

A romantic couple is walking away from the viewer on a wide, sandy beach. They are holding hands and walking towards the ocean. The sun is low on the horizon, creating a warm, golden glow across the sky and reflecting on the wet sand. The waves are gentle, and the overall atmosphere is peaceful and serene.

Learning Chakra Clearing

Information for
"Understanding & Clearing Chakras"
with Genevieve DiGiovanni

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What We Will be Covering Today



- What your chakras are...
- Where they are located...
- How to clear & balance them...
- **Why this is so important!!**

A Little About Chakras

- There are four levels of healing: physical, mental, emotional and spiritual. You will learn how to tune into all four levels of healing through your Chakra System. Each Chakra is located at a specific place throughout your body. Each governs particular parts of your body and organs, particular parts of your personality, as well as your psychological and emotional make-up.
- When correctly balanced, your Chakra System provides powerful benefits to you and your overall physical, mental, and spiritual health. Your Chakra System is a part of your anatomy, just like you have your muscular system, your digestive system, circulatory system, and so forth.
- The word “chakra” comes from the Sanskrit language meaning “wheel” or “disk” because they are spinning wheels of light or energy. They spin in a clockwise direction. Your seven major chakras are located along your spine, starting at the base or tailbone area, and moving upwards to the crown of your head. They are each found next to a hormonal gland and they radiate energy constantly. Although each chakra is closely associated with a specific organ or endocrine gland, these spinning vortexes of energy are part of your subtle energy anatomy.
- The fact that we usually cannot physically detect our chakras is because they operate as energy fields vibrating at a rate that is undetectable by the human eye and brain. However, this is not always the case, there are many psychic healers and very highly-sensitive people who can see auras and chakra centers.
- For example, if you hold negative or fear-based thoughts and feelings, your chakras become dense and clogged. They cannot push through sufficient energy. This leaves you feeling tired and out of balance because these vital energy centers totally govern the regulation of your life force.
- Psychologically, the chakras correspond to major areas of our lives: money and survival in the 1st chakra, sex and creativity in the 2nd, personal power in the 3rd, love in the 4th, communication in the 5th, imagination and perception in the 6th, and spirituality in the 7th.
- Each chakra center also correlates to an essential spiritual lesson or life lesson we must learn. Every thought and experience you’ve ever had in your life gets filtered through these Chakra databases, and is imprinted in your cells. In addition to corresponding to glands in the endocrine system, our Chakras also represent the elemental forces of earth, water, fire, air, sound, light and thought.
- Each chakra resonates at a different energetic frequency and corresponds to a specific color of the rainbow.

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One Depiction of the Chakra Energy System



The Chakras and the Energy They Carry

ROOT CHAKRA: PRIMAL FORCE/TRIBAL NATURE/EARTH ENERGY/RED

The root chakra sits at the base of spine, its energies moving to the front of the body, spinning over the pelvis and sexual organs. It exerts energy both up the body, carrying life force, and down the legs, grounding and providing support.

The root chakra is a receiver for the Earth's subtle energies. Earliest life experiences are imprinted in the first chakra. These early experiences can affect us our whole lives.

The more civilized a culture, the more disconnected and confused the root chakra energy can to be. Root chakra resonates with the earth's primordial force.

The root chakra is like a pilot light. It directs energy both upwards and downwards, and internally and externally. When it moves upwards, it sends energy to all the other chakras, up through the crown chakra. When the root chakra is closed or compromised, a person is often not centered or grounded, and the other chakras won't be fueled. This is one reason for low energy.

When the root chakra sends its force outward, it connects with other people and the environment. Its connection with others is basic and primal. Root chakra is the home of our visceral drives: eat, drink, acquire, connect sexually, stay safe, protect family, and preserve the lineage or the tribe. It is our tribal nature and says as humans, "We are one."

If our basic nature early on was very different from that expressed in our environment, or if the world was not a safe place, it can set us up for root chakra problems. For example, issues related to being the only person of color in an all white neighborhood, or having been abuse by a family member who was supposed to protect us can show up in the root chakra.

