

# BALANCING YOUR ENERGY MASTERCLASS



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# BALANCING YOUR ENERGY MASTERCLASS

by

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*The Key to Life is Balance*  
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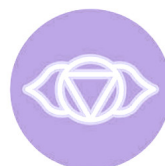
# Balancing Your Energy Masterclass

## SECTION 1: USING LIGHT



SAHASRARA

*Crown  
Chakra*



AJNA

*Third-eye  
Chakra*



VISHUDDHA

*Throat  
Chakra*



ANAHATA

*Heart  
Chakra*



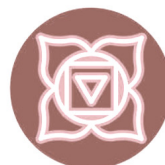
MANIPURA

*Solar Plexus  
Chakra*



SVADHISHTHANA

*Sacral  
Chakra*



MULADHARA

*Root  
Chakra*

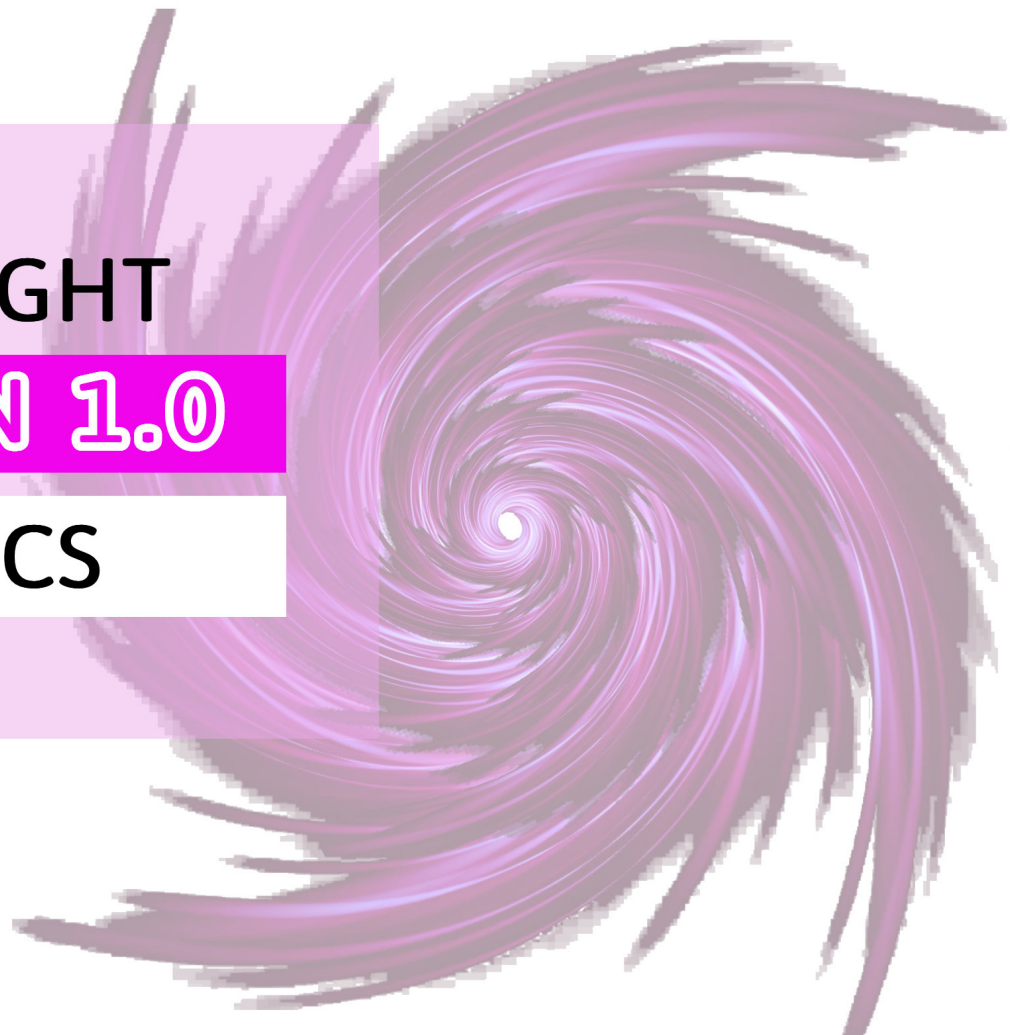


# Balancing Your Energy Masterclass

USING LIGHT

LESSON 1.0

THE BASICS





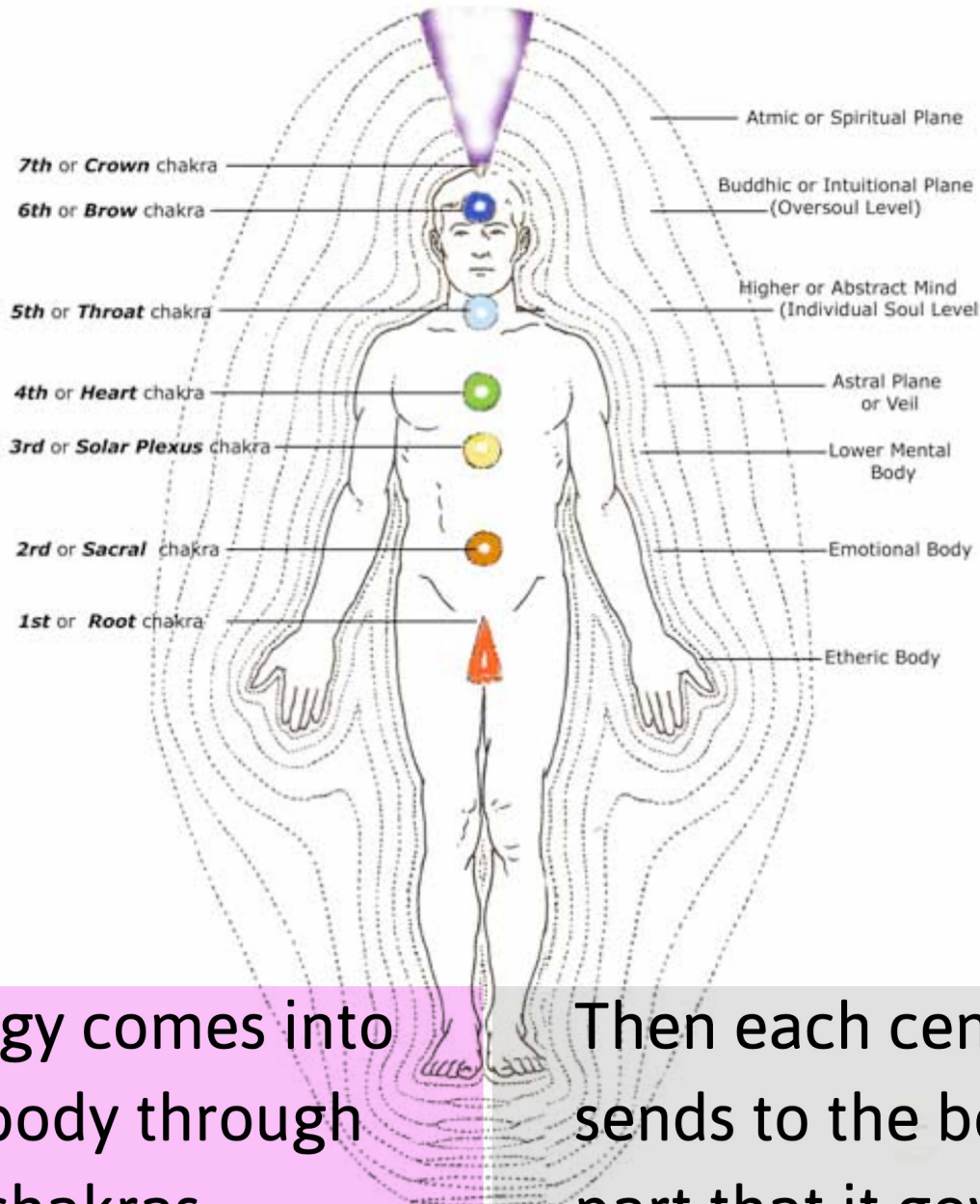
### What are the Chakras?



