



7th: Spirituality. How you connect to your higher power.



6th: Intuition/Intellect. How you know what you know.



5th: Communication. How you speak your truth and hear the truth of others.



4th: Connection. How you connect with yourself and others.



3rd: Power. How you express your power, and honor boundaries.



2nd: Life force. Emotions, sexuality, and creativity.



1st: Safety. How you experience safety and security.

The first and seventh chakras have only one aspect.

The other (middle) chakras have a "front" and a "back".

- o The front of the chakra is how you project energy to the world.
- o The back of the chakra projects the belief systems you have, the messages you give yourself, and how you choose to "feed" that particular chakra.

When reading the front of a chakra, you may start with a phrase similar to "As people encounter you, they will find you to be..."

The back of the chakras contain information about belief systems and support. They may provide information regarding the following:

- 2 Relationships and/or managing feelings.
- 3 Is power dangerous, used cautiously, empowering, supportive, overpowering, unnecessary?
- 4 What is their inner child like? Is he/she happy or sad, quiet or loud, subdued or expressive?
- 5 How do they speak to themselves? Supportive? Critical? Any old tapes from childhood?
- 6 How do they value their intellect and intuition? Do they combine them, or keep them separate?

As you progress, you may discover or create certain "tools" to help you read some of the chakras.

Here are some examples of my favorites tools:

- o Back of the 2nd (relationships): Imagine a little boy and little girl playing on a Teeter Totter. How do they play? Is it dynamic, or does it move gently/minimally? Do both play the same? How do they feel about the game? This will describe their view of relationships.
- o Back of the 3rd (power): Imagine a warrior. How are they dressed? How are they armed? What actions do they take, and when? If you can't see a warrior, try a doctor or teacher.
- o Front of the 4th (connection): Imagine a living room. What is the furniture like? Is it busy or sparse? Is it well lit? Is it designed for large parties, or small gatherings? The answers will indicate whether they are more interested in deep, meaningful, friendships or more superficial connections. You might also discover how this person offers comfort.