

The Spirit Kid's Guide to



What are chakras?

That's a funny word, isn't it? Can you say "cha-kra"?

Chakras are little balls of energy that spin around inside your body. You cannot see them with your eyes, but you can imagine them in your mind.

They are a bit like your heart or your tummy. You don't often think about what they are doing, but you know they are busy working away inside you.

We are going to learn about each of the chakras and how you can help them keep you happy, healthy, and strong. Would you like to do that?

Then let's begin...

You have 7 chakras between the top of your head and your bottom, each with a different colour.



Do you see how the colours of the chakras are just like the colours of the rainbow? Except this rainbow has red at the bottom and purple at the top!

Each of the chakras has a very special role to play in keeping you healthy. As you get to know the chakras better, you will learn how to connect with each one.



Violet – this is the crown chakra and it sits on top of your head.
It helps you connect to God & the spirit of everybody else on the earth



Indigo – this is the 3rd eye chakra & is in the middle of your forehead
It helps you to see things that you cannot see with your two eyes!



Turquoise – this is the throat chakra and sits in your throat
It helps you to tell the truth, ask questions, and share how you feel



Green – this is the heart chakra and sits close to your actual heart
It helps you to feel big emotions like love, and share them with others



Yellow – this is the solar plexus & sits just above your belly button
It is where you feel all your emotions & teaches you about yourself



Orange – this is the sacral chakra & sits just below your belly button
It helps you to create beautiful things, like artwork, music, & dancing



Red – this is the base chakra & sits right at the base of your spine
It helps you to feel safe and secure, just like the roots of a huge tree

Try It!

Sit on the floor with your legs crossed and your back straight.

Close your eyes and imagine you can see each of the chakras, starting with the base chakra and working your way up until you reach the crown chakra.

Could you see them all? How did they look? Was it easier to see some of them than others?

What do you think about chakras so far? They are pretty cool, aren't they?

There's so much more to learn about them. Let's start by looking at the different symbols used for each chakra...

Do you see how each chakra has a different symbol?



This is because our knowledge of the chakras comes from ancient cultures that used a language called *Sanskrit*.

Now Sanskrit is very different to English – instead of writing out the name using lots of letters, each symbol represents a whole word. So when you see a symbol next to a chakra, you are seeing the chakra's name.

Each of the chakras has its own Sanskrit name, but these can be hard for us to pronounce. So we often use English names for them instead, like “heart chakra”.



One more thing: chakras are often drawn as colourful circles. This is because the word chakra means “circle” or “wheel” in Sanskrit. The chakras are like balls of energy, spinning like a wheel.

You may also see petals around the outside of the circle. This is because people believe the chakras can open up like a flower opening its petals in the sunshine.

You are doing so well – look how much you have already learnt!

- You know there are 7 chakras
- You know each chakra has a different colour
- You know that each chakra also has a name
- And you know that each chakra has a symbol too
- You also know where each of the chakras is in your body

Wow, you're so amazing! High fives!

But do you know what? There's even more things you can learn about the chakras, if you want to.

What do you think, shall we learn how to work with each of our chakras?

Yes?

You are such a super star, I'm going to call you a Spirit Kid Whizz Kid 😊

Let's go...



BASE (ROOT)
CHAKRA



If you sit on the floor and cross your legs, you can imagine that you are sitting on a little red ball where your bottom touches the floor. This is your base chakra, which sits at the base of your spine (which is why it is called the **base** chakra).

Your base chakra is like the roots of a tree – it connects you to the earth and helps you to feel safe and secure, even when life gets a little bit scary (like when you change schools, make new friends, or feel poorly).

If you ever feel scared, close your eyes and imagine this red ball of energy glowing brightly and think of things which make you feel happy and safe.



SACRAL CHAKRA



If you put your hand on your tummy, just below your belly button, you will find the place where your sacral chakra is. This chakra is like a little ball of orange, and is the place where all your dreams and ideas live.

