



The Global Center for Spiritual Awakening

Helping you master the art of living by walking the spiritual path on positive, practical, prosperous feet

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Discover the Power of Your 8 Major Chakra Cosmic Energy Centers

Imagine a network of eight energy centers within and above your body that receive, assimilate, and distribute life energy, enhancing your overall well-being. These are known as the Cosmic Consciousness Energy Centers—aka your Chakras—aligning from above the crown of your head to the base of your spine. Think of them as cosmic circuitry energy centers, connecting you at all levels to the Omnipresent Quantumverse. Keeping these chakras open and balanced is a time-honored practice for boosting health and vitality.

Chakras are a Sanskrit word meaning ‘Wheels of Light,’ and the concept is believed to have originated in India, with the earliest mentions appearing in ancient Hindu texts like the Vedas, dating back to between 1500 and 500 BC. Neuropsychologists have discovered the regulatory nature of these micro-cosmic networks in the human body, deeply connected with our immunity, health, mental peace, emotions, happiness, and over-all health and wellness.

In the western world, we are familiar with the seven primary chakra system. However, in the Eastern oral tradition of the chakra system, the chakras aren’t limited by the 8 major chakras; our entire chakra system is composed of 115 chakras. (Ray, Amit (2018), 72000 Nadis and 115 Chakras in Human body).

These 115 chakras form the basis of our understanding of chakra theory and Kundalini yoga today. Out of 115 Chakras, 86 are micro chakras which also called acupuncture points on the body, 21 are minor chakras that work in conjunction with major chakras and distributed all over the body, and 8 are the major chakras described below.

Understanding and embodying your Chakra system is a path for inner revolution, freeing you from religious connotations, constraints, and dogmas to create a perspective that embraces infinite and timeless truths. Our Quantum Wellness perspective recognizes the existence of these existential Cosmic Consciousness Centers as vital to our mental, emotional, physical, and spiritual well-being and enlightenment (Cosmic Beingness).

Engaging in Chakra work will improve your mental, physical, and emotional health and well-being. Its positive psi effects include, but aren’t limited to:

- stimulation of the metabolism,
- detoxification, and
- strengthening of your immune system by infusing cells and organs with increased wellness.
- The health of your chakras influences the health of all of your organs, skeleton, hormonal, digestive, circulatory, and nervous systems – in short, your entire body.



Basically, behind every ailment lies an issue with the energy flow which leads to a health-related disturbance in your body’s natural equilibrium. When the body’s energies aren’t circulating as they should be, the relationship with your Higher Self is minimized.

What Follows is A Summary Overview of Each of the 8 Major Chakras, including:

- **What & Where:** Where the Chakra is located in the body, its color, and additional information of interest.
- **Benefits:** Why the Chakra is important, and how it benefits you when it is balanced.
- **Blockages:** what specifically causes blocks in the Chakra.
- **How to Connect, Activate, and Balance:** A few ideas/practices to use that will unblock, activate, and stimulate the Chakra. See our Modality Handout for lots more!
- **Hz Frequency:** A specific Hz frequency is believed to directly influence the energy flow and balance within the Chakra, allowing practitioners to target specific areas of emotional and physical well-being by using sound frequencies to stimulate or harmonize the chakra energies. Because there are varying opinions on the actual Hz Frequency for each Chakra, we have chosen to use the Solfeggio* system for our Hz Frequency identification.

*Solfeggio is a system of organizing musical pitches where each pitch is paired with a syllable. Because solfeggio emphasizes the relationships between the notes, rather than the pitches themselves, solfeggio forms a relationship between musical intervals and your mind/body.

