

# Chakra Balance: Your Guide to Divine Energy Alignment

## What Are Chakras?

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Chakras are the body's divine energy centers, aligned from the base of your spine to the crown of your head. Each governs specific aspects of your physical, emotional, mental, and spiritual well-being.

When open and balanced, life force (prana or Holy Spirit energy) flows freely—inviting clarity, healing, abundance, and divine alignment.

When blocked or overactive, energy gets stuck, causing emotional, physical, or spiritual disconnection. Take a look at the chart to the right to understand the traits you may see when your chakra is balanced and out of balance.

Balanced	Chakra	Blocked
Deep spiritual connection, Sense of divine purpose, Inner peace and bliss Unity with all creation, Wisdom beyond ego	<b>Crown Chakra</b>  <b>Purpose:</b> Spiritual connection, divine purpose, unity	Feeling lost or disconnected from God, Cynicism or spiritual doubt, Lack of purpose or direction, Ego-driven or superiority complex, Depression or apathy
Strong intuition and inner knowing, Clarity in vision and thoughts, Spiritually aware Trusts divine guidance, Imaginative and insightful	<b>Third Eye Chakra</b>  <b>Purpose:</b> Intuition, divine wisdom, clarity	Confusion or lack of clarity, Overthinking or skepticism, Disconnected from intuition, Fear of the unknown, Nightmares or mental fog
Speaks truth with love, Confident in communication, Listens with empathy, Honest and expressive, Creative in speech and writing	<b>Throat Chakra</b>  <b>Purpose:</b> Communication, truth, expression	Fear of speaking up, Excessive talking or gossip, Lying or withholding truth, Misunderstood often, Physical throat issues or tension
Compassionate and loving, Forgiving and peaceful, Open to giving and receiving love Emotionally balanced, Attracts healthy relationships	<b>Heart Chakra</b>  <b>Purpose:</b> Love, compassion, forgiveness	Resentful or closed off, Co-dependent or clingy, Struggles to forgive, Isolates or avoids connection, Grief, heartache, or jealousy
Strong self-worth and confidence, Clear boundaries, Motivated and focused, Takes inspired action, Inner strength and resilience	<b>Solar Plexus Chakra</b>  <b>Purpose:</b> Confidence, willpower, purpose	Low self-esteem, Need for control or approval, Passive or aggressive behavior Procrastination or burnout, Difficulty making decisions
Joyful and playful, Emotionally expressive, Creative and inspired, Healthy sexual expression, Open to pleasure and intimacy	<b>Sacral Chakra</b>  <b>Purpose:</b> Creativity, pleasure, emotional flow	Emotionally numb or overwhelmed, Guilt and shame around desires, Creative blockages, Sexual dysfunction or overindulgence, Codependency or fear of rejection
Grounded and secure, Emotionally stable, Confident in finances and survival, Trusts in divine timing, Healthy connection to the body	<b>Root Chakra</b>  <b>Purpose:</b> Safety, stability, survival	Fearful or anxious, Financial stress or scarcity mindset, Feeling unsafe or unstable, Disconnected from the physical body, Constantly in survival mode



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