

# The chakras have a message for you



**Diana Probert**

**"We are luminous beings on  
a journey through the stars."**

**—Alberto Villoldo, Ph.D.**

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It has recently dawned on me how important, dare I say critical, it is to work with the chakras, to clear and balance them and to listen to the messages they hold for you.

The chakras are your treasure chests of memories and events. Holding on to these, over time, will block the flow of energy through your body and may hold you back in your life.

The chakras are constantly interacting with each other and reacting to your emotional state. Imagine a set of traffic lights but there are 7 of them, displaying all 7 colours of the rainbow. They are taking in and absorbing information and interacting with each other.

Have you ever felt that washing machine, uneasy feeling in your solar plexus, in the stomach area? This yellow-coloured chakra will pick up on other people's emotional states, as well as your own. It is your power centre and it may have been affected by criticism in your early years. The effects of this criticism may still be playing out in your life today. Our chakras develop and mature as we develop and mature as human beings. If one chakra is out of balance it will affect all the other chakras.

In this book I will take you through the 7 main chakras and give you a flavour of what you may have stored there, with suggestions of how to strengthen and support them. The intricate functioning of the chakras can be discussed in many ways. I will aim to keep it as straight forward as possible, drawing from my personal experiences of balancing chakras for over 10 years.

*The 7 main energy centres in the body, based on the seven colours of the rainbow, are known as chakras, in the Sanskrit language meaning wheel or disk of light. The chakras sit in line with the spine and run vertically from the root (red) at the base, upwards to the crown (violet). They are the gateways through which the life force energy flows to your mind and body. These swirling energy centres are keeping you vibrant and healthy. They communicate with the physical body through the endocrine and nervous systems.*

We absorb colour through our eyes, our skin and our chakra centres. The chakras are constantly interacting with each other and reacting to our emotional state. Each one is a treasure chest of memories and events. Holding on to these memories overtime will block the flow of energy through the body and may also hold you back in your life.

We can clear and strengthen our chakras in many ways. Here you'll find positive statements (affirmations) and messages from each chakra to give you an idea of what might be going on for you. Using these affirmations in the present tense will strengthen your chakras and help to bring about the positive state of being that already exists within you – your natural state of well-being – your true colours.

**"Everything changes when you start to emit your own frequency rather than absorbing the frequencies around you, when you start imprinting your intent on the universe rather than receiving an imprint from existence." ~Barbara Marciniak**



Image: Gaia Orion Art

It's all there stored in your chakras, what you've said, what you haven't said and what other people have said to you.

Over time these chakra energy centres can't move for the amount of 'stuff' you've collected, and worse still, all this stuff has probably been acting out in your life over and over again and has somehow become the truth of who you are.

All those thoughts about not being good enough, not feeling safe and not being creative may have become your default settings and reactions to everyday situations. When someone is pushing your buttons and making you feel uncomfortable or angry, that person is probably doing you a favour in pointing out where you are stuck. You might be holding on to beliefs about yourself that are not true for you, never were and are no longer serving you. These beliefs can manifest as defensive behaviour or a lack of confidence.

When we discover what is stored in our chakras and release anything that is not true for ourselves, the results can be transformational. We come home to our true selves, where there is only beauty, love, confidence and optimism. This 'sparkly' you has always been there but was hidden beneath other people's opinions of you and ideas about how you should be living your life.

Imagine if you could let go of all that negativity and distortion without any thought or drama. Would you feel more confident, lighter and brighter? Yes, you absolutely would.

Over the years of offering chakra balancing treatments for clients I have been blown away by witnessing clients letting go of things that have become embedded in their chakras, possibly for years. The delightful result is the bright light of the soul that reveals itself at the end of the treatment, holding such potential and such love. The eyes usually sparkle and it's as if the client has come home at last. Energy flows from head to toe with no resistance.

When the structures containing limiting beliefs dissolve, there is nothing left to hold those beliefs in place. Once they've gone the body's energy can realign itself in a much more supportive way. It flows with more power and confidence. This 'Car wash' of a treatment for the chakras clears out the old and unwanted, strengthens and stabilises and leaves you grounded and standing in your power.

