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Chakra Scan & Analysis Report

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Chakra Scan & Analysis Report

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Introduction to Chakras



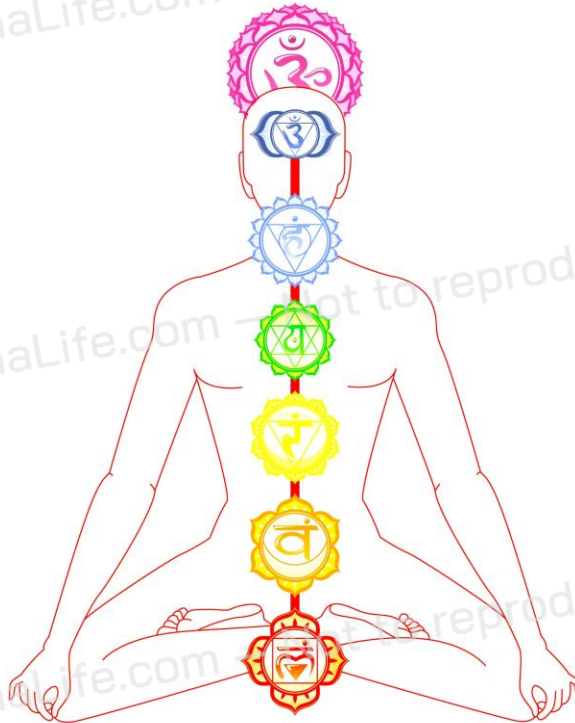
Introduction to Chakras

“Chakra” is a Sanskrit word which means “wheel” or “disc”. It can be visualised as a disc swirling inside the body. Located in your “energy body”, each chakra plays a crucial role in your vitality. Although it can never be seen or touched like your physical body organs, it can be felt and experienced. Sometimes when you feel a butterfly in your stomach, a frog in your throat, or a flutter in your heart, you are experiencing the activity of your chakras.

Chakras are the source of vital force in your body which is nothing but the “Shakti” within. They are energy centres of the body which lie within and outside of the physical body. Within our body, we have 6 major chakras, each shining and spinning with a bright radiance. Seventh hovers 18 inches over your head, connecting you to divine guidance.

The role of each chakra is the creation, assimilation and storage of energy. It is imperative to know that chakras not only impact your spiritual growth but also have a deep long-lasting impact on your psychological and physiological well-being. When a chakra gets blocked, it creates illness and disturbances in the body’s natural process. Energy tends to balance itself, when one chakra gets blocked, another one expands which leads to further issues in your body.

Hence, it is important to analyse all chakras together to understand how your energies are getting distributed within the body.





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Introduction to Chakras



01. *Muladhara* Chakra (Root Chakra)

Element: Earth

Color: Red

Mantra: LAM

Core Principle: Physical well being

Location: Base of the spine, exactly where you sit on a chair. The funnel of *root chakra* looks downward connecting you to Earth

How it affects the body: The *Muladhara Chakra* influences all solid parts like bone, teeth, and nails. It governs the building of new cells and the Suprarenal glands. Thus play a key in maintaining body temperature and skin health.

How you know if your *chakra* is imbalanced: Sense of constant lethargy, poor sleep, lower back pain, sciatica, constipation, depression, immune system disorders, obesity, and eating disorders.

02. *Swadishthana* Chakra (Sacral Chakra)

Element: Water

Color: Orange

Mantra: VAM

Core Principle: Creativity and Reproduction

Location: Situated 4 inches below your belly button

How it affects the body: Due to its location in and around your reproductive organs, it governs the sexual organs, ovaries, prostate gland, testicles, urinary bladder, and kidney. It influences all liquids of the body: blood, lymph, gastric juices, saliva, tears and sperm.

How you know if your *chakra* is imbalanced: If you have lower back pain, sciatica, decreased libido, pelvic pain, urinary problems, hormonal imbalances, water accumulation, and menstrual problems, it can be due of energy imbalance in the Sacral chakra





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Introduction to Chakras



03. Manipura Chakra (Solar Plexus)

Element: Fire

Color: Yellow

Mantra: RAM

Core Principle: Sense of Self

Location: 2 inches above belly button

How it affects the body: It governs the effective functioning of the abdomen, digestive system, stomach, liver, spleen, and autonomic nervous system (ANS).

