



Video Transcript

Learn to Connect to Your Power: Explore Your Energetic Chakras

Hello, beautiful beings and welcome to a basic chakra explanation. What are chakras in Sanskrit? Chakra refers to a wheel of energy. These are energetic centers, and we have seven main ones in our body that are associated with centers, and they also encompass organs and nerve bundles. When a chakra is in an optimal state of flow, it circulates in a clockwise motion.

Conversely, when it is not in an optimal state. It goes counterclockwise. When all chakras are functioning optimally and swirling in a clockwise motion, that energy draws in universal life force energy, which is also known as she. When we are open, we feel alive, hopeful. In the state of flow connected and purposeful.

Conversely, when we're predominantly closed, meaning many or all of our chakras are not functioning optimally, we can feel anxious, depressed, and in my case, I feel despondent. I happen to know a lot about the chakras because I've been using

an ancient healing technique for years called reiki. And in the practice of Reiki, you apply your hands on or off the body to align the energetic systems, the chakras.

So in a process of participating with this energy, practicing it on myself and others, I have become aware of when I am shut, when others are shut. Down, energetically speaking, and why this awareness helps anyone, because it allows you to navigate life, understanding why you feel the way you do. And one other really important thing to note is that the chakra, if a chakra remains closed for a very long time, very often a physical manifestation will occur, a physical manifestation of disease.

So for instance, let's say your throat is closed, you can have thyroid problems. Tonsil problems, throat problems, just to name a few. So I'd like to begin by explaining what the seven main chakras are. What are the energies that are associated with them and how you can bring them into balance if you practice with a pendulum.

Or work on your own intuition. You can even develop the skill of diagnosing yourself. You don't need to go to a reiki master to find out which of your chakras are closed and which are open. And I'll give you a really quick demonstration right now. And I expand on this in my intuition lecture. So this is a pendulum.

It's basically just a dowsing technique that I use to check into my chakras or somebody else's energy. So if I ask. If I hold this by my root and sort of tap in, by the way, this picks up the vibration of the higher self. It's not an outside force giving me the answer. It's not this giving me the answer.

It's the part of me that is all knowing. It is a vibration of my soul that is giving the answer, and I've learned to know it, hear it, and trust it, and you can too. So let me just give you an example of what does an open. Root chakra look like I was gonna ask for Crown, but I'm deciding to go with the root.

Am I open in this moment? And I might be a little less open than normal because I'm sitting in front of a camera and I'm not sitting out nature. So I'm calling in the energy of my root chakra, and it is in fact open because as you see. It's spinning in

a clockwise direction, but it's not hugely open. Let me show you what hugely open would look like.

Normally, my heart's very open and I have a feeling it would be right now, so I'm asking to call the energy of my heart chakra, by the way. My children think that I'm making this turn, and I'll show you that it's almost impossible to make a pendulum swing. Look at how big it's swinging. It's almost impossible to make a pendulum swing like this without making a very big gesture that's impossible to miss, and I'll show you what I mean.

So that's really open. Did you see the difference between my root chakra? And my heart, and I said to you, before I even tested my heart and my root, I said, I probably my root's not huge because right now I'm not sitting in nature and I happen to be in front of a camera and maybe a little bit in my head.

And so that energy's gonna shift because I practice and I tune into my energies. I can predict already where I am and you can too. You just need to use the tools and these tools will be provided in other pieces of content on the website. But now that I've shown you what an open chakra looks like, I'm just gonna ask the pendulum to show you what a closed chakra looks like.

So my pendulum is now swinging counterclockwise, and I'm going to show you as much as I want to make it swing big if I move my hand. I cannot really get it to swing big without doing this. So that's what I show my children when they say, no, you're making it do that. No, I'm not. Um, it actually is picking up a, the vibration from me.

So I'm going to put my pendulum away from now more, to more on this later to be continued. I love to teach intuition 1 0 1, and we're going to start with the basics of the chakras. So we're going to start from bottom up. Usually we count the first chakra as the base's root chakra, and the exact location of this chakra is the perineum, but it encompasses the bones in the body, the pelvic floor, and literally everything from the hip down that connects us to the earth.

The energy of this chakra is being in your body, feeling safety. Knowing that your basic needs are met, for instance, water, shelter, food, clothing. Also knowing that your tribe is safe and being connected to the earth is the best way to balance this chakra. There are other ways as well, because each chakra has a corresponding note.

And if you play that note over and over, you can bring that chakra into balance. Each chakra also has a corresponding color, so in the root chakra, it's the C note, and I'll give them to you all at once. The root is C, the sacral is D, the solar plexus is E. The heart is f. The throat is G. The third I is A, and the top of the head, which is the crown chakra, is B.