In some ways this transformation can be likened to everyday technology. A chakra balancing treatment is like rebooting your router – some lights may be off, some flashing, some might be strong. After balancing, all the chakras are bright and strong, working together in harmony, leaving you with an increased capacity to engage in and embrace your life. Old structures are broken down, energy moves in new patterns and you broadcast on a new and stronger frequency.

And just like the Satnav recalibrating when you change your route, the energy is now moving in a different way, taking a better and more direct route through your body. Beforehand, rather than flowing from head to toe, energy moves around the chakras like a river skirting around rocks. This breaks the flow of energy, slows it down and forces it to move in distorted ways.

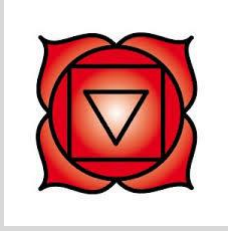






*If you change the way you look at things, the things you look at change.*

*Dr Wayne W Dyer*



## Message from the Root chakra

Do you feel safe? Here at the root of our being we lay down our foundations of security. We build a happy home, where our basic needs are met. We are grounded and safe. Maybe your basic needs for food, water, shelter and safety and your emotional needs too, were inconsistently met. It is when we are young that we develop a sense of trust or fear about our lives and this is reflected in the root chakra. Were you betrayed in some way? Did you feel safe? If not, I'm so sorry about what happened to you. You are safe now. There is nothing to fear. All is well.

The body believes everything you think and say. Please be careful when you open those bills because your reaction of horror makes this chakra think that you are about to jump off a cliff!

This energy centre needs to be stable and confident. It roots you into your life and into the earth. Remember, you have every right to be here and to live a joyous and prosperous life. You are perfectly safe and supported by the Universe at all times. From here you can tap into the passion and drive to make your dreams a reality.

## Affirmations:

### RED – ROOT/BASE CHAKRA (MULADHARA)

I am grounded, safe and supported.

I am determined. I have all that I need to make my dreams come true.

I am courageous. There's no stopping me – I have nothing to fear.

I am passionate about my life and excited about the future.

I achieve great things. I am motivated and allow myself to succeed.

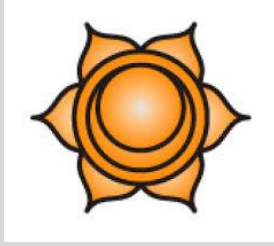
I have a right to be here. I take my place in the world with high expectations.

I am safe and secure: I have no need to worry, it is all in place.



**“You are worthy of greatness. Remember, you are Source Energy that has come here to create and you are worthy of every idea that comes to you. The resources of the universe are here to assist you in your creation just as surely as they assist the earth in spinning in its orbit in perfect proximity to other planets.” Dr Robert Anthony**





### Message from the Sacral chakra

Are you creative? You might not think so but you are creative and you came here to create a beautiful life. Maybe someone made fun of you when you were younger over something you created. That memory has probably been playing out as your truth and has been affecting you as an adult, particularly in situations where the spotlight is on you or when you are being asked to create something. As adults we try to fit in with the world and become less creative, losing our uniqueness. The child-like, playful you is needed now. Have fun. It is safe for you to express your creativity. You are here to experience joy in all areas of your life.

### Affirmations:

#### ORANGE – SACRAL CHAKRA (SWADHISTHANA)

I am at ease and take life in my stride.

I am optimistic - the best is yet to come.

I am expressive. I allow myself to shine. I am enough.

