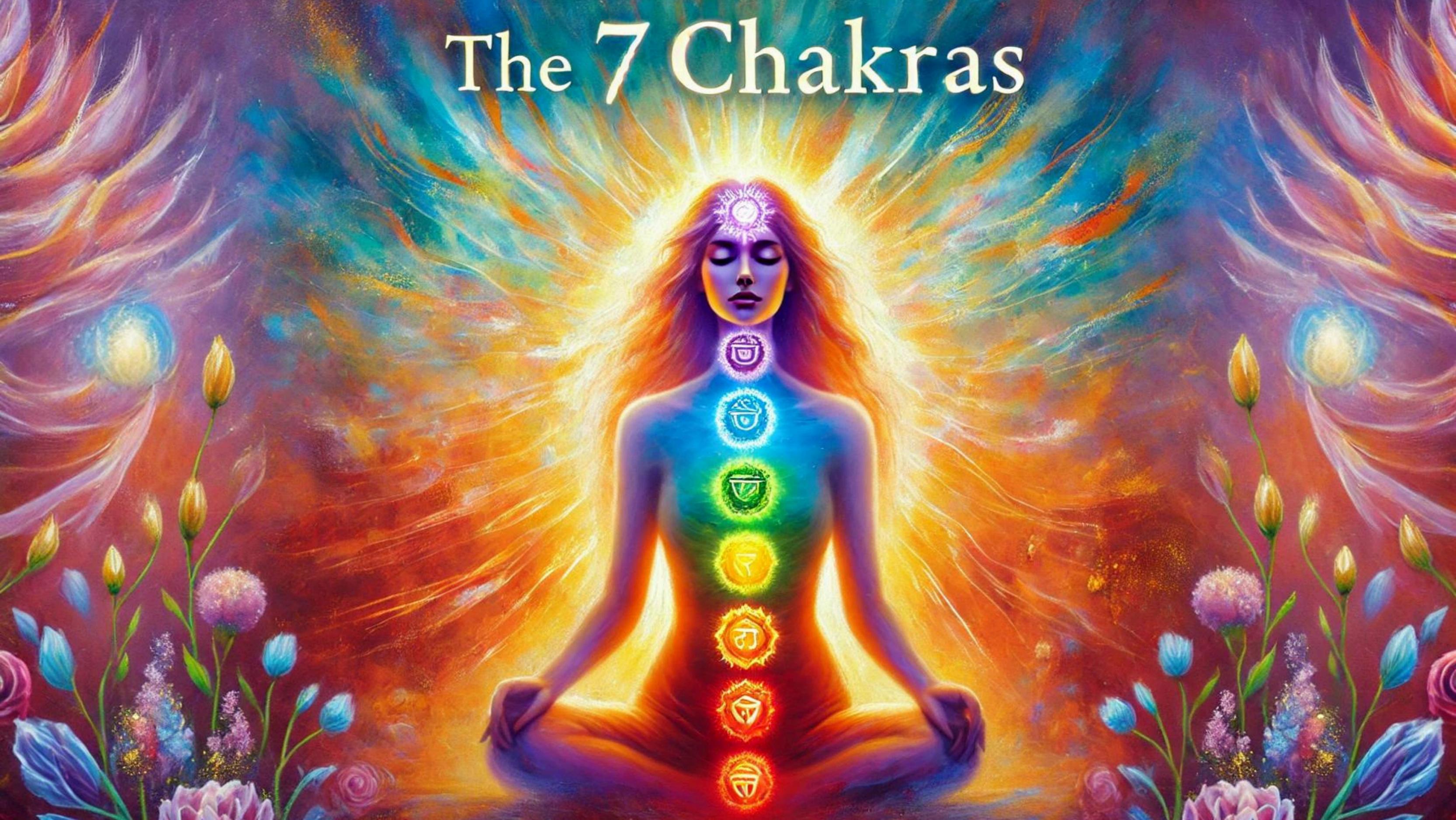


The 7 Chakras





ROOT

Groups We Came From



Safety, Security,
Stability, Belonging,
Survival, Grounded,
Life-force

Element: Earth
Location: Base of the Spine
Seed Sound: LAM
Affirmation: I Am
Responsible For: Adrenals
Gland, Lower Body (hips
down), Skeletal Structure,
Bones, Immune System