999 Hz: Awakens the perfect state of Beingness (**Soul Chakra**)

963 Hz: Transformation and Enlightenment (**Crown Chakra**)

852 Hz: Transforms cells into a higher energy system (**Third Eye Chakra**)

741 Hz: Removes toxins and purifies (**Throat Chakra**)

639 Hz: Frequency of love, connections, and relationships (**Heart Chakra**)

528 Hz: DNA repair miracle frequency (**Solar Plexus Chakra**)

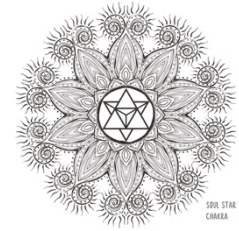
417 Hz: Wipes out negative energy (**Sacral Chakra**)

396 Hz: Releases guilt and fear; Provides grounding (**Root Chakra**)

Soul Chakra (White):

What & Where

- The Soul Chakra (often referred to as the "Soul Star Chakra") is situated just above the Crown Chakra, often visualized as existing within the aura field surrounding the head. The Sanskrit name for the Soul Chakra is **Sutara**, which literally means a **guide or helper who facilitates passage**.
- It signifies a more expansive, ethereal connection to the soul itself, beyond the limitations of the physical body.
- Essentially, the Soul Chakra is about experiencing your soul's essence at a deeper, more cosmic level. It's your **Transcendental and Existential Body connection**.
- **The Soul Chakra represents the Holographic nature of the Universe.**
- **It fuels and balances all our other Chakras.**



Benefits

- The Soul Chakra is linked to a deeper sense of self, pure consciousness, and the essence of your soul beyond the physical body.
- A balanced Soul Chakra is often described as a profound sense of connection to the greater spiritual realm, a feeling of being part of something bigger than oneself.

Blockages

- This Chakra is always pure, balanced, and Omnipresent. We block it through **suppressed emotions, isolation, detachment, and inability to release past trauma**.

How to Connect, Activate, and Balance

- **Meditation is the very best medication!** You can connect with the Soul Chakra by aligning with your Higher Self (Divine Nature).
- By focusing your attention on the area above your head, you can visualize a brilliant white light radiating from the chakra. Imagine this light expanding and connecting you to the Divine, allowing the energy of the Soul Star to flow through your entire Beingness.

Psi Frequency

- The Soul Chakra psi frequency is 999 Hz.

Crown Chakra (Violet):

What & Where

- The Crown Chakra is considered the highest point of connection within the physical body, representing a link to the divine and universal consciousness.
- In Sanskrit, the Crown Chakra is called Sahasrara, which means thousand-petaled. The lotus shape of the chakra is said to have 1,000 petals in 20 layers. The petals fan out in a spiraled pattern that extends to infinity.
- This chakra is often symbolized by a glowing star of bright, radiant violet light.
- It's seen as the gateway to Cosmic Consciousness, divine love, and spiritual wisdom.
- It's our full body, mind, and soul composite cosmic coherence connection; underwritten by our Cosmic Consciousness and Soul Signature. It existentially funds our spiritual DNA and is the cosmic entry point that grounds our human experience.
- It's your Causal Body connection.



Benefits

- In the Cosmic Consciousness landscape of your mind, there's no existential congestion, psi stagnation, or dogmatic pollution to slow your metaphysical progress.
- Your Crown Chakra provides you with the cumulative Higher Consciousness spiritual scaffolding you need to become more enlightened,
- enjoy increased mental clarity,
- position yourself to achieve much more psychic awareness, and
- eventually achieve full and complete Self-Realization!

Blockages

- This Chakra is blocked by attachment to physical world.

How to Connect, Activate, and Balance

- Concentrate on Higher Consciousness thoughts and MetaSpiritual perspectives to stay on your internal Crown Chakra 'psi pathways' and thus, allows you to stay clear of dogmatic religious and even scientific cognitive traffic jams, ideational detours, and transcendental roadblock.
- Visualize constantly being enveloped by a radiant multicolored rainbow aura. Feel its kaleidoscopic synchronicity enclose your human beingness. Invite all of its magnificent palette of colors into your body, healing and revitalizing every cell and all of your energy centers so their collective cosmic energies bathe your entire body.
- Realize that you, because of your innate chakra-ness are the proverbial 'Pot of Gold.' That is the truth of you – it's the existential truth of all of us, because you – we - all of us - are literally individualized manifestations of the holographic nature of all universes, including our own.

Psi Frequency

- The Crown Chakra psi frequency is 963 Hz.