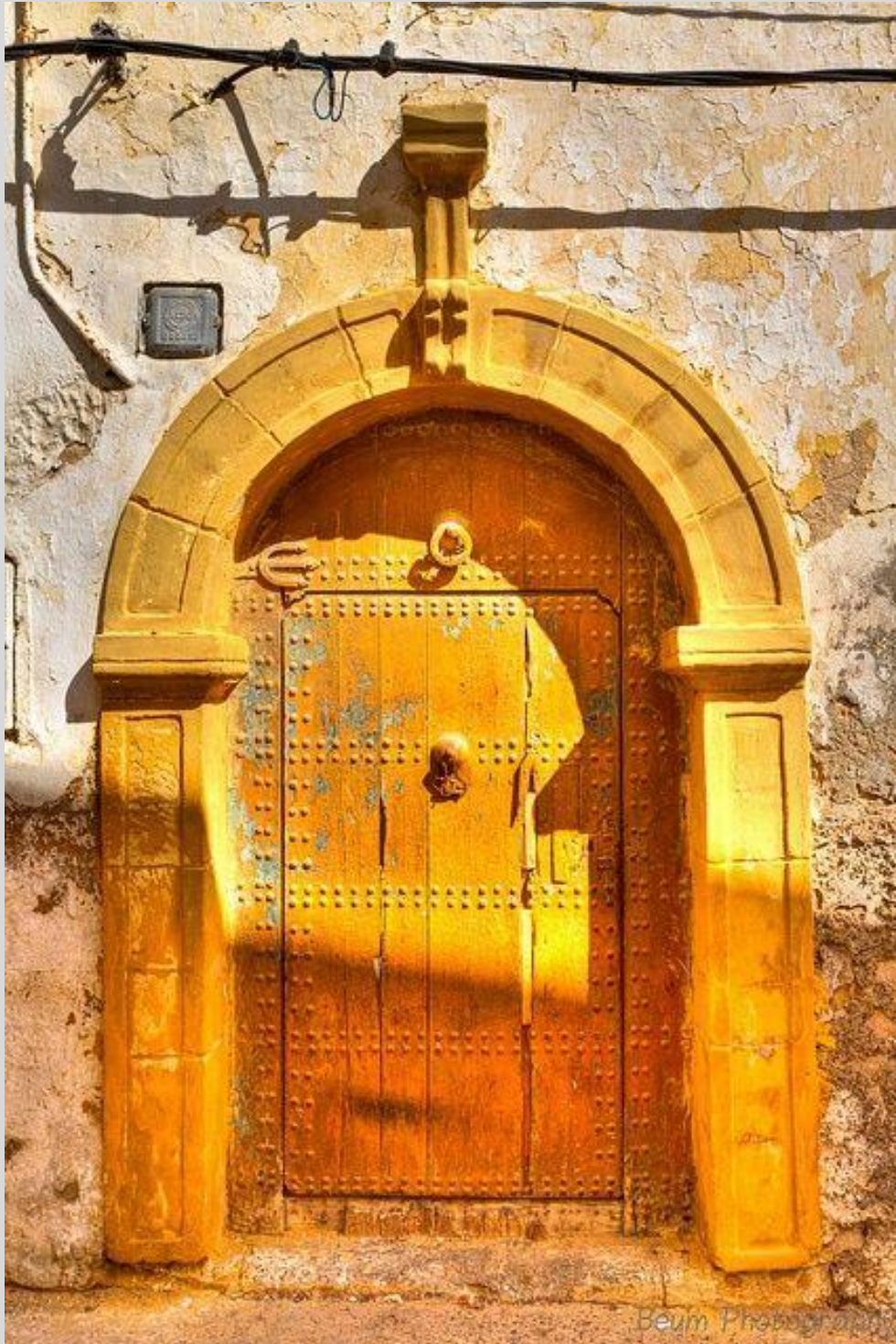
I am sociable. I love to mix and share my life with others.

I embrace change. I go with the flow and challenge myself.

I enjoy life: I am here to experience joy and love.

I am creative. I use my gifts to create a wonderful life.

