
RADIANT
BODY YOGA

the chakras

The Psychic Energy Centers


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Illustration by Marsha Silvestri



SECTION 7: YOGIC MODELS FOR EVOLUTION

The key is that when we have these injuries in our psyche, in our psychological body, then that sets us up for defense mechanisms and then all of the sort-of coping mechanisms, maladaptive tendencies that build on to that, such as addictive tendencies. The Chakra system is the key to looking at this.

—ASHLEY TURNER

CHAKRAS

These are the 7 major energy centers called Chakras that line the spine. The word Chakra means wheel and each one coincides with the glands of the endocrine system, the infinite pharmacy within.

1. MULADHARA, FOUNDATION - ROOT

Element: Earth

Governs the lower body > Physical Identity

Develops from Prenatal/Utero to 12 months

Safety, stability, eat, sleep, poop

Mantra: I have the right to be here.

Positives: Grounded, Rooted, Stable, Belonging

Imbalances: Anxiety, Restlessness, Fearfulness

Addictions: Food, Work, Shopping, Accumulating, Hoarding, Gambling

To Balance: Connect to Earth with feet, body, garden, put your hands in the soil, get out in nature, acts of self-love, cook for yourself and Others





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2. SVADHISTHANA, YOUR OWN PLACE - SACRAL

Element: Water

Governs the hips, pelvis, sex organs
(water, womb, urine) > Emotional Identity
Develops 6-24 months – crawling, walking.
Development of relationship to 5 senses.
Oral phase. Sensory organs. Sexuality.
Touch it. Smell it. Taste it. Feel it.



Mantra: I have the right to feel and experience pleasure

Positives: Creative, Pleasure, Expressive, Connected to Feelings

Imbalances: Guilt, Shame, Acting out sexually, Fear of Intimacy, Pleasure-Seeking

Addictions: Sex, Alcohol, Opiates, Sugar (orgasmic, sweetness, warmth, protective)

To Balance: Connect intimately with partner, engage in creative activities, paint, write, sculpt, dance, sing, act, swim in lake, river or ocean

3. MANIPURA, SHINING GEM - SOLAR PLEXUS

Element: Fire

Governs the navel point, abdomen,
digestive tract > Ego Identity
Develops 18 – 42 months, “Terrible 2s and 3s”
Ego, Confidence, Self-Will, will power, “Me, Mine, No”



Mantra: I am powerful.

Positives: Establishing boundaries, Confidence, Ability to Laugh at Yourself
Pursuing goals. Appropriate Use of the Will, Good Digestion

Imbalances: Shame, Denial, Feeling of Shutdown, Passive Aggressive.
Controlling of others. Improper use of Will, Poor Digestion.

Addictions: Caffeine, Cocaine, Amphetamines, Workaholism, Rage

To Balance: Navel-focused Kriyas, other core work, surya namaskar, sunrises and sunsets, baths, massages, down time



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4. ANAHATA , THE UNSTRUCK NOTE - HEART

Element: Air

Heart Chakra is the bridge between lower triangle (Earthly Identity) and upper triangle (Spiritual Identity)

Heart center, arms, lungs, thymus > Social Identity

Develops 3 – 7 years old

Building friendships, loving, being loved,
going to school, how did you fit in?



Mantra: I have the right to love and be loved.

Positives: Ability to give and receive love fully.

Imbalances: Grief, Sadness, Loneliness, Inability to Love and Connect, Lung Issues

Things that lead to challenges for the Heart Center: Critical Parents Not Able to Express Love, Abandonment, Rejection, Death, Loss, Breakup, Abortion, Miscarriage, etc

Addictions: Smoking, Cannabis, Codependency, Sugar

To Balance: Sing, dance, commit random acts of kindness,
walk in self-forgiveness, seva, play with children, care for an animal, etc

5. VISHUDDHA, A PURE PLACE - THROAT

Element: Ether / Space

Governs one's interior life, perception of truth,
presentation to the world (Bana).

Throat, mouth, thyroid

Develops 7-12 years old

Express your true voice and self. Dress yourself. Decorating
your bedroom. Is the family system closed or open? Are walls built up?



Mantra: I speak my truth.

Positives: Expression, Speaking and Hearing the Truth

Imbalances: Dishonesty, Lies, The Stories We Tell Ourselves, Gossip

Addictions: Opiates, Cannabis (fog)

To Balance: Positive affirmations, mantra, singing, telling the truth, active listening



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6. AJNA, TO COMMAND - THIRD EYE

Element: Light > Spiritual Identity

Wider perspective, imagination, soul lens

Develops: puberty- phase between child and adult

Pineal gland, pituitary gland

How do you see a different possibility?



Mantra: I trust my instincts.

Positives: Intuition, seeing clearly, clairvoyance.

Imbalances: Headaches, Obsessiveness, Narrow Focus, Lack of Flexibility, Delusional, Repeating Mistakes, Things that Lead to Challenges of the Third Eye - When What You Saw Versus What You Were Told Don't Match Up

Addictions: Hallucinogens, Cannabis

To Balance: Meditation, sleep

7. SAHASRARA, 1000 PETALED LOTUS - CROWN

Element: Beyond form > Universal Identity

Develops through the whole phase of life

Plug into Spirit. Feel connection and oneness.

Mantra: I am connected.

Positives: Perceiving all angles, assimilate information, wisdom, sense of spiritual connection, prayer, meditation, reading spiritual books.

Imbalances: Too Far Out There, Ungrounded, God Complex

Addictions: Spiritual Bypassing, Spiritual Addict-Constant Seeking

To Balance: Meditation, chanting, prayer

