



# The Chakras of the Body

There are seven main chakras of the body and two small chakras in the palms of our hands. The chakras are energy centers in the body. We all have them, and they have even been photographed. They're responsible for our well-being, emotional development, and our connection with the physical and spiritual worlds.

All seven chakras are fully developed by our first seven birthdays. During each year, a chakra governing an area of our life flourishes and helps us become who we are meant to be in this lifetime.

Here is an overview of each chakra:

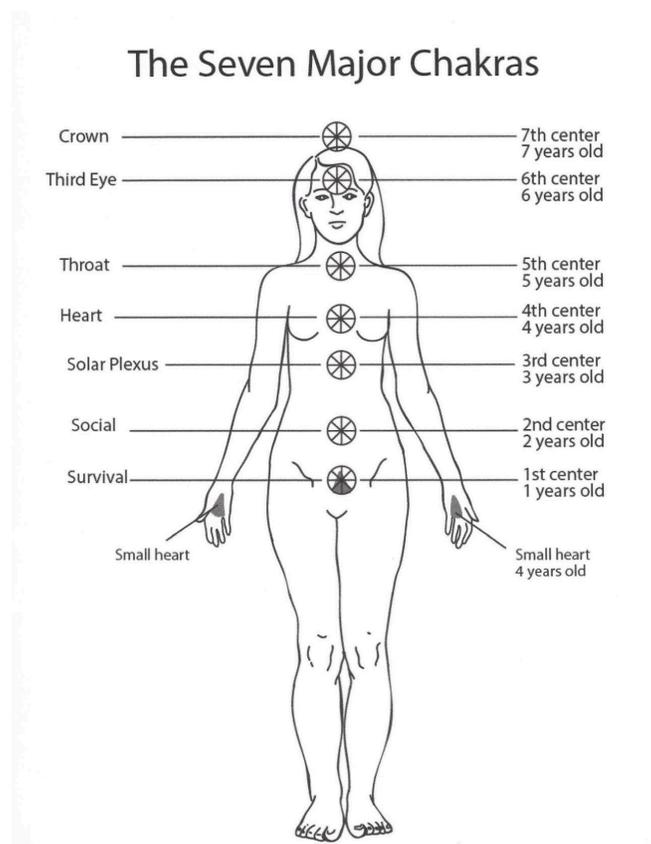


**Base Chakra**— The first chakra develops from conception to age one. This is the energy center responsible for our basic needs of shelter, food, safety, and security. The base chakra is located at the base of the spine for men and between the ovaries in women. When we're fed, changed, held, and cared for by our parents at that age, we feel safe and secure. If we're neglected during this time, we'll tend to feel insecure about safety and money. We also pick up on our mothers' emotions during the pregnancy. Her concerns about money, food, and shelter (real or unreal) can also cause us to feel insecure.

**Spleen Chakra**— The second chakra develops from age one to two. This is the energy center responsible for creativity (creating energy) and sexual energy, also called the "lower heart" in

women. The spleen chakra is located two inches below our belly button. When life goes well, a child is allowed to explore, and the parents provide and maintain a mostly uneventful daily life; the child is able to create dreams, manage addictions, and maintain healthy relationships. When the child has inconsistency and/or trauma during this time of development, blockages can occur. People with blockages may develop addictions, poor relationships, and sexual dysfunction. This center works together with the fifth chakra, the heart center. Artists create from this energy center. Highly creative people with blockages in the fifth chakra will submerge in the second chakra energy and have periods of high creativity and no love, or they'll have periods of high sexual energy and no creation.

**Solar Plexus**—The third chakra develops between ages two and three. This energy center is responsible for willpower and is located below the chest and above the belly button. If this year in a child's life is uneventful, they will have strong self-esteem strong self-control, be able to deal with authority well, and act on intuition or gut feeling. When strong trauma occurs during this time, a child will have a hard time taking responsibility for their life, will learn to manipulate others, or will tend to be manipulated.

