

# Chakra Energy Centers

*As Souls in human Bodies, we Create and Play through the use of Energy.*

There is an Infinite flow of Energy available to every individual and it is our Choice to access that Universal flow and then allow it to move through our Chakras or Energy Centers in our bodies.

When I first wrote the phrases for A-Z for this book, I was guided to use a specific color for each phrase. Those colors directly correspond to the Chakras in our body. At the bottom of each alphabet page, I indicate the Chakra that is activated by the energy held in the words and image for that letter. You can simply allow the vibration of the words to support the movement and expansion of energy flowing through that Chakra.

In this book, I have focused on 8 Chakras, as well as the activator and grounder that I call the Crystal Core of Gaia. If you are new to Chakras, I encourage you to read and explore and learn more about the ways in which energy moves and manifests in our human journey.

The resources below offer a very brief guide to help you begin your journey... or a very brief refresher, if you are already aware of the power of your Chakras. *(We begin at the bottom chakra...)*



## *Gaia's Crystal Core*

I believe that Source is at the center of everything, including our planet of Earth, Gaia. In my meditation time, I continue to see a large, powerful Crystal at the center of the core of this planet that holds ALL in balance... and that IS Source Energy.

## *Gaia Chakra*

I believe that our feet are a powerful Chakra that is not often discussed in mainstream self-help resources. Our feet are our connection point to this planet and so the Gaia Chakra is activated and strengthened by the amount of time that we spend in nature, physically connecting our feet to the Earth. If that is not possible on a daily basis, the visualization of roots and a grounded energy flow going from our feet into the surface of the Earth... and back up... and back down... and back up... is an important process to include in each day.

---

## *1st (Root) Chakra*

In our human journey, feeling at home in the body requires a sense of safety, security, and belonging. The Root Chakra is located in our hips and lower pelvis, creating an energetic foundation for all that we experience in our lifetime.

**I AM SAFE** and **I BELONG** are two powerful mantras to activate the Red Crystal Light Energy of the Chakra.

*(Sound activation is LAM - pronounced LAAAAAAM)*

---

## *2nd (Sacral) Chakra*

Once we feel safe, we are able to receive and allow in more of Life's pleasures. The Second Chakra is where we practice receiving and giving in our relationships, in our abundance, in our joy. This is also where we define our understanding of the Masculine and Feminine energies within ourselves and within society by activating the Orange Crystal Light Energy in the mid-section just below our belly buttons.

**I AM ABUNDANT** and **I AM IN HARMONY** are two mantras for this Chakra.

*(Sound activation is VAM - pronounced VAAAAAAM)*

## 3rd (Solar Plexus) Chakra - 3rd (Solar Plexus)

It is through our relationships that we begin to define our unique identification in this Soul-human journey. The Third Chakra is a bright Yellow Crystal Light Energy representing Source (the Sun) inside of and at the center of each one of us. The largest of the lower (earthly plane) energy centers, in its activation this Chakra allows us to be bigger and be more.

**I AM HERE** and **I AM POWERFUL** are two mantras to explore.

*(Sound activation is RAM - pronounced RAAAAAAM)*

---

## 4th (Heart) Chakra

Located through the chest and all the way down the arms and to the hands, the Heart Chakra is the bridge between the physical, earthly experience and the spiritual, Universal dimensions of Consciousness. A highly activated and expanded Heart Chakra holds vibrant pulsing Green Crystal Light Energy, representing Life. It is said that an open, loving heart is actually the strongest heart because it shows a trust in the understanding of Love being Eternal and Infinite.

**I AM LOVE** and **I AM LOVED** are two mantras to help activate this Chakra.

*(Sound activation is YAM - pronounced YAAAAAAM)*

---

## 5th (Throat) Chakra

As we clarify who we are in this lifetime and flow that energy through an open heart, our Throat Chakra can then express our wisdom, knowing, clarity in the most beautiful of ways.

An activated Throat Chakra resembles the color of the sky on a bright September afternoon where ALL things are possible. Located from the base of the neck to the space right underneath the eye sockets, this Chakra is the largest of the spiritual plane Chakras, as it holds and moves all that we hear through our ears, smell through our nose, and express through our voice.

Chanting and practicing speaking our Truth helps the Blue Crystal Light Energy flow through with grace and ease.

**I AM HEARD** and **I LISTEN** are mantras to support this Chakra.

*(Sound activation is HAM - pronounced HAAAAAAM)*

---

### 6th (Third Eye) Chakra

The Sixth Chakra is activated through the connection of Source energy in the Crown and it is held steady by the energy that flows through all the Chakras below the Sixth. Many can see and know Truth through their Third Eye, but if the energy below is not steady and flowing and open, they do not trust what they see enough to act on it. A vibrant Third Eye Chakra (from the eye sockets to the top of the forehead) pulses with deep Purple Crystal Light Energy that illuminates and clarifies ALL by simply tuning in.

**I SEE** and **I KNOW** are two mantras to help activate the energy flow of this Chakra.

*(Sound activation is OM - pronounced OMMMMM)*

---

### 7th (Crown) Chakra

Located at the top of our physical body, an inch above our hair line, the Crown Chakra is our connection point to Source, to Love, to Consciousness, to Spiritual - Universal Oneness. Cutting off this flow by not trusting Source Energy often leads to headaches, confusion, and depression in our human journeys. Remembering, trusting, and allowing an ever-increasing flow of Source Energy to move through our Chakras supports the activation and flow of energy through the entire Chakra System. Source Love IS Infinite AND experienced as HERE in this human journey.

**I TRUST** and **I AM ONE WITH ALL** are powerful mantras to activate the in-flow of White Crystal Light Energy through the Crown Chakra.

*(Sound activation is ANG - pronounced AAAANG)*

*Enjoy Your Journey of  
Playing with the Chakras!*