Demon: Fear

Frequency: 396 Hz



THE FOUNDATION OF THE BUILDING

COMES ONLINE IN YOUR MOTHER'S WOMB

UNBALANCED ROOT

- A need to constantly control situations and outcomes
- Struggles with trust and safety
- Deep-seated fears of abandonment and rejection
- A sense of not belonging—feeling disconnected from your body, family, or even humanity
- Persistent stress, anxiety, or depression
- Financial instability or negative patterns in your relationship with money
- Disordered eating habits
- Resistance to change and difficulty adapting
- Chronic low energy or fatigue
- Challenges with focus, such as ADHD, ADD, or OCD tendencies
- Physical issues related to the bones, lower body, or immune system

ALIGNED ROOT

- Trusting in the flow of life, able to surrender and release control
- A strong sense of internal stability and security
- Deep connection and awareness of your physical body
- A profound sense of belonging, both within yourself and in your environment
- Confidence in your own safety and well-being
- Feeling grounded and aligned with the nurturing energy of Mother Earth
- Financial stability and abundance
- A calm and centered presence, able to handle life's challenges with ease
- Mental and physical relaxation, feeling at peace within yourself
- Strong, practical instincts and clear thinking
- Radiating vitality, energy, and a sense of overall well-being



- Species, race, culture, country we came from, religion, gender, family
- Past lives, generational trauma and programming, childhood trauma, society programming,

● Foods:

Nourish your foundation with grounding foods like root vegetables (carrots, potatoes, beets), red vegetables, and nutrient-dense protein sources. Incorporate nuts, seeds, whole grains, red lentils, and warming red teas to stabilize and energize your body.

● Essential Oils:

Ground your energy with earthy essential oils such as patchouli, cedarwood, vetiver, and ginger. *These oils help connect you to the earth's stabilizing energy and promote security and balance.*

● Incense to Burn:

Enhance grounding practices with the warm, calming scent of sandalwood. *Burning this incense fosters a sense of stability and security.*

● Crystals:

Connect to the earth's core with grounding stones like red coral, red jasper, ruby, garnet, hematite, and black tourmaline. *Carry or meditate with these crystals to enhance your connection to the physical world and promote stability.*

● Practices:

Ground your body and energy through physical movement like walking, yoga, running, or workouts. Engage in grounding techniques such as standing barefoot on the earth. Reconnect with your body through massage, bodywork, meditation, and use mantras and affirmations that affirm safety, stability, and presence.



SACRAL

1:1 Relationships



Relationships,
Creativity, Sensuality,
Sexuality, Pleasure,
Emotions

Element: Water

Location: Womb Space

Seed Sound: VAM

Affirmation: I Feel

Responsible For: Ginads

Gland, Reproductive

System, Lower Back,

Womb Space

Demon: Guilt

Frequency: 417 Hz

THE WOMB OF ALL CREATION

COMES ONLINE BETWEEN 18 MONTHS TO 4 Y/O

UNBALANCED SACRAL

- Struggles in intimate and platonic relationships
- Codependency or losing yourself in relationships
- Difficulty expressing emotions or feeling overwhelmed by them
- Challenges with sexuality or misuse of sexual energy
- Creative blockages or excess creativity without proper direction
- Difficulty experiencing genuine pleasure in life
- Emotional eating or food-related addictions
- Negative self-image or body-image issues
- Addictive tendencies (work, shopping, alcohol, drugs)
- Defining one's identity solely through sexuality
- Obsession with sexual matters or heightened sensitivity in sexual interactions
- Reproductive health issues

ALIGNED SACRAL

- Cultivates healthy and harmonious relationships, both with friends and intimate partners
- Embodies passion and playfulness in daily life
- Develops secure attachments and emotional bonds
- Feels confident and comfortable in your own skin
- Expresses emotions openly while maintaining emotional stability
- Embraces and enjoys sexuality in a balanced, healthy manner
- Channels sexual energy responsibly and mindfully
- Finds joy and delight in life's simple pleasures
- Flows with creativity and inspiration
- Connects with your sensuality and the joy of being in your body
- Experiences authentic pleasure and sexual well-being

- Going from the groups we came from to 1:1 relationships



● Foods:

Nourish your sacral chakra with vibrant orange fruits and vegetables such as oranges, carrots, and sweet potatoes. Incorporate healthy fats from avocados, nuts, and seeds and seafood rich in omega-3s. Enjoy honey, hydrating water, and soothing chamomile or fennel teas. Add warmth with spices like cinnamon, cardamom, and ginger. Create a sensory and pleasurable experience with your meals to activate the sacral energy.

● Essential Oils:

Balance and energize your sacral chakra with sensual and grounding oils like rosewood, ylang-ylang, sweet orange, ginger, and cinnamon. *Use these oils in your bath, diffuser, or during self-care rituals to awaken your creativity and emotional flow.*

● Incense to Burn:

Burn dried orange peel, cinnamon sticks, or frankincense to invite warmth, passion, and emotional release into your space. *These scents align with the sacral chakra's energy of pleasure and flow.*

● Crystals:

Connect with the healing vibrations of crystals like amber, citrine, coral, carnelian, garnet, and moonstone. *These stones stimulate creativity, passion, and emotional balance. Wear them or meditate with them to boost your sacral chakra energy.*

● Practices:

Engage in activities that nurture your sacral chakra, such as yoga and meditation focused on flow and flexibility. Indulge in self-nurturing practices, playful and creative activities, and flowy or sensual dance to awaken pleasure and passion. Explore tantra, journaling your emotions, and using mantras and affirmations to enhance your connection to your emotional and sensual self.



YOUR PERSONAL POWER CENTER

COMES ONLINE DURING ADOLESCENCE



SOLAR PLEXUS

Sense Of Self



Self-Worth, Self-Esteem,
Personal Power, Self-
Image, Inner-Strength,
Willpower, Confidence

Element: Fire

Seed Sound: RAM

Affirmation: I Do

Responsible For:

Pancreas Gland,
Digestive System, Liver,
Gallbladder

Demon: Shame

Frequency: 528 Hz

UNBALANCED SOLAR-PLEXUS

- Low self-esteem and self-worth
- Insecurity and lack of confidence
- Struggles with feeling "good enough"
- Disconnection from authentic personal power or true identity
- People-pleasing behaviors and seeking external validation
- Poor self-image and negative body perception
- Low motivation, willpower, or energy
- Perfectionism leads to procrastination
- Difficulty establishing healthy boundaries
- Narcissism or manipulative tendencies
- Aggressiveness or explosive anger
- Bullying or dominating others due to an inflated ego
- Digestive issues or stomach-related problems

ALIGNED SOLAR-PLEXUS

- A strong sense of inner drive, motivation, and willpower
- Radiating self-confidence and optimism
- Embodying courage and inner strength
- Clarity of purpose and alignment with personal values
- Feeling worthy and complete within yourself
- Honoring and respecting yourself and others equally
- Recognizing your authentic power and using it with integrity
- Enjoying healthy digestion and vitality
- A balanced ego, free from arrogance or insecurity
- Displaying natural leadership skills
- Trusting in your abilities and talents
- Setting healthy boundaries out of self-respect and self-love

- From 1:1 relationship to your sense of self/ identity in the world

● **Foods:**

Fuel your solar plexus with yellow fruits and vegetables like bananas, corn, and yellow bell peppers. Incorporate yellow lentils, whole grains, and legumes for sustained energy. Nourish with lean proteins, nuts, seeds, fatty fish, yogurt, kefir, and fermented foods like sauerkraut to support digestive health. Practice mindful eating—chew thoroughly and stop when 80% full to strengthen your body's energy balance.

