



SEVEN SENSES

CHAKRA GUIDE





Seven Senses A HOLISTIC FRAMEWORK

Seven Senses is a holistic philosophy and framework for growth and healing. The holistic self is composed of four quadrants: physical, mental, emotional and spiritual. In western culture, growth and healing are limited by the compartmentalization of these quadrants. It is common for westerners to work with healthcare providers to address physical ailments, a therapist or psychiatrist to discuss mental and emotional health, and energy healers or religious figures to explore spirituality. This compartmentalization is a major obstacle to growth and healing because all four of these quadrants are interconnected and each one spans our inner and outer worlds.

The Seven Senses approach is designed to address the holistic self. The framework contains wisdom from traditions all over the world, including conventional western medicine and neuropsychology, bodywork, Reiki, Kundalini yoga, Buddhism, Shipibo healing, Naturopathic medicine, Gestalt therapy and tantra. Our signature interpretation of the chakra system is the energetic thread that connects the four quadrants of the holistic self.



What is THE SUBTLE BODY?

In the West, the concept of energy is still quite foreign and few people are familiar with the subtle body. The subtle body is the part of ourselves that yogis, Chinese medicine practitioners and traditional eastern practices often reference. It can be felt but not seen. This is the part of you that feels a vibe when you enter a room. The subtle body is full of vibration and information, and many of us can feel it but do not know how to use it to understand ourselves and influence our experiences and lives.

Understanding the chakra system is the key to becoming conscious of this unconscious material so we can positively impact our growth and healing.

the CHAKRA SYSTEM

The chakras are not physical structures but each one is associated with specific systems of the body and can impact physical ailments. Even though the chakras are not considered to be physical structures, their locations do correlate with large plexuses of nerves and endocrine glands. In other words, there is anatomical evidence that communication between the nervous system and the endocrine system is heightened in these areas of the body.

Before anything comes into form on the physical plane it exists as energy, which is why the chakra system can provide great perspective for preventative health. With the sensitivity to understand the subtle sensations of the energetic body, we can respond to our needs before those subtle vibrations become physical illness, dysfunctional relationships, self-limiting patterns or poor life decisions.

Just as the physical body develops over time and we must learn to crawl before we can walk, the subtle body has a developmental path, and each chakra serves as a building block for the next.



Here is an overview of the chakra system:

ROOT CHAKRA

Developmental stage: Conception through 7 years old.

Theme: Foundation, safety, survival, connection to the earth, attachment versus authenticity, fear and trust.

Signs of imbalance: Confusion about what is safe and what is not. Inability to trust. Life decisions driven by fear. Inauthenticity.

Common ailments: Anxiety, allergies and autoimmune conditions, inability to lose weight/obesity.

Signs of balance: Being authentic. Feeling safe enough to take risks in your life that are fully aligned with who you are and what you want.



3 TOOLS TO BALANCE THE ROOT CHAKRA:

- Walking barefoot outdoors.
- Visualizing the roots of a tree extending from the base of your spine deep into the center of the earth.
- Standing in mountain pose for 3-5 minutes.

SACRAL CHAKRA

Developmental stage: 7-14 years old.

Themes: Emotional development. Finding stillness in discomfort. Understanding the impermanence of pleasure and pain. Equanimity. Creativity. Sexuality.

Signs of imbalance: People-pleasing behavior, being overly emotional or emotionally guarded, living in denial. Difficulty with intimate relationships.

Common ailments: Pelvic pain, sexual dysfunction, recurrent UTIs, acne, STIs, anorgasmia.

Signs of balance: Having the ability to feel emotions and express them without reacting to them or being overly driven by them. Tolerance for discomfort. Willingness to see one's own blindspots.

3 TOOLS TO BALANCE THE SACRAL CHAKRA:

- Vipassana meditation.
- Create something (for ex. drawing, painting, writing) for the sake of creativity and do not share the finished product with anyone other than yourself. Completely detach from whether the finished product is "good" or "bad". You can even throw it away!
- Partner activity: place one hand on your partner's heart and have your partner place one hand on your heart. Gaze into each others eyes, and breath slowly and deeply together for 7 minutes.



SOLAR PLEXUS

Developmental stage: 14-21 years old.

Theme: The ego develops. Our sense of identity forms. Discerning what we want to assimilate into the body and energetic field, and what we want to eliminate. Worthiness. Self-acceptance.

Signs of imbalance: Self-limiting beliefs that keep you small. Insecurity. Excessive judgement of oneself and others. Shame. Overly opinionated. Anger.

Common ailments: Digestive issues, anxiety, nutrient deficiencies, liver conditions.

Signs of balance: Self-confidence, feeling empowered, having the will and determination to exceed expectations and limitations imposed by oneself and others. Feeling worthy of love and greatness.



3 TOOLS TO BALANCE THE SOLAR PLEXUS:

- Scream at the top of your lungs 3 times.
- Do a forearm plank (or any core exercise) and hold it for 30 seconds longer than you think you can.
- Write a list of all the things you judge yourself harshly for, then find something positive about each of those qualities or characteristics.