How you know if your chakra is imbalanced: You may develop diabetes, pancreatitis, stomach ulcers, intestinal tumours, and anorexia/bulimia when your Solar plexus is imbalanced.

04. Anahata Chakra (Heart Chakra)

Element: Air

Colors: Green or pink

Mantra: YAM

Core Principle: Devotion & Love

Location: On centre of chest

How it affects the body: It deals with the functioning of the heart, rib cage, lungs and diaphragm, thymus gland, and breasts.

How you know if your chakra is imbalanced: An imbalance can cause issues related to the thoracic spine, upper back issues, asthma, cardiac disorders, breathing-related problems, and lung diseases.





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Introduction to Chakras



05. Vishuddha Chakra (Throat Chakra)

Element: Ether

Color: Blue

Mantra: HAM

Core Principle: Resonance of being

Location: At the centre of the throat

How it affects the body: It governs the jaw, ears, trachea, bronchial tubes, upper lungs, throat, thyroid, parathyroid gland, cervical vertebrae, vocal cords, arms, neck, and oesophagus.

How you know if your chakra is imbalanced: You may suffer from thyroid-related issues, frequent throat infections, roughness in the throat, difficulty in speaking, stiffness in the neck, mouth ulcers, laryngitis, ear infections and hearing problems.

06. Ajna Chakra (Third Eye Chakra)

Element: Light

Colors: Indigo

Mantra: OM

Core Principle: Vision of being

Location: Between the eyebrows

How it affects the body: It regulates the functions of the brain, eyes, nose, sinuses, cerebellum, central nervous system, pituitary gland, and pineal gland.

How you know if your chakra is imbalanced: Any imbalance could lead to headaches, nightmares, eyestrain, learning disabilities, panic attacks, anxiety, depression, blindness, seizures, or spinal dysfunctions.





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Introduction to Chakras



07. Sahasrara Chakra (Crown Chakra)

Element: Consciousness

Colors: Violet

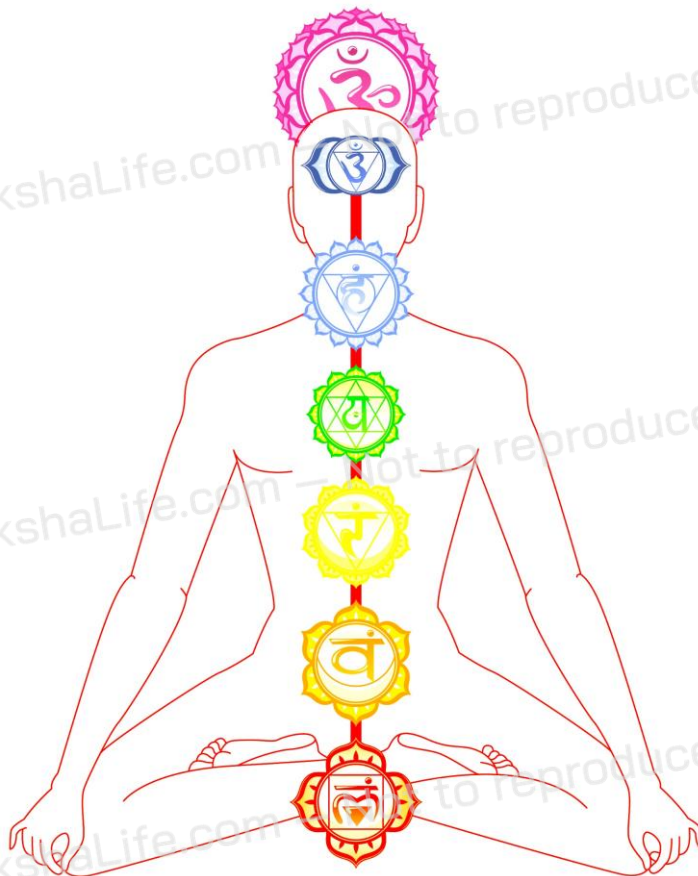
Mantra: Silence

Core Principle: Spiritual will of being

Location: 18 inches above head

How it affects the body: It governs the centre of the head and midline above the ears, brain, nervous system, and pineal gland.

How you know if your chakra is imbalanced: An imbalance in the Sahasrara Chakra causes chronic exhaustion, feeling of being lost and sensitivity towards light and sound.





