

The Seven Rights

Each of the seven chakras has a basic right that, if infringed upon or not claimed or expressed, can provide problems in that chakra and thus, in that area of our life.

1. Root Chakra: The right to be here: *simply to exist, take care of ourselves, and have possessions.*
2. Sacral Chakra: The right to feel: *to express and understand one's emotions, needs, and wants.*
3. Solar Plexus Chakra: The right to act: *to be innovative and free.*
4. Heart Chakra: The right to love and be loved: *freedom from projected or received prejudice, low self-esteem, and violent conflict. Being the central chakra, if any of the other rights is harmed, the right to love may be harmed as well.*
5. Throat Chakra: The right to speak and hear truth: *Transgressions include: not be listened to, family secrets, and not being spoken to honestly.*
6. Third Eye Chakra: The right to see: *Transgressions include: being told our perception is inaccurate, having things deliberately hidden from us, and having the scope of ones vision denied.*
7. Crown Chakra: The right to know: *the right to truth, accurate information, knowledge, and to simply know what's going on. This includes spiritual knowledge and the right to connect with and interpret the divine as one chooses.*

The Tricksters of the Chakras

Although they do hinder the operations of the chakras, they generally do so to teach us something. The challenge of moving past a trickster helps the chakra in question learn how to better accomplish its "job."

1. Root Chakra: Fear: *Comes when one's survival is threatened. May force energy into the upper chakras.*
2. Sacral Chakra: Guilt: *Keeps us from reaching out, hindering emotional and sexual ties with others.*
3. Solar Plexus Chakra: Shame: *Hinders spontaneity, self-esteem, and personal power, turning one's will and power in upon themselves.*
4. Heart Chakra: Grief: *Hinders the love and lightness of the heart, leaving a heavy burden on one's persona.*
5. Throat Chakra: Lies: *Misinformation hinders our relationship to the world.*
6. Third Eye Chakra: Illusion: *Looking at things incorrectly, not seeing the big picture, and seeing only what one wants to see, can hinder our perception.*
7. Crown Chakra: Attachment: *Holding on to the pointless and focusing all of one's attention in one area can obscure the big picture and hinder our relationship with the divine.*