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it is an extract from our book  
'Guide to the Chakra Flower Essences'  
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[www.aquariusflowerremedies.com](http://www.aquariusflowerremedies.com)

## **Chakra Combinations**

*When diagnosing in the chakra system it is quite usual to find more than one chakra out of alignment. Here is a list of all possible chakra combinations involving two chakras.*

### **Root – Sacral**

Emotional repression.

Intense or long-standing fear.

Depression.

Low vitality, sluggish systems.

Increased risk of physical dis-ease in the bowel, rectum, anus, urethra, adrenals, reproductive organs, bladder, large and small intestines, appendix and lumbar.

Difficulty with any of the eliminative process.

### **Root – Solar Plexus**

Fear of Self.

Blocking one's own potential.  
Inability to manifest personal desires.  
Deep-seated anger and stress.  
Emotional repression.  
Fatigue.

### **Root – Heart**

Sadness and depression  
Inability to express love.  
Fear of living and loving.  
Threatened by environmental factors.

### **Root – Throat**

Long-standing, deep-rooted throat problems.  
Two separate issues.

### **Root – Brow**

Long-standing brow problems.  
Lack of awareness of some root chakra issue.  
Two separate issues.

### **Root – Crown**

Loneliness  
Feelings of disconnection from spiritual and earthly nourishment.  
Complete realignment.  
Disorientation and confusion.  
Despair.

### **Sacral – Solar Plexus**

Repression of emotions.

Fear and suppression of sexuality or creativity.

Sense of imprisonment.

Lack of will-power.

Abuse or misuse of energy and power.

Increased risk of dis-ease in reproductive organs, lower back, stomach, liver and pancreas.

### **Sacral – Heart**

Pain and suffering in close, intimate relationships.

### **Sacral – Throat**

Unable to fully express creative impulses.

Creative block.

Frustration.

### **Sacral – Brow**

Obsession or blinkered vision with some sacral issue.

Two separate issues

### **Sacral – Crown**

Inability to perceive or accept blissful spiritual states of consciousness.

Lack of joy in spiritual experiences.

Inability to reconcile sexuality and spirituality.

Two separate issues.

### **Solar Plexus – Heart**

Jealousy, possessiveness, conditional love.

Disempowerment within close, intimate relationship.

## **Solar Plexus – Throat**

Inability to express one's needs.

Holding back on taking action to the point of causing painful tension.

Being struck dumb.

Allowing others to dictate one's thoughts and actions.

## **Solar Plexus – Brow**

Feeling intellectual inferior.

Not trusting intuition.

Mental tension and nervousness.

Mental fatigue and stress.

Difficulty in remembering and assimilating information.

## **Solar Plexus – Crown**

Spiritual guilt and unworthiness.

Acute fear of the outside and the unknown.

Two separate issues.

## **Heart – Throat**

Needing to express love.

Poor immunity due to under-active thyroid.

In search of unconditional love.

Increased risk of dis-ease in the throat and chest areas.

## **Heart – Brow**

Mind and emotions pulling in different directions.

Over-intellectualising the affairs of the heart.

Lack of awareness in close and intimate relationships.

## **Heart – Crown**

Not allowing Love and Light to flow into one's life.

Depression and darkness in life.

Denial of one's spiritual nature for a long period of time.

Closing heart to the love of God and the blessings of the universe.

## **Throat – Brow**

Mental and nervous tension.

Prone to extreme anxiety.

Increased risk of nervous disorders.

Easily becoming overwhelmed by thoughts and ideas.

Head feels blocked up.

## **Throat – Crown**

Expression of one's spiritual nature is blocked.

Prone to throat problems.

Increased risk of nervous disorders.

## **Brow – Crown**

Narrow and blinkered vision.

Increased risk of headaches and mental disorders.

Distorted view of reality.