



7

SPIRITUALITY

Crown Chakra

(Sahasrara)



6

INTUITION

Brow Chakra

(Ajna)



5

COMMUNICATION

Throat Chakra

(Vishuddha)



4

LOVE

Heart Chakra

(Anahata)



3

POWER

Navel Chakra

(Manipura)



2

Sexuality

Sacral Chakra

(Swadhisthana)



1

SURVIVAL

Root Chakra

(Muladhara)

SACRED CENTERS

TOOLS FOR CONSCIOUS EVOLUTION

CROWN CHAKRA
SAHASRARA
Transcendence
Wisdom
Understanding

THIRD EYE
AJNA
Clairvoyance
Intuition
Vision

THROAT CHAKRA
VISSUDHA
Communication
Creativity
Listening

HEART CHAKRA
ANAHATA
Love
Compassion
Empathy

SOLAR PLEXUS
MANIPURA
Energy
Vitality
Power

SACRAL CHAKRA
SVADHISTHANA
Emotions
Sexuality
Sensation

ROOT CHAKRA
MULADHARA
Grounding
Survival
Security



Crown Chakra (Sahasrara)
Connection to the divine



CROWN CHAKRA - The highest Chakra represents our ability to be fully connected spiritually.
Location: The very top of the head.
Emotional issues: Inner and outer beauty, our connection to spirituality, pure bliss.
Physical association: Pineal gland, brain, nervous system.

Third Eye Chakra (Ajna)
Intuition, sense of purpose and direction in life



THIRD EYE CHAKRA - Our ability to focus on and see the big picture.
Location: Forehead between the eyes. (Also called the Brow Chakra)
Emotional issues: Intuition, imagination, wisdom, ability to think and make decisions.
Physical association: Pituitary gland, eyes, sinuses.

Throat Chakra (Vishuddha)
Self-expression



THROAT CHAKRA - Our ability to communicate.
Location: Throat.
Emotional issues: Communication, self-expression of feelings, the truth.
Physical association: Thyroid, respiratory system, teeth, vocal cords.

Heart Chakra (Anahata)
Love, relationships and self-acceptance



HEART CHAKRA - Our ability to love.
Location: Center of chest just above heart.
Emotional issues: Love, joy, inner peace.
Physical association: Heart, thymus, lower lungs, circulatory system, immune system.

Solar Plexus Chakra (Manipura)
Personal power and ability to channel



SOLAR PLEXUS CHAKRA - Our ability to be confident and in-control of our lives.
Location: Upper abdomen in the stomach area.
Emotional issues: Self-worth, self-confidence, self-esteem.
Physical association: Central nervous system, pancreas, liver, digestive tract, skin.

Sacral Chakra (Swadhisthana)
Sexuality and pleasure



SACRAL CHAKRA - Our connection and ability to accept others and new experiences.
Location: Lower abdomen, about 2 inches below the navel and 2 inches in.
Emotional issues: Sense of abundance, well-being, pleasure, sexuality.
Physical association: Reproductive organs, kidneys, bowels, immune system.

Root Chakra (Muladhara)
Career, money mindset and sense of belonging



ROOT CHAKRA - Represents our foundation and feeling of being grounded.
Location: Base of spine in tailbone area.
Emotional issues: Survival issues such as financial independence, money, and food.
Physical association: Spine, rectum, legs, arms, circulatory system.

