

*The Modern
Goddess Guide to
Balance Your
Chakras*

an eBook by
Venus Aviv

WWW.VENUSAVIV.COM

TABLE OF CONTENTS

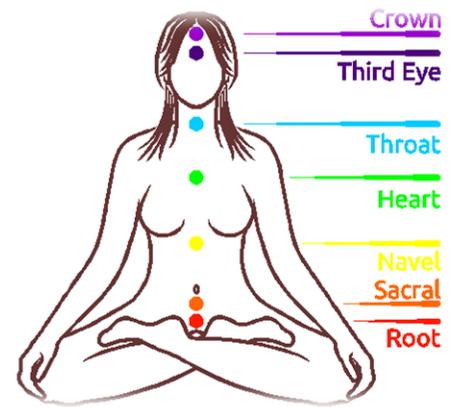
What Is a Chakra?	1
1 st Chakra: Root	2
2 nd Chakra: Sacral.....	3
3 rd Chakra - Solar Plexus	4
4 th Chakra: Heart.....	5
5 th Chakra: Throat	6
6 th Chakra: 3 rd Eye.....	7
7 th Chakra: Crown	8
Would you like to learn more about your chakra blocks?	9



WHAT IS A CHAKRA?

A chakra is a wheel-shaped, spinning vortex of spiritual energy that most people cannot see using normal human vision. Chakra is pronounced “Shock-ra” in the United States, however, it has origins in yogic and Ayurvedic philosophy, and in Sanskrit the pronunciation sounds like “chuck-ra”.

The state of your health, as well as your thoughts and emotions, are determined by the energy flow in your chakras. Understanding the current state of your chakras is a great tool in managing your overall emotional, mental, physical, and spiritual wellness. There are several chakras in your body, but the most common are the 7 chakras: root, sacral, solar plexus, heart, throat, 3rd eye, and crown.



BLOCKED VS OPEN CHAKRAS

Chakras are the foundation for everything that affects your life. Your energy in any of the 7 chakras can either be blocked, open, or somewhere in between.

Open Chakra Energy

When your chakra energy is strong and the energy is open, you feel aligned in your body, mind, soul, and spirit. You feel physically strong and fit, your mind is calm, clear, focused, positive, and your soul feels connected in a two-way communication with the spiritual world. Balancing and aligning all your chakras allows your life force, or kundalini.

Kundalini is an energy lying dormant at the base of your spine. You can activate kundalini through yoga, in which the energy travels up your spine, from your lower chakras root to crown. Kundalini activation leaves you feeling empowered and equipped co-create with Spirit a life you love.

Blocked Chakra Energy

When your chakra energy is blocked, it is difficult to feel enlightened or further your path of conscious evolution. You may experience low vibrational emotions. Your physical health may feel low. You may feel stuck in life, or have challenges in your career, financial status, personal relationships, love, and even your social life may feel toxic.

How to Balance and Clear Your Chakra Energy

The first step in balancing and clearing your chakra energy is to first become aware of where your blocks exist. You can get a chakra reading by an energy worker, or you can work on improving your intuitive capabilities to assess your own energy blocks. In addition, there are chakra energy balancing remedies that provide additional support.

I will walk you through each of your 7 chakras, and offer tips on how to identify if your chakras are blocked, how you know when they're open and strong, and offer tips on how to balance your chakra energy.

1ST CHAKRA: ROOT

Your root, or Muladhara chakra is the seat of your connection to Mother Earth. It's the foundation for everything that affects your ability to survive and feel like you belong on this earth. You feel grounded and rooted in yourself. If you are familiar with Maslow's Hierarchy of Needs, the bottom layer of the triangle represents your root chakra energy.



ROOT CHAKRA: COLOR, SYMBOL, LOCATION

Your Root chakra is red, the symbol is a lotus flower with 4 petals, and it is located around the perineum and base of the spine. When you sit down, you are sitting on your root chakra.

IS MY ROOT CHAKRA BLOCKED OR OPEN?

Blocked Root Chakra	Open Root Chakra
<ul style="list-style-type: none">▪ Unsafe, insecure, fear, unprotected, disconnected, you feel "all over the place"▪ Adrenal fatigue or burnout	<ul style="list-style-type: none">▪ Basic tools to survive: food, clothing, shelter, money.▪ Safe, protected, grounded, connected to earth energy.

REMEDIES TO CLEAR ROOT CHAKRA

Here are ways you can clear your root chakra.

Root Chakra - Balancing Remedies	
Essential oils	<ul style="list-style-type: none">▪ Cedar, cinnamon, myrrh, rosemary, patchouli
Foods	<ul style="list-style-type: none">▪ Lean vegan or grass-fed protein (meat, eggs)▪ Nut butters (almond, cashew, Brazil nut)▪ Root vegetables (beets, carrots, garlic, onion, parsnips, potatoes, radishes, turnips)
Spices & Herbs	<ul style="list-style-type: none">▪ Cayenne, Chives, Burdock, Cloves, Dandelion, Horseradish, Rosemary, Paprika, Pepper
Supplements	<ul style="list-style-type: none">▪ Papaya digestive enzymes
Crystals, Gemstones, Mala Beads	<ul style="list-style-type: none">▪ Garnet, Bloodstone, Jade, Red Tourmaline
Affirmations & Mantras	<ul style="list-style-type: none">▪ LAM (opens you to belonging, prosperity).▪ Binaural Beats at Solfeggio frequency of 396 Hz., 7.83 and Earth Resonant frequency of 14.1 Hz.
Yoga Pose & Mudras	<ul style="list-style-type: none">▪ Warrior II Pose (Virabhadrasana II)▪ Muladhara Mudra
Visualizations	<ul style="list-style-type: none">▪ Imagine yourself feeling grounded, your energy stretching far in the core of the earth.

2ND CHAKRA: SACRAL

Your sacral, or Svadisthana chakra is also known as the sexual chakra. It's the foundation for all things sexual and sensual.



SACRAL CHAKRA COLOR & LOCATION

Your sacral chakra is orange, the symbol is a lotus flower with 6 petals, and is located in the lower abdomen below the navel, in the genital area.

IS MY SACRAL CHAKRA BLOCKED OR OPEN?

Blocked Sacral Chakra	Open Sacral Chakra
<ul style="list-style-type: none">▪ hard to express feelings▪ numbed desires and sensuality▪ disconnected to gut instinct▪ inability to give and receive▪ strained relationship with others	<ul style="list-style-type: none">▪ Vaginal health, comfortable with your sensuality and desires▪ You easily express your emotions & emotional needs▪ Your ability to have intimacy and surrender

REMEDIES TO CLEAR SACRAL CHAKRA

Here are ways you can clear your sacral chakra.

Sacral Chakra - Balancing Remedies	
Essential oils	<ul style="list-style-type: none">▪ Cinnamon, Clove, Cypress, Clary Sage, Lavender, Rose, Sandalwood.
Foods	<ul style="list-style-type: none">▪ Water-based, orange-colored foods. Coconut. Fermented foods. Wild salmon. Nuts & seeds. Strawberries, Passion Fruit, Oranges.
Spices & Herbs	<ul style="list-style-type: none">▪ Ashwaganda, Calendula, Cinnamon, Coriander, Fennel, Saffron, Sweet Paprika, Holy Basil, Maca, Vanilla.
Supplements	<ul style="list-style-type: none">▪ Fertility foods▪ Lemon water first thing in the morning.▪ Hormone balancing supplements
Crystals & Gemstones	<ul style="list-style-type: none">▪ Sunstone, Carnelian, Yellow Topaz
Affirmations & Mantras	<ul style="list-style-type: none">▪ I have perfect self-expression.▪ VAM (improves self-image and encourages intimacy).
Yoga Pose, Mudras	<ul style="list-style-type: none">▪ Low Squat (Malasana)▪ Shakti Mudra
Visualizations	<ul style="list-style-type: none">▪ Imagine your sacral chakra as an orange spinning light spiraling upwards, opening up and expanding fully.

3RD CHAKRA - SOLAR PLEXUS

Your solar plexus or Manipura chakra personal is all about your ego or self-identity, personal power, self-esteem, and self-governing. You feel intuitive hits in your gut.



SOLAR PLEXUS CHAKRA COLOR & LOCATION

Your solar plexus chakra is yellow, the symbol is a lotus flower with 10 petals, and is located at your mid abdomen.

IS MY SOLAR PLEXUS BLOCKED OR OPEN?

Blocked Solar Plexus Chakra	Open Solar Plexus Chakra
<ul style="list-style-type: none"> ▪ low personal power or self-control ▪ anxiety or depression ▪ anger, unfocused, brain fog ▪ poor relationship with self ▪ Problems with stomach, gallbladder, liver, bile, small intestine, or pancreas 	<ul style="list-style-type: none"> ▪ Consciously co-creating with Spirit a life you love. ▪ Physically strong and fit ▪ Your mind is calm, clear, focused, positive, and your soul feels connected in a two-way communication with the spiritual world. ▪ You are the authority of your life, self-governed ▪ Strong digestive health, healthy liver

REMEDIES TO CLEAR SOLAR PLEXUS CHAKRA

Here are ways you can clear your solar plexus chakra.

Solar Plexus Chakra - Balancing Remedies	
Essential oils	▪ Bergamot, Lavender, Melissa, Rosemary
Foods	▪ Gluten-free grains (quinoa, millet)
Spices & Herbs	▪ Anise, Cinnamon, Celery, Cumin, Fennel, Ginger, Peppermint, Turmeric, Spearmint
Supplements	▪ Fermented or cultured vegetables: kefir, kimchi, kombucha, raw vegan coconut yogurt (no cane sugar in any form)
Crystals & Gemstones	▪ Amber Citrine, Malachite, Honey Calcite
Affirmations & Mantras	▪ RAM (increases your self-esteem, activates your personal willpower and self-control).
Yoga & Mudras	▪ Boat Pose (Paripurna Navasana) ▪ Rudra Mudra
Visualizations	▪ Imagine your solar plexus chakra as a yellow spinning light spiraling upwards, opening up and expanding fully.

4TH CHAKRA: HEART

Your heart, or Anahata chakra is about your relationships with other people, and the themes of giving and receiving.

HEART CHAKRA COLOR & LOCATION

Your heart chakra is green, the symbol is a lotus flower with 12 petals, and is located in the middle of your chest. It runs all the way to your back, shoulders, arms, and hands.



IS MY HEART CHAKRA BLOCKED OR OPEN?

Blocked Heart Chakra	Open Heart Chakra
<ul style="list-style-type: none"> ▪ little compassion or empathy ▪ intolerant of others' differences or beliefs ▪ restrictive of loving others ▪ little hope ▪ difficulty sharing or forgiving others, rigid ▪ closed off connection to others ▪ heart or thymus gland problems 	<ul style="list-style-type: none"> ▪ compassion and/or empathy for yourself and others ▪ accepts others regardless of beliefs or differences ▪ unconditional love for yourself and others ▪ hopeful and positive outlook in life ▪ feeling connected to others ▪ sharing, forgiving, flexible

REMEDIES TO CLEAR HEART CHAKRA

Here are ways you can clear your heart chakra.

Heart Chakra - Balancing Remedies	
Essential oils	<ul style="list-style-type: none"> ▪ Cinnamon, Cypress, Geranium, Grapefruit, Jasmine, Marjoram, Rose, Helichrysum
Foods	<ul style="list-style-type: none"> ▪ Beets, Broccoli, Spinach, Kale, Garlic, Green Tea, Potatoes, Tomatoes, Almonds, Walnuts, Macadamia nuts, Pistachios, Extra-Virgin Olive Oil
Spices & Herbs	<ul style="list-style-type: none"> ▪ Basil, Cayenne, Chamomile, Cilantro, Marjoram, Parsley Thyme, Sage, Hawthorne Berries,
Supplements	<ul style="list-style-type: none"> ▪ Blue Green Algae, Chlorella, Spirulina, Wheatgrass
Crystals & Gemstones	<ul style="list-style-type: none"> ▪ Rose Quartz, Green or Pink Tourmaline, Jasper
Affirmations & Mantras	<ul style="list-style-type: none"> ▪ YAM (heals the heart chakra, lifts your vibration to compassion and unconditional love)
Yoga Pose & Mudras	<ul style="list-style-type: none"> ▪ Full Wheel (Urdhva Dhanurasana) ▪ Padma Mudra
Visualization	<ul style="list-style-type: none"> ▪ Imagine your heart chakra as a green spinning light spiraling upwards, opening up and expanding fully.

5TH CHAKRA: THROAT

Your throat, or Visuddha chakra is about communication, self-expression, and creativity through speech and articulation.

THROAT CHAKRA COLOR & LOCATION

Your throat chakra is blue, the symbol is a lotus flower with 16 petals, and is located in the thyroid area of your throat. It goes all the way to the front and back of your entire neck, as well as the sinus cavities and respiratory system.



IS MY THROAT CHAKRA BLOCKED OR OPEN?

Blocked Throat Chakra	Open Throat Chakra
<ul style="list-style-type: none">overwhelmed and/or mentally blockedhard time gathering your thoughts to articulate effectivelydifficulty expressing yourselffear of being criticized or judgedthyroidism, sore neck, a cough, throat irritation, sinus allergies, or have swollen lymph nodes	<ul style="list-style-type: none">creative juices flow easily to create, produce, designyou feel empowered to speak your truthyou don't hold back saying how you feelyou unapologetically stand in your power and truthclear throat, sinuses, nasal canal

REMEDIES TO CLEAR THROAT CHAKRA

Here are ways you can clear your throat chakra.

Chakra Balancing Remedies	
Essential oils	<ul style="list-style-type: none">Eucalyptus, frankincense, peppermint, mint
Foods	<ul style="list-style-type: none">Blueberries, blackberries, blue potatoes
Spices & Herbs	<ul style="list-style-type: none">Echinacea, elderberry
Supplements	<ul style="list-style-type: none">Honey + lemon, blue-green algae, elderberry syrup
Crystals & Gemstones	<ul style="list-style-type: none">Turquoise Azurite, Bluestone, Blue Topaz
Affirmations & Mantras	<ul style="list-style-type: none">I speak clearlyHAM (clears blocks to self-expression, voicing your concerns, emotions, needs, desires).
Yoga & Mudras	<ul style="list-style-type: none">Fish Pose (Matsyasana)Granthita mudra
Visualization	<ul style="list-style-type: none">Imagine your sacral chakra as an blue spinning light spiraling upwards, opening up and expanding fully.

6TH CHAKRA: 3RD EYE

Your 3rd eye, or Ajna chakra is associated with intuition, clear insight (seeing things in life clearly rather than having a skewed perspective through false beliefs or past experience), and inner wisdom.



3RD EYE CHAKRA: COLOR & LOCATION

Your 3rd eye chakra is indigo or violet, the symbol is a lotus flower with two enlarged petals that make up 48 smaller petals per large petal, and is located in the middle of your forehead, right between your eyebrows.

IS MY 3RD EYE CHAKRA BLOCKED OR OPEN?

Blocked 3 rd Eye Chakra	Open 3 rd Eye Chakra
<ul style="list-style-type: none"> ▪ difficult to trust your intuition ▪ don't see the bigger picture of life ▪ awareness is not clear ▪ lack of imagination and wonder ▪ problems with endocrine system pineal gland, or pituitary gland 	<ul style="list-style-type: none"> ▪ intuitive ▪ insightful ▪ feel wise and knowing (clairvoyant) ▪ enlightened ▪ good sense of imagination

REMEDIES TO CLEAR 3RD EYE CHAKRA

Here are ways you can clear your 3rd eye chakra.

3 rd Eye Chakra - Balancing Remedies	
Essential oils	<ul style="list-style-type: none"> ▪ Oregano, Lavender, Neem, Coconut
Foods	<ul style="list-style-type: none"> ▪ Concord grapes, eggplant, purple kale, purple carrots, Raw apple cider vinegar, chaga mushrooms, goji, hemp, seaweed
Spices & Herbs	<ul style="list-style-type: none"> ▪ Star Anise, Galangal, Tamarind
Supplements	<ul style="list-style-type: none"> ▪ Iodine, Raw cacao, Chlorophyll, Spirulina, wheatgrass, blue-green algae, Vitamin K1/K2
Crystals & Gemstones	<ul style="list-style-type: none"> ▪ Blue sapphire, Lapis Lazuli, Selenite, Rhodizite
Affirmations & Mantras	<ul style="list-style-type: none"> ▪ OM (the perfect sound of creation, helps you connect with your inner wisdom). ▪ SHRIM (Pronunciation "shreem", sharpens the senses)
Yoga & Mudras	<ul style="list-style-type: none"> ▪ Child's Pose (Balasana) ▪ Mudra of the Great Head
Visualization	<ul style="list-style-type: none"> ▪ Close your eyes and imagine a blank movie theater in that space, this is a way you can connect with your intuition and receive messages from Spirit via the 3rd eye.

