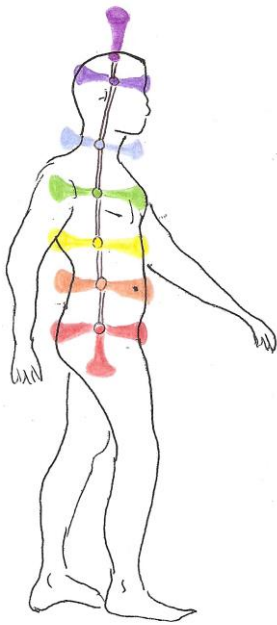


CHAKRA CENTERS

What are Chakras? Chakras are energy centers, sometimes described as spinning wheels of light or vortexes of energy that vibrate at different frequencies and are associated with specific functions, organs, sounds and colors. The 7 major chakras penetrate the midline of the body, in a cone shape, extending from the front to the back of the body (like a front and back door to your house); they are connected to your energy body like a hose, just like the spinal column is aligned to your physical body. Chakras are also stations of information: the chakras in the head are centers of reason, the chakras from the throat down in the front of the body are emotional centers, and in the back of the body are will centers. The 7th, 6th & 5th chakras are also spiritual centers, the heart chakra is the bridge, and the 1st, 2nd & 3rd chakras are physical centers. Chakras are users & conduits of energy and are devices to sense energy.



7th Chakra (purple, violet or white) – Crown / on top of head

Vitalizes upper brain, pineal gland; spirituality, integration of total personality, open ended center to connect us to and to bring in the higher energies

6th Chakra (indigo) – Brow or Third Eye / at forehead

Vitalizes lower brain, eyes, ears, sinuses, pituitary gland; intuition, imagination, concentration, peace of mind, visualization & understanding of concepts, objective knowledge, where we take in universal creativity to ground through our own body

5th Chakra (blue) – Throat / at throat (neck)

Vitalizes thyroid, throat, neck; center of communication, speech, creative expression, new ideas, speaking one's self truth, expressing one's needs & wants; back of neck associated with how we see ourselves professionally

4th Chakra (green) – Heart / at center of chest

Anchors the life force, energizes the heart, thymus gland, circulatory system, lungs; love, compassion, balance; gateway/bridge between our lower physical energies & higher spiritual energies; helps us connect to others & community, relationship with others; openness to life; intentionality towards one's health on all levels

3rd Chakra (yellow) – Solar Plexus / at stomach (below rib cage) -

Vitalizes the nervous and digestive systems, stomach, liver, pancreas; center of personal will, personal power & ego, ordinary thinking, mental clarity; personal ordinary emotional center; how we see ourselves in the world and how we take care of ourselves; power over creates control – power with creates strength, gut intuition, self esteem

2nd Chakra (orange) – Sacral / at navel (belly button)

Assimilation of food, bladder function, low back, gonads – reproductive system, personal creativity center – procreation, we birth ourselves & others here; sexuality, sensuality, vitality, physical energy, self love, self acceptance

1st Chakra (red) – Base or Root /at groin (front base of spine) - *Vitalizes the physical body, center of basic survival instincts, matters relating to the material world, grounding, energy, passion, security, open ended center to connect us to the earth/earth energies, will to survive; associated with the adrenal glands, spinal column and kidneys*