Third Eye Chakra (Indigo):

What & Where



- Also called the Brow Chakra and our Pineal Gland Psionic Center, the Third Eye Chakra is an invisible psychic eye associated with the color indigo.
- The Sanskrit name for the Third Eye Chakra is Ajna, which means *to be beyond wisdom; to perceive, to command*.
- The Third Eye Chakra resides between your two brain hemispheres.
- In Hinduism, Taoism, and Buddhism, the Third Eye Chakra is said to be located around the middle of the forehead, slightly above the junction of your eyebrows, and represents the enlightenment you can achieve through your Third Eye Psi Center

Benefits

- extraordinary inner vision;
- remarkable intuition;
- stunningly incredible clear perception;
- a magnificent psi sense that's quite extraordinary;
- clairvoyance;
- the psionic gateway to broadening your self-realized expertise;
- inner vision and global perspective to see your quantum psi layering, which isn't always consciously apparent;
- higher vibration Third Eye sensitivities will help you remove any psi blocks as you maximize your metaphysical prowess.
- It's your Celestial Body connection.

Blockages

- This Chakra is blocked by tightly held illusions and a rigid mindset.

How to Connect, Activate, and Balance

- Practice using a Third Eye Focused Meditation, imagining a purple sphere of energy between and slightly above your eyebrows. As you breath slowly and intentionally, let your breath wash over your pineal gland. Be aware of a warm, tingling sensation and/or a slight pressure between your eyebrows. This is your third eye beginning its arousal. (See our White Light Paper: How to Open Your Third Eye: Entering a Realm of Expanded Awareness and Activating Your Sixth Sense. (<https://holtonproductmall.com/product-wlp/>))
- Practice a Prana Tube Meditation. A purported etheric tube, also known as a prana tube, is a tube of cosmic energy or light that represents the movement of life force down your spine. It's considered etheric because of the etheric nerve signals that it sends constantly through the spine. The term 'etheric' refers to something that's related to the heavens, a spiritual world, or an existential plane of existence.
- The etheric plane is a term that was coined by Theosophists Annie Besant and Charles Webster Leadbeater who thought that by extending an 'etheric tube' from the Third Eye Chakra, that it would be possible to develop the microscopic and telescopic vision that would help connect you with the psionic nature of our universe, and perhaps even beyond.

Psi Frequency

- The Third Eye Chakra psi frequency is 852 Hz.

Throat Chakra (Blue):

What & Where

- The Throat Chakra is located in your neck region, near the thyroid gland.
- The Throat Chakra is known as Vishuddha in Sanskrit, which means *purest*.
- The Throat Chakra is linked to the color blue, a psi connection rooted in spiritual and holistic traditions like yoga and energy healing.



Benefits

- calmness;
- communicate clearly;
- vocalizing Universal Truths;
- the therapeutics of breathwork, affirmations, clairaudience, mediumship, and speaking one's truth;
- visualize and affirm what you need, in order to manifest the goodness and wellness you seek in your YOUiverse;
- lead a creative life, finding ways to creatively and psychically express yourself through the most rewarding form of your personal and professional expression.
- a strong sense of timing and rhythm, as you speak timeless Universal Truths;
- reprogram limiting, outdated beliefs that you've accumulated not only in your current life, but also helps eliminate patterns of 'mental wiring' that you've inherited subconsciously from your past incarnations;
- using your imaginative, intuitive, and affirmation prowess, you can eliminate demeaning patterns and negative karmic influences from contaminating your present skin school sojourn;
- it also protects your larynx, thyroid, teeth, and vocal cords.
- It's your Etheric Body connection.

Blockages

- This Chakra is blocked by materiality, inability to listen to good advice, and by a tendency to interrupt a lot.

How to Connect, Activate, and Balance

- One really neat form of breathwork is called the lion's breath. To practice this form of breathwork inhale through your nose with your eyes and mouth wide open. Stick out your tongue, and 'roar' audibly out loud. The breath of your exhale should be loud and energetic like a lion's roar.
- Also, since sound vibrations are ancient tools believed to tap into currents of energy that exist in the universe, you may want to adopt the *bija* mantra. It's a one-syllable sound that, when spoken out loud, helps activate and balance your Throat Chakra. A *bija* mantra is a single-syllable sound that figuratively means 'seed mantra' in Sanskrit. It's a fundamental part of Tantric Hinduism and Esoteric Buddhism. A *bija* mantra is a 'kernel of truth' or complete idea distilled into a single syllable or several simple syllables to stimulate a greater understanding.

