



- ROOT**
Fear, anxiety
- SACRAL**
Shame, guilt, lack
- SOLAR PLEXUS**
Low self-esteem, control
- HEART**
Anger, grief, isolation
- THROAT**
Inability to speak your Truth,
fear of being judged
- THIRD EYE**
Blocked intuition, mental fog
- CROWN**
Lack of connection to the Divine

Out of BALANCE ENERGY CENTRES

linked emotions

BALANCED ENERGY CENTRES

linked emotions

- CROWN**
Connection to Oneness, selflessness
- THIRD EYE**
Clairvoyance, imagination,
clarity
- THROAT**
Safe self-expression
- HEART**
Love, compassion, gratitude
- SOLAR PLEXUS**
Willpower, motivation
- SACRAL**
Creativity, passion, wisdom
- ROOT**
Trust, safety

