

# Chakra Connection

If you're feeling out of whack, it could be that your chakras need realigning. This may sound daunting but, as Dana Mrkich explains, there are simple ways to connect with them to create balance.

**A**re you committed to connecting with yourself spiritually, but still find it hard to maintain fulfillment in your life?

Your reality is a direct result of the vibrational messages emanating from your inner energy system, which includes your thoughts, feelings, beliefs, fears, memories of past experiences and your soul's essence and purpose.

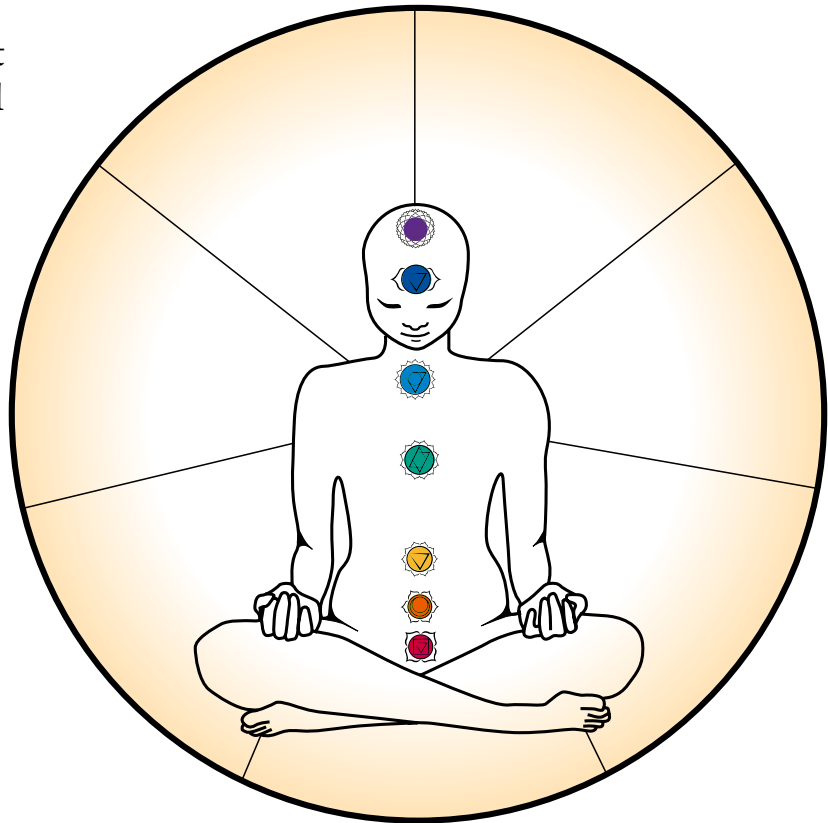
This energy flows through a series of energy centres known as chakras, which primarily act as portals between your energy bodies (mental, emotional and spiritual) and your physical body and reality.

Our chakras send these vibrational messages outward like movie screen projectors, influencing the kinds of experiences we attract into our lives. This is essentially how we create our reality – or life movie. The content of our chakras also determines our perception of reality and the way in which we respond to it. Our perceptions and responses influence our inner energy, creating a continually moving and constantly transforming system of intelligence, filled with a wealth of knowledge about who we are and why we are how we are.

Connecting with your chakras empowers you to consciously create your best life with your best possible self, and literally has you 'running on all cylinders'.

## Connect & Balance

Chakra is a Sanskrit word meaning 'wheel' and, for those who can see or sense energy, they literally look like spinning wheels or balls – some going very fast, others at a much slower rate.



We have seven major chakras. Each one emanates a ray of coloured energy and is in charge of different aspects of our life and self. Each chakra carries vital information about who we are, including cellular memories going back generations.

The energetic content of each chakra influences and explains everything from physical health issues to the kind of relationship patterns we re-create over again, and how much we love and value ourselves.

Usually we have a preference for either the higher spiritually-oriented chakras or the lower physically-oriented chakras, but in order to live our best life we really need to be

connected to all of them, and have each of them working in balance. For example, we may have a strong third eye chakra, giving us a heightened sense of intuition. Yet if we have a weak base chakra, we will find it hard to act on our instincts or manifest our amazing visions. Another person may have a very strong base chakra, making them very grounded and practical, but if they have a weak solar plexus they might lack the confidence or assertiveness required to follow their dreams.