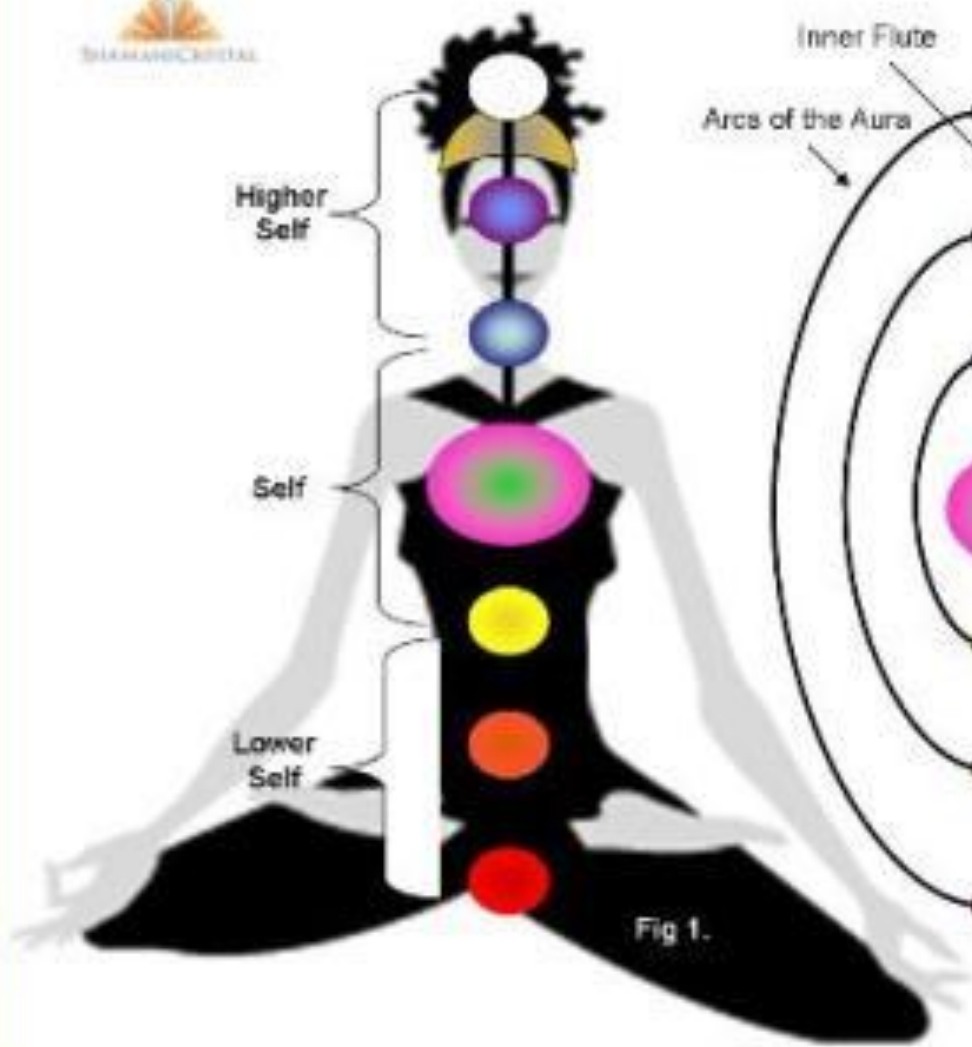
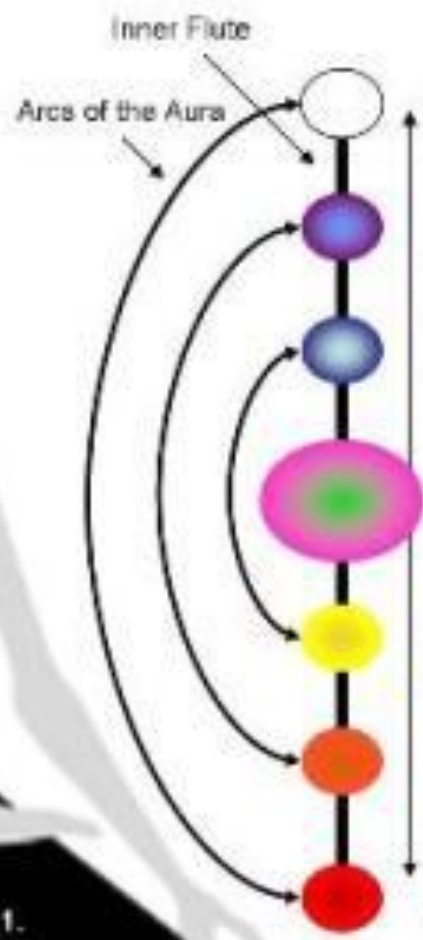


Fig 1.



- Crown Chakra**
Spirit Will, Wisdom, Openness,
- Brow Chakra**
Vision, Psychic Knowledge, Thought
- Throat Chakra**
Speech, Expression, Communication
- Heart Chakra**
Love, Acceptance, Allowance
- Solar Plexus Chakra**
Sense of Self, Ego, Will,
- Naval Chakra**
Emotions, Sensations, Shadow Self,
- Root Chakra**
The Body, Vitality, Survival, Sex.

Fig 2.