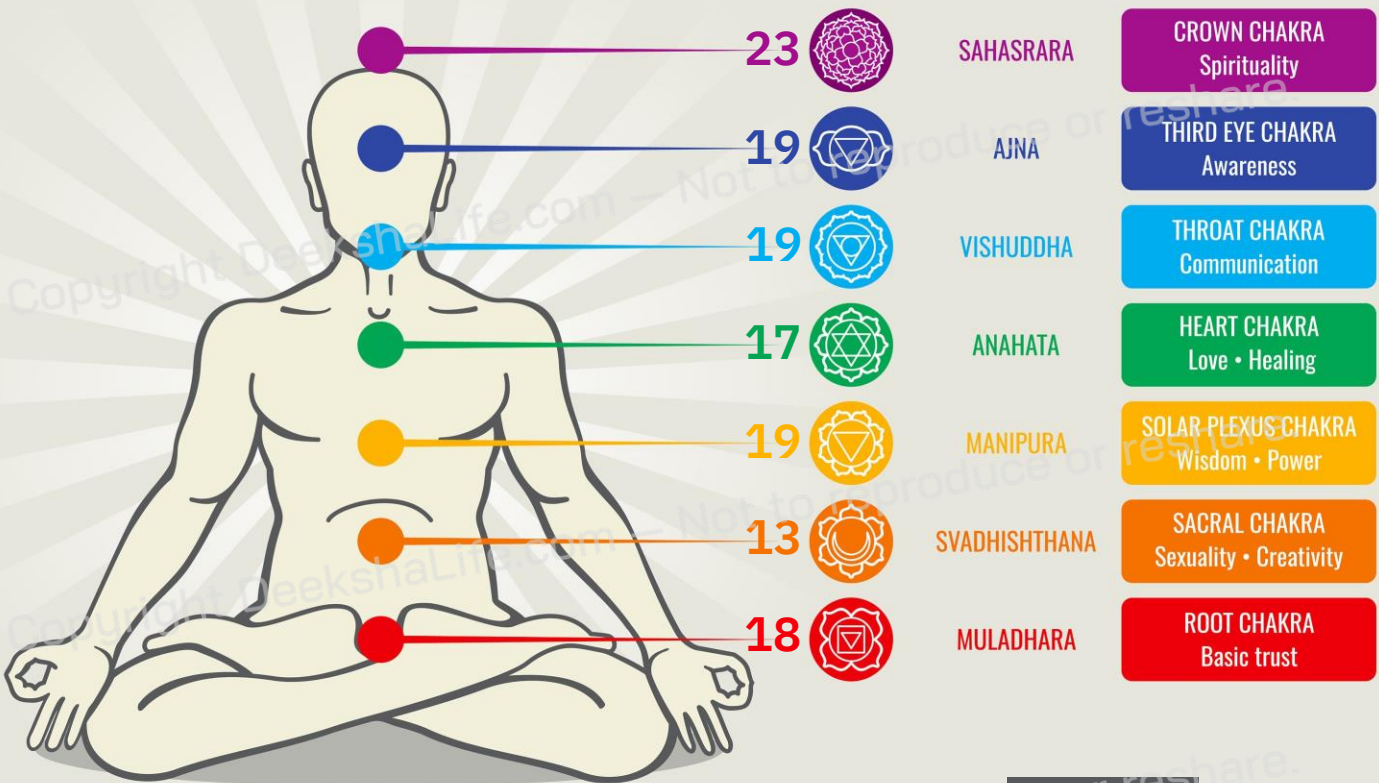
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SAMPLE
20 Sep, 2022

06 – 12 Deficient
 13 – 21 Average
 22 – 28 Very Strong

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Chakra Scan & Analysis Report

Analysis & Observations



Root Chakra Analysis

As the name indicated, "root", connects you to the Earth. In *Sanskrit*, it is called *Muladhara Chakra*, which means *mul* - basic, *adhaar* – support. It indicates basic support for our being here. The location of this *chakra* in our body is at the base of the spine.

It is your root; it is your anchor to Earth.

Root chakra develops in the womb and continues to grow in the first year of life. Its primary function is to give you a sense of security and stability. It helps you anchor to your family, your ancestors and your bloodline.

It rotates at a low frequency almost equivalent to red colour frequency. Hence radiates red/dark red colour.

Your Score: 15

Indication:

Constricted Root Chakra

Reason:

There can be many reasons including lack of grounding, lack of connection with immediate family, and emotional unavailability of parents. Fear developed in early childhood. Exposure to loud sounds or domestic fights at home.