Root chakra energy seeks out other root chakra energy, like the nature of sexual attraction. Donna believes sexuality begins in the root chakra, contrary to the popular belief that it originates in the second chakra.

The genitals sit in the root chakra, as does the base of the spine, giving structure to the chakra column. The sexual organs sit partially in the root chakra and also in the second chakra, which sets up a natural communication between sex and conception.

SECOND CHAKRA: WOMB/CREATIVITY/INNOCENCE/ORANGE

The second chakra is the seat of creative energy and imagination. It encompasses the small and large intestines, organs which take from food the nutrition it has to offer and eliminate what is not needed. The reproductive organs, the ultimate seat of creation, also are deep within the second chakra (as well as the root chakra). The bladder also sits within the second chakra.

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The second chakra holds our innocent essence: free, pure, unafraid; who we were before life's trials and hurts affected/alterd us. Its energy is playful, loving, unfettered, non-judging. The umbilical cord that connected us to our mother sits at the top of our second chakra, and it is also the energetic cord that connects us to the creativity within us that gives us joy. People who are strong in their second chakra tend to be those who naturally put others at ease, they are like a comfortable home in which to reside.

Second chakra energy is pure creative energy. Don't try to make sense of it, corral it, shape it. Just let it flow. Second chakra embodies faith and trust, going with the flow, artistic, childlike, trusting, flowing. It is the third chakra that gives shape and structure, second is pure creativity.

Second chakra energy reflects our natural healing abilities. People with a strong capacity for healing can have an indigo or blue color in their second chakra. It's like the umbilical cord is still active and receiving information from the cosmos. The insights are more gut level, actually very psychic and less mental.

Donna believes that the second chakra is very misunderstood in our culture. She has said: "Whereas the root chakra is basic to the survival of a body, it is at the second chakra that the soul embraces the body."

THIRD CHAKRA: SOLAR PLEXUS/POWER CHAKRA/EGO/IDENTITY/YELLOW

The third chakra is the force that maintains our individual identity and personal ego.

"This is who I am, this is how I want to be seen."

Our parents, extended family, social expectations, and the world around us all deeply impact our third chakra. It is here that tensions between who we are and who the world wants us to be are enacted. When the pure and innocent energy of the second chakra moves up into the third chakra, it meets opposing forces full of rules, regulations, etc.

The third chakra's energies are the polar opposites of the second chakra: logical, judgmental, organized, responsible, suspicious, careful. These are vastly different from the childlike energy embodied in the second chakra. The second chakra creates and flows, the third chakra "thinks." This is similar to the distinction between the right brain and left brain.

The third chakra encompasses more organs than any other chakra. Between the belly button and the ribcage on the right are the liver and gall bladder. On the left: spleen, pancreas, stomach. Upper area: diaphragm. Towards the back: kidneys and adrenals.

Each organ's function in our body parallels its role in your emotional life.

Kidneys: Filter toxins from the body. This symbolizes fear and caution, detecting and eliminating that which is dangerous.

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Liver: Breaks down what is harmful. This symbolizes protective anger.

Adrenals: Alarm system that triggers bursts of energy for emergencies. This symbolizes panic response that mobilizes us in a crisis.

Pancreas: Producer of metabolic juices. Symbolizing assimilating what we can embrace.

Diaphragm: Sends stale air out of our bodies. This symbolizes grieving and letting go of what is leaving our life.

Our identity is also shaped by our family and culture. Our essential nature - genetic and soul level inheritances- only provide part of our identity. In the third chakra, parental messages and social expectations are imprinted. The tensions between “Am I who others think I should be?” and “Am I who I want to be?” are at odds. The pure, untamed energy of the second chakra meets the contradictory forces of the third chakra, where it gets pushed and pulled, often impelled to be other than what it inherently wants to be.

The Belt Flow is an energy system that flows around the waist between the second and third chakras. It can become like a wall, cutting off the second chakra’s energy from the third chakra. When the Belt Flow is open, the connection between the second and third chakras is opened, and the gentle, accepting energy of the second chakra can soften the judgmental nature of the third.

