

The 7 Chakras and Their Meanings & Days of The Week

Root Chakra

Color: Red

Day of The Week: Monday

Location: **This chakra is located at the very base of your spine, near your tailbone.** It goes up to just below your belly button.

What *balanced* feels like: When your 1st chakra is balanced, you will feel a sense of accomplishment and peace when you think about things like money, safety, and shelter.

The Root Chakra defines our relationship with Mother Earth, the chakra that connects us to the physical. It influences our passion, creativity, youthfulness, vitality and most importantly, our basic intuitive nature of resources, stability, security and abundance. The Root Chakra is represented by the color red, which is also an indication for the need of knowledge, divine intelligence and discipline in our lives.

You will feel connected to your human experience.

The root chakra is the first chakra and is located at the base of the spine. The chakra closest to the Earth. The Root Chakra is where energy leaves the body to the feet.

It is the root of your being and establishes the deepest connections with your physical body, your environment and with the Earth.

The energy of The Root Chakra allows us to harness courage, resourcefulness and the will to live during trying times. It connects us with spiritual energies of our ancestors, their challenges and their triumphs.

Since base chakra carries our ancestral memories, basically everyone experiences challenges or blockages within the Root Chakra.

These memories are imprinted in the subtle body and are passed down from generation to generation creating unconscious generational patterns

War, famine, natural disasters, and any events that threaten our basic survival, are all recorded within energies of the first chakra. The Root Chakra is the most instinctual of all chakras - it is your survival center. Your fight and flight response is initiated from this chakra. This is your primal, animal nature. This is all ego programmed mind based, the lower of the energy of the root chakra.

Things to do to honor root chakra day: Wear the color red, eat red colored foods, go for walks or be outside connected to Mother Earth, or do a prayer or ceremony to honor the root chakra.

Sacral Chakra

Color: Orange

Day of The Week: Tuesday

Location: The sacral chakra is located right below the belly button and extends to its center.

The 2nd chakra is the sacral chakra which translates to “the place of the self.”

When *balanced*: we feel safe to both feel, express + process our emotions. We easily flow with our own rhythm and enjoy the experiences of our life without resistance.

This chakra is all about your identity as a human and what you do with it. From of all 7 chakras, this chakra is responsible for bringing you creative energy to help enrich your life.

Your sacral chakra is the home of the creative life force energy that helps you enjoy your life here on Earth. The chakra where creativity and passion are held.

The gift of this chakra is experiencing our lives through feelings and sensations. The second chakra is the center of feeling, emotion, passion, joy for life, and connection.

The energy of this chakra allows you to let go, to move, and to feel change and transformation occurring within your body. It allows you to experience this moment as it is, in its own fullness.

The main challenge for the second chakra is the conditioning of our society. We live in a society where feelings are not valued, where passion, and emotional reactions are being frowned upon. We are being taught not to "lose control". And we get disconnected from our bodies, our feelings.

Things to do to honor sacral chakra day: Wear the color orange, eat foods that are orange colored, take time out of the day to do something creative (draw, paint color, etc), make a list of things that bring you joy in life, or what you are passionate about, or write a ceremony or prayer honoring the Sacral chakra.

Solar Plexus

Color: Yellow

Day of The Week: Wednesday

The Solar Plexus Chakra is roughly translated to 'City of Jewels' and it is regarded as one of the most powerful chakras that has profound influences on our personal power (divine empowerment). The Solar Plexus chakra represents our personal abilities and powers, and it influences both our personal and professional success.

Within the human body, the Sacral Chakra is connected with our sense of taste, and impacts several organs and glands, including the bladder, the lymphatic system, pelvis, and the large intestine

This chakra is represented by the color yellow, which symbolizes this energy vortex and its connection with energy, fire, and charge amongst other powerful emotions. When this fiery and powerful element is present in a harmonious balance, it allows us to be much more energetic, active, confident and forthcoming with a cheerful disposition that allows us to respect ourselves and others.