"Chakra" is a Sanskrit word meaning spinning wheel, or vortex.

It is a system that contains our life force energy, running up the mid-line of our body.

### The Chakra System



Energy comes into the body through the chakras, distributing these levels of energy through each center.

Then each center sends to the body part that it governs, giving them the energy to run your mind, body, and spirit.

# Balancing Your Energy Masterclass

USING LIGHT

LESSON 1.1

ROOT CHAKRA





### मूलाधार Mūlādhāra "Root of Existence"



#### Your Foundation

The root chakra links us to the physical world and acts as a support system.

**Element:** Earth

**Color:** Red

**Energy:** Grounding

**Body Parts:** Bones, teeth, nails

# Balancing Your Energy: Using Light

## Lesson 1.1

## Root Chakra

**Overactive**

**emerald and sapphire**

slow movements  
overeating  
material fixation  
excessive spending

**Blocked**

**red jasper and hematite**

fear anxiety  
anorexia  
restlessness  
difficulty creating and  
manifesting your dreams

**Balanced**

**red carnelian**

grounded-ness, good physical  
health, sense of safety, ability to  
be still, present in the moment

# Balancing Your Energy: Using Light

## Lesson 1.1

## Root Chakra

### GROUNDING

#### Root vegetables

carrots, potatoes, parsnips,  
radishes, beets, onions, garlic, etc.

#### Protein-rich food

eggs, meats, beans, tofu, soy  
products, peanut butter

#### Spices

horseradish, hot paprika, chives,  
cayenne pepper

#### Oils

Cedarwood, myrrh, patchouli



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USING LIGHT

LESSON 1.2

SACRAL CHAKRA



स्वाधिष्ठान Svādhiṣṭhāna

"where your being is established"



### Your Emotions

The sacral chakra is the energy center for our emotions, wants, and needs.

Element: Water

Color: Orange

Energy: Pleasure

Body Parts: low back, bladder, and reproductive organs

# Balancing Your Energy: Using Light

## Lesson 1.2

## Sacral Chakra

**Overactive**

**emerald**

sexual addictions  
mood swings  
poor boundaries  
emotional dependency

**Blocked**

**carnelian**

emotional numbness  
fear of change  
lack of desire or passion  
excessive boundaries  
boredom

**Balanced**

**moonstone**

graceful movements, ability to embrace change, emotional intelligence, healthy boundaries, passion



### SEXUAL CREATIVE CENTER

#### Sweet fruits

melons, mangoes, strawberries, passion fruit, oranges, coconut, etc.

#### Protein-rich food

Nuts, almonds, walnuts, etc. and honey

#### Spices

cinnamon, vanilla, carob, sweet paprika, sesame, caraway seeds

#### Oils

sandalwood, YlangYlang, Jasmine

# Balancing Your Energy Masterclass

USING LIGHT

LESSON 1.3

SOLAR PLEXUS  
CHAKRA



### मणिपूर Maṇipūra "city of jewels"



#### Your Power

The solar plexus chakra is the energy center for our volition and desire; wishes blend here.

**Element:** Fire

**Color:** Yellow

**Energy:** Will

**Body Parts:** stomach, liver, gall bladder, and nervous system

# Balancing Your Energy: Using Light

## Lesson 1.3

## Solar Plexus Chakra

**Overactive**

**sapphire emerald**

dominating  
controlling  
arrogant  
stubborn  
attraction to sedatives

**Blocked**

**topaz yellow tourmaline**

lack of energy  
poor digestion  
tendency to be cold  
low self esteem

**Balanced**

**citrine**

being responsible  
good self discipline  
warm  
able to take risks



## Lesson 1.3

## Solar Plexus Chakra

### SELF-ESTEEM AND SELF-LOVE

#### Granola & Grains

pastas, breads, cereal, rices, flax seed, sunflower seeds, etc.