Psi Frequency

- The Throat Chakra psi frequency is 741 Hz.

Heart Chakra (Green):

What & Where

- The Heart Chakra is a gateway, an astral bridge, between the lower and upper chakras.
- It is located in the center of the chest, behind the sternum.
- In Sanskrit, this Chakra is called Anahata, meaning *infinite or boundless*.
- It features the a vibrant green energy, mirroring the life-giving qualities we see in nature.
- It is symbolized by a 6-pointed star surrounded by a 12 petaled lotus which represents the 12 divine qualities of the heart chakra: love, peace, harmony, understanding, empathy, clarity, purity, unity, compassion, kindness, forgiveness, and passion for one's work.



Benefits

- allows you to invite love, empathy, compassion, passion, and positivity into your life;
- open space, feeling infinite, enormous, and boundless just like the sky;
- helps you love unconditionally;
- feel a stronger emotional connection to others;
- create room for different perspectives without judgment;
- harmonize your cardiovascular system;
- heal circulatory issues;
- helps guarantee the health of your shoulders, arms, hands, rib cage, lungs, and upper back;
- develop deeper relationships with your loved ones;
- helps you cultivate respect for yourself and others, which allows you to nonjudgmentally understand others' ideas, thoughts, and boundaries while staying true to your own values.
- It's your Astral Body connection.

Blockages

- This Chakra is blocked by unexpressed grief and dysfunctional relationships.

How to Connect, Activate, and Balance

- The Heart Chakra is fueled by acts of loving kindness and charity;
- giving and receiving affection with equal ease;
- having a sense of 'we' instead of only 'I' and cultivating a deeper sense of self-awareness and building meaningful trusting relationships.
- Use a Gratitude Practice and/or journal and create heart-opening affirmations and meditative practices.

Psi Frequency

- The Throat Chakra psi frequency is 639 Hz.

Solar Plexus Chakra (Yellow):

What & Where

- The Solar Plexus Chakra is located along your spine, roughly in the area between your belly button and breastbone.
- The Solar Plexus Chakra is also known as the Manipura Chakra, which in Sanskrit means *city of jewels*.
- It is represented by the color yellow, symbolizing energy, intellect, self-esteem, personal power, and the connection you have with the existential fire of mental acuity, consciousness and subconsciousness.
- The yellow chakra also represents personal power, confidence, self-esteem, creativity, and self-expression.
- It relates to the digestive system, gall bladder, pancreas, adrenals, and liver.



Benefits

- Universal strength;
- Vitality;
- healthy ego;
- willpower;
- stamina;
- inner existential powers;
- ability to get things done;
- your sense of your human self and your Cosmic Divine Self;
- allows you to seize your personal power;
- develop your authentic self;
- take responsibility for maximizing your skin school experiences;
- ability to negate and move beyond troublesome and self-defeating thoughts, choices, and actions that you've allowed to take up residence in the landscape of your *mentalverse*;
- protects your stomach, liver, spleen, gallbladder, digestive tract, and back.
- It's your Mental Body connection.

Blockages

- This Chakra is blocked by shame, self-centeredness, narcissism, diminished self-esteem.

How to Connect, Activate, and Balance

- Imagine a laser-like beam of yellow light flooding your Solar Plexus region, brightening that whole area with its brilliance and thus guaranteeing a higher inner knowing.
- Your entire Solar Plexus area becomes luminescent with this powerful cosmic light bathing your consciousness and subconsciousness with existential knowledge, and buffering you from society's antiquated beliefs and narrowminded dogmas.
- This chakra can be activated and balanced by using chants, mantras, and sound healing.

Psi Frequency

- The Throat Chakra psi frequency is 528 Hz.