● **Essential Oils:**

Boost your personal power and confidence with energizing oils such as lemongrass, sandalwood, myrrh, and ginger. *Use them in aromatherapy, baths, or during meditation to activate and balance the solar plexus.*

● **Incense to Burn:**

Awaken your sense of personal strength with incense like sandalwood, lavender, citrus, and clove. *These scents can help cleanse your space and foster feelings of vitality and empowerment.*

● **Crystals:**

Harmonize the solar plexus with powerful crystals such as yellow topaz, golden beryl, yellow jasper, citrine, and tiger's eye. *Carry or meditate with these stones to enhance confidence, willpower, and clarity.*

● **Practices:**

Empower your solar plexus through yoga, meditation, and regular exposure to sunlight. Challenge yourself by trying new activities and engaging in physical exercise. Practice energy-clearing techniques and apply what you learn to real-world situations. Use mantras and affirmations to build inner strength and focus.



HEART

The Bridge



Unconditional Love,
Compassion,
Empathy,
Forgiveness,
Kindness, Gratitude

Element: Air
Seed Sound: YAM
Affirmation: I Love
Responsible For: Thymus
Gland, Chest, Arms,
Respiratory System

Demon: Grief

Frequency: 639 Hz



THE CENTER OF UNCONDITIONAL LOVE

COMES ONLINE BETWEEN AGES 3-7

UNBALANCED HEART

- Difficulty cultivating self-love and self-acceptance
- Lack of empathy and compassion for oneself or others
- Holding on to past hurts, unable to forgive
- Fear of emotional closeness and intimacy
- Feelings of resentment and loneliness
- Bitterness or unhealthy beliefs about love
- Struggles with both giving and receiving love
- Emotional numbness or disconnection
- Overly needy, attached, or feeling helpless
- Challenges in practicing gratitude
- A tendency to prioritize helping others while neglecting your own needs
- Heart-related issues, poor blood circulation, respiratory problems

ALIGNED HEART

- Embracing unconditional love for yourself and others
- Feeling open, vulnerable, and deeply connected with those around you
- Accepting yourself and others with compassion and without judgment
- Ability to forgive both yourself and others with ease
- Kindness and generosity flow naturally
- Harmonizing the balance between giving and receiving
- Deep empathy and compassion for yourself and those around you
- Gratitude for life's blessings, big and small
- Capacity to form deep emotional bonds and cultivate harmonious relationships
- Inner peace and emotional stability, create a tranquil way of being
- Nurturing a positive, hopeful outlook on life
- Fostering healthier, more meaningful connections and relationships

- The Heart Chakra serves as the central chakra and acts as a "bridge," connecting the lower three chakras, which relate to the physical realm, with the upper three chakras, representing the spiritual realm



● Foods:

Nurture your heart with green fruits and vegetables like spinach, kale, and broccoli. Sip on green tea or calming chamomile and rosehip herbal teas. Add nuts, seeds, and berries to your meals for heart-centered nourishment. Embrace a plant-based diet, infusing love into every bite, and express gratitude for the food that fuels your body and soul.

● Essential Oils:

Soften and open your heart with the soothing scents of rose, lavender, geranium, frankincense, and neroli. *These oils promote emotional healing, compassion, and love. Apply during moments of self-care or meditation to balance and energize your heart chakra.*

● Incense to Burn:

Create a loving atmosphere with the warm, comforting fragrances of sandalwood, lavender, and rose. *These scents help ground you in love and elevate your heart space during spiritual practices.*

● Crystals:

Work with heart-centered crystals like rose quartz, jade, rhodonite, emerald, amazonite, malachite, and green aventurine. *Carry or meditate with these stones to invite love, compassion, and emotional balance into your life.*

● Practices:

Balance your heart chakra with heart-opening activities like yoga and meditation. Explore different breathing techniques to clear emotional blockages. Practice gratitude daily, and fill your space with houseplants to cultivate a sense of harmony and connection with nature. Use affirmations and mantras to foster self-love and compassion for others.