Our culture is third chakra driven, and the importance of the individual has often become paramount. Families live oceans apart, and we seem to have lost our tribe. At times, we seem to have lost our connection with nature and others, as well, relegating the importance of that connection to the back burner and to whatever energy is leftover.

FOURTH CHAKRA: HEART/LOVE-CONNECTION/GREEN (DEEP MAROON)

The fourth chakra embodies its name, and when it is well developed, it sees other people through a loving filter. The heart chakra’s energy seeks loving connection, and if our heart chakra is well developed, we will be guided more by heart, feeling, and love, rather than head, thought, and logic.

The fourth chakra encompasses the heart, pericardium, thymus, and lungs. The heart is the only organ in the body that cannot protect itself, and the pericardium is there to perform that function. The heart is the unconditional lover, giving life endlessly and thoughtlessly wherever it is needed. The pericardium is like the heart’s bodyguard. Remember, the TW can conscript energy from every system but the heart, and this is due to the pericardium’s protection.

In our modern culture of each against all, the heart chakra is often underdeveloped. Having a heart chakra out of balance in the other direction is also a problem. Over

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identifying with another's pain, as well as codependent and enabling behavior towards others are no healthier than being cut off completely from the difficulties of others.

Most indigenous cultures believe that thought originates in the heart, not in the brain. Also, the electrical wave produced by the beating heart has about 50 times the amplitude and 1000 times the strength of the brain.

Some traditions say that we are all connected through our heart chakras; that we can have a heart connection to the world. This can be great and make us compassionate and all-loving. But it is important to remember that the lungs sit deep within this chakra, and the lungs carry grief. For many people, if their heart connection to the world is strong, the lungs can end up carrying not just personal grief, but the world's grief, as well.

FIFTH CHAKRA: THROAT/EXPRESSION/AQUA-TURQUOISE

The fifth chakra has the sacred job of holding and metabolizing the information of all the chakras. It also helps us express that information to the world in our own unique way.

The heart chakra can feed the fifth chakra and imbue it with a delicacy of expression regarding timing, appropriateness, and finesse.

The fifth chakra is different from the other chakras in that it not only has the same swirling pattern of energy seen in the others, but it also has seven chambers that extend up and down throat like bridges connecting the head to the body. The fifth chakra actually does connect all of the chakras. It moves energy down from the six and seventh chakras, and up from the first, second, third, and fourth chakras to the throat area.

These seven columns carry the energy of the other chakras in both directions at all times. Some chambers may be moving information up, while others may be moving information down.

The three chambers on the left side of the throat chakra are catabolic, and from left to center represent the second, fourth and sixth chakras, which are the yin/receiving energies. The three chambers on the right are anabolic, and from right to center represent the first, third and fifth chakras, which are the yang/expressing energies. The center chamber maintains a balance between these two functions, and represents the seventh chakra.

Anabolism and catabolism are the two main functions of metabolism. Catabolism breaks down complex substances to release usable energy. Anabolism builds new tissue from less complex substances. Thus, besides being a passage way for energetic information, the fifth chakra breaks down energies that pass through it and synthesizes them to build and maintain the energy body.

Interestingly, the thyroid gland, which governs metabolism in the physical body through the hormones it secretes, sits in the fifth chakra. And as the fifth chakra governs the

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throat, it is important to remember that the mouth, vocal chords, and tongue are all considered part of the throat area. The ears are also considered to be governed by the fifth chakra, but they are also influenced by the sixth chakra. The physical aspect of the ears sits more in the fifth chakra, but a higher consciousness aspect of "hearing" is contributed to the ears from the sixth chakra.

Another unique pattern in the fifth chakra is that the energies that cross the right and left brain hemispheres also cross at the throat chakra creating a figure eight pattern that is very discernable.