Manifestation:

Blocked energies in root chakra manifest as blood, bone and skin-related disorders. Difficulty in losing weight. Nature of accumulating things; more like hoarding. Difficulty in letting go of people, emotions or things. Financial struggles. Lack of abundance. Disconnected from reality. Lethargy, lack of energy. Prostate issues in men. Constipation. Difficulty in elimination.

Remedies

Any activity which connects you to Earth will empower the Root Chakra.

- Walking barefoot [REDACTED].
- Gardening.
- Hugging [REDACTED].
- Spending time in nature.
- Eating [REDACTED], strawberries, etc.
- Protein [REDACTED]





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Chakra Scan & Analysis Report

04 | Powerful Words



Advice for SAMPLE

Your energies from the last scan have shifted creating an imbalance in the lower 3 chakras. You should focus on them. Heart Chakra & Throat Chakra is improved, showing you have an improved ability to accept love and express your authentic self.

The imbalanced *root chakra* is the main cause of your issues currently. It is creating fear of various kinds which is leading to imbalanced sacral as well. It is recommended that you focus on grounding yourself on purpose. Stay intentional. Eat healthy food and let go of everything which is no longer serving you. There is no scarcity in the Universe when you need people or things they will appear at divine timing.

There is no need to hold on to old stagnant energies.

Empower your *Sacral Chakra* with self-love practices, by fulfilling your needs without validation from outside. Seeking pleasure all the time also creates an imbalance. Pain and pleasure are part of 3D reality. Contrast is good for your growth.

Mantra for SAMPLE

“I do not chase, I attract!”





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How to make the best of this report

How to make the best of this Report

Chakras create a bridge between the material and spiritual world.

They govern both physical and energetic aspects of our being. That's why we can balance them through both Earthy and Cosmic energies. In this report, we have shared both kinds of remedies. It is purely up to your inner voice to take whichever remedy resonates with you. If you can't do yoga every day, try eating healthy food.

There are many ways to balance chakras including sound therapy, light therapy, crystal therapy, yoga, meditation, chanting, food, and natural resources. You can choose what resonates with you, each method works perfectly.

The basic principle of *chakra balancing* is your intention to balance it!

When you are clear in your intentions and create no doubt or resistance in your system, *chakras* get balanced automatically.

Word of Caution:

Kundalini resides at the bottom of your spine below the root chakra. It is one of the most powerful sources of energy in the Universe. It creates a massive shift if it gets awakened. That's why it is always recommended to understand *Kundalini shakti* before invoking it as it creates bursts of energy. Many people who are not ready to assimilate that much energy undergoes nervous breakdown, health issues etc.

Hence, always take the right guidance/master to help you awaken the *Kundalini Shakti*.

This report **does not include any invocation of *Kundalini Energy***.





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Way Forward



Dear Beautiful Soul,

As you explored the rainbow within you and realised the impact it has in your life. You must be wondering how to go deeper into the Science & Spirituality of *chakras* so that you can always stay in harmony. We at **DeekshaLife** have crafted two most powerful tools to fulfil your quest: Advanced Chakra Course and Comprehensive Chakra Report.

Advanced Chakra Course:

This program is based on research conducted over a period of time designed for your personal & spiritual growth. A balanced *chakra* and healed inner child will empower you with daily life tools to handle your emotions & situations. Take away each week will include a Meditation routine, Power Tools & shadow work exercises.

Prerequisite:

None

Outcome:

A well-informed life, where you can take charge of situations. You will be able to clearly discern physical and emotional issues. You will be empowered with sustainable life tools which will not only benefit you but your loved ones.

Comprehensive Chakra Report:

In this report, you will find your energy blocks and *chakra* imbalances. Deeper insights into each *chakra* functioning and remedies from both Cosmic & Earthy energies. You will receive affirmations, yoga poses, guided meditation and much more. You will also explore the role of planets on each *chakra* and the Karma associated with it. Comprehensive Chakra Report is the state-of-art report which will connect you to your Soul. It will give you guidance and solutions for a lifetime.

*Wishing you a blessed inner journey,
Love & Light.*

—
DeekshaLife Family



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“To understand life completely, you must understand that every light casts a shadow & every shadow creates a contrast that enhances light.”

Deeksha Awasthi



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