



Body Organs and Emotions Associated with the 7 Main Chakras

Now you know how your seven main chakras serve you, it's important you understand which organs and emotions relate to the seven main chakras.

Chakra activities influence our body shape, glandular processes, physical ailments, thoughts, and behavior. When chakras are moving too fast or not fast enough, energy doesn't flow harmoniously and can cause energy disruption.

We are all physical beings are made of feelings, thoughts, and behavior. Our emotions and DNA determine our overall health. Chakras are spiritual powers made of vortexes of energies throughout the body. Chakras can become blocked with negative energy and psychic debris. These disturbances can lead to physical and emotional illnesses.

Our emotions are our body's electricity. When energy is excessive, it can cause an energy overflow, like a sudden surge of power going through your computer; this surge can cause a blowout or burnout. This can also apply to our body's energy system. When energy is deficient there isn't enough to feed the chakras; this deficiency can become seeds of physical and emotional illnesses.

By checking in regularly through meditation and mindful activities, we can address any disconnect and prevent a blowout or burnout they happen.

The biggest causes of imbalances are-

- Stress
- Unprocessed emotions
- Over scheduling and over extending
- Health and emotional problems
- Lack of "me" time

The goal is come back to balance.

The accompany meditation is will help you to locate where your energy imbalances are and feed your mind, body and soul.

Homework

What did you learn from this class?

Where do you feel pain in your body?

Can you remember when the pain started?

What were the circumstances at that time?

What emotions came up for you?

Do you still have challenges even to this day from that experience?

Have you made peace with this situation?

What changes would you like to make now?

Notes: