

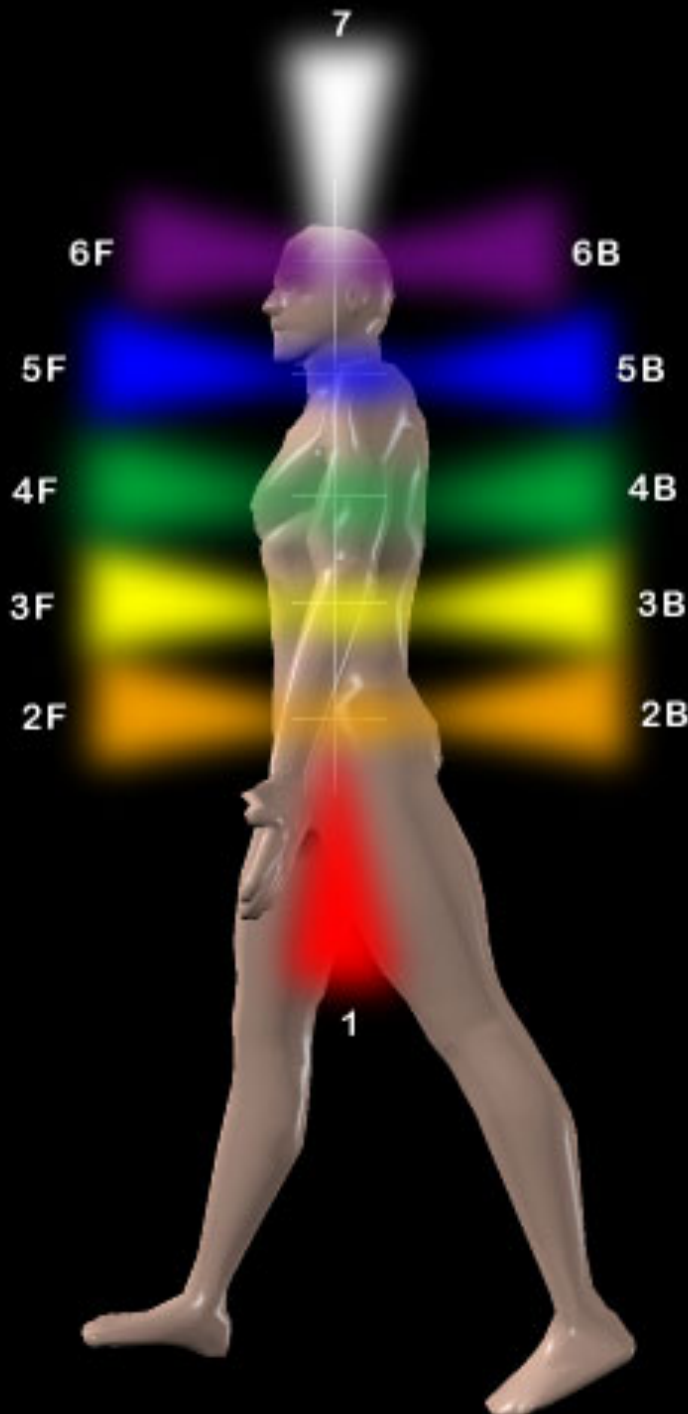


Chakra Reading

Prepared by Jenna Hiott on February 24, 2015

Introduction to the Chakra system

Chakra is the Sanskrit word for “wheel.” The chakras are centers of energy in the body and auric field that spin like vortices. They are created by energy flowing in opposite directions along the main meridians of the body. Each of these energy centers, or chakras, holds a world of information about us. It's where the spirit, body, mind and heart all meet. Ideally, each of our seven chakras is healthy, fully-functional, and perfectly-balanced. Sometimes, however, this is not the case and—due to any number of causes—they can be underactive or overactive; they can become congested, lopsided or otherwise malfunctioning. Because each chakra relates to specific areas of the body, an imbalanced chakra can lead to an imbalance in the body. The reverse is also true. Chakras and emotions have the same sort of relationship. Having this reading done is a giant step towards achieving balance in your life. Congratulations on making a move in that direction! As always, should you have any questions, please email me at: jennahiott@comcast.net. Thank you and enjoy!





The First or Root Chakra

This chakra is located at the very base of the spine. In the body, it governs the skeletal system, the immune system, the legs and the lower back. It also governs our place within the tribe; who we are in the oneness of life. It is our foundation here in physical form.

When I looked at your first chakra, I saw a spinning cone of red light—as it should be. However, as I watched, I realized it had a strobe effect and I heard the word “intermittent.” Since this is the area where we connect to our tribe (and tribes come in many shapes and forms; from our families to any one of our social groups), I wonder if your sense of belonging is intermittent. Like, sometimes you feel that you ‘fit in’ and sometimes you don’t. This could also explain any intermittent troubles you might be having in your legs, feet or lower back. Perhaps there were times in your past when you felt safe in belonging in your tribe one minute and then the next minute you felt shunned or otherwise not accepted by the tribe. Think about the statement, “All is one. I am part of everything.” What sorts of feelings come up when you think about this?

The Second or Sacral Chakra

This chakra is located in the lower abdomen, just below the belly-button. It governs the hips, sexual and reproductive organs, and everything in the lower abdomen. This is a very powerful center of energy as it is associated with our relationships to just about everything. It governs sex, money, work, creativity, etc. It’s all about how we relate.



