

*Movement - Voice - Consciousness - Harmony*




Sandra Hayes



# A JOURNEY THROUGH THE CHAKRAS

WITH SANDRA HAYES



# WHERE DOES THE KNOWLEDGE ABOUT THE CHAKRAS COME FROM?

ENERGY, BODY AND EMOTION  
– AN ANCIENT CONNECTION

Knowledge of the chakras originates from the yogic and tantric traditions of India and dates back many centuries. The first written references can be found in the Upanishads, the philosophical texts of ancient India, as well as in tantric texts such as the Shiva Samhita and the Sat-Cakra-Nirupana.

There, man is understood not only as a physical body, but as a multi-layered being: consisting of body (Sharira), life energy (Prana), mind (Manas), intuition (Buddhi) and pure conscious nature (Atman).

The chakras—literally translated as "wheels" or "energy vortexes"—form nodes in the subtle energy system. They are located along the spine, connected by energy channels (nadis) through which prana flows—comparable to an internal electrical system.



# WHERE DOES THE KNOWLEDGE



# Come from?



## ENERGY, BODY AND EMOTION – AN ANCIENT CONNECTION

When we feel a chakra, we usually perceive several levels at the same time:

- a physical sensation,
- an emotional topic,
- a mental or symbolic connection.

Our personal development also often follows these levels – like an inner path of maturation from the root chakra (basic trust, survival) to the crown chakra (consciousness, connection with everything).

In psychology, we recognize many parallels: The first years of life are strongly connected to the first chakra—it's about security, contact, and basic needs.

Later, autonomy, expression, relationships, identity, and the search for meaning are added—just like in the chakra model.

When we work with the chakras, we encounter not only abstract energies, but our very real, living self: in movement, in breath, in sound, in feeling and in becoming.

## EVERYTHING IS ENERGY – A HOLISTIC SYSTEM

Energy flows through our bodies – constantly. Not just in the subtle sense, but also in a very concrete way:

Where many nerve endings meet, where blood flows, hormones are released, or digestion takes place, we feel a particularly high level of movement, reaction, and vitality.

Energy manifests itself in many forms:

- as physical strength or weakness,
- as emotional charge or emptiness,
- as mental clarity or inner chaos.

Chakras are not "esoteric points," but rather expressions of this holistic vitality. They connect physical processes with mental and spiritual themes—they are bridges between inner and outer, between the material and the subtle.

## ON ALL LEVELS OF BEING

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## CHAKRAS AND HORMONAL SYSTEM – IN DIRECT CONNECTION

Each chakra is closely related to a hormonal gland in the body. These glands control important processes such as metabolism, stress response, growth, the immune system, sleep, and reproduction – and thus also influence our emotional experience, our energy, and our thinking.

Examples:

Root chakra – adrenal glands (stress, security)

Sacral chakra – sex glands (creativity, relationships)

Navel chakra – pancreas (self-esteem, energy)

Heart chakra – thymus (compassion, immune defense)

Throat chakra – thyroid (expression, metabolism)

Brow chakra – pituitary gland (intuition, hormone control)

Crown chakra – pineal gland (consciousness, sleep rhythm)

Through movement, breath and sound we can specifically activate these energy centers – and thus influence the delicate interplay between body, mind and hormones.



# 1ST CHAKRA – MULADHARA ROOT CHAKRA

## POWER

SEAT OF PRIMAL



Meaning: "Mula" means root, "Adhara" means support or base. The root chakra is our foundation—it represents security, survival, grounding, and trust. It forms the starting point for all human development, both physical and spiritual.

Location in the body: On the pelvic floor, between the perineum and the coccyx. It affects the legs, feet, bones, teeth, colon, and skin.

Element Earth – stable, supporting, nourishing.

Color red – stands for life energy, assertiveness and vitality.

Sense of smell – the most primal of our senses, strongly linked to instinct, memory and protection.

Gland / Hormone system Adrenal glands – regulate the stress response (adrenaline, cortisol) and the handling of danger or tension.