7TH CHAKRA: CROWN

Your crown, or Sahasrara chakra is about your spirituality and connection to Spirit.

CROWN CHAKRA: COLOR & LOCATION

Your crown chakra is violet, gold, or white, the symbol is a lotus flower with 1,000 petals, and is located at the top of your head.



IS MY CROWN CHAKRA BLOCKED OR OPEN?

Blocked Crown Chakra	Open Crown Chakra
<ul style="list-style-type: none"> ▪ unenlightened ▪ inharmonious ▪ disconnected from Source or the Universe ▪ spiritually connected ▪ higher consciousness 	<ul style="list-style-type: none"> ▪ meditation, prayer, your faith, and devotion are a natural part of your spiritual practice ▪ Awareness of receiving messages from Spirit is strong. ▪ High vibrational emotions: love, gratitude, grace ▪ Transcendence and at peace with yourself and divine ▪ Fully connected to The Universe and Source

REMEDIES TO CLEAR CROWN CHAKRA

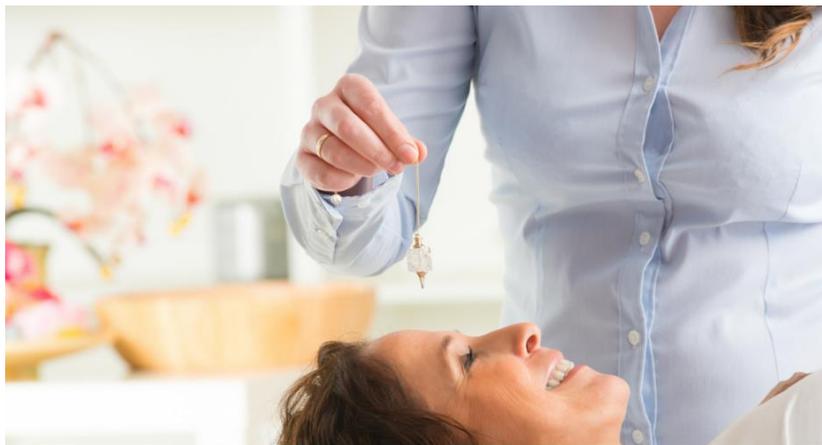
Here are ways you can clear your crown chakra.

Crown Chakra - Balancing Remedies	
Essential oils	<ul style="list-style-type: none"> ▪ Jasmine, Frankincense, Myrrh,
Foods	<ul style="list-style-type: none"> ▪ Fasting or detoxing, alkaline or anti-inflammation diet. ▪ Coconut, lychee, cauliflower, onion, garlic, mushrooms
Spices & Herbs	<ul style="list-style-type: none"> ▪ Peonies, lotus flower
Supplements	<ul style="list-style-type: none"> ▪ The Master Cleanse
Crystals & Gemstones	<ul style="list-style-type: none"> ▪ Tourmaline, Clear Quartz, Herkimer Diamonds
Affirmations & Mantras	<ul style="list-style-type: none"> ▪ AH (allows you to become detached to the outcome, and release what no longer serves you).
Yoga & Mudras	<ul style="list-style-type: none"> ▪ Headstand (Salamba Sirsasana) ▪ Mudra of A Thousand Petals
Visualization	<ul style="list-style-type: none"> ▪ Visualize a white light expanding from your auras outside your body to the furthest reaches of the multi-verses, connecting you as one with the Creator.

WOULD YOU LIKE TO LEARN MORE ABOUT YOUR CHAKRA BLOCKS?

If you feel your chakra energy may be blocked, and would like an analysis and support in clearing blocked energy, contact Venus Aviv for a private [Chakra + Aura Assessment and Energy Repair](#).

Visit www.venusaviv.com - click [Work With Venus Aviv](#) for ways to get private 1:1 support.



Chakra + Aura Energy Repair