Expression is the main purpose of the fifth chakra. The two basic imbalances that present themselves in the throat chakra are the inability to speak up and the inability to shut up and listen (listening immediately shifts the energies from yang to yin). Speaking is an anabolic process: putting things together and expressing them. Keeping quiet is a catabolic process: receiving and assimilating. If there is too much energy in either side of the throat chakra, one of these two imbalances can show up.

It is hard to imagine what the beautifully complex fifth chakra really looks like. When asked, here is what Donna says:

"The chambers do not remain static, like homolateral chambers. The figure 8 energy keeps the energies crossing over in what looks musical to me. Like lines on a sheet of music that form a figure 8 instead of being horizontal, and always moving. They are so rhythmic and almost instrumental looking, with a soft resonance. They are vibration, itself, and they are beautiful.

And the wheel spins and merges and communicates between all of the chambers. It often looks like the swirling is shifting the chambers into different positions & circulating all seven in a whirlpool in each chamber.....and when this happens, they can look like seven chambers, spinning in numbers one to seven. And yet they also divide up with yin chakras on the left of the neck and yang on the right of the neck. Both are true: like piano keys, you can play different notes. Each chamber has yin and yang as well. So it isn't black and white but complicated and beautiful in its musical rhythm."

SIXTH CHAKRA: THIRD EYE/TRANSCENDENCE/INDIGO

Sitting within the sixth chakra are our eyes, the pituitary gland, hypothalamus, and the brain (except for the top of the brain, which is governed by the seventh chakra). The ears are also influenced by the sixth chakra. Even though the more physical aspects of the ears are governed by the fifth chakra, a higher consciousness aspect of "hearing" is contributed to the ears from the sixth chakra.

In the second chakra a "self" is created, in the third chakra, an "identity" is created, in the sixth and seventh chakras these senses of self are transcended. We can transcend our earthbound identities by gaining access to a psychic plane that is not limited by our physical existence.

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In our culture, it is possible to get so filled with abstractions and mental constructs that subtler and more refined processes get crowded out. Mental brilliance can become ego driven, and ignore the more psychic side of the sixth chakra.

The ego and judgments of the third chakra can influence the sixth chakra, distorting its perceptions. Letting the love of the 4th chakra also inform our psychic explorations will enable us to receive more accurate information.

A simple exercise to open the 3rd eye: Place the middle finger at the bridge of your nose, and push up a few inches. Breathe deeply, and imagine you are opening an eyelid. This works because light shoots up from the root chakra, passing through all the other chakras, and if you are open, it will bend and shoot out the third eye.

SEVENTH CHAKRA/CROWN/ CRYSTAL/COSMIC ONENESS/VIOLET

When our crown chakra is open, we need only meditate or direct our attention to the heavens to feel our oneness with the cosmos and our connection to the realm of the spirit. Meditation, prayer, ritual, and energy work are all safe ways of opening our crown chakra and deepening our spiritual connection with the cosmos.

At its best, this opening of the seventh chakra is combined with strong first, second, and third chakras grounding us to this earth we live on. People with only a strong seventh chakra can seem flighty and disconnected, like they are all “Om and bliss with no meat and potatoes” as Donna says.

We don’t want to be suddenly and swiftly drawn into an “out of the top of the head” experience. With the psychic experiences of the sixth chakra, we may hear voices or see visions. With the seventh chakra, we can merge totally with everyone and everything in nature and feel the oneness.

