

# 7 ENERGY CENTERS

OF YOUR WELL-BEING





**CAROL TUTTLE, MRET.**

AS AN ACCLAIMED LEADER IN THE AREAS OF ENERGY PSYCHOLOGY, THE EMOTIONAL FREEDOM TECHNIQUE (EFT) & ENERGY MEDICINE, SHE HAS ASSISTED THOUSANDS OF PEOPLE IN CREATING THE LIVES THEY WANT AND DESERVE.

## Understanding Your Energy System

In the field of holistic health, energy medicine and energy psychology are growing rapidly.

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But in order to heal with energy effectively, we must first understand the nature of our energy system and how to support yourself in maintaining vital life-force energy, otherwise known as "chi" in Chinese.

What do I mean by that? Everyone has an invisible energy system that flows energy on pathways or meridians.

These same meridians have multiple pressure points that are means of working with the energy to keep it flowing.

Acupressure, acupuncture, and reflexology are the more common modalities we have in the Western world.

When your energy is leaking, weak, or frozen you feel depleted, heavy and even stuck! When you are energy-depleted and challenged, it is more difficult to manage your emotions, think positive thoughts, stay healthy and attract harmony into your life.

I once assisted a woman who was bedridden due to a severe case of chronic fatigue. I spent eight weeks working with her body's energy system to restore it to good health, and teaching her how to take care of own energetic well-being. Today, she is out of bed and fully active.

Her parents call it a miracle! I, on the other hand, think otherwise.

Because anyone can attain amazing holistic health.

For those of you who doubt that, let me share something with you: Our energy responds very quickly when we know what to do to correct it. After all, it's just energy.

Everyone has an invisible energy system called chakras. The word chakra means energy disc, vortex, or wheel. There are seven energy stations positioned from the base of your spine to the top of your head.

There are 7 of these wheels. Together, they make up the chakra system and each of them plays a key role in your body's energy, your life and your overall well-being.

In energy health, if you are losing or leaking energy at the base chakra located at the bottom of your spine, you may feel depressed, anxious and exhausted. If any of your chakras are frozen or weak, different areas of your life will be more challenging depending on which chakra is weak.



## Carol's Story

### I started to experience severe depression.

With 5 children under the age of 8, I didn't have time to be depressed! I went the route of traditional therapy to find solutions to my very disabling condition, only to find long-term solutions that involved prescription medication. I decided that I did not want to settle for this solution. There had to be other ways to "heal" my depression. So I began my search...



EARLY IN MY AS A MOTHER, I STARTED TO EXPERIENCE SEVERE DEPRESSION.

It was 1989 and back then, energy healing was such a foreign concept in our part of the world! But somehow, something led me to it and me being open to it. Not just because my children deserved a healthy mother, but because I was drawn to it. Since then, I haven't looked back. Ravenous for more information, I started studying a variety of modalities including Reiki and Rapid Eye Therapy, EFT and Energy Medicine, and even received Masters Certifications in some of them.

In 1994 I realized that I had not only healed my depression, but had also gathered so much knowledge to share with the world! It was then that I decided to become an Energy Therapist. Since then, I've successfully taught tens of thousands of others to use energy healing tools to heal their lives.

What has even more value to me is the opportunity to use these tools in my role as a mother to help my children grow in holistic health and well-being through the years. They are all adults now and energy healing continues to bless their lives.

## Chakras In Your Life

The 7 chakras system is a really great way to better understand the interconnection between your physical and spiritual body. When an illness manifests in some part of your body, there will be a correlated block or weakness in one or more of your chakras. By identifying and understanding the way your different body parts relate to your 7 energetic wheels, you can easily address the energetic source of physical and emotional ailments.

Here are the 7 chakras that most people recognize and the energy systems that they correspond with.

"The point where each dimension connects to the physical is called a chakra, a Sanskrit word.

There are seven centers of life energy in the human body counting from a chakra at the base of the spine to one at the top of the head."

*Jose Silva, You The Healer, pg. 173*

[Click here to get advanced insights and techniques for opening and balancing your Chakras.](#)



# CHAKRA HEALING



## Chakra 1 : Root

**Color:** Red

**Element:** Earth

**Position:** Base of the Spine

**Objective:** Birth issues, survival patterns, generational patterns, money, food and health issues, grounding.

### When your Root Chakra is closed

You feel you have been abandoned by your parents, you feel you have to survive life and are constantly getting by or going without, there is never enough money, and you hate your body and feel you are not good enough the way you are.

### When your Root Chakra is opened

You have a strong connection with your family and or friends that are like family to you, and as a result feel wanted and loved, you feel like you belong, you are content with your body and are confident with money, managing it well and always having enough for what you need and want.