#### Protein-rich food

Dairy, milk, cheeses, yogurt

#### Spices

ginger, mints, melissa, chamomile

#### Oils

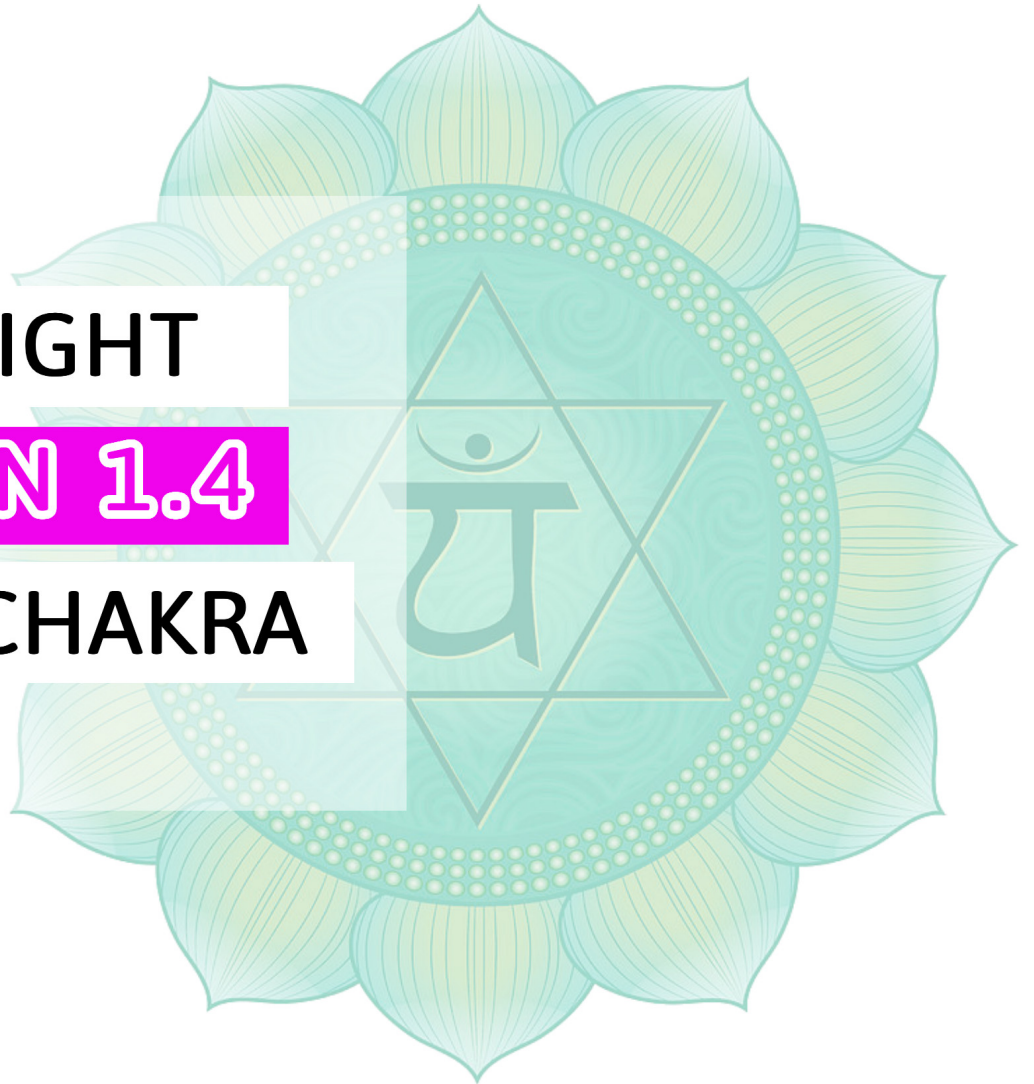
Juniper geranium Rosemary clary  
sage

# Balancing Your Energy Masterclass

USING LIGHT

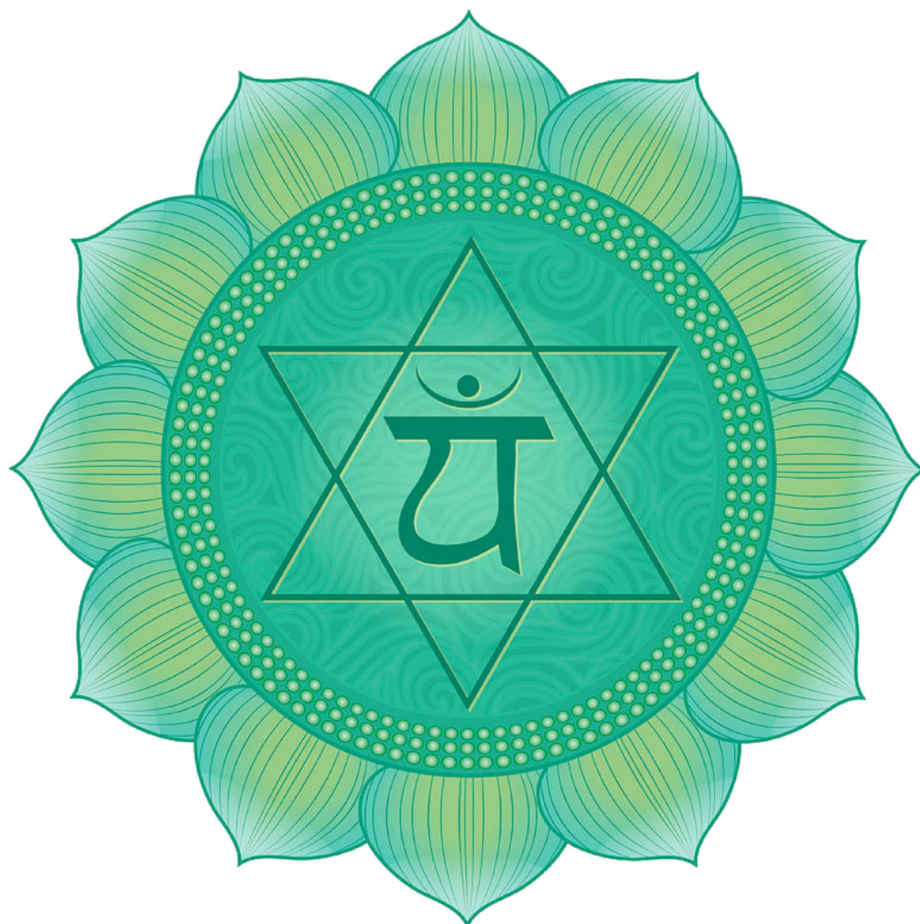
LESSON 1.4

HEART CHAKRA



अनाहत Anāhata

"unstruck, unhurt, and unbeaten"



### Your Center

The heart chakra is the center of our being and the chamber from which we give and receive love.

Element: Air

Color: Green

Energy: Love

Body Parts: heart, ribs, chest, lungs, circulatory system

# Balancing Your Energy: Using Light

## Lesson 1.4

## Heart Chakra

**Overactive**

**pink topaz**

co-dependency  
poor boundaries  
jealousy  
being a martyr or a constant pleaser

**Blocked**

**peridot**

withdrawn  
lonely  
lack of empathy  
fear of intimacy

**Balanced**

**rose quartz**

caring, compassionate, accepting  
peaceful, centered



### HEALING EMOTIONAL HURTS

#### Leafy Vegetables

spinach, kale, dandelion greens, etc.

