

# The Chakra Map

Show Yourself Where it Hurts



**Crown**  
Wisdom and One-ness



**3<sup>rd</sup> eye**  
Insight and Intuition



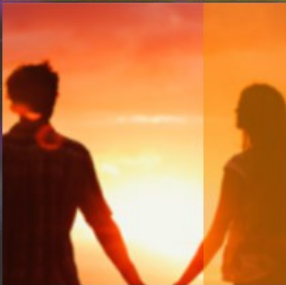
**Throat**  
Truth and Self-Expression



**Heart**  
Compassion and Love



**Solar Plexus**  
Self-Control and Self-Esteem



**Sacral**  
Intimacy and Passion



**Root**  
Stability and Security

# THE CHAKRA WALL CHART & BALANCE BUILDING CHEAT SHEETS

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**Hey,**

**BenArion here. I've devoted myself, and my entire life, to helping people find truth, happiness, success, contentment, and spiritual enlightenment. I spend my time creating products that help people become more aware. I'm really excited that you decided to download my Chakra Wall Chart and Balance Building Cheat Sheets, and I hope they help you on your journey to become the best, happiest, most successful version of yourself you can possibly imagine!**

### **HOW TO USE THESE TWO RESOURCES**

**Before you do anything, please understand that these**

**resources are simply a piece of a much larger puzzle.** That puzzle, in itself, is the point of life. We must all journey into becoming the best version of ourselves. But specifically, they are part of the process we call Chakra Meditation.

To keep things simple, the whole process has 5 basic steps which I've laid out below:

- 1 - Learn The Chakras**
- 2 - Identify A Problem**
- 3 - Find The Chakra Associated With That Problem**
- 4 - Meditate**
- 5 - Set Up A Routine**

**This guide, specifically, is for helping you more with the first 3 steps.** Each step in and of itself is worth of its very own course, especially steps 4 and 5, where the advanced course material can go as deep as uncovering the very foundational principles of the universe.

**There are two resources in this guide.**

**The first, THE CHAKRA WALL CHART, is for helping you learn and memorize the Chakras. Simply print out this guide, and hang it up on the wall where you can see it frequently. The best place for it is the place where you will be meditating, but it will find a good home in any place where you see it frequently.**

**The second resource, THE BALANCE BUILDING CHEAT SHEETS, are a series of descriptions and questions.**

**Each description will help you learn a bit more about the Chakra in question, and about what effects it can have on your life. There is a description of how it affects you when you have an excess of energy, how it affects you when you have a deficit of energy, and how it affects you when it is in balance.**

**If you suspect an imbalance, simply answer the questions.** In fact, it would help you the most if you just went through the entire resource and answered every single question. If you're like most people, you're probably more out of balance than you think you are.

That's really all there is to it.

-BenArion

# The Chakra Wall Chart



Print out this guide, and hang it up on the wall where you can see it frequently.

7



**Crown**

Wisdom and One-ness

6



**3<sup>rd</sup> eye**

Insight and Intuition

5



**Throat**

Truth and Self-Expression

4



**Heart**

Compassion and Love

3



**Solar Plexus**

Self-Control and Self-Esteem

2



**Sacral**

Intimacy and Passion

1



**Root**

Stability and Security

# The Balance Building Cheat Sheets

## SHOW YOURSELF WHERE IT HURTS!



**The ROOT Chakra** is the base chakra, and so it affects your most basic needs. To a lesser extent, it also affects all of your other chakras, especially the Sacral. As your foundation, it provides stability and security. And often, it serves as a grounding mechanism for people who have an excess of energy in the chakras located above the heart.

An **excessive amount** of energy in this chakra point can lead to feelings of sluggishness, heaviness, and monotony. It can make us greedy, materialistic, or prone to hoarding. Workaholism has its roots in the Root



Chakra.