**“You either walk inside your story and own it, or you stand outside your story and hustle for your worthiness.” Brene Brown**



**Restore your original strengths and qualities, enabling confidence and self-esteem to become a natural way of being. Anthony Strano**



### Message from the Solar Plexus chakra

How confident do you feel? You are powerful and whole. You are clever and can make sense of things in your own way. You may pick up other people's stress and anger in this energy centre. It can feel like a washing machine on a full cycle. This is a sensitive energy centre and it reflects your self-esteem. Be confident in your abilities. Allow your sunny personality to reveal itself. Reclaim your power and positivity. Trust your gut feeling about people and situations. Criticism in your early years may have left its mark and affected your self-confidence. Remember that criticism reflected someone else's beliefs and wasn't actually true for you. You can let go of that now and reclaim your personal power. Shine your beautiful light in the world.

### Affirmations:

#### **YELLOW - SOLAR PLEXUS (MANIPURA)**

I am positive and up-beat. I expect the best.

I am a great communicator. I can express myself in a clear way.

I have style. I am my own person and I have a natural confidence.

I am full of fun and have a great sense of humour.

I have high self-esteem. I take good care of myself and feel good.

I am energetic and energised.

I am playful. I am light-hearted and see the joy in every-day things.

**"Beauty is light set free" A.D. Posey**





Soul is where the fires of our passions burn. It is where our love is most alive. The soul longs for this deeper love, for a connection between form and formlessness, for a continuum between the earth and the divine. ~ Benjamin Shield.





### Message from the Heart chakra

What caused you to close your heart and build a wall around it? Do you sometimes long to make a heart connection with someone but won't allow yourself to? Is there someone you need to forgive?

All these questions your heart would ask of you. Your heart chakra wants to fully open and to experience life and love at its fullest. It is saying it is safe for you to love and to trust again and would love for you to be in the perfect, balanced state of giving and receiving love in an equal measure. Have courage, take a risk. Your heart is stronger than you know. The presence of your open heart will help others to open theirs. Expand your heart centre and let your love flow.

### Affirmations:

#### **GREEN – HEART CHAKRA (ANAHATA)**

I am compassionate: I am open-hearted and have respect for all.

I am centred and balanced.

I am dependable and trustworthy.

I am balanced and relaxed.

I am prosperous. I have all that I need. I have abundance in my world.

I live in harmony with nature. I have respect for the earth and all its inhabitants.

I am content: I am at peace. I am free.

#### **From Overwhelm to Peaceful**

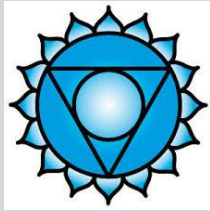
Yes, you are but one individual. It does not make you any less peaceful. Your individual contribution of harmonics is valuable and powerful. Harmonic, clear vibration of you is needed in the world. Bring your individual harmonic energy into situations of darkness.

One person at a time, chaos will diminish. There is hope. Be part of that hope.

**"Veronica" Inner Whispers**



**Gordana Biernat:** "Every single **ONE** of us is a unique VIBRATION in a beautiful symphony of infinite creation"



### Message from the Throat chakra

Are you speaking your truth or are you saying what you think people want to hear? All those things you said and didn't say sit here - things you might feel regret over now. Let them go with ease and free up the space for positive communication. Speak your truth. Be yourself in the world. Speak and sing with confidence.

### Affirmations:

#### **BLUE – THROAT CHAKRA (VISSUDHA)**

I speak my truth. I am honest with myself and others.

I am content. All is well.

I speak with clarity and confidence.

I am faithful. I keep my promises.

I am serene. I have found myself.

I am calm. I can cope. I know myself well.

I have a right to be heard. My ideas and opinions count.

“For so many of us our average day is filled with lots of activities, chores and lists to get through. It's easy to go days, weeks or even longer having little or no connection with our soul. The voice of our soul is like a quiet whisper, and we can drown it out so easily in the busyness of our lives. If we disconnect from this wise part of ourselves for too long, the gentle guiding whispers turn into louder symptoms as a way of getting our attention, and calling our awareness back within. Our soul yearns to be known” Natalie Southgate,  
Chakradance

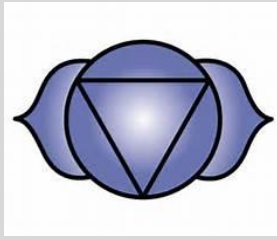




***"I may sit and focus on the point between my eyebrows, resting in the third eye, wherein dwells love and wisdom."***

**[FragrantHeart.com](http://FragrantHeart.com).**





### **Message from the third eye chakra**

Do you trust your instincts? Those first thoughts you have in situations - your intuition - is usually right. Maybe you feel that you can't trust your intuition. You can - you are being guided by your higher self, the wise person inside of you who has seen these situations before and knows how to handle them. Trust your instincts and let them guide you to happy events and meetings of like-minded people. Find your tribe. Take your place in the world.