## Chakra 2 : Sacral

**Color:** Orange

**Element:** Water

**Position:** Below the belly button

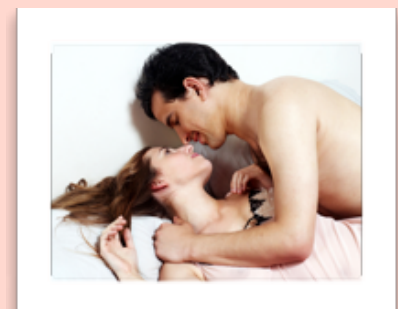
**Objective:** Sexuality, the nature of your relationships, freedom from guilt, pleasure, sensation and creativity.

### When your Sacral Chakra is closed

You believe sex is bad and that it can hurt you, or you feel you have to be sexy to be loved. You feel abused, hurt, and confused and don't trust that you can be loved for being you.

### When your Sacral Chakra is opened

You have a strong sense of your sexuality and recognize it as one of your most powerful creative energies, you create healthy sexual experiences with others that honor you, you enjoy pleasure in many different ways in life.







## CHAKRA HEALING



### Chakra 3 : Personal Power / Solar Plexus

**Color:** Yellow

**Element:** Fire

**Position:** Above the Naval

**Objective:** Relationship with yourself, personal power, self-esteem, freedom from shame, self-worth, and self-image.

#### When your Personal Power Chakra is closed

You feel like a victim in the world and often feel powerless relative to other people and circumstances. You give your power away to others as you feel this is necessary to keep peace in relationships. You suffer from stomach pains and stomach anxiety.

#### When your Personal Power Chakra is opened

You have a strong sense of your own power and how to use it in healthy ways. You admire others with power and influence and choose to emulate people who are using their personal power to make a difference in the world. You want to use your power and influence for good in the world.



### Chakra 4 : Heart

**Color:** Green

**Element:** Air

**Position:** Center of chest

**Objective:** Heart, compassion, love, emotional zone, self-acceptance, masculine/feminine of the self, and forgiveness.

#### When your Heart Chakra is closed

You are afraid of commitment and feel like you have to please others to be loved, you have been hurt by others many times in relationships and now feel like you have to guard yourself from being hurt again.

#### When your Heart Chakra is opened

You are comfortable in your relationships, giving and receiving love easily, feel a heartfelt sense of gratitude for how wonderful your life is, you appreciate others and feel compassion for yourself and others without feeling sorry for anyone.





## CHAKRA HEALING



### Chakra 5 : Throat

**Color:** Blue

**Element:** Sound

**Position:** Hollow of Throat

**Objective:** Speaking your truth, coming from the center of your willpower, listening and being heard, communication, finding your true voice and expressing your truth.

#### When your Throat Chakra is closed

You are afraid to speak up and say what you want or feel, going along with others so you don't upset anyone, you get sore throats often and feel like your throat is blocked.

#### When your Throat Chakra is opened

You are comfortable speaking your truth, you experience others listening to you and you feel that you are heard and honored for your truth.



### Chakra 6 : Intuitive / Third Eye

**Color:** Indigo

**Element:** Light

**Position:** Between the eyebrows

**Objective:** Intuition & psychic talents, self-reflection, visualization, discernment, and trust of your own intuition.

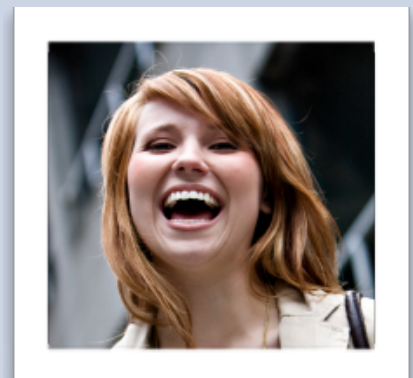
#### When your Intuitive Chakra is closed

You feel disconnected from your intuition, or don't feel like you have any. You feel lost when it comes to your spiritual purpose and path in life. You feel frustrated that there is something wrong with you as you feel like other people have this intuitive sense and you don't. You get headaches and feel tension in your brow area often.

#### When your Intuitive Chakra is opened

Your intuition is your constant guide that you trust and act on with confidence.

You have a strong sense of your own inner truth and listen to and follow it as it guides you on your life path.





## CHAKRA HEALING



### Chakra 7 : Crown

**Color:** Violet

**Element:** Thought

**Position:** Top of the head

**Objective:** Charity, connection to God and spirit, divinity, belief systems, revelation, divine consciousness.

#### When your Intuitive Chakra is closed

You feel no connection or guidance from a higher power, you feel unworthy of spiritual help and are angry that your higher power has abandoned you. You suffer from migraines and tension headaches.

#### When your Intuitive Chakra is opened

You feel connected to a higher power and sense that you are being watched over and cared for. You know you deserve immense blessings and feel immense gratitude for the universal love and appreciation you feel towards yourself and others.



[Click here to get advanced insights and techniques for opening and balancing your Chakras.](#)

## Techniques For Healing Your Chakras

### Meditation

Meditation is perhaps the most well-known and widely used healing technology today. Millions of people across the world use it daily to enter an alternate state of mind for enhanced relaxation, clarity, healing, intuition and to unblock each of their 7 Chakras from the level of the subconscious.