Psychological topics

- Basic trust and security in life
  - Relationship to family, origin, mother bond
  - Fears of existence, financial security
  - Contact with the physical world, with one's own body
  - Stability, endurance, "being at home within yourself" Symbol (Yantra) A red square – symbol for stability and grounding A four-leaf lotus – represents the four aspects of consciousness on this level: mind, intellect, consciousness and ego In the center often a downward-pointing triangle – energy towards the earth
- Balancing practice
- Walk barefoot, touch the earth
  - Stable postures (e.g. standing asanas)
  - Rhythmic movements (drumming, walking, stomping)
  - Breath control in the pelvis and legs
  - Food with root vegetables, warm porridge, regular meals
  - Bija Mantra: LAM (spoken or chanted) When the root chakra is balanced:

I feel safe, supported, present.

I trust my body and life.

I know that I am allowed to be here – completely.



## 2ND CHAKRA – SVADHISTHANA SACRAL

### CHAKRA | SEAT OF LIFE FORCE AND

### CREATIVITY



Meaning: "Sva" means one's own, "adhisthana" means abode or place. Svadhisthana is the seat of the self, our zest for life, creativity, sensuality, and emotional flexibility. Here, the desire for connection, pleasure, and expression unfolds.

Location in the body Below the navel, in the area of the sacrum, pelvis and reproductive organs.

Element water – flowing, connecting, adaptable.

Color orange – stands for liveliness, creativity, sensuality.

Sense of taste – expression of enjoyment, sensuality, differentiation.

Gland/hormone system ovaries/testes – responsible for sex hormones (estrogen, testosterone) and reproduction; also influence mood, creativity, and bonding ability.

Psychological topics

- Joy of life, ability to enjoy
  - Sexuality and emotional intimacy
  - Creativity and creative self-expression
  - Movement between proximity and autonomy
  - Dealing with feelings, neediness, desire, guilt
  - Female/male energy, polarity
- Symbol (Yantra) A white lotus with six petals – represents the six basic aspects of desire A silver crescent or circular arc – symbol for the moon, water and cyclical change In the center often the upwardly open triangle – receptive, flowing, connected with creative power
- Balancing practice
- Flowing movements: circling, dancing, pelvic swing
  - Creative activities: painting, writing, singing, cooking
  - Contact with water (bathing, swimming, drinking)
  - Conscious handling of emotions (do not suppress them, do not act them out)
  - Food: juicy fruits, warm soups, soft-cooked cereals
  - Bija Mantra: VAM (soft, flowing tones) When the sacral chakra is in balance:

I enjoy life with all my senses.

I am allowed to feel, desire, and create.

I am creative, alive and connected.



## 3RD CHAKRA – MANIPURA NAVEL CHAKRA

### | SEAT OF POWER, FIRE, AND SELF-WORTH



Meaning: "Mani" means jewel, "Pura" means city. Manipura is the "shining jewel" at the center of our body, the locus of our inner strength, our will, our self-respect. Here burns our inner fire—the fire of decision, transformation, and energy.

Location in the body In the area of the solar plexus, above the navel to the diaphragm.

Element fire – transforming, warming, powerful.

Color yellow – stands for clarity, radiance, assertiveness, strength of will.

Sense of seeing – perception of form, light, discrimination, "inner vision".

Gland / Hormone system Pancreas – regulates blood sugar (insulin, glucagon), is responsible for energy balance, utilization of food, dealing with external demands.

Psychological topics

- Self-confidence, self-image
  - Willpower and decision-making ability
  - Boundaries, responsibility, control
  - Dealing with power, anger and inner pressure
  - Ability to act vs. powerlessness
  - Identity development ("I am me")
- Symbol (Yantra) A ten-petaled lotus – the ten petals symbolize the transforming powers of fire In the center a downward-pointing triangle – symbol of energy that unfolds outwards Often associated with a flame symbol or a ram (symbol of energy)

Balancing practice

- Dynamic movements: twists, core activation, standing poses
  - Fire Breath, Kapalabhati, Sun Breath
  - Set clear boundaries, consciously say "no"
  - Activating diet: warm spices, cooked yellow foods, regular meals
  - Bija Mantra: RAM (powerful, felt in the solar plexus)
- When the navel chakra is balanced:

I know who I am – and what I want.

I can live my power without dominating.

I walk my path with clarity and inner fire.



# 4TH CHAKRA – ANAHATA HEART CHAKRA | CENTER OF LOVE, CONNECTION, AND HEALING



Meaning: "Anahata" literally means "unharmd" or "untouched"—the sound that arises without encounter, that which is pure and whole in its essence. This chakra represents unconditional love, compassion, connection, and emotional healing.

Location in the body In the center of the chest, at the level of the physical heart.

Element air – light, penetrating, connecting, open.