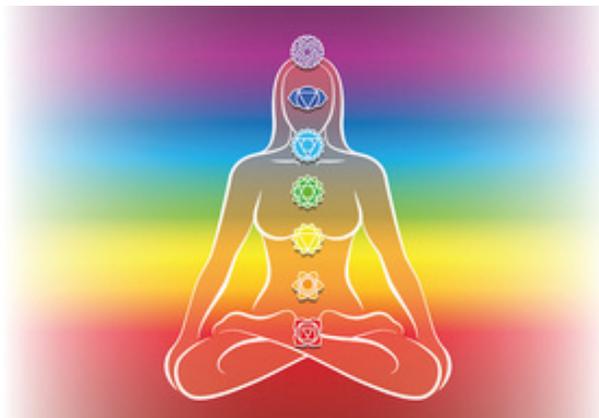


**Heart Chakra**— The fourth chakra develops between ages three and four. This energy center is responsible for the ability to give and receive love, compassion, and affection. A well-nurtured child will be able to express love and also give, receive, and feel emotions. When a child is neglected and experiences any trauma during this time, they will have difficulty being in a loving relationship, be highly judgmental of others and self, and have difficulty loving and accepting self. A woman with

blockages in this chakra will default to using the lower heart (second chakra) for love by working her sexuality.

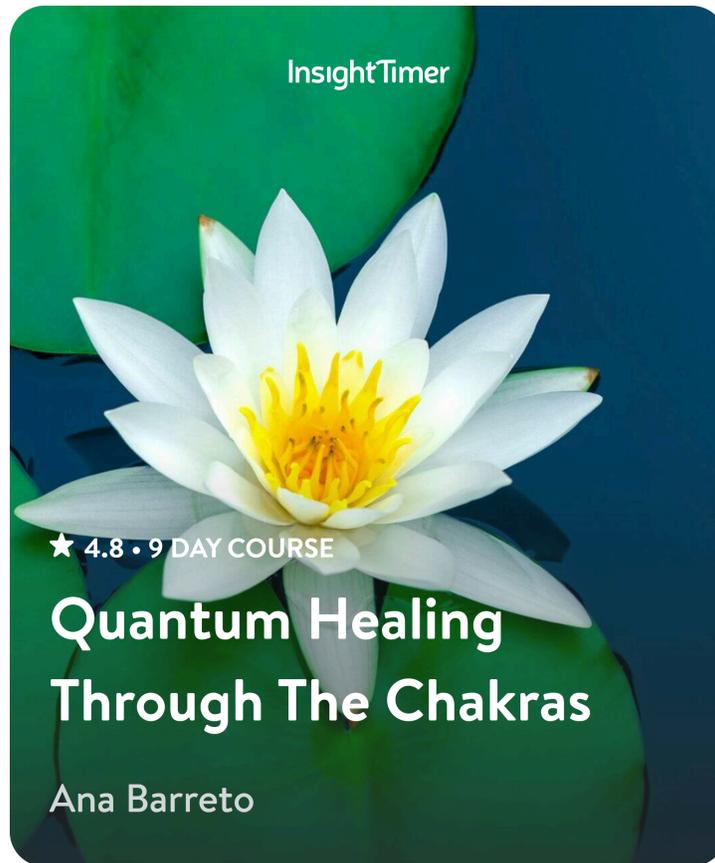
**Throat Chakra**—The fifth chakra develops between ages four and five. This energy center located in the throat area is responsible for the ability to communicate and show up in the world. During the development of this chakra, children who are allowed to be themselves with no major criticisms are able to show themselves to the world just the way they are and communicate well. Children with critical parents will struggle to advocate for themselves and be who they want to be.

**Third-Eye Chakra**—The sixth chakra develops between ages five and six. This energy center is responsible for our mind's eye. It is our knowing and where we have access to the wisdom of the ages. This chakra is fully open in children. As they grow and are dismissed, reprimanded, and criticized for their thoughts, feelings, and imagination, the center becomes blocked so that they have little to no access to the wisdom there. Children who are allowed to express their thoughts, feelings, and imagination will grow up to trust their intuition and create a world beyond their time. This center is also connected to the second chakra. Possibilities quickly originate here and are then created in the second chakra.



**Crown Chakra**—The seventh chakra develops between ages six and seven. This energy center is responsible for our connection with the Divine. Through this center, located eight inches above the head, we find the energy connection with God, a higher source, and spiritual beings. This is where we receive divine guidance. Children who are severely punished and threatened with hell and other mystic beings will fear this connection with the spirit and close it. Children who are taught that God is love will be open to exploring a close spiritual connection.

**Hand Chakras**—There are two small chakras located in the palms of the hands. These two small but powerful chakras are developed between the ages of four and five. They have healing energy power that develops simultaneously with the heart chakra. They're responsible for our ability to heal people, give love, and bless our homes, water, and others. We are all healers. People who have chosen the path to heal others have cleared any blocks that exist in their path so that they can fully use the energy of these chakras.



Are you looking to create more harmony and abundance in your life? My courses, consultations, books, and coaching programs can help you transform yourself and your space.

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