Location: The solar plexus starts in the center of the belly button and extends up to the breastbone or where your two sets of ribs connect in the center of your chest.

What *balanced* feels like: **When your 3rd chakra is balanced, you will feel a sense of wisdom, decisiveness, and personal power.**

Many call this chakra the warrior chakra, as the feeling you get from it is comparable to a wise warrior going into battle.

He has the confidence to win and the wisdom to know the personal truth he is fighting for. This is the seat of your divine empowerment, your solar plexus, and **you can physically feel that confidence and wisdom in its location.**

It's important to distinguish that personal power doesn't imply power over others.

It implies self-mastery – the ability to master your thoughts and emotions, overcome any fear, and take appropriate action in any situation with courage and determination.

Have harmonious relationships with your surroundings + use your empowerment to empower others.

Ways to honor Solar Plexus Day: Wear the color yellow, eat foods that are yellow in color, write a prayer or ceremony honoring the Solar Plexus, communicate or express feelings with others to work on self-confidence, or do some yoga stretches that focus on the stomach area.

Heart Chakra Colors: Green and Pink

Day of the Week: Thursday

Location: The heart chakra's center is located right over your heart and it radiates down to your breastbone and up to your throat. It is the middle one of the 7 chakras and it's connecting the higher chakras (the heaven) with the lower chakras (the physical world).

The heart chakra - the wellspring of love, warmth, compassion, and joy is located in the center of the chest at the heart level.

The heart chakra moves love through your life.

It is the center of your deep bonds with other beings, your sense of caring and compassion, your feelings of self-love, altruism, generosity, kindness, and respect.

We all associate our hearts with love, and that's exactly what the 4th chakra is all about. And this includes love for others and love for yourself, which is why this chakra is also associated with health and healing.

The heart chakra is an integrating and unifying chakra - bringing to wholeness - as such, it is your healing center. Indeed, most spiritual traditions recognize love as the ultimate healing force. It is where we communicate with others telepathically, through the heart space

The energy of the Heart Chakra allows us to recognize that we are part of something larger, that we are interconnected within an intricate web of relationships extending through life and the universe.

The Heart Chakra allows us to recognize and get in touch with the sacred and fundamental truth that runs through all of life and connects everything together. It is where we connect to Mother and Father God, and all of Creation.

The "way of the heart" or the "path of the heart" is living your life from this energy center of love.

What *balanced* feels like: When your 4th chakra is balanced, **you are able to equally feel love for yourself and others**. Even when tough things happen, you can still see the compassion and kindness in others.

Things to do to honor Heart Chakra day: Wear the colors green or pink, eat foods that are either green or pink in color, write a prayer or ceremony to honor the Heart Chakra, make a list of things you love about yourself or others, give others a hug!

Throat Chakra

Color: Blue

Day of the Week: Friday

The Throat Chakra is the fifth chakra and it is the first of the higher or spiritual chakras on the "chakra ladder". This chakra is located in the region of neck and shoulders and its color is blue.

The gift of this chakra is accepting your originality, expressing your authentic voice, standing up for yourself and love, and speaking your truth,

The energy of this chakra allows you to seek knowledge that is true, beyond limitations of time and space, beyond cultural and family conditioning.

The "way of the Throat Chakra" is the way of inspired creativity, seeking and sharing of the truth.

It is the way of standing up for love, saying no when you need to, and being open and honest in what you say.

A person with an open Throat chakra is a good listener, she enables another person to have the experience of being heard - one of the most profound human needs.

What provides the energy for you to speak?

On a physical level, of course, the answer is the throat, but on an energetic level, this energy actually comes from your 5th chakra. This chakra lets you speak your truth with clarity.

Resting right above the heart, the throat chakra is connected to the compassion and love you have for yourself and others.

What *balanced* feels like: **When your throat chakra is balanced, you will be able to clearly speak with love, kindness, and truth.**

In fact, you will know exactly which words are appropriate for each situation. And speaking with a balanced throat chakra will enlighten and inspire those around you.