Color green – represents healing, growth, openness and balance.

Pink is sometimes also mentioned as a complementary color – for self-love and tenderness.

Sense of touch – connection through touch, proximity, warmth.

Gland/Endocrine System Thymus Gland – plays an important role in the immune system, especially during childhood; also affects emotional resilience and healing.

Psychological topics

- Giving and receiving love
  - Heart opening and vulnerability
  - Compassion for yourself and others
  - Relationships, forgiveness, spiritual healing
  - Balance between closeness and freedom
  - Grief, pain, loneliness as gateways to the depths
- Symbol (Yantra) A twelve-petaled lotus – the twelve petals symbolize the twelve qualities of the heart (e.g. hope, joy, peace) In the center two intersecting triangles – one pointing upwards, one pointing downwards: Symbol for the union of male and female, of heaven and earth, spirit and matter
- Balancing practice
- Heart-opening movements: backbends, widening arms, shoulder circles
  - Deep breathing into the chest, sighing, expanding
  - Giving and receiving touch
  - Gratitude practice, forgiveness rituals
  - Food: Green leafy vegetables, herbs, light meals prepared with love
  - Bija Mantra: YAM (gentle, soft, heart-centered) When the heart chakra is in balance:

I am open to connection – with myself, with others, with life.

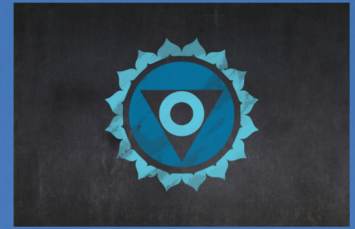
I love and let myself be loved.

I approach life with compassion and inner peace.



# 5TH CHAKRA – VISHUDDHA THROAT

## CHAKRA | CENTER OF EXPRESSION, TRUTH, AND COMMUNICATION



### Meaning

"Vishuddha" means "pure" or "purification." This chakra represents authentic self-expression, clear communication, and the power of one's own voice. It's about speaking what lives within us—with truth, clarity, and trust.

Location in the body In the neck and throat area, including neck, jaw, mouth, tongue, vocal cords.

Element ether (space) – penetrating, expansive, subtle. The space in which sound originates and vibrates.

Color light blue or turquoise – stands for spaciousness, clarity, openness, expression.

Sense of hearing – active and passive listening, sound perception, resonance.

Gland/Endocrine System: Thyroid and parathyroid glands – regulate metabolism, influence growth, energy balance, body temperature, and development. Closely linked to the feeling of "being in communication with the world."

### Psychological topics

- Speak your own truth
  - Expressing feelings, defining boundaries
  - Being able to listen – feeling heard
  - Creative self-expression through language, singing, writing
  - Inner and outer authenticity
  - Fear of evaluation or rejection
  - Silence vs. flood of words
- Symbol (Yantra) A sixteen-petaled lotus – for the sixteen vocal sounds of Sanskrit, expressiveness in sound form In the center a white circle – symbol for pure space and sound Often an upward-pointing triangle with a circle inside – connection of mind and expression, opening upwards
- Balancing practice
- Humming, toning, free singing
  - Conscious speaking and silence alternating
  - Neck movements, shoulder circles, jaw relaxation
  - Creative writing, poetry, spontaneous expression
  - Food: Liquid or light meals, herbal teas, cooling herbs (e.g. mint)
  - Bija Mantra: HAM (soft, resonating in the throat area) When the throat chakra is in balance:

I speak clearly and in connection with my heart.

I express myself freely without hiding.

My voice has space – and may be heard.



## 6TH CHAKRA – AJNA (BROWN CHAKRA) | CENTER OF INTUITION, INSIGHT, AND INNER GUIDANCE



Meaning: "Ajna" means "perception," "command," or "higher knowledge." This chakra is the eye of intuition, the seat of inner guidance, imagination, and clear spiritual vision. It connects reason with inner knowledge.

Location in the body: Between the eyebrows, also known as the "third eye." It affects the forehead, eyes, temples, pituitary gland, and cerebral cortex.

Element spirit/light – knowledge, clarity, insight, insight.

Color indigo or deep blue – represents depth, wisdom, night, foresight.

Sense Intuition / "inner seeing" – beyond the physical senses, connected with imagination, inner knowledge and mental clarity.

Gland / Hormone System Pituitary gland – central control gland of the hormonal system; regulates, among other things, growth, reproduction, metabolism, and hormone axes throughout the body.

