

THE CHAKRA NERVOUS SYSTEM MAP



A DIAGNOSTIC GUIDE TO LOCATING YOUR ENERGETIC LEAKS
AND STARTING TO REBALANCE YOUR ENERGY SO YOU
CAN COME BACK TO YOUR BODY

*Added
Awakening tips too!*

So you're curious on How The Chakras are influencing your life but you have no clue on how to get started?

you my friend are in the right place,

WE NEED TO START LOOKING AT YOUR MIND-BODY MAP!

When I first explored the chakras, they truly changed my life. I began to work with my heart chakra and it created many shifts in awareness that lead towards my own spiritual awakening in 2011.

Fast forward to now, this is the same system that I always go back to and know like the back of my hand. It's incredibly powerful for emotional healing and changing your reality.

What the HECK are Chakras?

Chakras are Energy Centers starting at the base of our spine in our sacrum. We have energy centers that are connected to our nervous system. Our Chakras are the psychological components to where our energy is stored within the body.

Let's just skip the textbook definition - This is what I Learned from studying the chakras over 15 years.

As you're growing up, this is where the energy is stored throughout your endocrine system. This is why illness or disease is created from the body, it usually means the body needs a emotional detox or is having a hard time letting go. Emotional, Mental, or physical energetic imbalances are the result of imbalanced Energy flow happening in the body.

Each chakra center connects to a particular area of your life such as Relationships, money, self-esteem, career, communication, perception, belief systems. etc.

Each Center then correlates to your growth patterns, habitual behaviors & even negative triggers.

Most importantly of all, Your emotional triggers are stored in the energetic centers of the body.

In very simple terms, the Chakra system is basically a psychological Mind-Body map of how your Personal Identity and Physical reality is Manifested into form. Let's Start Looking at your Map!

HOW TO USE THIS MAP:

Look at the symptoms on the next pages and notice which one feels like your current inner weather. That's your starting point.

This isn't about fixing yourself - it's about understanding what your energy body is trying to tell you.

Let's Get Started!



Ash ♡

THE ROOT CHAKRA: SAFETY, STABILITY, YOUR FOUNDATION



IF YOU'RE RUNNING ON EMPTY (STARVED):

You're constantly in fight-or-flight, then suddenly crashing into "reserve mode."

SYMPTOMS:

burning out, getting sick, or stopping cold. You might find yourself escaping the physical world, obsessing over money or work, or struggling to feel at home in your body. There's an underlying sense that the world isn't safe and life isn't supporting you.

IF YOU'RE RUNNING IN OVERDRIVE (OVERACTIVE):

You take more than you give. There's a pull toward material things

SYMPTOMS:

excessive shopping, hoarding, accumulating — but it never quite fills the gap. Control, dominance, and "more" become the default.

SIGNS YOUR ROOT NEEDS ATTENTION:

- Troubled relationship with money or persistent financial instability
- Feeling like the world is out to get you
- Lack of support — in relationships, career, or physical environment
- Feeling ungrounded or like you don't want to be here
- Escaping the physical world rather than living in it

WHAT A BALANCED ROOT FEELS LIKE:

Safe in your body. Supported by life. Your physical environment begins to reflect your inner stability — a more abundant, grounded home, more cooperative relationships, a career that sustains you. Abundance isn't chased — it flows when the foundation is solid.

YOUR EMBODIED ACTION STEP FOR THE ROOT: REGULATE AND GROUND

Box breathing brings your nervous system out of fight-or-flight and back into the present moment. Breathe in for 4 counts, hold for 4, out for 4, hold for 4. Repeat 4 times. If you can, take this outside — feet bare on actual ground. The root chakra heals through physical contact with the earth & movement, not just breathing about it.

YOUR BODY INQUIRY: IN THIS EXACT MOMENT — DO I FEEL SAFE?



THE SACRAL CHAKRA: EMOTIONAL IDENTITY FLOW, RECEIVING, CREATIVE EXPRESSION

IF YOU'RE RUNNING ON EMPTY (STARVED):

You put yourself last. Always. There's no time for pleasure, play, or receiving — and when someone tries to give to you (a compliment, a gift, help) you deflect it.