**When you are deficient** in Root Chakra energy, you tend to be fearful and anxiety-ridden. You might be restless, or spacey, or unable to take consistent action to get what you want. This lack of discipline is a symptom of resisting structure, which requires a strong foundation.

**But, when this Chakra is open and functioning properly**, we feel safe and secure, grounded and stable. We tend to have prosperous careers, and are able to easily provide for ourselves and the ones we love. We tend to be present in the moment, and still, and happy, like an old tree with deep roots.

**Answer these questions if you suspect an imbalance in your ROOT chakra:**

1) Do you feel secure at the moment? Why or why not?

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2) Do you avoid any situations? If so, what kind of situations? Why?

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3) Are there situations you face head-on, despite obvious danger? Why?

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4) Do you ever let your lust get the better of you, and then regret it?

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5) Do you feel anxious or afraid more than you would like? Why?

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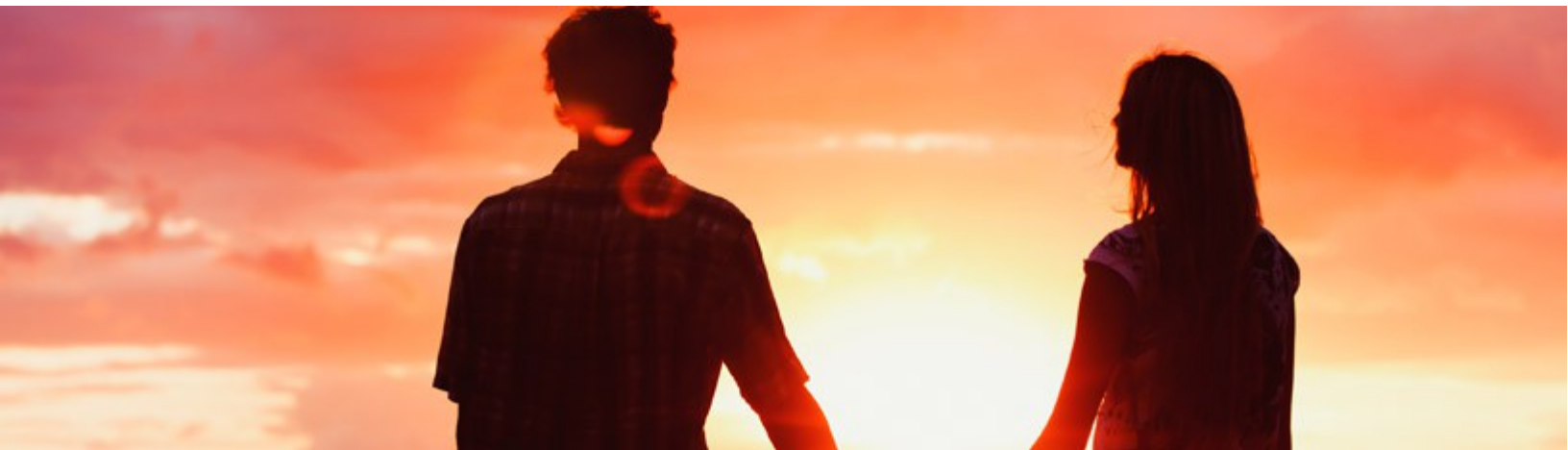
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6) Do you tend to obsess over things? What kind of things?

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**The Sacral Chakra** is the center of your sensuality and sexuality, though it also greatly influences creativity. This is because sexuality is by its very nature a creative act, and it too must stem from a creative energy. The Sacral Chakra is located above the pubic bone, and below the belly button.

**An excess of Sacral Energy** brings about feelings of guilt and sensitivity. It leads to having poor boundaries, to emotional dependency and instability, and sexual addictions.

**A deficiency of Sacral Energy** brings about emotional numbness, and a fear of pleasure. It leads to apathy, boredom, frigidity, and, in extreme cases, even impotence.