The ability to create new things is a sacred gift (that means it comes from God) which will help you remember that this chakra is called the **sacral** chakra.

Your sacral chakra is where all your creative energy is stored – so if you draw a picture, make something with Lego, build a den in the woods, or sing a song, you are connecting with this chakra.

If you have an art project from school or want to make a gift for someone, close your eyes and imagine this orange ball of energy and ask it for ideas.



SOLAR PLEXUS CHAKRA



Have you ever felt like there were bubbles in your belly when you were happy or excited? Or have you ever felt sick and had tummy ache when you were sad or scared? That's your solar plexus. It is like a little ball of yellow energy, just like the sun, which is why it is called the **solar** plexus.

Your solar plexus is where you feel all of your emotions, and sits just above your belly button. Next time you feel really happy, sad, excited, or scared, close your eyes and imagine this little yellow ball of energy. What is it doing? Is it spinning fast or slow? What happens if you ask it to go faster or slow down? Does that change how you feel?



HEART CHAKRA



It's really easy to find your heart chakra – simply put your hand on the middle of your chest. Do you feel your heart beating? Isn't it a lovely feeling? This chakra is like a beautiful green ball of energy that is filled with love, which is why it is called the **heart** chakra.

Your heart chakra grows bigger and glows brighter the more love you give and the more love you receive. It is like a precious jewel that holds all our favourite memories and feelings. Try closing your eyes and imagining this little ball of green energy. Now think about someone you love – has the ball grown bigger and brighter? Can you make it grow even bigger?



THROAT CHAKRA



Your throat chakra is another one which is really easy to find. Put your hand on your throat and then say “ahhhh”. Do you feel the vibration your voice makes when you speak? Well that is where your **throat** chakra is.

Your throat chakra helps you to talk about things that are important to you. Sometimes we find it really hard to say what we're really thinking or feeling, because we are scared about what others will think of us. But it is always best to talk about things, otherwise they can get stuck inside and make us feel sad.

Why not try making lots of different sounds or singing some songs to connect with this chakra?



THIRD EYE CHAKRA



If you want to find your third eye chakra, try looking in a mirror. Imagine that your two eyes are the bottom corners of a triangle. Where would the top corner be? That's right, in the middle of your forehead!

Your **third eye** chakra is exactly that, a third eye! It sees all the things that your two eyes cannot, like daydreams and imaginary friends. It is our third eye that helps us to picture each of our chakras, seeing the colours and knowing how fast or slow they are spinning.

Try closing your eyes right now – what do you see with your third eye?



CROWN CHAKRA



The crown chakra is like a beautiful crown of dark purple that sits on top of our head. Its light shines brightly up into the sky, connecting us with heaven.

When we meditate or pray, we open our crown chakra. It helps us to connect with God. We don't always hear God speaking, but we know that our prayers have been answered because we feel different. We feel braver, stronger, and happier than we did before.

Why not try it right now? Close your eyes, imagine you crown chakra shining brightly, and ask God to connect with you. How does that make you feel?

Chakra Meditation

Hey there Spirit Kid Whizz Kid! Now you know all about the chakras, do you fancy trying a special chakra meditation?

Meditation can sound really difficult, because we think it means sitting quietly and doing something super special.

But I'm going to tell you a secret, are you ready? Here it comes...

If you have a special meditation story to follow, you will find it much easier.

And do you know what? I've got a super special chakra story you can follow!

So, what do you say? Do you want to try it?



Super Special Chakra Meditation Story

Sit on the floor or your bed, with your legs crossed. Or sit on a chair with your feet touching the ground. Close your eyes and ask someone to read this story to you.

Imagine you are a tree in the forest. You are surrounded by lots of other trees, can you see them? What do they look like? How tall are they?

Now look up to the sky and see your own branches reaching towards the clouds. Take a deep breath in through your nose and then blow it out through your mouth.