SYMPTOMS:

Compliments bounce off. Help feels uncomfortable. You apologize constantly, feel guilty for having needs, and quietly believe your desires don't matter. Expressing what you actually want — In relationships and in the bedroom, expressing what you actually want feels impossible. You carry the People Pleaser Mindset.

IF YOU'RE RUNNING IN OVERDRIVE (OVERACTIVE):

You swing between extremes — all or nothing, emotional flooding or complete shutdown. Pleasure tips into overindulgence: food, sex, substances, the next emotional high. There's a constant search for more because nothing quite satisfies.

SIGNS YOUR SACRAL NEEDS ATTENTION:

- Emotional extremes — outbursts or suppression, nothing in between
- People-pleasing and putting yourself last in your own life
- Difficulty communicating your desires — to a partner, to the universe, to yourself
- Deflecting when someone tries to give to you
- Trouble finding time for pleasure, creativity, or rest

WHAT A BALANCED SACRAL FEELS LIKE:

You know how to flow. Work and rest, giving and receiving, action and pleasure — they're in rhythm. You honor your emotional cycles without being controlled by them. You receive well. You rest without guilt. Your creative life is alive.

YOUR EMBODIED ACTION FOR THE SACRAL: EMOTIONAL RELEASE

Give your emotions somewhere to actually go — because suppression is the wound and release is the medicine. Journal what you're actually feeling without editing it. Put on a song that matches your mood and let your body move without choreography. Let yourself cry if it needs to come. The sacral doesn't need you to manage your emotions. It needs you to move through them.

YOUR BODY INQUIRY: WHAT DO I EMOTIONALLY NEED RIGHT NOW?

SOLAR PLEXUS CHAKRA

PERSONAL POWER

ACTION

CONFIDENCE



RUNNING ON EMPTY (STARVED):

Powerless, stuck, unmotivated. You know you need to change but the fear of change is louder than the desire for it.

SYMPTOMS: You stop and start constantly — big energy followed by collapse. Low self-esteem quietly runs the show, and the worst-case scenario always wins the argument in your head.

RUNNING IN OVERDRIVE (OVERACTIVE):

Control everything because internally you feel powerless over it. Burnout from pushing too hard, then stopping completely. Shame and anger cycle through often. Letting go feels like losing — so you hold tighter.

SIGNS YOUR SOLAR PLEXUS NEEDS ATTENTION:

- Can't seem to follow through or break old habits no matter how aware you are
- The negative inner voice wins more than the empowered one
- Controlling or unsatisfying relationships and career situations
- Hard time with change, letting go, or accepting what is
- Constant stop-start energy — momentum followed by collapse

WHAT BALANCE ACTUALLY FEELS LIKE:

You know when to move and when to rest — and you trust both. You have a working relationship with your ego: you hear the fear, you don't obey it. Change feels navigable. Action comes from alignment, not urgency. You feel motivated by purpose, not driven by anxiety.

YOUR EMBODIED ACTION — DO THE SCARY THING:

The solar plexus doesn't heal through meditation. It heals through momentum. Do the one thing you've been avoiding — not the whole thing, just the first step. Send the email. Make the call. Post the thing. Say yes to what scares you. Personal power isn't found — it's built rep by rep, one brave action at a time.

YOUR BODY INQUIRY:

WHAT WOULD I DO RIGHT NOW IF I WASN'T AFRAID OR FEAR DIDN'T EXIST?



HEART CHAKRA

SELF-LOVE

RELATIONSHIP

LOVE, FORGIVENESS

CONNECTION

RUNNING ON EMPTY (STARVED):

The heart is guarded. Trusting people feels risky — so you keep a distance, even from the ones you love. Grief, separation, or a history of not feeling appreciated has left its mark. You might not like yourself very much, or speak to yourself in ways you'd never speak to someone else. Receiving love, care, or appreciation makes you uncomfortable.

RUNNING IN OVERDRIVE (OVERACTIVE):

You give everything in relationships — to the point of self-neglect. The other person's needs, problems, and feelings take up most of your inner real estate. You over-give, over-function, and end up depleted and unappreciated. Career shows up the same way — overextended, undervalued.

