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Chakra is a Sanskrit word and it means "Wheel" or "Vortex" because that is what it looks like when we look at it. Chakras interact with the physical body through two major vehicles, the endocrine system and the nervous system. A variety of health problems may be caused by Chakra Imbalances affecting the associated Endocrine Gland and resulting in illness.

Chakra Tuning Forks Set helps you get in touch with your body's most subtle energies so that you can improve your overall sense of well-being. Using tuning forks as part of a sound therapy regimen can educate you on the location of energy in your body, how to sense it, and how to enhance your overall awareness of it so that you can understand its behavior and its impact on the way you feel.

<u>ENDOCRINE GLAND</u>	<u>SECRETION</u>	<u>GOVERNANCE</u>
Adrenals	Epinephrine	Actions
Ovaries/Testicles	Estrogen/Testosterone	Development
Thyroid	Thyroxin	Metabolism
Pancreas	Insulin	Digestion
Thymus	Lymphocytes	Immunity
Pituitary	Somatotrophin	Growth
Pineal	Melatonin	Body Rhythm

BASE/ROOT CHAKRA, (Base of the spine, energy color Red)

Possible Physical Areas Affected By an Out- of- Balance Root Chakra:

Anorexia, Obesity, Osteoarthritis, Auto-Immune Disease, Arthritis, Cancer, AIDS, Fatigue, Kidney, Spinal Column,

Issues are:

Security and survival

The Root Chakra is associated with the reproductive glands. It is the center of physical energy, grounding and self-preservation. The Root Chakra governs the back, feet, hips, spine and legs.

The Root Chakra is about being physically there and feeling at home in situations. If it is open, you feel grounded, stable and secure. You don't unnecessarily distrust people. You feel present in the here and now and connected to your physical body. You feel you have sufficient territory.

If you tend to be fearful or nervous, your Root Chakra is probably under-active. You would easily feel unwelcome. If this Chakra is over-active, you may be very materialistic and greedy. You are probably obsessed with being secure and resist change.

SACRAL CHAKRA, (3" Below the navel, energy color orange)

Possible Physical Areas Affected By an Out- of- Balance Sacral Chakra:

Bladder problems, Frigidity, Gall and Kidney Stones, Reproductive Organs, Vaginal Cancer, Prostate Cancer, Pelvic Disease

Issues are:

Physical and material desires

The Sacral Chakra governs the sexual organs, bladder, bowel and lower intestine.

This Chakra is about feeling and sexuality. When it is open, your feelings flow freely and are expressed without you being over emotional.

You are open to intimacy and you can be passionate and lively. You have no problems dealing with your sexuality.

If you tend to be stiff and unemotional or have a poker face, the Sacral Chakra is under-active. You are not very open to people.

If this Chakra is over active, you tend to be emotional all the time. You will feel emotionally attached to people and can be very sexual.

STOMACH/NAVEL/SOLAR PLEXUS CHAKRA, (above the navel, color yellow)

Possible Physical Areas Affected By an Out- of- Balance Solar Plexus Chakra:

Diabetes, Digestive / Adrenal organ illness, Hypoglycemia

Issues are:

Power and control

The Navel Chakra governs the stomach, upper intestines, upper back and upper spine.

This Chakra is about asserting yourself in a group. When it is open, you feel in control and you have sufficient self-esteem. When this Chakra is under-active you tend to be passive and indecisive.

You are probably timid and don't get what you want. If this Chakra is over active you are domineering and probably even aggressive.

HEART CHAKRA, (Heart region, energy color green)

Possible Physical Areas Affected By an Out- of- Balance Heart Chakra:

Cancer, High Blood Pressure, Heart Problems, Thymus, Blood, Circulatory System, Involuntary Muscles.

Issue is:

Love

The Heart Chakra is associated with the circulatory System and thymus Gland. It is the center of Compassion, Love, Group Consciousness and Spirituality.

The Heart Chakra governs the heart, lungs, blood and circulation. As the Heart Chakra is about Love, kindness and

affection, when it is open, you are compassionate and friendly, you work at harmonious relationships.

When your Heart Chakra is under-active, you are cold and distant. If this Chakra is over-active, you are suffocating people with your Love and your Love probably has quite selfish reasons.

THROAT CHAKRA, (Adam's apple area, Blue / Light blue energy color)

Possible Physical Areas Affected By an Out- of- Balance Throat Chakra:

Asthma, Neck Problems, Lungs, Hypoactive Thyroid, Throat, Jaw, Alimentary Canal, Vocal Cords.

Issue is:

Communication.

The Throat Chakra is associated with the Respiratory System/Thyroid Gland. It is the center for sound, communication, speech, writing and thought expression.

The Throat Chakra governs the throat, thyroid, mouth, teeth, tongue and jaw.

This Chakra is about self-expression and talking. When it is open, you have no problems expressing yourself and you might be doing so in a creative way.

When this Chakra is under-active, you tend to not speak as much and you probably are introverted and shy. Not speaking the truth may block this Chakra.

If this Chakra is over-active, you tend to speak too much, usually to domineer and keep people at a distance. You are a bad listener if this is the case.

BROW OR THIRD EYE CHAKRA, (Between both eyes, Dark blue/Indigo color)

Possible Physical Areas Affected By an Out- of- Balance Third Eye Chakra:

Glaucoma, Headaches, Neurological problems, Cerebellum, Nose, Pituitary, Central Nervous System, Left Eye.

Issue is

Clairvoyance.

The Third Eye Chakra is associated with the Autonomic Nervous System/Pituitary Gland. It is the center of psychic power, spirit energies, higher intuition and light.

The Third Eye Chakra governs the pituitary gland, pineal gland, skull, eyes, brain, nervous system and the senses.

This Chakra is about insight and visualization. When it is open, you have a good intuition. You may tend to fantasize.

If it is under-active you are not very good at thinking for yourself and you may tend to rely on authoritative people. You may be rigid in your thinking, relying on beliefs too much. You might even get confused easily.

If this Chakra is over-active, you may live in a world of fantasy too much. In excessive cases hallucinations are possible.

CROWN CHAKRA, (Top of head, Purple / violet energy color)

Possible Physical Areas Affected By an Out- of- Balance Crown Chakra:

Exhaustion, Epilepsy, Cerebrum, Pineal Gland, and Right Eye.

Issue is

Spiritual Wisdom.

The Crown Chakra is associated with the central nervous system/Pineal gland. It is the center of enlightenment, dynamic thought, truth and oneness.

The Crown Chakra governs the top of the spinal cord, brain stem, pain center and nerves.

This Chakra is about wisdom and being one with the world. When this Chakra is open, you are unprejudiced and quite aware of the world and yourself.

If it is under-active, you are not very aware spiritually.

You are probably quite rigid in your thinking. If this Chakra is over-active, you are probably intellectualizing things too much. You may be addicted to spirituality and probably ignoring your bodily needs.

To book a Chakra Balancing-Tuning Fork session, please contact Gainesville Holistic Health Center at (571) 248-0695 or Email us at ghhcenter@hotmail.com.