**But, when in balance, the Sacral Chakra** is associated with heightened emotional intelligence. A person is able to accept change, and can nurture not only themselves, but others as well. They tend to have healthy boundaries, but do not shy from pain, pleasure, and sensual satisfaction.

**Answer these questions if you suspect an imbalance in your SACRAL chakra:**

1) Do you often love people who don't reciprocate your feelings?

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2) Do you often physically or emotionally hurt others?

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3) Do you struggle with an addiction, or often give in to minor temptation?

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4) Do you feel as if your life lacks novelty and excitement?

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5) Are you easily prone to sudden bursts of anger?

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6) Do you struggle emotionally with not being creative enough?

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7) Do you sometimes get so emotional that it leads to poor decisions?

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8) Do you feel that you deserve a pleasurable life?

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9) Do you find it difficult to cope with sudden changes?

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**The Solar Plexus Chakra** deals with complex emotions, power, fear, anxiety, opinions, and introversion. It encompasses the area from the navel to the breastbone where the diaphragm, which controls our breath, resides. It is our source of personal power. When athletes, singers, and pregnant woman are told to focus on their breath in order to manage their strength, they

are focusing on the Solar Plexus.

**When a person has too much energy** in relation to the Solar Plexus Chakra, they are often domineering, blaming, aggressive, flighty, hyperactive, and competitive.

**But too little chakra energy** can cause feelings of powerlessness and acts of submissiveness. It leads to laziness, poor self-esteem, fear, shame, and even depression.

**In balance, this Chakra generates** feelings of self-confidence and control. This balance is seen in people with good self-esteem, who are motivated, disciplined, and take responsibility for their own actions.

**Answer these questions if you suspect an imbalance in your SOLAR PLEXUS Chakra:**

1) Do you feel as if your life has purpose?

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2) Do you feel as if you are in control of your destiny?

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3) Do you feel as if you have something valuable to contribute to the world?

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4) Do you often want to give up when things get hard?

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5) Does fear of success or failure keep you from taking action?

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6) How do you react to your “haters”? Do you have any?

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7) Are you comfortable taking the lead when you have to?

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8) Do you stay true to yourself when you make decisions?

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9) If something bad happens to you, do you first blame others, or yourself?

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**The Heart Chakra** lies right in the middle of the seven chakras, uniting the lower and upper chakras together. It is located, obviously, in our heart, though some prefer to imagine it as the entire chest.

It is a spiritual connection that serves as the first bridge between our bodies and our minds, our emotions and our spirit, and ourselves and others. Humans are social beings, and as our source of love and connection with others, the importance of a balanced Heart Chakra can not be overstated.

**An excess of energy** here leads to co-dependence, jealousy, clinginess, poor boundaries, and a desire for attention through false martyrdom.

**People with a lack of energy** in the Heart Chakra are

typically antisocial, withdrawn, critical, intolerant, lonely, isolated, and lacking empathy.

**But people with a balanced Heart chakra** are loving, caring, and compassionate. They accept themselves and others for who they are, and love them anyway. This brings peace, contentment, and trust in their relationships.

**Answer these questions if you suspect an imbalance in your HEART chakra:**

1) Would you describe yourself as generally happy and content?

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2) Do you often get jealous of what other people have that you don't?

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3) Do you tend to find yourself in co-dependent or abusive relationships?

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4) How comfortable are you when talking to new people in social settings?

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5) Do you tend to take rejection personally?

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6) Do you often go out of your way for the sake of others?

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7) Do you sometimes judge others because they're different?

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8) How do you feel when the homeless approach you and ask for money?

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**The Throat Chakra** is about self-expression, communication, and fluent thought. Again, it's location is the same as its name.

**Excessive Throat Chakra energy** leads to gossip and excessive, loud talking. People with too much energy tend to be poor listeners, unable to keep secrets, and express themselves creatively in a false, forced manner.

**Deficiency of Throat Chakra Energy** commonly leads to

an overall fear of speaking, public or otherwise. It can bring about lying, shyness, and a complete denial of any creative expression whatsoever.