#### Air vegetables

broccoli, cauliflower, cabbage, celery, squash, etc.

#### Liquids

Green teas

#### Spices

basil, sage, thyme, cilantro, parsley

#### Oils

rose Melissa (lemon balm) Nerol

# Balancing Your Energy Masterclass

USING LIGHT

LESSON 1.5

THROAT CHAKRA



विशुद्ध Viśuddha  
"especially pure"



### Your Voice

The throat chakra is about speaking your truth, freeing your creativity, and connecting through communication.

Element: Sound

Color: Light Blue

Energy: Truth

Body Parts: vocal cords, thyroid, bronchial, jaw, and neck

# Balancing Your Energy: Using Light

## Lesson 1.5

## Throat Chakra

**Overactive**

**quartz**

talking too much  
gossiping  
excessive loudness  
inability to contain or keep confidences

**Blocked**

**blue/yellow topaz**

difficulty putting things into words  
fear of speaking  
shyness  
having a weak voice

**Balanced**

**turquoise Chrysocolla**

having a full voice, clear communication,, being a good listener, good sense of timing and rhythm, lives life creatively



## Lesson 1.5

## Throat Chakra

### SPEAKING ONE'S TRUTH

Tart or tangy fruits

lemons, limes, grapefruit, kiwi

Tree growing fruits

apples, pears, plums, peaches,  
apricots, etc.

Liquids

water, fruit juices, herbal teas

Spices

salt, lemon grass

Oils

lavender chamomile peppermint

# Balancing Your Energy Masterclass

**USING LIGHT**

**LESSON 1.6**

**3RD EYE CHAKRA**



आज्ञा **Ājñā**

"Power of Understanding"



### Your Intuition

The etheric organ of consciousness that lies directly beyond and between your physical eyes.

**Element:** Light

**Color:** Dark blue

**Energy:** Inner vision

**Body Parts:** pineal gland, face, eyes, nose, sinus, pituitary

# Balancing Your Energy: Using Light

## Lesson 1.6

## 3rd Eye Chakra

**Overactive**

**emerald, sapphire**

hallucinations  
obsessions  
nightmares  
difficulty concentrating

**Blocked**

**diamond/Herkimer diamond**

lack of imagination  
difficulty visualizing  
denial

**Balanced**

**lapis lazuli**

strong intuition, insight, good  
memory and dream recall, has  
vision for life



### AWAKENING THE SENSES

#### Dark bluish colored fruits

blueberries, red grapes, black berries, raspberries, etc.