THROAT

Sound



Communication, Truth
Speaking, Expression,
Authenticity, Listening

Element: Ether, Space
Seed Sound: HAM
Affirmation: I Speak
Responsible For: Thyroid
Gland, Throat, Mouth
Area, Ears

Demon: Lies

Frequency: 741 Hz

THE CENTER OF TRUTH

COMES ONLINE IN ADULTHOOD

UNBALANCED THROAT

- Fear of speaking up or expressing your voice
- Social anxiety or shyness
- Struggle to speak your truth
- Communication difficulties
- Challenges expressing your emotions, needs, or desires
- Feeling unheard or dismissed
- Difficulty actively listening to others
- Engaging in gossip or negative speech
- Experiencing creative blockages
- Excessive talking or dishonesty

ALIGNED THROAT

- A clear and honest expression of your truth
- Confidence in sharing your authentic self
- Integrity in your words and actions
- Ability to articulate thoughts and emotions with clarity
- Free-flowing creative expression
- Empowered to speak up when necessary
- Strong connection with your voice through singing, humming, or chanting
- Inspiring and motivating others through your words
- Public speaking and leadership skills that uplift and influence
- Active listening, providing others with full attention and understanding

- The Throat works closely with the sacral, solar-plexus, and heart



● Foods:

Nurture your throat chakra with blue-hued fruits like blueberries and blackberries. Stay hydrated with plenty of water and soothing herbal teas. Incorporate honey for its natural soothing properties, supporting clear and open communication.

● Essential Oils:

Open your voice and express your truth with essential oils like peppermint, basil, and geranium. *Use these oils to encourage clarity, confidence, and calmness in communication, whether in diffusers or applied topically during mindfulness practices.*

● Incense to Burn:

Burn geranium or lavender incense to create a peaceful environment that encourages clear expression and relaxation. *These scents can help reduce tension in the throat area, allowing your voice to flow freely.*

● Crystals:

Align with the energy of the throat chakra by working with blue lace agate, blue kyanite, aquamarine, blue apatite, sodalite, and lapis lazuli. *Meditating or carrying these crystals enhances your ability to communicate authentically and listen actively.*

● Practices:

Strengthen your throat chakra through practices like yoga, meditation, and experimenting with various breathing techniques. Engage in vocal expression by talking, chanting mantras, humming, singing, or even shouting to release blocked energy. Explore sound healing therapies, take voice lessons, and focus on expressing your thoughts and emotions freely. Additionally, practice active listening and use affirmations to reinforce your confidence in speaking your truth.



THE CENTER OF INTUITION

COMES ONLINE IN ADULTHOOD

THIRD EYE

Spiritual



Intuition, Inner Wisdom,
Clear Mind, Dream World,
Psychic Abilities

Element: Light
Seed Sound: OM
Affirmation: I See
Responsible For: Pineal
Gland, Eyes, Brain

Demon: Illusion

Frequency: 852 Hz

UNBALANCED THIRD-EYE

- Disconnection from intuition and inner wisdom
- Perceiving things through a distorted lens
- Rigid or fixed belief systems
- Overactive imagination or fantasy life
- Insomnia or frequent sleep disturbances
- Inability to recall dreams
- Psychic imbalances or disorders
- Lack of clarity and mental sharpness
- Difficulty focusing or concentrating
- Overactive, restless mind
- Brain fog, memory challenges, or cognitive issues
- Persistent headaches or migraines
- Vision-related problems

ALIGNED THIRD-EYE

- Deeply connected to intuition and inner wisdom
- Clear recall of vivid dreams
- Rich, expansive imagination
- Mental clarity and clear vision
- A strong connection to psychic abilities
- Ability to maintain focus and concentration
- A healthy, vibrant mind and sharp vision



● **Foods:**

Incorporate purple-hued fruits and vegetables such as berries, purple grapes, eggplant, and purple cabbage. Nourish with leafy greens, avocados, and nuts. Support brain and vision health with dark chocolate, salmon, turmeric, beans, and green tea.

