



Recreate & Rise Resource Library (Sunspirit)

Document Title: Chakra Reference Guide - A visual map of emotional centres

About this resource	<p>The chakra system is an ancient framework describing how emotional and energetic patterns are held in the body. Each centre corresponds to themes of safety, identity, expression, and meaning, offering a language for understanding inner experience.</p> <p>This guide supports awareness, not diagnosis.</p>
Why it Matters	<p>After significant life transitions, emotional stress often becomes physical before we recognise it mentally. The chakra system provides a structured way to notice where tension, depletion, or emotional residue may be stored, helping you reconnect body awareness with healing.</p> <p>Understanding patterns creates choice. Choice creates movement.</p>
How to Apply It	<ul style="list-style-type: none">• Use the chart as a reference, not a rule• Notice which centres resonate most• Observe sensations without judgment• Pair awareness with breath or movement• Return when emotional themes repeat <p>Professional note</p> <p>This resource is designed for reflection and curiosity. If you are experiencing health issues or significant distress, please reach out to a qualified health professional.</p>

The chakras describe an energetic map of the human body where emotional experiences and psychological themes are believed to be stored. Rather than mystical objects, they function as a symbolic language that helps translate internal states into awareness and care.

Below find Chakra English name & Sanskrit name

Root Chakra (Muladhara): Safety, grounding, survival

Sacral Chakra (Svadhithana): Emotion, pleasure, creativity

Solar Plexus Chakra (Manipura): Power, identity, will

Heart Chakra (Anahata): Love, grief, connection

Throat Chakra (Vishuddha): Truth, expression, boundaries

Third Eye Chakra (Ajna): Insight, intuition, clarity

Crown Chakra (Sahasrara): Meaning, transcendence, belonging



Reflection	<h2>Reflection</h2> <p>Thinking on this mapping, what:</p> <ul style="list-style-type: none">• centre feels most activated?• emotional pattern repeats in your life?• physical sensation asks for attention?• small act of care feels possible today?
Resources	<ul style="list-style-type: none">• Recreate & Rise IP
Version Control	Version 1.0 - Lisa Keevill