

CHAKRA CARDS

'Reveal the Hidden'

This is the start of a
beautiful relationship
between yourself and
your chakra cards.



INSTRUCTIONS CHAKRA CARDS 'Reveal the Hidden'

Introduction

'Chakra' is a Sanskrit word meaning 'wheel' and denotes a centre of subtle energy. In traditional Indian paintings, they are often depicted as flowers with symbolic pictograms. These two-dimensional representations differ from the more likely characteristic that chakra wheels are positioned and spin horizontally.



The primary seven chakras align with nerve centres, glands, and Prana energy.

This pack also features an extra chakra between the heart and throat, known here as the 'lunar plexus,' which balances the solar plexus. Associated with Aquarius and the moon, it is linked to wave energy and the Divine feminine.

In these instructions, 'the practitioner' refers to the person conducting the reading, and 'the subject' refers to the recipient. Methods for addressing energetic imbalances identified by the cards are widely available.

These cards help you understand your own or others' chakras for personal growth. They reveal energetic health and guide you in addressing imbalances.





How Many Chakra Cards?

One pack has eight suits, each represents a main chakra. Every suit contains seven cards for the chakra's qualities (56 cards in total), plus one 'Tri-finity' card.

The Eight Chakra Suits

Every suit is associated with a colour and a diagram representing the chakra, drawing from traditional archetypes. Regular use can help familiarise users with the names of the eight chakras and their individual characteristics. For reference, each card includes a prompt word summarising these characteristics.



I. Root or Base Chakra

Positioned around the perineum, between the anus and
genitals

Element Earth – colour, red

Archetype; 'All is One'

The main function of this chakra is 'grounding', as in the way
that an electrical circuit is 'earthed'.

The issues that it represents are family, safety and security at a
personal level; community and environment at the general level.

Also representing our chosen family, our adoptive tribe.



2. Sacral Chakra

Positioned at the upper part of the sacrum below the navel
Element Water – colour, orange
Archetype; 'Honour One Another'

The main function of this chakra is energy generation and transmission.

The issues that it represents are procreation and sensuality at a personal level; evolution and acceptance at the general level.
Also representing creativity and relationships.



3. Solar Plexus Chakra

Positioned between navel and the base of the sternum
Element Fire – colour, yellow
Archetype; 'Honour Oneself'

The main function of this chakra is absorbing solar and subtle energy into the body and controlling bodily functions.

It represents honesty to oneself. 'Honouring oneself' is the best example of personal integrity an individual can make to society.
Also representing confidence and self-esteem.



4. Heart Chakra

Positioned in the centre of the chest on the lower sternum

Element Air - colour, green

Archetype; 'Love is Divine Power'

The main function of this chakra is knowing the Divine, leading to love of the Divine.

The issues that it represents are inspiration, correction and exploration at a personal level; universal love as expressed through compassion and connection, at the general level.



5. Lunar Plexus Chakra

Positioned at the top of the sternum

Colour, aquamarine

Archetype; 'Knowledge of Certainty.'

This chakra balances the solar plexus on the other side of the heart and is sometimes called the 'upper heart' chakra.

It symbolises our intuitive sense of truth, offering inspiration without conscious thought.

This chakra relates to the divine feminine symbolising a sacred, life-giving energy, reflected in nature as receptivity and nurturing.

The subtle presence of the feminine is reflected in nature representing receptivity, transformation and represents a universal, complementary energy that resides within every individual.



6. Throat Chakra

Positioned between the collar bone and the larynx in the neck

Colour, light blue

Archetype; 'Surrender to the Divine'

This chakra is described as linking the physical and spiritual aspects of experience by contributing to the activation of other chakras.

It relates to self-expression, communication and will individually and by Divine inspiration at a general level.

Also representing expression, & truth.



7. Brow Chakra

Positioned in the centre of the brow

Colour, deep blue

Archetype; 'Seek only Truth'.

The main function of this chakra is understanding through psychic exploration.

The issues it represents are gaining wisdom through psychic insight at a personal level, and 'pure living' at a general level.

Also representing intuition and inner wisdom.



8. Crown Chakra

Positioned at the top of the head

Colour, violet.

Archetype; 'Live in the Present.'

This chakra's primary role is to reveal wisdom by focusing on the present moment.

Personally, it relates to being, cosmic awareness, and selflessness; more broadly, it represents universal consciousness and a connection to divinity, and enlightenment.



The Seven Qualities of Each Chakra

These seven qualities are divided into
'physical' and 'mind';

Four physical qualities

Earth
Water
Fire
Air

Three mental qualities

Emotion
Intellect
Spirit



These qualities serve as key references when reading. Review each one separately, and with practice, you'll remember them without notes.