HEART CHAKRA

Developmental stage: 21-28 year old.

Themes: Giving and receiving love, self-love, compassion, rejection.

Signs of imbalance: Feelings of rejection. Lack of compassion toward oneself and others. Recurrent self-sabotage.

Common ailments: High blood pressure, circulatory problems, cardiovascular risk factors.

Signs of balance: Ability to give and receive love in relationships. Self compassion. Living courageously.

3 TOOLS TO BALANCE THE HEART CHAKRA:

- Daily gratitude practice.
- Loving-kindness meditation.
- Write a love letter to yourself and read it to yourself in front of the mirror.

THROAT CHAKRA

Developmental stage: 28-35 years old.

Themes: To transmit thought into form- manifestation, expressing one's truth, communication.

Signs of imbalance: Inability to create the things you want in your life, frequently feeling misunderstood, guilt.

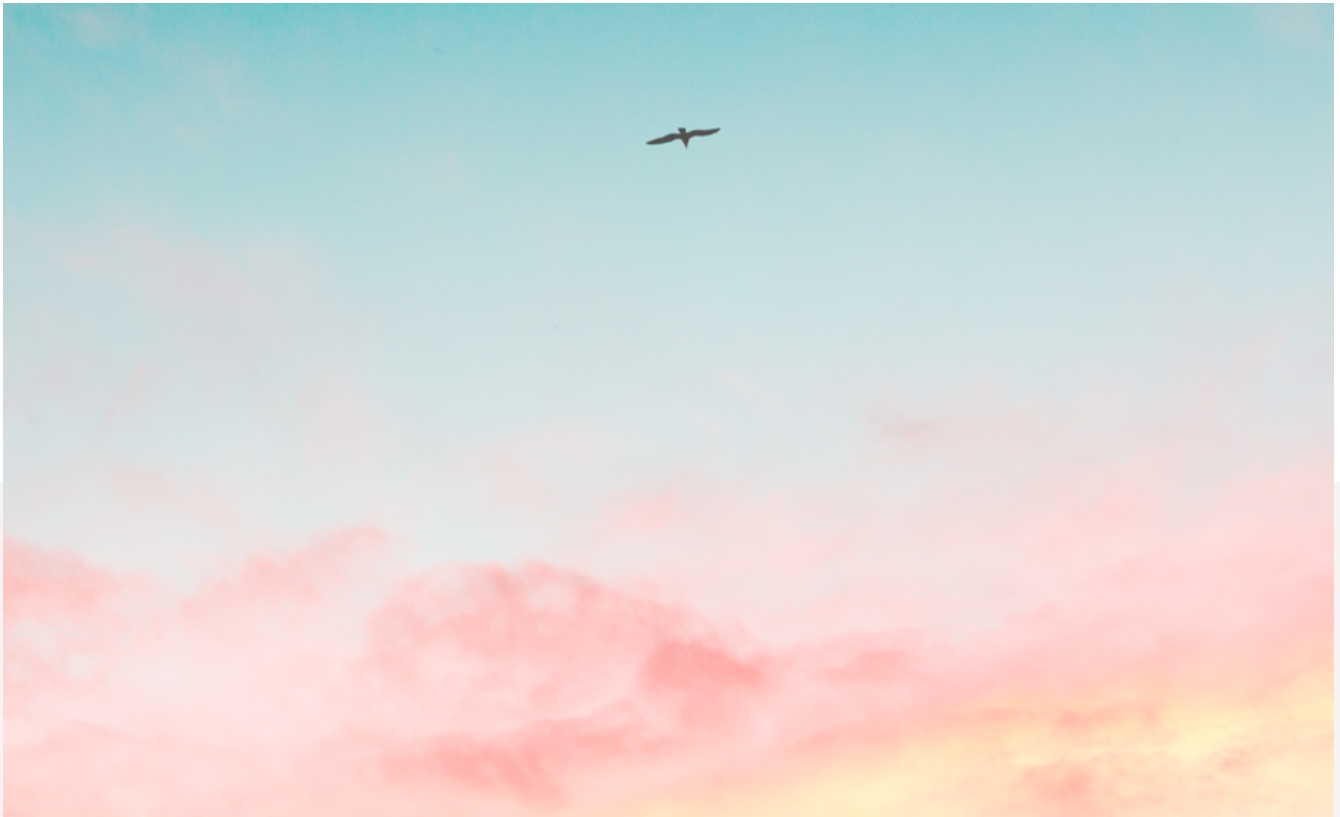
Common ailments: Hypothyroidism, laryngitis, acid reflux.

Signs of balance: Ability to manifest your dreams, clear communication skills, fearlessly and unapologetically expressing yourself.

3 TOOLS TO BALANCE THE THROAT CHAKRA:

- Chanting a mantra, such as "Sat Nam" for 3-11 minutes. "Sat Nam" means I am truth. You can also make up a mantra- a phrase that feels true for you.
- Remove the words "should, but, can't, shouldn't, trying, and figure out" from your vocabulary.
- Sing!