### **Affirmations:**

#### **INDIGO – THIRD EYE/BROW CHAKRA (AJNA)**

I am strong. I have faith in myself.

I seek the truth. I am on a voyage of discovery.

I am pure in thought and pure of heart.

I choose wisely: I know what I'm looking for.

I have direction: I know where I'm going.

I am intuitive: I trust my instincts.

I am a visionary: I have great ideas and imagination.

**“You have to leave the city of your comfort and go into the wilderness of your intuition. What you'll discover will be wonderful. What you'll discover is yourself.” Alan Alda**



**“We are supposed to be creating, not defending. We have established defensive mechanisms that need to be re-written. We have developed a protective personality and shell. At a subconscious level, our body believes it’s going to be dangerous to do certain things as it’s been taking notes throughout our lifetime and is trying to protect us from further hurt and danger. It is in charge! This is not who we actually are. We need to clear this up and improve the quality of all our relationships. We can move energy without involving this protection and allow ourselves to really settle into our lives. We are energy and we can become the Master of how energy runs through our body and runs our life.”**

**Dr Sue Morter - [www.drsuemorter.com](http://www.drsuemorter.com)**



### Message from the Crown chakra

Who are you not to be great, successful and an inspiration in this world? Be inspired. Feel connected to all that is. Allow yourself to be open to new ideas. There is beauty here. Connect with it. You are beautiful. You have all the answers inside of you.

### Affirmations:

#### **VIOLET – CROWN CHAKRA (SAHASRARA)**

I am connected: I know where I fit into the world.

I am wise: I learn from life's lessons.

I am open-minded: I embrace new thoughts and ideas.

I am gentle: I tread lightly on the earth. I love myself.

I am a leader: I am inspirational and strong.

I am dignified: I understand myself and my needs.

I am artistic: I can create beautiful things.

***"Each day I am being created anew, new cells replacing old cells. Why then would I want to stay stuck in old thought patterns that keep me from the full expression of life?"***

[FragrantHeart.com](http://FragrantHeart.com).

I began by saying the chakras have a message for you. Each chakra is constantly whispering to you but I believe the overriding message is:

Be yourself in the world. Your true, authentic self is more than good enough. Share your light and the gifts that you have gathered over time with the world. We are waiting for you.

Diana x

About the author: Diana is a holistic therapist with over 20 years' experience of working in the field of natural health. She specialises in the area of vibrational medicine, her signature treatment being chakra balancing which she has developed and refined over many years. An energy weaver and an alchemist, Diana brings a wealth of experience to her work. She uses her intuition to bring all that is needed to bring her clients into balance, in a safe, grounded and beautiful way.

[www.yourhealthandwellbeing.com](http://www.yourhealthandwellbeing.com)

## Resources and chakra things

[www.jaynebritton.com](http://www.jaynebritton.com)

[www.chakrajewellerandsilks.com](http://www.chakrajewellerandsilks.com)

Reiki and the Seven Chakras – Richard Ellis

### Louise Hay Affirmation LOVING TREATMENT

*Deep at the centre of my being there is an infinite well of love.  
I now allow this love to flow to the surface.*

*I love myself, therefore I forgive and totally release the past and all past experiences  
and I am free.*

*I love myself, therefore I live totally in the now, experiencing each moment as good  
and knowing that my future is bright, and joyous and secure, for I am a beloved child  
of the universe and the universe lovingly takes care of me now and forever more.  
And so it is.*