Sacral Chakra (Orange):



What & Where

- The Sacral Chakra is located at the pelvis below the belly button.
- In Sanskrit, the Sacral Chakra is called Svadhishtana, which means *where the self is established*.
- The color orange symbolizes an energy, passion for life, and creativity. Those feelings of warmth and security radiates upwards allowing the freedom to explore creativity and sexuality. The Sacral Chakra governs the water element inside of you, all that is fluid. This cosmic energy center relates to fun, freedom, creativity, flexibility, joy, and sexuality. It's the seat of where our emotional freedom comes to life

Benefits

- joy and fun;
- freedom;
- creativity;
- flexibility;
- sexuality and emotional freedom;
- the 'launching pad' of grounded spiritual energetics as it travels upward through the spine towards the Crown Chakra;
- protects your stomach and upper intestines, liver, spleen, gallbladder, kidneys, pancreas, , sexual organs, reproductive parts, adrenal glands, prostate, middle spine, and the autoimmune system of the body.
- A strong Sacral Chakra helps in detoxing your body, and strengthens your immune and reproductive system.
- It's your Lower Emotional Body connection.

Blockages

- This Chakra is blocked by guilt, repressed emotional and sexual energy, loss of sense of self, addictions and behavioral issues.

How to Connect, Activate, and Balance

- Scan your skin school environments to locate where there may be emotional issues, unmet expectations, open-ended goals, sensitive letdowns, goofy time constraints, and perhaps sheer disappointments. Be willing to release anything and everything provides a barrier to your emotional freedom and security. Negative thinking and believing is like ingesting poison. It affects your health and well-being.
- We recommend a 'mind dump' where you get rid of as many, if not all, of your self-defeating, syrupy emotional lactose – and that includes emptying any of those cumulative emotional irritants in your subconsciousness which have been warehoused for many years and/or perhaps resident in your past incarnations. Reframe old stories!
- This chakra can be activated and balanced by using Self/selfcare; journaling and self-reflection, meditative practices of release and acceptance, positive affirmations, and rituals such as a burning bowl.

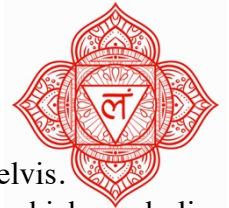
Psi Frequency

- The Sacral Chakra psi frequency is 417 Hz.

Root Chakra (Red):

What & Where

- The Root Chakra is located at the base of the spine close to the tailbone and extends around the perineum, the first three vertebrae, and floor of the pelvis.
- It's a 4-petaled lotus flower with a square and a downwards pointing triangle which symbolizes physical stability and grounding.
- The Sanskrit word for the Root Chakra is Muladhara, which means *root support or base*.
- It's the 'root' of your physical beingness on solid ground.



Benefits

- anchors your energy on the planet;
- forms a solid foundation from which you are able to construct your life;
- promotes a sense of stability, security, grounding, and connection to the physical world;
- ability to trust yourself and your abilities;
- enhanced decision-making
- healthy survival instincts;
- improved focus and presence;
- increased vitality, energy, and physical health;
- protects and strengthens your bones, teeth, and nails;
- It's your Lower Etherical Body connection.

Blockages

- This Chakra is blocked by fear, insecurity, not loving oneself, poor health, excess weight, and trouble managing change.

How to Connect, Activate, and Balance

- Connect with your physical strength and agility to magnify all of your ageless physical strengths, talents, and abilities so other people see you as looking younger than your age! Reflect on questions like: In what ways do I seem immune from the debris of aging? How am I younger in body, mind, and spirit? What about my physical make-up is noteworthy? What aspects about my physique do people admire? In what ways do I take care of my physical body? Am I getting enough exercise?
- Take just a moment every day to take your footwear off, to feel the primordial earthly red chakra energetics of Gaia enter your body through your bare feet. Make it a habit to feel invigorated by Earth's energy which blankets your entire physical body bestowing the life force of Gaia's robust grounding blessings.
- This chakra can be activated and balanced by movement meditative practices such as yoga, Pilates, sufi or other types of dance, hiking, gardening in mindful ways.

Psi Frequency

- The Root Chakra psi frequency is 396 Hz.