

Bio Energy Academy of Dublin

Chakra	Colour	Meridians & openings		Position	Element	Gland	Purpose	Natural Right	Saboteur	Parts of the body related	Physical illnesses related	Other possible Ailment/s	Well-developed / Balanced	Unbalanced - Balance by	Open	Closed	Healthy is...	Blocks
Crown	White	Tailbone	Top lip	Governing	Top of the head	Pineal	Belief system and understanding, gratitude, hope, belief systems, connection to God/Source, private relation with something bigger, higher power, divine consciousness	The right to know and to learn	Attachment	Top of head, brain, skin, hormonal balance, nervous system can involve any organ system	Top of head, brain, skin, hormonal balance, nervous system, worry, migraine, anxiety, immune disorders, mental and cognitive problems	Migraine, sleep probs, coma, brain tumours, amnesia, sleep problems, learning difficulties, paralysis, epilepsy, motor neuron disease, Parkinson's disease	Centre of spirituals and enlightenment, highest level of consciousness one can attain. Energy of crown evokes feelings of great harmony, peace, appreciation of beauty	Meditate, visualisation - golden light through crown chakra - reconnect with world around you - own the true light. Check your ego at the door - help others. Choose love. Prayer/intention/gratitude/appreciation	Feel connected to higher power, sense you are being watched over and cared for, deserve immense blessings, feel immense gratitude for universal love, appreciation you feel for self and others	Feel no connection or guidance from higher power - feel unworthy of spiritual help, angry that higher power has abandoned you. Suffer from migraines and tension headaches	Good analytical skills, able to process info, intelligent, thoughtful, aware, open-minded, able to question, spiritually connected, wise, understanding	Transmitter of pure being, spiritual completion, highest level of awareness that transcends duality. Blockages (really no such thing) but - feel trapped in material world, have sense of emptiness that they can't describe. General disconnection - persistent sense of dissatisfaction even when things going well. Feel unhappy without knowing why. Can fall into deep depression, overcome by words pain or angst.
		Pubic bone	Bottom lip	Central														
Brow	Indigo	Body	Circulation	Between the eyebrows	Pure Light (Radium)	Pituitary	Intuition and pattern recognition, psychic talents, self-reflection, visualisation, discernment, trust own intuition	The right to see	Illusion	Brain, eyes, ears, face, nose, lymphatic system, endocrine system,	Migraine, eye problems, mental problems, hay fever, sinus, memory recall, repetitive patterns	Headaches, vision problems, sinusitis, mental health issues, cold, hay fever (can also be root), eyes problems, disorders of the eyes (conjunctivitis, glaucoma), ear problems	Leads to intuition and contact with inner wisdom	Candle - indigo colour, wear indigo - surround with colour flower, sunshine and blue sky, Journal - dreams. Question - ask the universe and wait. Visualisation - head as balloon, allow to float to upright. Position ears directly over shoulders. Do this often to maintain good spinal alignment, go star gazing, repeat affirmations	Intuition is constant guide that you can trust and act on with confidence. Strong sense of own inner truth, listen and follow it. Guides you on life path	Feel disconnected from intuition, or don't have any, feel lost spiritual purpose and path in life, feel frustrated - belief others have intuitive sense and you don't. Get headaches and feel tension in brow area often	Intuitive, perceptive, imaginative, good recall, able to remember dreams, able to think symbolically, able to visualise	If blocked - whole organism suffers. Without perspective - nothing make sense. Confused. Difficulty seeing things clearly. Know what is important and not. Will not have command of body/thought. Headaches. Ear aches, vision probs. Unable to work through problems/situations. Things won't make sense. Disorientated/confused. Learning disabilities. Lack of concentration
		Head	Triple Warmer															
Throat	Blue	Body	Lung	Base of the throat	Sound	Thyroid	Communication and creativity, speaking your truth, listening and being heard, finding true vision, expressing truth	The right to speak and hear the truth	Lies	Throat, mouth, jaws, ears, voice, neck, thyroid, parathyroid, trachea, neck vertebrae, teeth and gums.	