#### Liquids

red wines and grape juice

#### Spices

lavender, poppy seed, mugwort

#### Oils

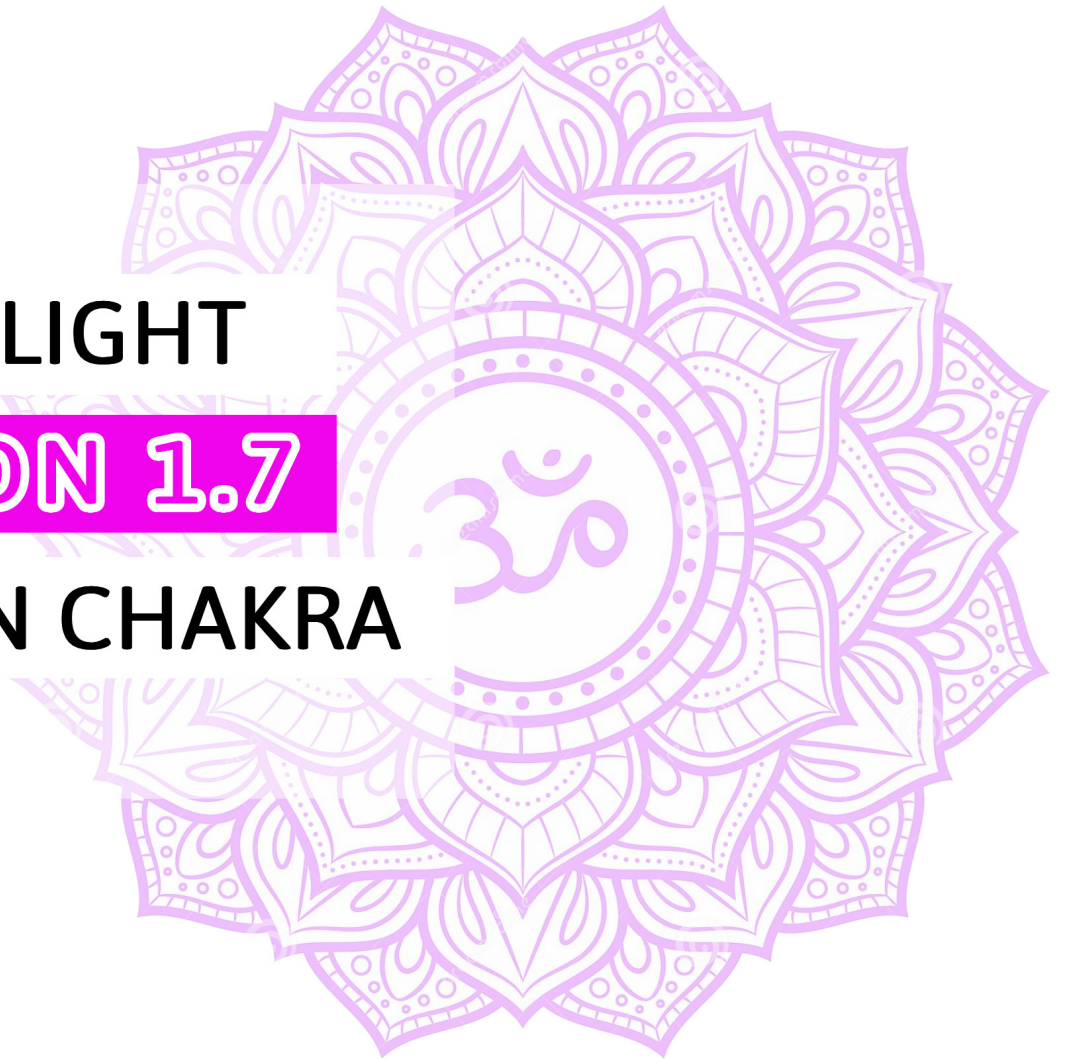
basil and frankincense

# Balancing Your Energy Masterclass

USING LIGHT

LESSON 1.7

CROWN CHAKRA



सहस्रार Sahasrāra  
"Thousand Petaled"



**Your Higher Power**

The individual point of awareness that connects you with divine intelligence.

**Element:** Mind

**Color:** Purple

**Energy:** Spirit

**Body Parts:** brain and skull

# Balancing Your Energy: Using Light

## Lesson 1.7

## Crown Chakra

**Overactive**

**Charoite sugulite**

dissociation from the body  
spiritual addiction  
confusion  
living in your head  
disconnected from your spirit

**Blocked**

**celestite**

closed mind  
learning difficulties  
rigid belief systems  
apathy  
spiritual cynicism

**Balanced**

**amethyst and clear quartz**

spiritual connection, wisdom and  
mastery, intelligence,  
open-mindedness, able to  
assimilate /analyze information



# Balancing Your Energy: Using Light

## Lesson 1.7

## Crown Chakra

### SPIRITUAL COMMUNICATION CENTER

**Air**

fasting  
detoxing

**Incense & smudging herbs**

sage, copal, myrrh, frankincense,  
juniper

**Smudging herbs**

are not to be eaten but are ritually inhaled through the nostrils or can be smoked through a ceremony pipe for purification purposes

**Oils**

Lotus waterlily Sage Juniper  
lavender