On Earth Card

This quality is associated with the planet Earth and the physical ground, symbolising how grounded a person is in daily life. Its energy connects individuals to everyday matters, providing a stable base for higher pursuits.



Water Card

This quality depends on conditions that enable growth; it should be as dynamic as a river and foster development like an irrigated field.

Fire Card

This chakra's quality, governed by fire, represents change through energy and transformation—much like how fire alters matter.

It relates to natural cycles, such as seasons, and can drive both positive transformation and destructive outcomes, such as wildfires.



An Air Card

This quality of a chakra is associated with air and corresponds to the body's requirement for oxygen in energy production. It is suggested that clean air can have positive effects.

The heart chakra is described as connecting the 'physical' elements previously mentioned, and maintaining its condition may be considered important for oxygen circulation. Air must be pure to have the most beneficial effect. The heart chakra must be healthy and nourished as it provides the link between the 'physical' elements described above.



An Intellect Card

This chakra quality reflects the power of rational thought, imagination, and consciousness. It helps in understanding physical, emotional, intuitive, and spiritual qualities of oneself, enabling change wherever the mind focuses.

An Emotion Card

This chakra quality involves feeling consciousness and influences decision-making through emotions, both positive and negative.



∞ Spirit Card

This chakra quality is governed by spiritual consciousness, beyond personal ego. It represents that part of us that has surrendered to a higher purpose, or 'Higher Self'.

The Prompt Words on the Cards

Each card shows a 'prompt word' that clearly indicates its meaning. For example, the 'Earth' card of the Root chakra has the key word 'seed'. The practitioner reflects on this word, alone or with other cards, to uncover the card's meaning based on the chakra and its qualities.



The Mystery Card - 'Trifinity'

The Trifinity symbol card is intended to represent the archetypes of Trinity and Infinity. The Trinity is an archetype where the extremes of duality are surpassed by a 'middle way', as in Mahayana Buddhism.

In Western philosophy, the symbol's central third space similarly represents a desired balance point between two extremes.

Infinity indicates that the Multiverse and everything associated with it are beyond full comprehension or reach.



How to hold a Chakra Card Reading

The Setting for the Reading;

The environment should be quiet and distraction-free. Adjust lighting, scents, air quality, views, or music to enhance the experience and make the reading special.

Personal observations may be shared during a reading session. The practitioner notifies the subject that all readings are confidential, and any records will be given to the subject for their own safekeeping.

Even if unsure about the reading, being challenged may lead to later insight, whilst being sensitive to the best outcome for the subject.



Some Suggested Chakra Card Spreads

Make sure the deck is well shuffled. Each reading's card order reveals the current state of each chakra, showing if they are balanced, overactive, or underactive.

The process of selecting cards for interpretation begins now. The practitioner may utilise one of the spreads described in this booklet, or alternatively, choose another method deemed suitable for the context.



The Eight Card Spread

The whole pack is arranged face down in a fan shape. The participant selects eight cards and gives them to the practitioner, who arranges them face down in a horizontal line from left to right.

The rest of the pack is set aside and is not used further in this reading.

The practitioner turns the selected cards face up and arranges them in the order of the eight chakra suits.

As a memory aid, the order of the chakras is shown on the reverse of each card.



The cards are reviewed individually. Take time to explore each card thoroughly, aiming to form a complete interpretation from it's context in the spread.

If the 'Trifinity' card appears, it may indicate a deeper meaning among the other cards. The 'Trinity' archetype balances opposites to create a deeper understanding.



The Flower Spread

Present the vertically aligned, face-down shuffled cards to the subject, then ask them to choose eight.

Arrange the cards face down in a flower shape: six in a circle, one in the centre, and one as a 'stalk' below.

Place the centre card first, as it holds the most significance, followed by six cards clockwise from the top. The 'stalk' card shows how the subject is connected.

Consider each card individually and with its neighbours. The centre card may represent the dominant chakra, while the petals act as Pranic energy receivers and emitters.



Chakra Quality Card Spread

In this spread, cards are grouped by their chakra quality, not just by chakra suit, though the suit remains relevant.

The cards are shuffled, fanned out and placed face down. The subject selects cards randomly and hands them to the practitioner, who turns them over and places them face down in a line in the following order;

Earth, Water, Fire, Air, Intellect, Emotion, Spirit – from left to right.

There is no set number of cards to pick. Continue selecting and placing cards until each quality is represented; extra cards of the same quality are stacked above or below the existing ones.



