)
- Addictive tendencies as compensation for deficiencies along the hara line.

Blocked lower chakras lead to feelings of fear, lack of grounding, and inability to pursue dreams with confidence and vitality. Physical maladies may also result.

Strengthening and Clearing the Hara

Some practices to strengthen the hara line include:

- Grounding: Earthing, nature connection, meditation
- Lower chakra healing: Breathwork, sound healing, release work

- Hara-centered movement: Yoga, martial arts, dance

- Hara-focused practices: Hara breathing, seiza sitting, hara hachi bu eating style

These help clear blockages, integrate spiritual energies, and anchor awareness in the hara center for optimal functioning.

Integrating the Upper and Lower

As we integrate higher vibrational spiritual energies from above, the hara line grounds these into tangible expression:

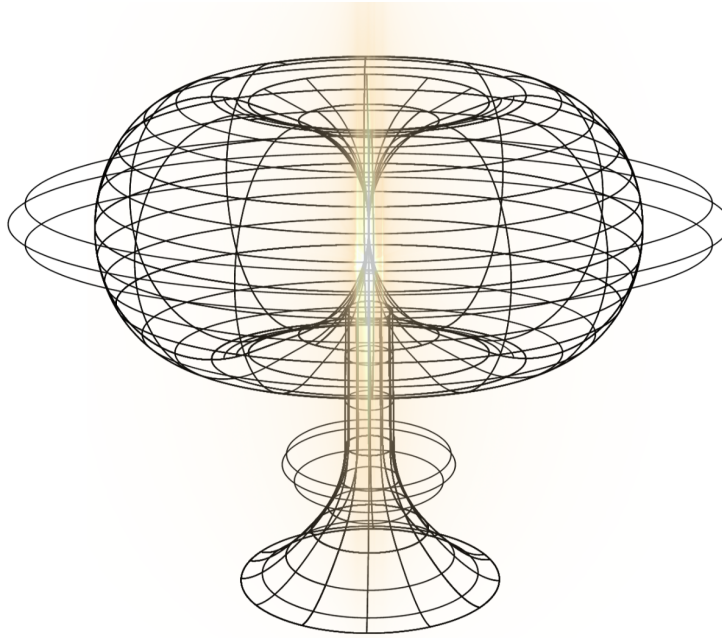
- Crown chakra purpose becomes inspired action steps via the solar plexus

- Third eye intuition is heeded via the sacral's emotional wisdom

- Higher chakras unconditional love is embodied as self-love, acceptance, and compassion through the root

The hara unifies our human and divine aspects - earthly and spiritual - to become fully embodied awakened beings.

Overall, keeping the hara line strong and open is essential for holistic wellbeing. By clearing lower chakra blockages and grounding cosmic energies, we can live our soul purpose with embodied confidence, creativity, and vitality.



The Toroidal Field and Aura

In addition to the hara line, our subtle energy body contains a toroidal field that surrounds us like an aura or biofield.

A torus is a self-organizing energy field that flows around a central axis but has a distinct center.

Our personal toroidal field surrounds us in all directions while being anchored by the vertical axis of the hara line.

The Toroidal Aura

Our toroidal aura contains the chakras as well as these additional layers:

Etheric field: Blueprint of the physical body

Emotional field: Energy of emotions and desires

Mental field: Energy of thoughts and beliefs

Spiritual field: Energy of the higher self and soul

Interaction with the Hara

The hara line acts as the central axis around which the torus spins. The lower hara anchors the rotating energy fields.

Imbalances in the hara line distort the aura's toroidal shape and disrupt the free flow of energies within it. Blockages create stagnant pockets.

When the hara is strong, the toroidal aura spins rapidly around it with energies flowing effortlessly through each layer.

Integrating and Grounding

The hara grounds high-frequency spiritual energies into the lower aura layers so they can be embodied.

The lower chakras allow the manifestation of higher purpose and guidance through inspired action.

By clearing hara blockages, we integrate all aspects of our being into one unified field that is anchored, aligned, and freely flowing.

Hara Healing and Aura Clearing

Practices like meditation, yoga, energy healing, sound baths, and spending time in nature all help:

Clear blockages in the hara to allow greater energy flow.

Smooth out and round-out the toroidal aura for harmony.

Align the aura spinning around the hara center for integration.



Conclusion

Balancing your basic 7 chakras (though many say we have even more) is a holistic approach to achieving a balanced life in all aspects—physical, emotional, and spiritual. Use the associated colors, sounds, and crystals as tools to help you in this balancing act. For clients and my personal preference, I enjoy using the professional [Quantum Balancing software](#) from the Insight Health company because it allows for deeper results, and is made for coaches, healers, and those with chronic issues. FYI there is also a light version called The Odyssey for those who want a simpler version (because there is a bit of a learning curve).

If you master the basic Chakra balancing, and want to take it a step further, check out Secret Energy's [Inniversity](#) course for the extended Chakras, and best advanced Metaphysical information on the planet currently.

I hope you find this info sheet beneficial! Feel free to share it with others who might be interested in chakra balancing.

If you have any questions, feedback or concerns, please email hello@lightbodybalancing.com & we are here to help!