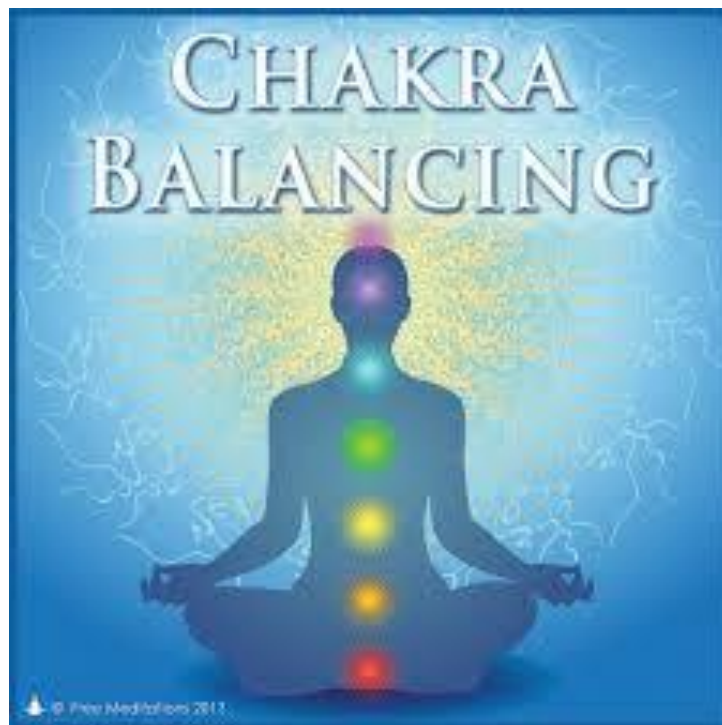
The top half of the brain (called “the point of a thousand meetings”) sits in the energies of the seventh chakra, as does the pineal gland.

And interesting aspect of the seventh chakra is that, just as the root chakra can be a pilot light feeding all of the chakras above it, the seventh chakra can be like the sun, shining the light of spirit down through all of the chakras beneath it, warming them with the oneness of the Universe. As Donna has said:

“Some of my more profound experiences in life have occurred when my crown chakra was open and all my other chakras were fed because of it. Like the sunset moving right through you instead of just looking at it. You feel a oneness that can put you at odds with nothing. It is sacred.”

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Let's Learn Some Techniques



Chakra Balancing & Clearing (1 of 2)

1. Lie on your back. You can do this yourself or have a friend perform the technique. First shake your hands to clear the energy.
2. Then take your hands, open and palms down one on top of the other and place them over the first Chakra and start to circle it counterclockwise about 3 to 4 inches above the Chakra. To determine which is counterclockwise imagine a clock lying face up on your navel. (You can use one hand if you like, then use the left to clear and the right to sooth.)
3. Make sure you or your friend make slow counterclockwise circles over the Chakra. Do this for approximately one to two minutes. Then shake off your hands to clear the energy and circle clockwise for half as long as the counterclockwise direction. Repeat this with each Chakra. (If you are a man everything is the same expect for the crown Chakra. With that area you would start clockwise to clear the it and then counterclockwise to sooth it.)
4. When doing this clearing process you will notice that the counterclockwise motion brings up toxic energies and moves these out of the body. The clockwise motion is very important as it completes the process by soothing the Chakra then stabilizing it.
5. You may notice headaches or a stomach ache when you are Chakra clearing; this means you are accomplishing the goal and getting rid of any clogged energy. After you have stopped shake your hands to get rid of that energy. Now you can start in the clockwise direction this will sooth that Chakra and soon your headache or stomachache will disappear.



Chakra Balancing & Clearing (2 of 2)

6. Use Chakra clearing daily or weekly. You can use it as often as you feel necessary based on your mood. I like to start my day with this process it helps me get in touch with what I need to pay attention to.

7. At the first start of this process you may find that one or two Chakras need more attention. If that is the case you may want to clear those everyday until you notice a difference in your energy. Then once you feel those areas have been cleared you can switch to once a week.



8. When you first start using Chakra Balancing, you will notice right away which Chakras need attention. This allows you to know what areas in your life you need to work on.

9. Since each Chakra has its own personality traits it's responsible for, it is easy to see where you will need to focus in order to feel balanced and energized again. When you start the process, take a look at the specific areas that are causing you the most discomfort. If you are blocked in one of your Chakras you will feel the negative or stagnant energy as you go through the clearing process.

10. That awareness will help you to see where you are blocked. For example, you might notice that your heart Chakra needs attention. If so, then you would start to look at why you may have a blocked heart Chakra and discover you need to forgive yourself for some past mistakes that you have made.



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Notes



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