People who play sound bowls can open their chakras. So for instance, my root chakra was out of balance for many, many years for a number of reasons. But in order for me to balance it. I would put my feet on grass or in the ocean or I would play a sound bowl, which is the note sea that I have. One of my first, actually, I think it was my first bowl, and I'll sit up against a tree and I'll just sink into the energy of feeling supported.

Also, the root chakra color is red, so you can actually work with color red. And you can work with crystals and you can work with an essential oil. Typically, the root chakra like sandalwood, cedarwood, fur, anything woody from the earth will be an oil that will help that chakra balance. And it's a great affirmation you can use, and I'll give you many more, but just a basic affirmation is I am safe.

My body, when you're in fear, worry, and anxiety, you are up here. You need to go down to the root chakra to balance so that you're not in anxiety anymore. I'll give you an example of this later. Um, but moving up, we're going to go to the sacral chakra now for women. This is our place of reproductive organs.

We actually create life here, but this is an extremely creative center. In this center. We have balanced relationships, healthy boundaries, and we are very balanced between giving and receiving. I found in my own life and with my own family,

women often go out of balance. Between giving and receiving in my family, women gave, gave, gave, gave, gave, and never received.

Not even a compliment. So this is an area I had to work on. Also, trust is housed here, so just. Being in the flow. There's a water element here as well. So knowing that you're in the flow, that you can trust life and that you can be in balance between giving and receiving, like I mentioned. If the energetic center is out of balance, then you might have some problems with your ovaries, um, conceiving.

These are reproductive organs are here, so it is important to keep your energetic centers balanced so that the organs of the body can function optimally. Moving up, oh, in the color of this center. I forgot to mention that is orange. So we have red at the root and orange at the sacral chakra. A really great crystal I like to work with on this center is cornelian, and you can also work with moonstone.

Moving up to the solar plexus, this is where we house our ego identity. This is where our confidence is housed and the scent sense of power. Our personal power is held here. It's not a power in a sense of an abusive power, but a power in the knowing that we are the masters of our own reality. That we have the power and the freedom to create our lives and our reality, the way we want them to appear.

So to balance this section. You might focus on the color yellow, and as I said, this is the E-note. You can play that note and you can use an affirmation. I am powerful and know that you are. That will also help balance this center. Now we're gonna move up to the heart and this center is the bridge between the three lower.

And the three upper, so it's the balancer. In a way, the heart holds so much of our power because it holds love. Love for ourselves, and love for others. And when we love ourselves, are really in our power and able to magnetize and manifest very efficiently. The color of this center is green. If I didn't mention the color of the solar plexes, it's yellow.

So let's review the colors. We'll start with red at the root, orange at the sacral chakra, yellow at the solar plexes, and now green at our heart. Ah, our hearts can

be so tender, and yet they're so powerful when we experience pain trauma. Heartache. This center quickly can go out of balance. It's natural to wanna protect, it's natural to want to put a barrier up so you don't have to experience pain.

But the idea of healing is to let go of that pain. So that you can have optimal access to your energy and to love. You have an infinite capacity to receive love and to give love, and when you're operating with a closed heart, you're in fear of intimacy or you're in non forgiveness, you're really restricting your superpower, your love.

That gift that is you that you bring to the world. So you never, ever want to rest in a place of holding back, and it's just the human condition. I found in my own life, so much fear around receiving love. As a young child. I had many experiences that made me think I was unlovable. And that made me think that I truly received love.

It would be taken away, and I couldn't stand the idea of that. So I kept somewhat at a distance. That's a recent healing for me, and I'm happy to admit I'm experiencing more freedom and power than ever. So it's really worth working on your hearts, getting to know where you are, what's affecting your heart, what wants to be released, and how you can truly, truly love yourself.

Crystals are great for this area, such as rose quartz, malachite, and. And one of the best, highest vibrational oils on the planet. In fact, the highest is Rose Rose oil. So you may put this on your heart. You can also put it in an atomizer with water and spray it in your field, and it lifts negativity. It's a great thing to bring with you when you go to the airport and have a long day of travel.

So now that we've covered the heart chakra, which again is the note F, let's go up to the throat. This is also one of my most powerful centers because I am a communicator, so we're all communicators. Some people communicate through writing some through their words, some through their painting. When you're not communicating your truth.

You are not in your power and you're not in your freedom. Also, you want to communicate from a place of authenticity and from vulnerability. When you speak

from a place of vulnerability and you're willing to open your heart to others, what I've noticed is people are really drawn to what you have to say.