When your second chakra is healthy, it appears as a spinning cone of orange light. When I looked at your second chakra, the first thing I felt was pain. Also, rather than a spinning cone of light, I saw a hard, rigid tube that was nearly too tight to spin. I saw an image of hands on this tube, trying really hard to make it turn. There is something about your relationship(s)—whether it is with another person or with your work or money—that isn’t working for you. It has either caused you pain in the past or is causing you pain now. This pain could be emotional or you may be experiencing some physical pain in one of the areas of the body governed by this chakra. The rigidity, tightness and hands on it were all symbols to me of perhaps trying to force a relationship that isn’t working. Is there a relationship in your life that you feel bound to, but at some level you feel it is not right for you?



The Third or Solar Plexus Chakra

This chakra is located right at the solar plexus. In the body, it governs the abdomen and digestive functions. It is all about one's identity, self-esteem, and personality. It's the "ME" chakra.

A healthy third chakra looks like a spinning cone of yellow light. What I saw when I looked at yours—and, remember, I only report what I see—was something akin to a bowl of yellow Jello. It was permeable with very loose boundaries and had no real structure. I would hazard a guess that you are likely struggling with the questions, "Who am I? Who is the real me?" Also, because of the loose boundaries, you may have a tendency to put others before yourself. Truly coming to know oneself is a tremendous healing force. As you begin this journey, many things that need to be healed will naturally come to the fore to allow you that healing opportunity. For now, make a list of the fears that come up—if any--when you consider getting to know the real you. Also, all of this may be causing digestive issues for you.

The Fourth or Heart Chakra



This chakra is located in the very center of the chest. In the body, it governs everything in the chest as well as the upper back and shoulders. This chakra is all about our emotional energy; it is where we connect to our souls. It is where love lives.

When I looked at your heart chakra, I saw a spinning cone of beautiful green energy, in optimal balance and health. The predominant feeling was one of pure joy. Perhaps there are some remnants of past heartbreaks that still need healing, but overall, I felt this chakra to be very healthy and happy. Your natural state is likely one of joy and cheerfulness. Just keep laughing as often as you can!

The Fifth or Throat Chakra

This chakra is located in the center of the throat. In the body, it relates to everything in the neck (including thyroid) and up into the head up to about the ears. This chakra governs our will and our voice. It is the link between the heart and the head so when the heart and head are in alignment, the fifth chakra is usually healthy.



For the most part, your fifth chakra seemed to be operating well. Rather than a vibrant blue, however, it was pale in color. This suggests to me that, while you are probably quite comfortable communicating your truth and expressing yourself, you might feel drained by having to do so sometimes. It's as though, every now and again, you might just be tired of being the mouthpiece or having to defend your position. If you feel that way, I recommend just taking a break and allowing your energy to recharge in perfect silence. I also wondered when looking at this chakra if you might be experiencing any thyroid issues?



The Sixth or Third-Eye Chakra

This chakra is located in the center of the forehead. In the body, it relates to the brain and nervous system, eyes, pineal and pituitary glands. It governs intellect, reasoning, all mental abilities as well as intuition. When healthy, we “see” clearly in all matters.

This chakra and the next were the two that I felt held the most significance for you at this time. While this should appear as a spinning cone of indigo-colored light, I saw it as very triangular in shape, with hard corners and edges. Also, the front and the back were not congruous. The triangle at the back did not match the triangle at the front and they rotated at different speeds. Several things came to mind when I saw this. The first thing had to do with intuition. Normally, intuition enters through the back of this chakra then flows through our minds to the front of the chakra where we can incorporate it into our thoughts. Because the back and front of yours did not line up, I think it may be a symbol for you blocking your own intuition. When you have an intuitive hit or ‘gut feeling’ do you act on it or question/argue with yourself? Do you tend to overanalyze situations? Another thing that came to mind for me was that perhaps this was another indication of issues regarding not fitting in, because the triangle does not fit properly in the round hole. While it is the first chakra that relates to our place in the tribe, the sixth could house **beliefs** about fitting in. Because of all of this, I can't help but wonder if you

have been experiencing headaches or migraines. Or perhaps dizziness or a sense of instability? I know this is a lot to consider and I would recommend beginning with taking a good look at your relationship to your intuition.

The Seventh or Crown Chakra

This chakra is located at the very top of the head. In the body, it governs the skin and the peripheral nervous system. It is here where we connect to the divine. This is where Divine energy flows into our bodies and our experience.



When I first stepped into your seventh chakra, it felt like being in a tornado. Very powerful energy swirled around me with intense force. Since it appeared that I was actually standing inside it, I looked down to see where this energy connected to the top of your head and I saw what appeared to be a cinder block wall. As I watched, the energy eventually forced its way through the wall, shattering it in the process. I know it sounds strange, just remember that it's all symbolic. Because this chakra is where Divine energy comes into us, this is the point where individuation begins. And because I saw a cinder block wall between you and the energy, I would like you to ask yourself, "What am I afraid will happen if I let this Source energy in?" and "Is it safe for me to be an individual?" Then just note what feelings arise when you think about these questions. Really, this is very similar to the issues in the sixth chakra and I wonder if you might not have an underlying fear of your own power. Ask yourself, "What would happen if I fully stepped into my own power?" Finally, issues with the seventh chakra can cause tingling and numbness throughout the body, skin problems, and a slow metabolism. Have you been experiencing any of these issues?

To sum up, I would say that there is a theme of 'claiming and becoming who you truly are' that is at the crux of healing your energy. Learning to trust yourself goes along with that as well. Also, remember that energy is ever-changing and that your reading today represents a snapshot of one moment in time. Finally, I want to close by expressing gratitude to you for choosing to heal; to your chakras for sharing their information with us; and to the Divine for guiding the whole experience.

Please contact me with any and all questions and comments. I wholeheartedly welcome feedback as it helps me hone my skills as a healer.