Things to do to honor Throat Chakra day: Wear the color blue, eat foods that are the color blue, practice strengthening your throat chakra through speaking or singing, do a prayer or ceremony to honor the Throat Chakra.

3rd Eye Chakra

Color: Purple

Day of The Week: Saturday

The Third Eye Chakra transcends time. It is located in the brain, at the brow, above the base of the nose.

The gift of this chakra is seeing - both inner and outer realms. It is our intuitive guidance that connects us to our higher selves.

The energy of this chakra allows us to experience clear thought as well as gifts of spiritual contemplation and self-reflection.

Through the gift of seeing, we can internalize the outer realms of reality and with symbolic language we can externalize the inner world.

The energy of The 3rd Eye allows us to access our inner guidance that comes from the depths of our being (our higher selves). It allows us to cut through illusion and to access deeper truths - to see beyond the mind, beyond the words, into the heart fully.

The "way of the third eye" is seeing everything as it is from a point of "witness" or "observer", or from simply being heartfelt - moment by moment.

It means examining self-limiting ideas and developing wisdom that comes from a perspective that transcends the duality of good or bad, black or white. It means seeing and helping others to see the deeper meanings of the situations in their lives.

This chakra opens up your heart and brain to information beyond the material world and the 5 senses.

Extrasensory perception, intuition or psychic energy, all come from the third eye.

There is actually a small pinecone-shaped gland in your brain that takes in light. This gland, the pineal gland, is responsible for helping you feel awake in the daytime and sleepy at night.

What *balanced* feels like: A balanced third eye is a beautiful thing, and it's really what you are trying to achieve when you start on a path to spiritual development.

When your **third eye chakra** is balanced, **you will equally feel in tune with both the physical world and the etheric realm.** You will receive psychic information as frequently as you receive information from your 5 physical senses, but it will not overwhelm you.

Things to do to honor 3rd Eye day: Wear the color purple, eat foods that are purple in color, practice connecting to your angels and higher self, do a prayer to honor the 3rd eye, meditate and connect to your higher self guidance and allow your higher self guide you throughout the day.

Crown Chakra

Colors: White or Purple Day of the Week: Sunday

The thousand petals represent the connection to the divine.

Our unity with other beings and the universe. The lotus flower symbolizes prosperity and eternity of these integral connections.

The crown chakra is the seventh chakra and it is at the top of the "chakra ladder" which starts from the root chakra that grounds us on the Earth and progresses upward to the Crown Chakra which connects us with the universe and the Divine source of creation.

The Crown Chakra is located at the crown of the head. The gift of this chakra is experiencing unity and the selfless realization that everything is connected at a higher consciousness level.

This chakra is pure consciousness energy, our connection to Source consciousness, Mother and Father God.

The Crown chakra is one of those energies that's hard to explain. You can think of it like magnetism.

When you hold a piece of metal to a magnet, you can feel the energy and tension, but you can't see it. Consciousness energy is everywhere and in everything. It connects us to the entire universe.

Our own personal consciousness is located in the 7th chakra, but it's really more like the seed of a universal energy than something personal or individual.

The energy of this chakra allows us to experience mystical oneness with everyone and everything in nature and all of Creation.

There is no intellectual knowing at the level of seventh chakra, but there is serenity, joy, and deep peace about life.

When *balanced*: You have a sense of knowing that there is a deeper meaning of life and that there is an order that underlies all of existence. You allow higher downloads of information that transcend intellectual learning.

The "way of the crown chakra" is the way of going beyond the limits of your own ego. It is the way of transcending the ego and knowing that all of creation is interconnected at a higher, multidimensional level.

Things to do to honor Crown Chakra day: Wear the colors white or purple, eat food that are purple in color, practice channeling information or messages from the angels or other galactic beings, be out in nature to feel the Oneness connection, or do a prayer to honor the Crown chakra and our connection to Mother and Father God.