● **Essential Oils:**

Stimulate your intuition with calming and clarifying essential oils like lavender, frankincense, sandalwood, patchouli, juniper, and vetiver. *Diffuse or apply these oils during meditation or mindful practices to activate the third eye.*

● **Incense to Burn:**

Enhance your space with the soothing aromas of lavender, frankincense, and sandalwood. *These scents help deepen meditation, calm the mind, and open the gateway to spiritual awareness.*

● **Crystals:**

Connect with crystals known for their intuitive power, including clear quartz, amethyst, fluorite, sodalite, lapis lazuli, and azurite. *Meditate with or carry these stones to enhance your inner vision and psychic abilities.*

● **Practices:**

Engage in practices that strengthen your third eye, such as yoga, meditation, and getting plenty of sunlight. Detoxify your pineal gland from harmful toxins to improve clarity. Pay attention to your dreams, practice deep breathing, and use mantras and affirmations to align your inner wisdom.



CROWN

Spiritual



Consciousness,
Unity, Spirituality,
Oneness, Knowing

Element: Thought
Seed Sound: OM
Affirmation: I Know
Responsible For:
Pituitary Gland, Brain,
Central Nervous System

Demon: Attachment

Frequency: 963 Hz

THE CENTER OF CONCIIOUSNESS

COMES ONLINE IN ADULTHOOD

UNBALANCED CROWN

- Lack of clarity regarding one's life purpose
- Disconnection from the Divine/God/Source/Universe
- Spiritual disconnection and weak faith
- Involvement in fear-based, controlling religious practices
- Feeling isolated or separate from others and the world
- Depression and a sense of insignificance
- Over-attachment to material possessions
- Strong ego identification
- Issues with the central nervous system
- Physical symptoms such as headaches or neurological disorders

ALIGNED CROWN

- A deep sense of connection to the universe, Source, Divine, or God
- Feeling unified with all that is, experiencing oneness
- A state of spiritual fulfillment and purpose
- Clear, focused thoughts and an aligned sense of direction
- Inner peace, serenity, and calmness in being
- Access to profound spiritual insights and heightened intuition
- Alignment with divine guidance and higher wisdom
- Experiencing moments of pure awareness, bliss, and transcendence.
- Spiritual Enlightenment



● Essential Oils:

Elevate your spiritual connection and promote inner peace with essential oils like lavender, frankincense, sandalwood, myrrh, jasmine, and cedarwood. *These oils aid in aligning with higher consciousness, calming the mind, and deepening meditation.*

● Incense to Burn:

Create a sacred atmosphere with the aromas of lavender, frankincense, and sandalwood. *Burning these incense sticks during meditation fosters divine connection, enhances tranquility, and supports the crown chakra's energy flow.*

● Crystals:

Activate and amplify your spiritual awareness with powerful stones such as clear quartz, amethyst, selenite, diamond, charoite, and moonstone. *These crystals open channels to higher guidance, clear mental fog, and strengthen your intuitive abilities.*

● Practices:

Engage in practices that nurture your connection to Source, including yoga, prayer, sound healing therapy, and meditation techniques. Explore intentional silence, visualization, and energy practices like Tai Chi, Qi Gong, Reiki, and acupuncture. Spend time in nature, repeating affirmations and mantras to cultivate serenity and expand your awareness.

Hanna Stone | Intuitive Chakra Healer

Energy Weaver | Somatic + Universal Parts Work | Gridwork

Congratulations on taking the first step towards a deeper understanding of your chakras! I'm thrilled to be part of your journey.

I am an Intuitive Chakra Healer, Energy Weaver, and Somatic Guide, and the visionary of RWAM Technology™ (Root Weaving Axis Mundi)—a technology of remembrance.

My work weaves together deep chakra alignment, somatic integration, energy weaving, ancestral healing, and universal parts work to guide others back to their true essence.

The intention behind RWAM Technology™ is simple yet profound: remembrance. Remembering who you truly are, and then gently processing whatever is in the way—whether that be generational trauma, childhood wounds, ancestral patterns, societal conditioning, or past-life imprints—so you can return home to yourself.

If you are feeling a draw to energy weaving, deep chakra work, or stepping into service, I would love to interview you for this sacred project RWAM Technology™. Please use the link below to book a free Sacred Interview appointment.

And if you are on the path of spiritual remembrance and are feeling called to work with me, you can explore more ways to connect below. Together, we anchor remembrance, awaken unique gifts, and expand unity consciousness on Earth. 🌍🌟



[EXPLORE HERE FOR MORE](#)