Following is a description of what each of the seven main chakras govern, as well as simple ways you can rebalance and strengthen your connection to them.

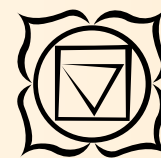
## Free Offer to EMPOWER Readers

Book a soul session mentioning EMPOWER Magazine, and receive a free 21-page guide to your chakras, including physical and emotional symptoms connected to each, and more ways to balance them. Email [dana@danamrkich.com](mailto:dana@danamrkich.com) or visit [www.danamrkich.com](http://www.danamrkich.com)

**Red Root Chakra** (*base of your torso*)

**Governs:** Physical health, being grounded in your humanity and physical reality, the ability to create abundance, manifest your dreams and visions, feeling safe, secure and supported in the world.

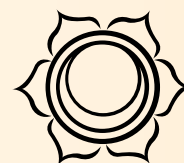
**Connect and balance:** Give thanks and gratitude for all you have, do some drumming or tribal dancing, walk, get out in nature, go camping, touch the earth with your bare feet.



**Orange Sacral Chakra** (*below your navel*)

**Governs:** Sacred sexuality, creativity, nurturing, nourishment, giving and receiving that which feels good, fun, knowing your worth and value, feeling your feelings.

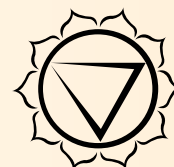
**Connect and balance:** Cook, have a bubble bath or aromatherapy massage, learn belly dancing, pamper yourself, try inner-child healing, experience your sexuality in healthy, loving ways.



**Yellow Solar Plexus Chakra** (*centre of your torso*):

**Governs:** Inner power and strength, self-confidence, drive, action, will, gut instinct, assertiveness, mind over matter.

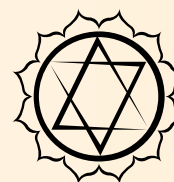
**Connect and balance:** Practise martial arts, kickboxing or weight training. Visualise a yellow sun ray radiating out from the solar plexus. Try deep breathing, facing your fears and just doing it!



**Green Heart Chakra** (*lower mid-chest*)

**Governs:** Self-love, self-acceptance, unconditional love and compassion for others, inner peace, harmony and balance.

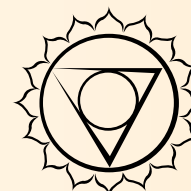
**Connect and balance:** Show compassion and kindness toward yourself and others, forgive yourself and others, buy yourself a special gift, listen to music, dance.



**Blue Throat Chakra** (*throat*)

**Governs:** Communication, ability to listen, speaking your truth, bringing forth your creativity and gifts and sharing them with the world, allowing your true self to be seen and heard.

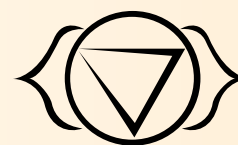
**Connect and balance:** Sing, paint, do art and craft; write in a journal, express your truth and authentic self, make a dream board (check out page 24 for more inspiration on this).



**Indigo Third Eye Chakra** (*mid-forehead*)

**Governs:** Ability to see into other dimensions of reality, including past and future timelines, clairvoyance, visualisation, imagination, psychic ability.

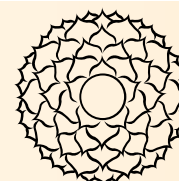
**Connect and balance:** Try creative visualisation (with a clear focus on what you'd like to create), record your dreams, think positively, say affirmations, strengthen psychic muscles with inspiration or tarot cards.



**Violet Crown Chakra** (*crown of your head*)

**Governs:** Access to your higher consciousness, spirit, guides, angels and information from the higher realms.

**Connect and balance:** Ask for guidance from your angels, guides or divine source and trust yourself knowing you can receive their answers via meditation or journaling; integrate your spiritual knowledge into your daily life – walk your talk. em



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**Dana Mrkich** is an energy reader, spiritual intuitive, radio host, author of *A New Chapter*, and creator/teacher of online chakra course Walking the Rainbow Path. For more information visit [www.danamrkich.com](http://www.danamrkich.com)  
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