There may be up to four 'intellect' cards on the table, with fewer from other aspects. The practitioner can focus on this quality and review the relevant chakra suits.

If no card is chosen, this is meaningful, and a space can be left between the remaining cards to indicate weak or absent quality.



Interpreting each Card

There are three ways the cards have meaning.

Balanced

If a chakra card appears once in any of the spreads, it means that this chakra is balanced. Your energy center's are flowing and balanced, promoting physical health, emotional stability, and mental clarity.

Underactive

If any of the eight chakra suits are not chosen in a multiple-card reading, the missing chakra is underactive:
This indicates that the subject has a chakra which needs invigoration. There may be something blocking the flow of energy from within and /or without. Remedial action is discussed below.



Overactive

If any particular chakra appears more than once in the spread, this chakra is overactive.

'Overactive' may indicate a pathway that excessively affects energetic health. An overactive chakra often holds excessive energy, compensating for underactive ones. Depending on which chakra is overactive, this can effect our ability to accept change and move forward in life, inability to make decisions clearly, anxiety and emotional instability.



Interpretations benefit from the practitioner's worldly wisdom combined with whatever 'the Universe' wishes to add! The cards provide a vehicle and confidence to the practitioner for an intuitive and overall positive interpretation.

Interpretations may vary, and the subject might agree or disagree with a given interpretation. This response can occur when exploring new or unconscious material. The practitioner maintains an objective stance.

If the subject wishes to observe changes over time, an additional reading can be scheduled.



A Daily Reading

A practitioner or subject may wish to use the cards each day. Shuffling and then selecting a single card with intention, provides a stimulating and unique message on which to reflect during the day.

Recording Readings

Making recordings can provide a useful reference for either individuals or practitioners. For confidentiality, records may be retained by the subject rather than the practitioner. Taking photographs or making audio recordings are methods of documenting a reading for future review. In cases where multiple readings occur over time, changes can be tracked and discussed between the practitioner and the subject.



Easy Reference Guide

The Seven Qualities of Each Chakra Suit

Earth	Practicality, being grounded
Water	Growth, cleansing
Fire	Change, the power of transmutation
Air	Energy, vibration, frequency
Intellect	Consciousness, thought
Emotion	Right choices, right path
Spirit	Higher self, higher life purpose
Tri-finity Card	All-that-is in the past, present and future

Easy Reference Guide

Health of Each Chakra

UNDERACTIVE	The chakra suit is missing from the spread
BALANCED	There is one card of the chakra suit in the spread
OVERACTIVE	There are duplicate cards of the suit in the spread



Easy Reference Guide

The Eight Chakra Archetypes

	Crown – <i>Live in the present</i>
	Brow – <i>Seek only truth</i>
	Throat – <i>Surrender to the Divine</i>
	Lunar Plexus <i>Knowledge of Certainty</i>
	Heart – <i>Love is Divine Power</i>
	Solar Plexus – <i>Honour Oneself</i>
	Sacral – <i>Honour One Another</i>
	Base – <i>All is One</i>

Easy Reference Guide

The Meaning of the Eight Chakra Suits



Being, cosmic consciousness.
Connection to the Divine.

personal
general



Psychic insight, intuition.
Pure living.

personal
general



Will, self-expression, communication.
Divine inspiration.

personal
general



Emotional truth, reflection, realisation.
Collective truth, wisdom of the crowd.

personal
general



Inspiration, correction.
Exploration, universal love.

personal
general



Honesty and respect for oneself.
Honesty and respect to others.

personal
general



Energy, power, growth.
Respect, evolution, procreation.

personal
general



Safety, security.
Family, community, environment.

personal
general

About Us

Our journey began with a common vision to create something meaningful that could enhance people's lives, leading us to the creation of our unique chakra card set.

Our vision is centred on promoting spiritual growth and personal enlightenment. We believe that energy work can guide individuals on their journey towards self-discovery and healing.



www.chakracard.com

These books are also highly recommended.

- The Chakra Bible by Patricia Mercer
published by Octopus Books.
- The Anatomy of the Spirit by Caroline Myss PhD
published by Bantam Books.

Credit is given to Dr. Caroline Myss whose insights in her book inspired the creation of these cards and in particular, the archetypes and their qualities associated with each card.



Legal Notice;

Chakra cards are for entertainment only. The originator, manufacturer, vendor, and their agents are not liable for any advice, actions, harm, or loss resulting from use, whether self-administered or provided by others.



Your journey with chakra cards
begins, takes place and ends in the now.

They are a gateway into a deeper
understanding and a means to connect
with the complex energy within and
around us.



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