

# Where Trauma Hides

## chakras

### Root Causes: *Linking Adverse Childhood Experiences*

**CROWN:** Negativity and uncertainty in the world contributes to blockages in the Crown Chakra. Exposure to repeated misinformation and expectations of blind obedience without reason or alignment with personal truth cause individuals to become complacent and uninspired. Essentially experiences that lead us to question our faith and spirituality contribute to the clouding of this chakra.

**THIRD EYE:** Constant changes without resolution and traumatic events "beyond our control" can cause blocks to this chakra. When we are unable to complete tasks, find closure, and/or plan ahead we begin to lose the desire to do so out of fear of disappointment.

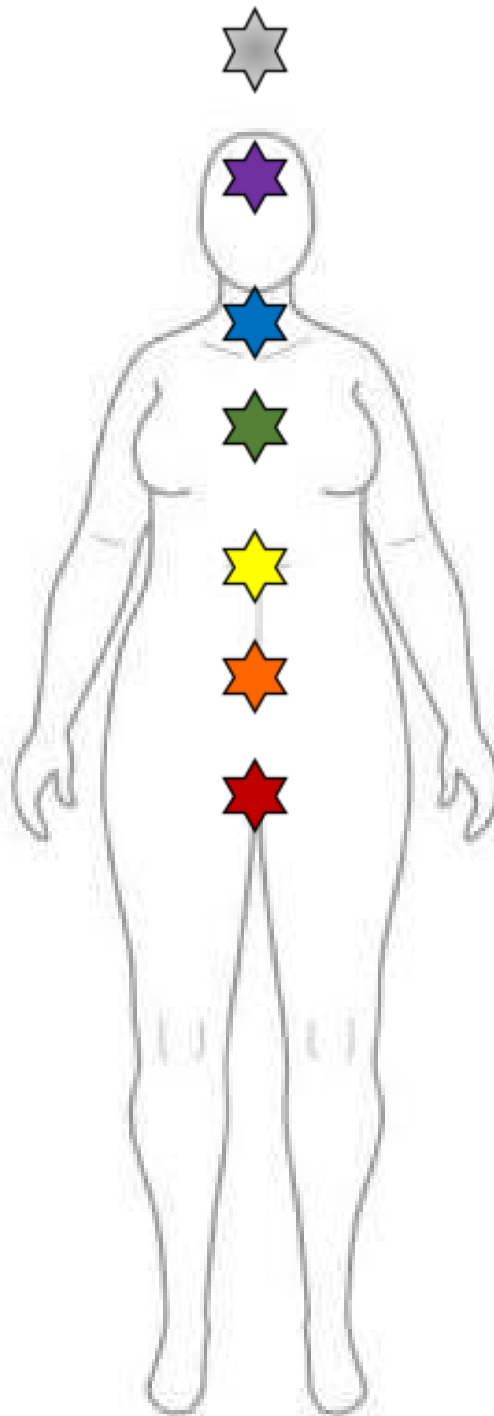
**THROAT:** The throat chakra can become clogged when personal truth is compromised. This can be the result of lies and secrets told and held onto that are painful, manipulative, traumatic, forced, and/or exaggerated.

**HEART:** Profound grief, broken trust, continued disappointment, and other emotional disturbances that result in heartache build the calluses around the heart chakra.

**SOLAR PLEXUS:** Experiences that lead to feelings of Shame reside in the solar plexus. Feelings that "Your will/personal resolve is broken" because your ethics have been compromised or you have been pushed inappropriately out of your comfort zone.

**SACRAL:** Guilt sits within the sacral chakra. When an experience causes us to feel guilty, a direct assault to our personal morals, we become disconnected to our emotions and ability to connect with others.

**ROOT:** Insecurity and instability lead to blockages of the root chakra. Uncertainty about home, such as children in foster care or individuals who are moved often without the ability to feel settled have difficulty finding security and feeling of being grounded and connected.



### Crown – Sahasrara

*Inability to Make Decisions, Dissociation, Greed, Depression, Domination over Others, Destructive Behavior*

### Third Eye – Ajna

*Vision Problems, Headaches, Migraines, Dizziness, Mental Confusion*

### Throat – Vishuddha

*Lost for Words, Sore Throat, Teeth Grinding, Ear Pain, Sinus Infections, Thyroid Issues*

### Heart – Anahata

*Breathing Issues, Heart Issues, Infections, Chronic Fatigue, Critical of Self & Others, Isolation, Lack of Empathy*

### Solar Plexus – Manipura

*Lack of Confidence/Insecurity, Low Self-Esteem, Digestive issues, IBS, Ulcers*

### Sacral – Svadhishtana

*Lack of Control/Inability to cope with change, Detached Emotions, Unfulfilling relationships, Sexual Dysfunction, Lack of Creativity*

### Root – Muladhara

*Sluggishness, Colon & Bladder Elimination Issues, Lower Back Pain, Left Limb pain, Inflammation, Cramping, Nervous & Fearful*