Psychological topics

- Intuition and mental clarity
- Self-reflection and awareness
- Vision, imagination, imagination
- Inner guidance, spiritual insight
- Connection between thinking and feeling
- Illusion, projection, mental overload
- The inner observer / the witness Symbol (Yantra) A two-petaled lotus – symbolizes the two hemispheres of the brain, the polarities of logic and intuition In the center an upright triangle with a circle – light, focus, concentration Sometimes with a symbol for OM – the primal vibration from which all form emerges Balancing practice
- Meditative movement with closed eyes
- Visualizations, creating inner images
- Silent exercises, candle meditation, conscious attention
- Dream diary, intuitive writing exercises
- Food: light, cool, mentally clarifying (e.g. blueberries, herbal teas, fasting)
- Bija Mantra: OM (sound of unity, vibrates throughout the body) When the brow chakra is balanced:

I recognize myself – and see the world with inner clarity.

I trust my intuition and follow my inner guidance.

I am open to knowledge and spiritual growth.



# 7TH CHAKRA – SAHASRARA CROWN

## CHAKRA | CENTER OF CONSCIOUSNESS, CONNECTION, AND STILLNESS



Meaning: "Sahasrara" means "thousandfold" or "thousand-petaled." It represents pure, universal consciousness, beyond thoughts, emotions, and personality. This chakra symbolizes the connection to the source of all being – to a state of inner spaciousness, stillness, and unity.

Location in the body: At the top of the head (crown area), slightly above the physical body. It affects the entire nervous system and the subtle field of the human body.

Element Not a classic element – it is associated with the space beyond the elements, pure consciousness.

Color violet or white – represents transcendence, purity, spiritual clarity, enlightenment.

Meaning Beyond the physical senses – connection to the spiritual dimension, to inner silence, cosmic order, divine presence.

Gland / Hormone system Epiphysis (pineal gland) – regulates the sleep-wake rhythm (melatonin), is sensitive to light, associated with spiritual experiences and states of deep rest.

Psychological topics

- Spirituality, search for meaning, trust in life
- Inner knowledge, beyond reason and feeling
- Dissolution of separation, experience of unity
- Devotion, humility, openness to the bigger picture
- Connection to something higher – in whatever form it is perceived
- Danger: spiritual separation, "lifting off", loss of grounding Symbol (Yantra)

A thousand-petaled lotus – symbolizes the complete unfolding of consciousness In the center often a radiant light or the OM symbol There is no longer a triangle or circle – the form dissolves into width and openness

Balancing practice

- Meditation in silence, without a goal
- Mindfulness in everyday life, spiritual contemplation
- Prayer, mantra repetition, rituals
- Staying in nature, space, silence
- Fasting, pure water, clear light
- Bija Mantra: Silence or OM – often no sound is used, but consciousness itself is the practice When the crown chakra is in balance:

I am connected to the whole.

I trust life in all its depth and breadth.

I am quiet – and at the same time completely awake.

# CHAKRAS AND PHASES OF LIFE – DEVELOPMENT IN 7-YEAR CYCLES



The chakras reflect not only energy centers in the body but also stages of maturation of our consciousness. In many spiritual and psychological traditions, the human life path is divided into seven-year cycles—each phase brings with it specific themes, skills, and learning steps.

These phases are well-connected to the chakras. Each chakra symbolizes a specific stage of life—physical, emotional, spiritual, and mental:

## 0-7 YEARS – ROOT CHAKRA (MULADHARA)

Basic trust, body connection, survival. The child develops fundamental security, attachment, and a relationship with the earth, with the mother, with their own body. Everything is experienced through touch, nourishment, and rhythm.

## 7-14 JAHRA – CHAKRALCHAKRA (SVADHISTHANA)

Feelings, relationships, and sensory discovery. The world is experienced emotionally and creatively. Initial questions about intimacy, desire, shame, and self-image arise. Creativity, play, and sensuality take center stage.

## 14-21 YEARS – NAVEL CHAKRA (MANIPURA)

Identity, Will, Boundaries: During puberty, self-awareness awakens. It's about self-assertion, personal power, assertiveness, boundaries, and independence.

## 21-28 YEARS – HEART CHAKRA (ANAHATA)

Love, Relationships, Connection: This phase focuses on relationships, empathy, heart opening, and genuine encounters. Self-love and spiritual healing can also begin at a deeper level here.