Throat, jaws, ears, voice, neck, thyroid, parathyroid, lump in throat, stammer, inability to speak properly	Disorders of the throat, voice, neck, ears (tonsillitis), teeth (also root), sinus (can be brow), asthma, tightness of the jaw, trouble speaking, stammer/stutter, lump in the throat, thyroid probs	Harmonious balance between thought & feeling, enhance ability to comm with other, this chakra forms centre of sound and language in human body	Sing, drink water, think blue - visualise, inhale colour blue, take in health and cleansing filling up throat area, exhale and feel the release of stress and tension. Wear blue jewellery or clothes, get a massage - neck/shoulder, speak the truth with love, bio session	Comfortable speaking your truth, experience others listening to you, feel you are heard and honoured for truth	Afraid to speak up and say what you want and feel, going along with others to not upset, get sore throats often, feel like throat is blocked	Clear voice, good listener, good rhythm, clear communication, lives creatively health well-being, happy at work	Centre of powers of communication. If weakly developed - top do with interchanges between people. Can have a hard time expressing oneself. Can manifest in speech impediments/cluttering speech defects - work on throat chakra. Difficult to find right words, express thoughts and feelings or to strike the right note in comms with others
		Head	5g Intestine															
Heart	Green	Body	Heart	Level of physical heart	Air	Thymus	Balance and love, compassion, emotional zone, self-acceptance, masculine, feminine of the self, forgiveness	The right to love and be loved	Grief	Thymus gland (cell-mediated immunity) development of B/T lymphocytes (killer cells), heart, lungs, breast, arms, circulation, asthma, immune system, chest, shoulder/upper back, blood pressure, upper oesophagus, blood vessels, ribs, diaphragm.	Heart, lungs, thymus, breast, arms, shortness of breath, circulation, asthma, immune system, chest, shoulder/upper back pain, blood pressure	Heart disorders (heart attack), shoulders, lungs, thymus, breast Probs with arms, hands. Respiratory probs like shortness of breath. Circulation probs (can also be solar plexus). Asthma (can be a throat also). Immune system, shoulder problems. Pain in upper back, chest pain, blood pressure problems, cholesterol	Connect lower 3/upper 3, exhibit tolerance and openness, brotherly love, devotion, humility, centre of human feeling and well of love, radiates energy of love to other chakras. Teaches us with power of love, above all, empathy, tolerance, understanding	Be green - nature, see green - visualise clear green filling your heart centre, breathe green- inhale into heart centre, breathe out negatively, be love - allow yourself to be loved by others and yourself. Give love - unconditionally, gratefully. The grass is always greener - be thankful, energy - bio/other. Forgive! Past hurts, anger, grief, regret - maybe professional counselling. When each door closes a new one opens. Opening the heart chakra - patience and kindness to yourself. Let go of what you don't need to make room for better opportunities, learn to embrace and love yourself!	Comfortable in your relationships, give/receive love easily, heartfelt sense of joy for how wonderful life is, appreciate others, feeling sorry for anyone	Afraid of commitment, please others to be loved, been hurt many times, feel like guard yourself from being hurt again	Compassionate, loving, empathetic, self-loving, peaceful, balanced, health immune system	Faced with probs in ref's re give and take. Emotion of loneliness/ isolation, hard time connecting with others/enjoying and/or enjoying others. Can't open to others/share thoughts or feelings. Can't express what they feel. Can seem cle to others. Difficult to give/receive love
		Head	5m Intestine															
Solar Plexus	Yellow	Body	Spleen	Solar plexus	Fire	Pancreas	Self-esteem, power, transformation, relationship with yourself, freedom from shame, self-worth, self-image, energy, activity, individualism, will, proactivity	The right to act as and be an individual	Shame	Muscular system, skin, stomach, liver, pancreas, diaphragm, lungs, adrenal glands, small/large intestine, upper colon, eyes (light), face (image to the world), digestive functions, abdomen, upper intestines, gall bladder, liver, oesophagus, kidney, spleen, middle spine.	Pancreas (insulin), blood stream to cells, brain (fuel consumer), liver (fuel storehouse), low energy (nutrients not absorbed in bloodstream),	Digestive system, diabetes, chronic fatigue, disorder of stomach (ulcers, heartburn), pancreas, gall bladder, liver and spleen. Eating disorders, addictions, nervous disorders, depression, jaundice	Leads to the right balance between emotional and self-control	Fire, outdoors, sun, walk in sun, sit in front of fire, good digestion, balanced diet, nutrition (Dharma, grains, grain bread, pasta, rice, flax, sunflower seeds, cheese, yogurt, spices ginger, fennel, mint), bio sessions, special offer to dress and groom, hold head high, set goals and break down into doable sections	Strong sense of own power, how to use this in healthy ways, admire others with power & influence. Choose to emulate people who use their personal power to make a diff in the world. Want to use power & influence for good in the world	Feel like a victim in the world, feel powerless v's people and circumstances. Give power to others to keep peace in relationships. Suffer from stomach pains and anxiety	Responsible and reliable, effective will power, health self-esteem, balanced ego, warmth in personality, confident, good self-discipline, good personal power, able to meet challenges	Most important reservoir of energy, central distribution point for that energy, chi, prana, if weak - suffer all above- lack of life energy. Psychol level - feelings of insecurity. Difficult to see things through to conclusion. Easily swayed by authority figs even if wrong not in own best interests (or can react in opposite fashion). Feel overly susceptible to authority, can become defiant, develop allergy to authority, results - doubt, mistrust even in those who can help them