SIGNS YOUR HEART NEEDS ATTENTION:

- Negative self-talk and harsh self-criticism
- Relationship drama or feeling consistently unappreciated
- The giving and receiving dynamic is off — no equal energetic exchange
- Self-neglect disguised as generosity
- Self-sabotage when things are going well

WHAT BALANCE ACTUALLY FEELS LIKE:

You like yourself — flaws included. You give from a full cup, not an empty one. Relationships are honest, reciprocal, and supportive. You extend the same compassion to yourself that you so easily give to others. You feel peaceful, healthy, and genuinely at home with who you are.

YOUR EMBODIED ACTION — WRITE THE LETTER

Write the forgiveness letter — to someone else, or to yourself. Often the more important one is the second. You don't have to send it. You just have to mean it. If words feel impossible, open your chest physically — heart-opening movement, hands placed on your heart, gentle backbends, anything that literally creates space where you've been holding yourself closed.

YOUR BODY INQUIRY: WHAT AM I SAYING ABOUT MYSELF TO MYSELF?

THROAT CHAKRA AUTHENTIC VOICE EXPRESSION TRUTH, BEING HEARD



RUNNING ON EMPTY (STARVED):

You feel talked over, unseen, unheard. Speaking up in a crowd feels impossible. You swallow what you actually think, shape yourself to what the room wants, and walk away wishing you'd said the thing. There's a deep fear of being too much — or not enough — to be truly heard.

RUNNING IN OVERDRIVE (OVERACTIVE):

You're always on. You talk over others without meaning to. The words come fast and the listening comes slow. Highly creative and expressive, but sometimes the volume drowns out the people around you.

SIGNS YOUR THROAT NEEDS ATTENTION:

- Feeling invisible — especially in career or relationships
- Not communicating what you actually want or need
- Small white lies or inauthenticity creeping in
- Affirmations feel hollow — like you're saying words you don't believe
- Chronic feeling of being misunderstood

WHAT BALANCE ACTUALLY FEELS LIKE:

You know who you are and you know how to show it. You communicate your desires clearly and honestly. Relationships feel authentic. You feel understood, seen, and heard — not because you perform it, but because you stopped hiding.

YOUR EMBODIED ACTION — SAY THE TRUE THING:

Do one thing today that makes you feel genuinely seen. Post the thing you've been second-guessing. Have the conversation you've been avoiding. Sing in the car with the volume all the way up. Share your opinion in the room where you usually go quiet. Your throat chakra doesn't heal from silence — it heals from use. Start small. But start.

YOUR BODY INQUIRY: WHERE HAVE I BEEN AVOIDING THE TRUTH OF WHAT ACTUALLY NEEDS TO BE SAID?



THIRD EYE CHAKRA

YOUR INNER VISION

INTUITION, CLARITY, HIGHER PERCEPTION

RUNNING ON EMPTY (STARVED):

Foggy. Stuck. Unclear. You know something needs to change but you can't quite see what.

SYMPTOMS:

Decisions feel overwhelming because you don't trust yourself to make the right one. You'd rather someone else decided — or you wait for a sign that never quite feels clear enough.

RUNNING IN OVERDRIVE (OVERACTIVE):

Lost in the upper floors. So far into the spiritual that you're ungrounded in the physical.

SYMPTOMS:

Spiritual burnout. Overwhelmed by ideas, downloads, and visions with no roots to land them. Psychedelics, escapism, or conspiracy thinking can signal an overactive third eye that's untethered from the body.

SIGNS YOUR THIRD EYE NEEDS ATTENTION:

- Can't trust your own perception or decision-making
- Great ideas that never become action — stuck in overwhelm or freeze
- Doing all the inner work without seeing results (missing the action piece)
- Wanting to escape the real world more than live in it
- Getting lost in information without application

WHAT BALANCE ACTUALLY FEELS LIKE:

Strong intuition. Clear perception. You receive a download and you act on it. You can hold multiple perspectives without getting lost in any of them. You feel certain — not because you have all the answers, but because you trust your access to them.

YOUR EMBODIED ACTION: HONOR YOUR PRACTICE WITHOUT NEGOTIATING

Give your intuition one non-negotiable daily touchpoint — even five minutes. Meditation, automatic writing, a body scan, pulling a card and sitting with what comes up. Not for information. For conversation. The third eye doesn't need more content. It needs consistent, quiet contact with your intuition. Whatever your practice is — make it non-negotiable.