## 28-35 YEARS – THROAT CHAKRA (VISHUDDHA)

Self-expression, truth, calling. Your own voice finds clear expression—be it in your career, your creative work, or in authentic relationships. It's about truth, responsibility, and resonance.

## 35-42 YEARS – FOREHEAD CHAKRA (AJNA)

Intuition, insight, inner vision. The gaze turns inward. Questions of meaning, truth, vision, and spiritual clarity come to the fore. Often, a conscious spiritual search begins.

## 42-49 YEARS AND ABOVE – CROWN CHAKRA (SAHASRARA)

Awareness, meaning, transcendence. This phase often marks a transition: from external activity to inner connection. It's about integration, spirituality, serenity, finding meaning, and expansiveness—regardless of age. This cycle can repeat itself or deepen further.





# POSSIBLE SUPPORTING METHODS FOR CHAKRA WORK



## General methods:

- Mindful movement (e.g. yoga, dance, free expression)
- Breathing exercises (Pranayama)
- Meditation, visualization
- Sound & Voice (tones, mantra, singing bowls)
- Creative forms of expression (painting, writing, designing)
- Massage, energy work (e.g. Reiki, craniosacral work)
- Reflexology or foot massage
- Herbal medicine (internal and external)
- Color therapy
- Aromatherapy (essential oils)
- Crystal and gemstone therapy
- Nutrition according to colors or elements
- Spending time in nature (e.g. walking barefoot, sunlight, water)



## CHAKRA-SPECIFIC EXAMPLES:

### 1. Root Chakra

- Red gemstones (e.g. hematite, red jasper)
- Earthly Asanas: Tadasana, Malasana
- Essential oils: vetiver, patchouli, cedar
- Warm, cooked food, root vegetables
- Foot massage, barefoot walking

### 2. Sakralchakra

- Orange stones: Carnelian, Moonstone
- Hip openers, flowing dances
- Oils: Ylang-Ylang, Sweet Orange, Sandalwood
- Creative design, time in the water
- Enjoyable nutrition

### 3. Nabelchakra

- Yellow stones: citrine, tiger eye
- Core strengthening, twists, Kapalabhati
- Oils: ginger, rosemary, cinnamon
- Warming spices, sunlight
- Make decisions, find clarity

### 4. Heart Chakra

- Green and pink stones: rose quartz, aventurine
- Backbends, heart openers
- Oils: Rose, Lavender, Bergamot
- Touch, gratitude, contact with nature
- Practice compassion

### 5. Throat Chakra

- Blue stones: aquamarine, chalcedony
- Voice, singing, free toning
- Oils: Peppermint, Eucalyptus, Chamomile blue
- Writing a diary, clear communication
- Jaw relaxation

### 6. Brow Chakra

- Indigo stones: Lapis lazuli, Sodalite
- Candle meditation, Tratak, introspection
- Oils: Frankincense, sage, juniper
- Dream diary, intuitive art
- Time in silence

### 7. Kronenchakra

- Violet or clear stones: amethyst, rock crystal
- Meditation in silence
- Oils: Lotus, Lavender, Frankincense
- Fasting, light, contemplation
- Connection to the Higher Self







# FINALLY – INTEGRATION AND MOVING ON



Working with the chakras is not a closed system, but a vibrant path of self-discovery. It invites us to consciously inhabit our bodies, embrace our feelings, find our expression, and deepen our inner connection.

Each chakra is a gateway to an aspect of your life—and at the same time, part of a greater whole. When one becomes unbalanced, we feel it on multiple levels.

Conversely, even a small change—a movement, a thought, a breath—can restore the flow of energy.

The wisdom of the body, the language of the soul and the breath of the spirit work together – in you, through you, for you.

## POSSIBLE IMPULSES:

- Focus on one chakra every day for a week
- Start a creative diary (colors, words, body awareness)
- Integrate breathing or movement exercises into your daily routine
- Eat, breathe, feel mindfully – without having to achieve anything
- Create your own ritual: e.g., toning a chakra weekly, painting, dancing
- Recharge in nature – especially with bare feet, open senses, and a broad view.

Allow yourself to listen to your inner voice. Not everything needs to be analyzed, understood, or improved. Some things simply want to be felt, held, and experienced. You are the place where transformation happens.

I wish you all the best on your journey!

*Your Sandra*



Sandra Hayes