

## The Chakras and Psychological Health

Chakra	Location	Governs	Emotional Traumas	Related Health Issues	Core Negative Beliefs	Core Positive Beliefs	Spiritual Lesson
7th	Top of Head	Spiritual Connection, Presence, Transcendence	Concepts of a judgmental or punishing God	This chakra is beyond the physical realm	This chakra transcends all beliefs, positive or negative.	This chakra transcends all beliefs, positive or negative.	Our Power is in the Present
6th	Forehead ("Third Eye")	Intuition, Wisdom, Intellect	Intellect strongly encouraged while Inner-knowledge discouraged	Migraines, Visual Problems, Insomnia, Sinusitis	All positive and negative beliefs are governed by this chakra.	Our ability to evaluate a belief as true or false resides here.	Trust Your Inner Wisdom
5th	Throat	Expression, Communication, Resonance, Bridge between Inner and Outer World	Silenced, Ignored, Secrets necessary for Safety	Thyroid Disease, TMJ, Laryngitis, Goiter, Stiff Neck	Nobody cares what I say, I can't speak my truth, I always say the wrong thing	People listen to me, I can speak my truth, My words are important	Express Your Truth
4th	Heart	Love, Compassion, Wisdom, Forgiveness, Joy, Nurture	Shame, Self- Hatred, Unresolved Grief/Loss	Heart Disease, Breast Cancer, Asthma, Bronchitis	I'm broken, I'm unacceptable, I'm unlovable,	I'm valuable, I'm lovable, I'm deserving	Unconditional Love
3rd	Solar Plexus	Self, Uniqueness, Assertiveness, Personal Power, Boundaries	Boundary Violations, Symbiosis, Engulfment, Disempowerment	Indigestion, Diabetes, Peptic Ulcer	I'm unworthy, Others know what's best for me, I can't make it on my own	I'm valuable, I know what's best for me, I can take care of myself	Respect Yourself
2nd	Between navel and pelvis	Sexuality, Sensuality, Intimacy, Relationships, Creativity, Passion	Sexual Abuse, Relationship Pain, Body Shame	Ovarian and Prostate Cancer, Fibroids, Infertility, Impotence	Sex is bad, I don't deserve sensual gratification	I'm comfortable with my sexuality/sensuality, It's okay to create/experiment	Respect Others
1st	Base of spine	Survival, Security, Safety	Abandonment, Rejection, Safety	Hemorrhoids, constipation, colitis	I don't belong, I'm unsafe	I belong, I'm safe and secure	We're all connected

Adapted from:

Rudolph Ballentine M.D.'s *Radical Healing* (1999) and *The Role of the Chakras in the Transformation of Mental Energy into Physical Energy: Chakra Diagnosis* (Audiocassette) (1992); Barbara Ann Brennan's *Hands of Light: A Guide to Healing Through the Human Energy Field* (1987); Donna Eden's *Energy Medicine* (1998); Dorothea Hover-Kramer's *Creative Energies* (2002); Harish Johari's *Chakras: Energy Centers of Transformation* (2000); Anodea Judith Ph.D.'s *Eastern Body, Western Mind* (1996) and *Wheels of Life* (1999); Christopher S. Kilham's *The Five Tibetans* (1994); Caroline Myss Ph.D.'s, *Anatomy of the Spirit* (1996) and *Energy Anatomy Audiocassette* (1996); John Prendergast, Ph.D.'s "The Chakras in Transpersonal Psychotherapy" in *International Journal of Yoga Therapy* (2000, No. 10); and Swami Rama, Rudolph Ballentine M.D., and Swami Ajaya, Ph.D.'s *Yoga and Psychotherapy - The Evolution of Consciousness* (1976).