



Chakras & The Seven Deadlies: A Soul Alignment Reading

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Historically, Chakras come from Indian Tantric and Yogic traditions—spiritual energy centers moving from survival to enlightenment.

The Seven Deadly Sins? Western Christian concept, formalized by Pope Gregory I, based on earlier writings by Evagrius Ponticus and Augustine, as a list of inner vices that block divine love. Different origins. Different goals.

But the human soul? Still trying to come home—whether it's through Kundalini or confession.

Now here's the ✨metaphysical remix ✨ you didn't know you needed:

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Root Chakra: I Am Safe

▼ Deadly Shadow: Greed (Avarice)

Root is about safety, home, and survival. Greed shows up when fear says, “There’s not enough!”



When survival becomes hoarding—money, food, love—it’s not grounding. It’s gripping.



Balance it: Dance barefoot. Pay it forward. Know that Earth has your back.



Affirmation: I have enough. I am held. My roots are deep and divine.

 Sacral Chakra: I Am Desire

 Deadly Shadow: Lust (Luxuria)

This chakra is the sensual artist, the sacred lover. But when untended, she turns to excess, losing sacredness in the pursuit of sensation.



When connection becomes conquest, the sacral cries, “I wanted union, not addiction.”



Balance it: Express your creativity. Make pleasure intentional.



Affirmation: My body is sacred. My desire is divine. I create with love.

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💛 Solar Plexus: I Am Power

🔥 Deadly Shadow: Wrath (Ira)

The seat of will, confidence, and fire. But blocked or overcharged? Suddenly your light burns others instead of lighting the way.

⚔️ Rage, control, and domination show up when your worth feels attacked.

🕯️ Balance it: Reclaim your yes. Honor your no. Let your power serve.


👑 Affirmation: My fire is fierce but loving. I rise without burning others.

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Heart Chakra: I Am Love

Deadly Shadow: Envy (Invidia)

Open-heartedness is the goal—but if pain isn't healed, it festers into comparison and resentment.

 “Why them?” is envy whispering, “There’s not enough love to go around.”

 Balance it: Send blessings. Share joy. Let others’ shine remind you of your own.

 Affirmation: I celebrate love—mine and others’. I am deeply loved.

💙 Throat Chakra: I Am Truth



Deadly Shadow: Pride (Superbia)

Truth without humility becomes ego. Pride masks fear of being wrong, of being vulnerable.



It's "my truth or no truth" energy—rigid, righteous, closed.



Balance it: Speak with compassion.
Listen more than you talk.



Affirmation: I share my truth with grace.
I listen with love.

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💜 Third Eye: I See Clearly

🌀 Deadly Shadow: Sloth (Acedia)

Not just laziness—this is spiritual numbness. A foggy third eye is a soul who's stopped looking inward.

😴 It's "I can't deal right now," even when your soul's whispering, "It's time to wake up."

🌙 Balance it: Meditate. Notice. Dream. Reconnect with mystery.

👁️ Affirmation: I stay awake to truth, vision, and spirit.

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Crown Chakra: I Am One With All



Deadly Shadow: Gluttony (Gula)

This isn't just overeating—it's overconsuming without integration. Even too much "lightwork" without grounding becomes spiritual indigestion.



Craving highs but missing depth? That's the crown needing stillness, not more stimulus.



Balance it: Fast from noise. Let wisdom settle. Become empty to be filled.



Affirmation: I receive divine guidance in stillness. I am connected, always.

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So What Does It All Mean?

The Seven Sins aren't punishments—
they're soul feedback.

The Chakras aren't trends—they're
maps for awakening.

When your energy flows, “sin” loses
its grip.

When your shadows are faced, your
light expands.

When you live in divine balance, you
don't need rules—you become love
embodied.

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