**The balanced throat chakra** expresses itself in a voice that is full, confident, and resonant. People in balance communicate honestly and clearly, but not excessively. They are great listeners, and express themselves creatively with ease.

**Answer these questions if you suspect an imbalance in your THROAT chakra:**

1) Do you ever lie about things when you should be telling the truth?

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2) Do you sometimes find yourself gossiping for entertainment?

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3) When speaking, do you often “put your foot in your

mouth”, or trip over your words?

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4) Do you listen to others attentively, or just wait for your chance to talk?

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5) How easy do you find it to express yourself creatively?

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6) When you do create something, are you often afraid to show it to others?

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7) Do you learn from your mistakes, or do you find yourself repeating them over and over?

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8) Do people trust you to keep their secrets safe?

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9) Do you have to repeat yourself often because other people can't hear you?

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[The Third Eye Chakra](#) is the center of our intuition. It affects our inner guidance, our instincts, and our clarity of thought. It is located in the center of the head,



where the pineal gland resides. Some people prefer to imagine it as being directly in the center of the forehead, so that it resembles an additional eye in between our two physical ones. This, and because it involves seeing what cannot easily be seen, are the reasons for its name.

**Excessive Third Eye Chakra Energy** leads to trouble concentrating, headaches, intrusive memories, excessive fantasizing, nightmares, obsessions, and delusions.

**A person with not enough Third Eye Chakra Energy** is often unimaginative and insensitive. They often have a poor memory, poor vision, and can't see patterns. They tend to live in denial, and think very rigidly.

**But in balance**, that same person will have keen intuition, imagination, and insight. They will have a strong memory, recall their dreams easily, and be able concentrate on minute details without losing track of the big picture.

**Answer these questions if you suspect an imbalance in your Third Eye chakra:**

1) Do you often spend hours planning everything out,

only to have your plans fall apart in the moment?

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2) Do you suffer from painful headaches?

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3) Do you remember your dreams, or believe that you don't dream?

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4) Do you often lose yourself in fantasies at the expense of reality?

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5) Do you trust your instincts?

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6) Do you find it difficult to focus on a task until it is complete?

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7) Do you ever spend hours rehearsing conversations before they actually happen?

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8) Do you find yourself often getting distracted by things that don't matter?

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9) Do you find yourself often having nightmares?

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**The Crown Chakra** is the energetic center of wisdom, enlightenment, and spiritual connection with the entire universe. Interestingly, it is the only Chakra that is not directly connected to the vagus nerve, because it is instead directly located at the top of our brain.

And though its location is at the very top of the head, because it serves as our connection to the divine, some people prefer to imagine it as a point a couple of inches above the head itself. They visualize it as connected to our physical body by a beam of healing energy that flows down into the top of the head at the traditional Crown Chakra point.

This helps accentuate its spiritual connection with a higher plane of existence during meditation.

**To be in tune with the Crown Chakra** brings about a very specific feeling that cannot be fully and accurately described; It can only be experienced. This feeling is best described as transcendence.

Since the feeling of transcendence is pretty much feeling in complete balance with the universe itself, to be “out of balance” is to simply stop meditating on transcendence.

Of course, there are still lingering effects of meditation on The Crown Chakra, but the experience is so powerful that even these effects pale in comparison. It can actually be addictive, and like every other addiction, *meditating too much can harm us*. **Be careful.**

**Answer these questions if you suspect an imbalance in your CROWN chakra:**

1) Do you feel connected to everything?

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2) Do you feel a lack of spiritual connection?

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3) Do you often find yourself making unwise decisions?

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4) Do you find it difficult to make connections?

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5) Do you often run out of energy?

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6) Are you depressed?

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7) Do you meditate for more than 4 hours a day?

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8) Do you feel disconnected and alone?

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9) Do you see beyond the illusory nature of separateness?

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