YOUR BODY INQUIRY: WHAT AM I REFUSING TO SEE?

CROWN CHAKRA CONNECTION TO DIVINITY BELIEF, TRUST, SURRENDER



RUNNING ON EMPTY (STARVED):

Disbelief runs the show. You want to trust in yourself, in something greater — but your ego talks you out of it every time.

SYMPTOMS:

Resistance, self-sabotage, and the need to prove things logically before you'll believe them. You're blocked by what you can see — and cut off from what you can't.

RUNNING IN OVERDRIVE (OVERACTIVE):

Lost in spiritual addiction. Obsessed with knowledge, teachings, and information but disconnected from the actual lived experience of it. Rigid in beliefs, or swinging the other way — convinced you're the only awakened one in the room. (Hi Neo)

SIGNS YOUR CROWN NEEDS ATTENTION:

- Obsession with learning, collecting knowledge — but no application
- Struggling to trust yourself or a higher intelligence
- Never feeling quite whole or quite enough
- Self-sabotage rooted in deep disbelief
- Disconnected from your body while chasing spiritual highs

WHAT BALANCE ACTUALLY FEELS LIKE:

You trust yourself. You trust the process. You've made peace with your ego enough that it advises rather than controls. You feel supported by something greater — and you know you are part of it, not separate from it. Change feels possible because you believe in your own capacity to create it.

YOUR EMBODIED ACTION: BUILD YOUR TRUST MUSCLE

Make one decision today from your own inner knowing — without Googling it, polling five friends, or waiting for a sign from the universe. Trust yourself enough to choose. Then honor that choice. The crown chakra heals through the radical, terrifying, beautiful act of believing that you already know — and acting like it.

YOUR BODY INQUIRY: WHAT WOULD I DO DIFFERENTLY IF I TRUSTED MYSELF?

COMMON **AWAKENING SYMPTOMS** IN THE CHAKRAS

CROWN

- DIS-BELIEF, DISSOCIATION, OBES, ATTACHMENTS, HYPERSENSITIVITY, SPIRITUAL ADDICTIONS, ILLUSION OF DISCONNECTION FROM SOURCE

THIRD EYE

- VERTIGO, DOUBT, OVER-THINKING, & INCREASE IN INTUITIVE ABILITIES, ADDICTED TO DRUGS, OBSESSIONS, RIGID THINKING, BRAIN FOG, UNFOCUSED, DELUSIONAL, PARANOIA, HALLUCINATIONS

THROAT

- STUCK IN LIMITED BELIEFS OR IDEAS, SAY ONE THING, DO ANOTHER, UNCLEAR SPIRIT COMMUNICATION, MISUNDERSTOOD, INAUTHENTICITY - BEING SOMEONE YOUR NOT