### Rapid Eye technology (RET)

Do your emotions tend to get the best of you a little more often than you'd like? RET is a safe and natural process designed to eliminate virtually any form of emotional stress. By duplicating REM sleep, it burrows deep into your subconscious and identifies and eliminates underlying trapped fears that cause anxiety, stress, unwanted emotions and consequently blocked Chakras. Many experts describe it

### Chakra Meditation Tips

Meditations to open the chakras are simple and can be done almost anywhere.

If you're someplace where you are comfortable using mudras (special hand positions) and doing chants, then this may be a good one to choose.

Using related stones or crystals during chakra meditation with the intention to heal your chakras are best done at home or someplace you can lie down comfortably.

### Visualization

Next to meditation, visualization is also one of the most popular healing methods used today. By visualizing a... premeditated scenario and outcome, and infusing this outcome with emotions, you can program your subconscious mind to achieve otherwise impossible feats.

### Thai Yoga Therapy

Said to be developed by a contemporary of the Buddha himself, Thai Yoga Therapy is a physical meditation system of palming, thumbing and opening up your energy lines, and targeting acupressure points for each Chakra. It energizes your lymph system, lowers your blood pressure, and elegantly connects your body with your energetic and spiritual nature.







# CHAKRA HEALING

## Crystal Healing

Crystal Healing has been used by many different peoples throughout history, including the Chinese, Egyptians, the Hawaiian islanders and the Hopi Indians of Arizona.

It involves placing various types of crystals or gemstones, from quartz to jade, on parts of the body corresponding to the Chakras. Each type of crystal emanates a unique healing vibration, which when selected correctly aids in unblocking the Chakras.

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## Emotional Freedom Technique (EFT)

EFT is a form of alternative psychotherapy that eliminates unresolved traumatic memories and experiences that may be holding you back and blocking your Chakras in your current reality.

This is accomplished by tapping on your body's acupuncture points, and adjusting your body's energy field into its optimal state.

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## Reframing

Rooted in the methods of Neuro Linguistic Programming, Reframing is the method of changing your mindset or perception of your old beliefs or programs.

## DID YOU KNOW?

There is scientific evidence of the existence of chakras?



DR. HIROSHI MOTOYAMA








*Recognized as one of the world's ten foremost parapsychologists by UNESCO in 1974.*

Upon developing a Chakra instrument designed to detect minute electrical, magnetic and optical changes in the environment of a person, Dr. Motoyama conducted a scientific experiment on a normal person, and a yoga practitioner with experience in Chakra Healing.

After monitoring the centers of his test subjects' stomach and heart, he found that the heart center of the yoga practitioner showed a considerable intensification of measurable activity during periods of concentration.

This difference corresponded to the subject's regular spiritual practice. When working with another similar subject, he also found that the increased activity of the heart chakra was sufficient to produce a measurable effect which was detected by his instrument's photo-electric cell.

## Tuttle Chakra Chart™

| Chakra Name           | Position                         | Main Objective  | When it's <u>opened</u>                                      | When it's <u>weak / closed</u>  |
|-----------------------|----------------------------------|---|--|---|
| <b>Crown</b>          | Top of the head                  | Connection to God & spirit<br> | You feel <b>connected to a higher power.</b>                 | You feel no connection or guidance from a higher power.                 |
| <b>Intuitive</b>      | Between the eyebrows (Third Eye) | Trusting your intuition<br>    | Your intuition is your constant <b>guide that you trust.</b> | You feel lost when it comes to your spiritual purpose and path in life. |
| <b>Throat</b>         | Hollow of Throat                 | Communication<br>            | You are comfortable <b>speaking your truth.</b>              | You are afraid to speak up and say what you want or feel.               |
| <b>Heart</b>          | Center of chest                  | Love & Self-acceptance<br>   | You are <b>comfortable with your relationships.</b>          | You are afraid of commitment and have to please others.                 |
| <b>Personal Power</b> | Above the Naval (Solar Plexus)   | Personal Power<br>           | You have a strong sense of your <b>own power.</b>            | You feel like a victim to the world.                                    |
| <b>Sacral</b>         | Below the belly button           | Sexuality<br>                | You create <b>healthy sexual experiences.</b>                | You don't trust that you can be loved for being you.                    |
| <b>Root</b>           | Base of the Spine                | Money<br>                    | You're <b>confident with money.</b>                          | You feel you never have enough money.                                   |



CHAKRA HEALING

# THANK YOU

Thanks for reading this special report.

Here are your next steps:

1. If you haven't done it yet, [take the 3-minute Chakra Quiz](#) to find out which of your Chakras are balanced and which ones that need to be revitalized or opened.
2. Want to know more advanced techniques for healing and balancing your Chakras?  
[Check out Carol's Chakra7 System >>](#)



*Carol Tuttle*