

Introduction



Chakra is an old Sanskrit word, which literally means wheel or circle. The universe is made up of energy and our bodies are no exception. The life force of our body moves inside of us. It is constantly spinning and rotating, just as wheels do.

The chakras are seven points in our body, which are our power centers. Five out of the seven open and close. The base and the crown stay open. When the seven chakras provide the right amount of energy to each part of our mind, body, spirit and emotions, we stay healthy. The chakras are energy focal points, therefore, we need to master them, awaken them, and energize them.

The key to vitality is to be aware of these chakras and to work at keeping them balanced. The seven chakras are designed to bring the perfect amount of energy to each part of our body.

These cards are designed to help us understand what the chakras are, and how to keep them in tune with our natural energy cycles.



First Chakra

Connection to Earth - Always Open

Location

Base of Spine

Color

Red

Meaning

Security, Foundation

Verb

I manifest

Positive Keywords

vitality, aliveness, stimulation, vibrancy, energetic

Negative Keywords

complacency, stagnancy, inertia, apathy, boredom

Affirmation

I am fully energized, living my potential and purpose.



Second Chakra

Opens and Closes

Location

Sacral

Color

Orange

Meaning

Creativity, Birthing

Verb

I create

Positive Keywords

beginnings, formulation, imagination,
invention, ingenuity

Negative Keywords

mechanical behavior, mediocrity, tedium,
dullness, procrastination

Affirmation

*I am radiantly impassioned, birthing my dreams,
concepts and creativity.*



Third Chakra

Opens and Closes

Solar Location

Plexus

Color

Yellow

Meaning

Feelings, Empowerment

Verb

I feel

Positive Keywords

courage, emotional strength, discipline,
empowerment, serenity

Negative Keywords

addiction, victim-hood, self-pity,
drama, attachment

Affirmation

*I am mightily feeling my full power
and emotional intelligence.*



Fourth Chakra

Opens and Closes

Location

Heart

Color

Green

Meaning

Love, Heart Intelligence

Verb

I love

Positive Keywords

love, union, openness, caring, sympathy,
forgiveness, intimacy, generosity

Negative Keywords

withdrawal, resentment, distrust,
coldness, cruelty, hatred, selfishness

Affirmation

*I am wholly committed to love, following
my heart intelligence.*



Fifth Chakra

Opens and Closes

Location

Throat

Color

Blue

Meaning

Vernal Communication

Verb

I speak

Positive Keywords

honesty, expression, communication, flow,
articulation, directness

Negative Keywords

judgement, criticism, deception,
uncommunicative, blocked, manipulation

Affirmation

I am comfortably determined, verbalizing my truth.



Sixth Chakra

Opens and Closes

Location

3rd Eye

Color

Indigo

Meaning

Intuition and Psychic Ability

Verb

I see

Positive Keywords

intuition, clarity, visualization,
foresight, expansion of mind

Negative Keywords

confusion, narrow mindedness, cluttered,
refusing to see, lack of foresight

Affirmation

*I am clearly focusing on awareness,
consciousness and conscientiousness.*



Seventh Chakra

Connected to the Universe - Always Open

Location

Crown of Head

Color

Violet

Meaning

Unity, Inspiration

Verb

I trust

Positive Keywords

divine guidance, faith, illumination, grace,
wisdom, enlightenment, knowledge

Negative Keywords

chaos, skepticism, lack of purpose,
struggle, panic, fear, darkness

Affirmation

*I am divinely connected, unlimited
and believing in miracles.*