HEART

- EMOTIONAL UPHEAVAL, OVERWHELMED HYPEREMPATHY, SELF-HATE, SELF-SABOTAGE, HEART OPENING SYMPTOMS,

SOLAR

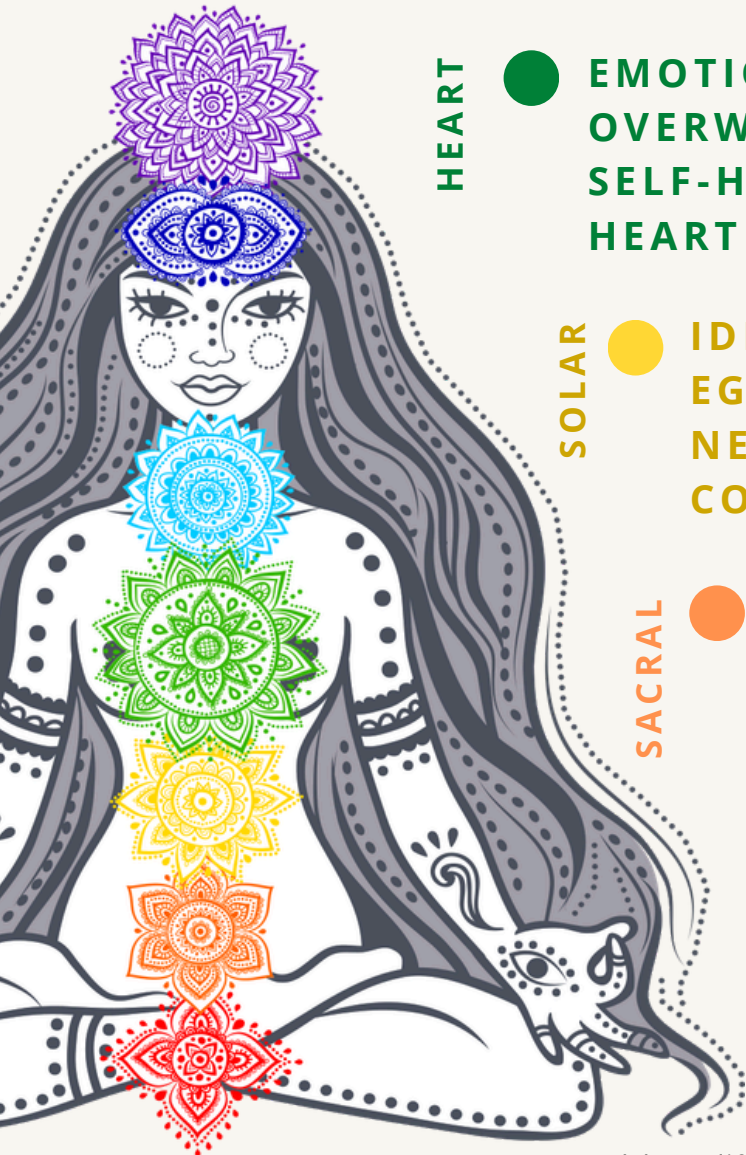
- IDENTITY CRISIS & EGO LOSS, PLAYS VICTIM, NEVER FEELS ENOUGH, CONTROLLING

SACRAL

- RESISTS PLEASURE, HEALING OR RECEIVING POSITIVE EMOTIONS, TERRIBLE BOUNDARIES, EMOTIONALLY EVERYWHERE

ROOT

- FEELING DISCONNECTED, ANXIOUS OR UNSAFE IN REALITY, SPACEY, DIZZY CONFUSION, UNGROUNDED UNABLE TO MANIFEST WELL



You Just found your Map, how did it go?

And that matters more than you know — because most people spend years feeling the effects of blocked energy without ever being able to name where it's coming from. **You just named it.** That's not small. That's the beginning of everything.

Now it's time to do something with it.

The chakra you identified here is your starting point. And the fastest way to begin moving what you just found is through the energy body itself...not just understanding it, but actually learning to work with it.

Here's your next step — pick the one that feels right for where you are right now:

△ **I want to start clearing this today** The Chakra Detox Healing Album — 7 body-based energy clearing audios, one for each chakra. This is where the map becomes the actual practice.

→ [Grab it here](#)

△ **I want the full transformation** The Chakra Academy — every chakra, every pattern, every tool to heal and rewire your energy system from the inside out.

→ [Explore the Ultimate Chakra Academy](#)

△ **I want someone to read my energy personally** The Awakening SOS Session: 60 minutes, private, body-based. I use my intuitive energy reading gifts to see exactly what's happening in your field and we work on it together.

→ [Book your session here](#)

Wherever you start — you're already doing it right.

And when something shifts? Screenshot your next step and tag me [@theawakenedstateceo](#). I genuinely want to cheer you on.

Let love guide you always,



Ash ♡

BEFORE YOU GO: DON'T FORGET

Follow, Like and Subscribe for more Tips:



EXTRA RESOURCES TO CHECK OUT:

Here's a collection of extra resources to help you learn more about Mind-Body healing with the chakras featured from my blog, youtube & the podcast



5 Common Chakra healing Mistakes

A lot of people start their Chakra healing journey by dappling – these are the most common mistakes you might be making and most importantly what to focus on for real results.

[READ ON THE BLOG](#)



Why I choose Chakras Over Reiki

Let's face it many people think Chakras and reiki are the same thing – spoiler alert: They are NOT. If you've ever been curious on how they are different you gotta take the time to watch this episode.

[WATCH NOW](#)



The Podcast

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THE UNIVERSE IS INSIDE OF YOU

and you hold the Power to Design your life