Did your breath make your leaves rustle in the wind? Try it again, breathe in through your nose and blow out through your mouth.

Now look down towards the ground and imagine your roots growing into the soil beneath you. Take a deep breath in through your nose and as you breathe out imagine your roots growing deeper and deeper into the ground.

And as you imagine your roots growing, you become aware of a little white light dancing around them. You watch it for a few moments, and then you realise it's a little fairy who wants to say hello.

The fairy has brought you a gift... it is a little ball of bright, white light. The fairy tells you this is a special light which will help you find each of your chakras.

She asks if you will let her climb up your trunk and shine the light on each chakra. You say yes, and watch as the fairy moves to your base chakra, which is where your bottom is.

The fairy shines the white light on your base chakra and you see that it like a beautiful red flower, opening up in the light. You take a deep breath in as you watch it and then sigh happily as you watch the flower grow bigger and bigger.

The fairy then flies further up your trunk to where your sacral chakra is. She stops just below your navel button, and as she shines the light on this one, you

see it looks like a beautiful orange flower. Again you take a deep breath in and sigh happily as you watch it grow.

Now the fairy is moving towards your solar plexus, which sits just above your belly button. This one is like a beautiful yellow flower and you watch it glow brightly in the fairy's light.

You take another deep breath in, and then as you blow the air out through your mouth the fairy giggles. She tells you that your breath tickles her wings.

She flies a little higher and shines the light on your heart chakra. This one is a beautiful green, like the leaves on your tree. You take another deep breath and blow the air out towards the leaves, watching them rustle once more in the wind.

Whilst you are looking up, the fairy shines the light underneath your chin, and a beautiful blue light like the sky on a summer's day beams out of your throat chakra.

This makes you take another deep breath and sigh happily, as you remember how wonderful it is to feel the summer sun on your face.

The fairy has now reached your third eye chakra and she shines the light on your forehead. As she does so, you see a purple eye opening up in front of you and you look into it. What do you see?

When you are ready, the fairy moves to your final chakra above your head. This one shines as brightly as the fairy's light.

A beautiful deep purple shines all around you, and when you look up you see purple blossoms all over the branches of your tree.

You take one more deep breath and as you blow it out you thank the fairy for her lovely gift. She kisses you on the nose and then flies off to another tree, and you see her shining the light on that tree's chakras too.

When you are ready, you can say goodbye to the forest and open your eyes. Take a big breath in and then blow it out.

Rub your hands together, stamp your feet on the ground, and wiggle your body. This will help you reconnect with your physical body after your meditation.

How did that feel? Did you enjoy it?

Why not try making your own special chakra meditation story?

Maybe you want to imagine sitting at the bottom of the sea with a mermaid.

Or perhaps you'd like to pretend you're sitting on top of a mountain, touching the clouds.

There really are no limits to how you can connect with your chakras!

Alternatives to Meditation

If you find meditation too boring or too difficult, you might like to connect with your chakras in other ways.

Try wearing clothes in the same colour as the chakra you want to work with.

Or you could carry around a crystal in the same colour as your chosen chakra.

You could even paint a picture or make a collage, using the colours you like the most.

The most important thing is that you are trying to connect with your chakras. It doesn't really matter how you do that.

Notes for Parents/Guardians/Teachers

This guide has been created by Amanda Shortman, founder of The Family Patch. She writes about faith and spirituality, including her experience of raising a “spiritual child in the modern world”, as well as family life in general at www.thefamilypatch.com.



Amanda also runs a small Facebook Group where we discuss faith in an open and explorative way. If you would like to join us, you can find it at [The Faith Space](#).



Please note that the information provided in this guide has been simplified significantly to make it easy for children of all ages to understand. If you would like to learn about the chakras in more detail, there are many books and other resources available both online and in spiritual shops.

The chakra artwork used in this guide is by [Studio Desset](#).