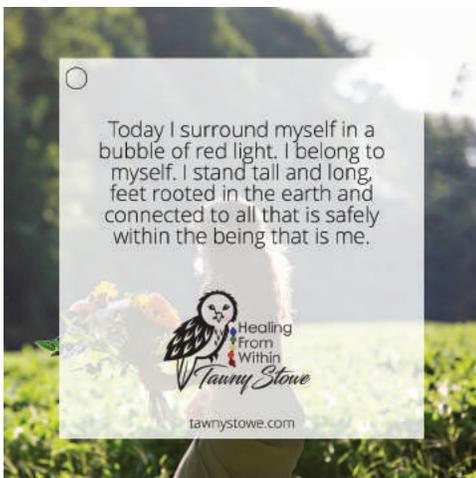




Thanks for your curiosity around Chakras! What are Chakras anyway?? This mystical word is used to describe the energy centres in our physical and etheric body. The word Chakra means "disc or wheel" and is usually viewed as spinning. All of the Chakras have their own function but they are interconnected to one another and have a direct impact on our whole health and vitality. There are many Chakras within our system but we often focus on the 7 Chakra system. During our FREE webinar we will look a little more in depth at the first four chakras and have an open discussion on how this may turn up in our day to day lives.

What text stood out to you on the intake form? DID YOU KNOW that whichever affirmation one you were most drawn to could be your dominant chakra or your area of life learning? Keep reading for more information and tune in January 16th for a deeper conversation!



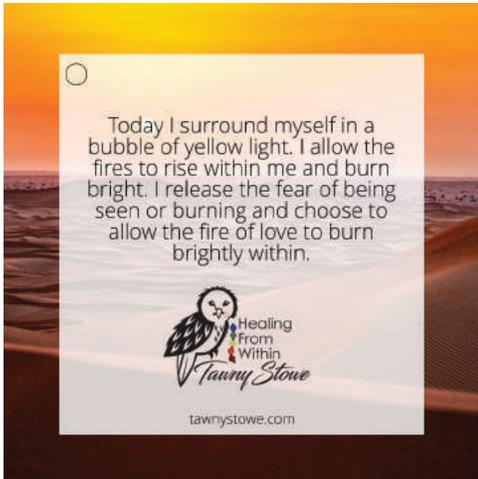
## #1 The Root Chakra - RED

This chakra sits at the base of our spine and is characterized by the colour RED. This is our foundation, the roots that hold us firmly, feeling safe and strong within. This chakra is connected to our sense of belonging. When out of balance, the adrenals take a large hit and our fight or flight response can be in overdrive. When out of balance, we have a hard time grounding. When in balance, we are energized, and able to find stillness with ease.



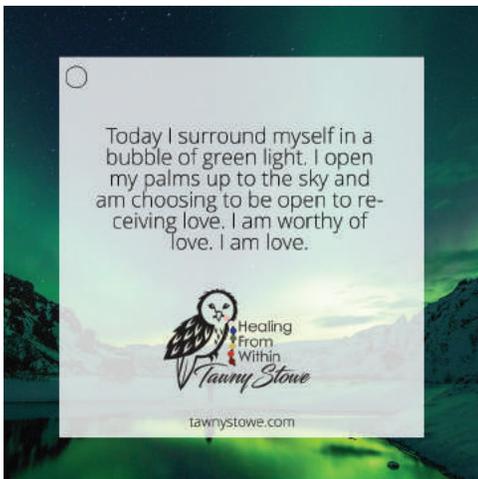
## #2 The Sacral Chakra - ORANGE

This chakra fills the entire pelvic floor, the hips and sacrum. This is our creative force, our co-creative power centre where the masculine and feminine energies within us find union. This Chakra physically connects to our reproductive organs, our kidneys, our bladder and our lower back. When in balance can help us feel passion (not just sexual) and joy for all things in life, help us act from integrity, and to create our own realities. When out of balance we lack self worth and may have a tendency to let our addictions consume us.



### #3 The Solar Plexus Chakra - YELLOW

This Chakra is represented as yellow and is found from the base of the navel to the base of the ribs where they meet. It governs our digestive centre including our spleen and liver as well as the entire stomach lining. This is the Chakra that when in balance helps us to have those "GUT" feelings, that inner knowing. When in balance, this Chakra helps us to walk with courage, to trust who we are, to be aware of others and open to growth. When in balance, it gives us energy and fuels our personal power and inner acceptance of self. When this Chakra is out of balance, it can manifest as excessive sarcasm, bitterness, lack of energy, aggressive and quick tempered.



### #4 The Heart Chakra - GREEN

This Chakra is represented by green and pink (more on this in the webinar). It is found in our upper chest cavity and governs our circulation, our heart, our breasts and our lungs. This chakra brings together the first three chakras and allows us to then access the upper three chakras 5,6 and 7. I bet you guessed it; this chakra is all about love! It has to do with our love of our self and others as well as the ability to see beauty in all things. When this Chakra is in balance, it allows us to love ourselves first. This true love of self allows us to forgive others and to feel confident in our own needs and abilities. When this chakra is out of balance, it may manifest as being demanding, jealous, flaky, or even co-dependant.

**Are you fascinated with the many ways these Chakras could be turning up in your life? Tune into the FREE webinar on January 16th at 10:30 am EST where we can dive even further into the many ways these chakras appear in our physical bodies and our day to day emotions.**