It really draws them in. Actors know how to use this when they're on stage. The way to bring the throat into balance is you can use the color blue and a turquoise stone or lapis. Lousy is a very powerful crystal for the throat, and you can also use the affirmation. I communicate clearly from a place of truth and vulnerability.

Sometimes we don't communicate because we're afraid of what the other person we're speaking to, how they will respond. Will they be defensive? Will they even be open to hearing us? We let go of that. We let go of. The need for them to validate what we're saying and just express we are in our power and this center will be optimally open and inflow.

So I encourage you to express. To express whatever way. And this could be journaling, it could be singing in the shower if you hold back. What you want to say, your words are powerful. When you hold back your power, you are restricting yourself and you're restricting your own energy. So moving up to our third eye, which is conveniently located between the eyebrows.

This is our center of intuition, being able to see clearly in the world. Beyond the obvious. Sometimes our intuition, which is always speaking to us, some clairvoyance, you know, have that main sight, but other ways of knowing clear audience, clear cognizance. Other intuitive gifts are housed here. The color of the third eye is indigo.

So you can meditate on the color, you can shine that light on that center. You can also work with a crystal. You can work with, for instance, amethyst. And with any of these chakras, all you have to do is Google crystals for the third eye, or crystals for the heart chakra. Oils for the third eye oils to open your root chakra.

It's all on the internet, so I'm not going to give it all to you. I'm just going to explain briefly the note for the third eye is A, and when you meditate or use breath

work. Oftentimes you can clear your day-to-day anxiety and the day-to-day fear and the day-to-day confusion and be connected with your intuition.

So that's a great way to start off the day is in clarity and imbalance. The more you work on your intuition, the more it develops. The more you trust your intuition, the more it speaks to you. I feel it's so important to work on this gift that we all have because in fact, it is our inner compass, and with within each and every one of us, we have the truth, our own truth.

So when we go within to clear. And to to see clearly, to listen clearly. That's when we're really in freedom and power as well. It's very empowering to develop your intuition and like I said, we all have it to varying degrees and it can be developed more and more and used and relied upon. If you'd like to know more on intuition development, we have a few pieces in our content library so you can start working to develop that.

So moving up to our crown chakra, the top of our head, the color here is actually like a black and white cookie, but instead it's half white and half violet. This center connects us to our higher consciousness, to universal energy to source. When someone prays a lot or meditates a lot, their crown chakra is generally very open.

Knowing that you are more than this physical body. Knowing that you are more than this human existence also connects you to all that is. You are part of all that is. So using an affirmation such as I am or I am one with all helps you feel connected even more another. Way to feel connected is to seek out and question, what is my life's purpose?

What did I come here to learn and do? What is my unique gift and contribution to humanity, to the planet, and to my higher self? Getting in touch with why you came here and why you are so special. Can help you feel more open and more connected to all that is. You can use oils to open this chakra and there are many, many crystals, amethyst, another one you can use, amethyst almost everywhere.

Um, it's kind of like a crystal that works on so many different levels, but also clear quartz. Is a great crystal to use. In fact, I have clear quartz here, and one of the reasons why I like clear quartz so much is that it can be programmed for protection. So just to review, the root is red and is the note C.

The sacral chakra is orange. The note D. The solar plexus is yellow. The note E. Had to think about that for a second. The heart is green. The note F, the throat is blue, the note G. The third eye is indigo, the note A and the crown half white half purple. The note B. If you practice or learn reiki, your vibration goes up.

If you ask how your chakras are, how open they are on a daily basis, you create more self-awareness so you automatically know when something shuts down. I like to do a little storytelling so you can understand how we can be affected by outside energies. Early on after I had been trained in Reiki, I felt open and I felt I balance.

I happened to be traveling. I was sitting in my seat journaling. I had a plastic pencil because I didn't have a pencil sharpener. They didn't sell one in the airport, lounge or kiosk, and so I had to buy a plastic pencil and somebody walked by me. They judged me very harshly and they said, nice job you're doing with your carbon footprint.

And I didn't know what he meant at first, and then realized he was referring to my use of a plastic mechanical pencil. Now, maybe that wasn't the most conscious choice I could have made, but the judgment really affected me. By the time I got home, every one of my chakras were closed. I felt despondent. I had a call that day with a healer who's a friend and very aware, and she said, I'm hearing you had a confrontation earlier today.

And the minute she said that, my mind went to that scene. And I realized even just somebody's judgment can shut your chakras down. Judgment. Jealousy, hatred, any of those negative emotions can shut you down. And so the more you learn to tap into your energy and understand why it's open, closed, or you're feeling a certain way, the more power you have over your energy and the more authority you have, and then you have the resources to change it.

To address it. So I've really enjoyed explaining very briefly the seven basic chakras, what they stand for, different ways that you might work with them.