		Head	Stomach															
Sacral	Orange	Body	Liver	Lower abdomen	Water	Gonads	Movement and connection, sexuality nature of relationships, freedom from guilt, pleasure, sensation, emotions, desire, need	The right to feel and have pleasure	Guilt	Reproductive system, sexual organs, reproductive ovaries, testes, womb, prostate, lumbar plexus, bladder, pancreas, spleen, gonads, appendix, lower vertebrae, pelvis, large intestine, large intestine, lower vertebrae, penis, appendix.	Fertility, reproductive issues, menstration, ovulation, seminal fluids, fluid retention, oestrogen of cleansing and elimination in the body	Kidneys, menstrual difficulties, sexual dysfunction, skin conditions, reproductive disorder (gyns, prostate, testicular ailments), urinary system (bladder, urinary infection), lower back pain, wrists and ankle/ack of flexibility, loss of appetite for food, sex & life trauma/shock, skin conditions, kidney problems (stones)	Uninhibited sexually, acceptance of own body, gateway to more intense love of life, creative, energy, enjoyment, sensuality, best prep for a balanced emotional life, balancing-strengthen character, increase joy in living, creativity & sensuality	Meditation, wear colour, eat sacral healing foods (orange, melon, coconut, other sweet fruits, cinnamon, plenty water, dance, bio sessions	Strong sense of sexuality, recognise one of most powerful creative energies, create healthy sexual experience with others that honour you, enjoy pleasure in many different ways in life	Believed sex is bad & can hurt you, feel have to be sorry to be loved, feel abused, hurt, confused, don't trust that you can be loved for being you	Graceful, emotionally intelligent, experiences pleasure, welcomes change, health boundaries, enjoys interaction, spontaneous, playful	Disturb connection with the world of senses, diminished sensuality, keeps us from taking pleasure in life, lack of sense of joy. Blocks freq extend to childhood - early stage of sexual development. Adults where sex = tabu - dam the flow of energy. Hinders child/adul sensual development. Impotence, frigidity, diminished sexual appetite. Symptoms - weakness in sacral - will feel themselves to be without the power or motivation to set something new in motion. Can't see how efforts will gain reward. Creative blocks, restricted movement physically, emotionally, sexually
		Head	Gall Bladder															
Root	Red	Body	Kidney	Base of the spine	Earth	Adrenals	Grounding / foundation survival patterns, generational patterns, money, food, health issues, home, family	The right to be here	Fear	Bowel, anus, base of spine (L1-L5), sacrum, coccyx, lymph system, skeletal system, bones, teeth, legs, knees, ankles, feet, hands, allergies, blood disorders, nose (smell), physical body support, hip joints, spine, blood, immune system.	Cancer, leukaemia, arthritis, back pain, blood disorders, eating disorders, allergies, growth	Bones & Teeth, legs, knees, feet, hands, muscles and blood disorders, bowel disorder, anus and large intestine, eating disorders, freq illness, back pain, cancer, leukaemia, arthritis, allergies, growth probs, sialic acid, stress induced ailment	Stimulate and strengthen, powerful will to live, inner strength, passion, sense of trust & security, bodily fluids	Wear red, eat root foods, see red, get advice, take a shower, zen out on walk, get a pedicure	Strong connection with family/friends/people like family, feel wanted and loved, like you belong, content with world, confident with money, manage money well, have enough for what you need and want	Feel abandoned by parents, have to survive life, getting by/going without, never enough money, hate body, feel not good enough	Good health, well grounded, comfortable in body, sense of trust in the world, feels safe and secure, able to relax, stable, prosperous, health body weight, awareness, organised, health boundaries, good physical energies	If blocked - not well grounded, obstacle to human development, tree - dependant on health of root system - functioning of all other chakras depends on proper level of base chakra. Psychological level - basic lack of trust, early childhood - feel unwanted, neglected, abandoned, treated cruelly/abused - learn to trust self, others, life in general. Keep squid up
		Head	Bladder															

