HOME

Which Chakra Is Out of Balance & How to Use Herbs to Balance and Align Your Chakras

By bestfolkmedicine · 15/11/2018 · 3 min read

There are 7 chakras and every one of them is like a portal in one's energy field. In case this portal becomes blocked, the energy is unable to freely flow and this can cause a variety of physical and mental issues. The question which arises now is how to find out which of our chakras is misbalanced and how to solve this issue adequately. To find out, you need to learn how a specific chakra can become unbalanced first; then, you can read how to benefit from several types of herbs to restore the balance.

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How Can the Chakras Become Unbalanced?

Root chakra

Too much fear is known to elevate the feeling of insecurity and anxiety. To resolve this, you need to find adequate methods to face your biggest fears and let them go.

Sacral chakra

Insufficient sexual satisfaction and lack of emotions can block this chakra and elevate your feelings of guilt and numbness.

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Solar plexus chakra

When this chakra is clogged, one can become more frustrated and insecure and the fear of rejection in them is higher.

Heart chakra

Loneliness, tragic loss, and complicated relationships contribute to a clogged heart chakra. The trick is in learning how to gradually better the balance by focusing on more positive aspects of life and by noticing the people who love you and need you more; learn to practice gratefulness too.

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Throat chakra

When one is dishonest with themselves and other, the risk of a blocked throat chakra is higher and it is manifested by deception, manipulative behavior, and inability to self-express.

Third eye chakra

If you are unable to concentrate, remember things or if you experience frequent nightmares and you cannot find your right path in life, your third eye chakra may be blocked; you can resolve this by meditating regularly.

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Crown chakra

Indecisiveness is a common sign of a clogged crown chakra. It can also occur in people who feel that their life is meaningless and who suffer from depression. What's more, being overly attached to material things can cause the blockage as well.

The Best Herbs to Heal Your Chakras

Since the beginning of time, herbs have been regularly used as a natural medicine for a variety of health issues. They have a potent vibration which connects us with the source energy and earth. This is why they can be highly effective in healing the blockage by focusing on both energetic and physical levels. The right herbs will help you eliminate all physic waste, increase the oxygen level, and enhance the functioning of the body's detox systems.

The best herbs for a clogged root chakra: sage, ginger, dandelion, root tea, and elderflowers.

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The best herbs for a clogged sacral chakra: hibiscus and calendula flowers.

The best herbs for a clogged solar plexus chakra: rosemary, fennel root, and cinnamon.

The best herbs for a clogged heart chakra: hawthorn berry, roses, and jasmine.

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The best herbs for a clogged throat chakra: red clover, lemon balm, lemongrass, and eucalyptus.

The best herbs for a clogged third eye chakra: mint, eyebright, jasmine, and lemon.

The best herbs for a clogged crown chakra: lavender and lotus.

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