THIRD EYE CHAKRA

Developmental stage: 35-42 years old.

Themes: Clarity, intuition, psychic ability, greater perspective, archetype, ability to see that identity is dynamic.

Signs of imbalance: Indecision, short-sightedness, lack of empathy, inability to relate to others.

Common ailments: Hormone imbalances, headaches, night terrors.

Signs of balance: Foresight, perspective, wisdom, intuition, vivid dreams, aging with ease.

3 TOOLS TO BALANCE THE THIRD EYE CHAKRA:

- Keep a dream journal.
- Take an acting class.
- Cranial sacral therapy.

CROWN CHAKRA

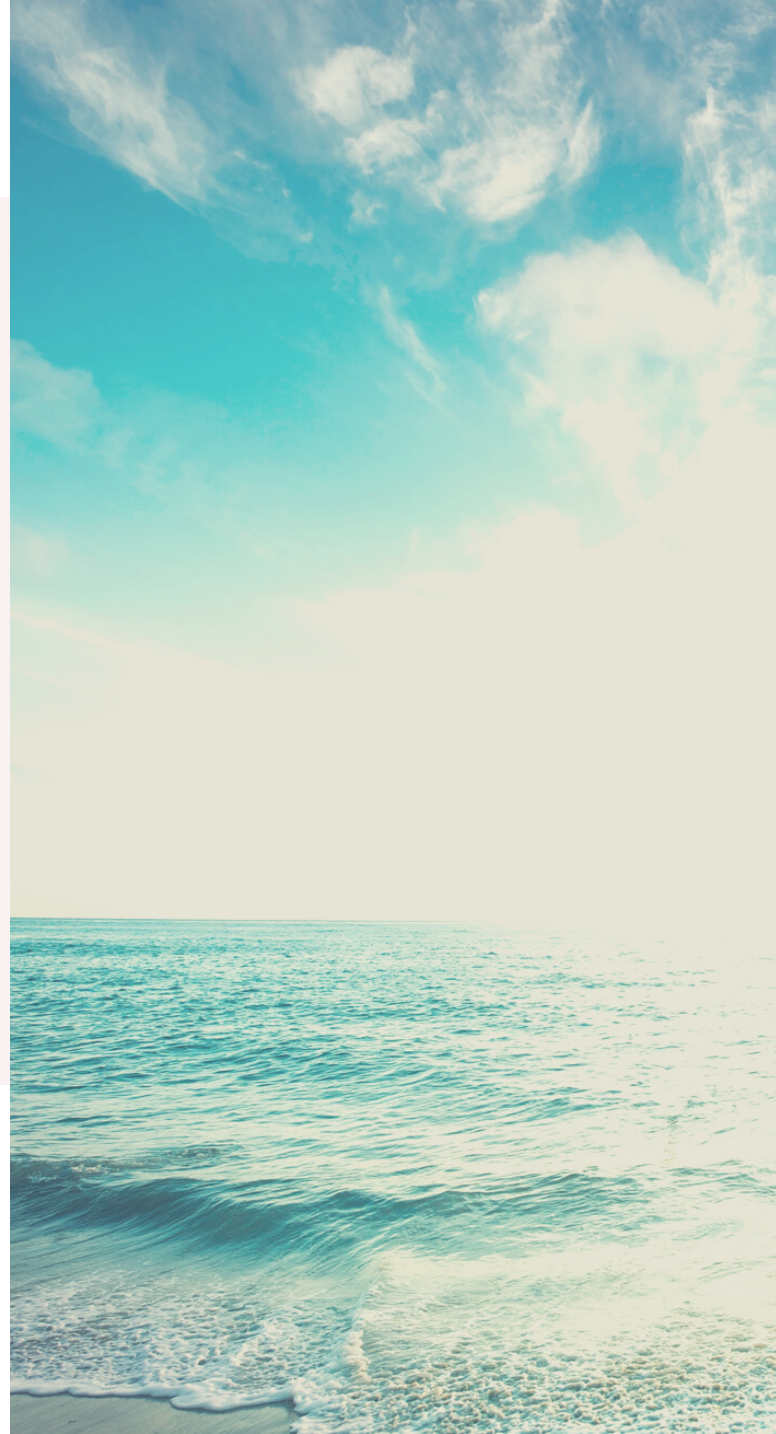
Developmental stage: 42-49 years old.

Theme: Connection to the macrocosm. Oneness. The great cycles of the universe and the biorhythms of the body.

Signs of imbalance: Social isolation, disconnection, lack of purpose, lack of inspiration.

Common ailments: Depression, insomnia, hypersomnia, fatigue.

Signs of balance: Sense of oneness in the world, connection to something bigger than yourself, feeling a sense of purpose.



3 TOOLS TO BALANCE THE CROWN CHAKRA:

- Get into nature. Let the vastness of nature move you.
- Volunteer work.
- Try adjusting your sleep schedules to the rhythms of light. Wake up at sunrise and go to sleep as soon as it's dark outside.