

Seven Main Chakra Energy Centers

Crown/Sahasrara A Thousand-Petal Lotus Chakra (7th) - Purple/Violet/Gold/White. Our connection to Cosmic Consciousness, Universe, Spirit as well as to thought, universal identity, universal knowledge expansion, as well as self and universal knowledge expansion. Your experience of being All That Is happens here. Your ability to be in the world but not of it expands here. When balanced this chakra brings us a higher understanding, knowledge and wisdom, bliss and spiritual connection.

Throat/Vishuddha 16 Petaled Lotus Chakra (Communication, 5th) - Sky blue. Sound. Vissudha meaning purification. Located in our throat. Your ability to communicate on the physical plain, as well as the spiritual plain comes from this chakra. This chakra is about finding your voice and expressing your inner truth and authentic creative expression.

Solar Plexus/Manipura Ten Petaled Lotus Chakra (Power, 3rd) - Yellow. Fire element. Your core, the center of your being. Here is where our Power and transformation is located. Associated with free will and Divine Will as well as freedom, clarity and intuition. Our self-esteem and self-worth is designated here. So it is prudent for a balanced Solar Plexus to stand in our power.

Root/Muladhara Four Pedaled Lotus Chakra (Kundalini, 1st Chakra) - Red. Located at the base of our spine; the tip of our tailbone Earth element. Material world. This chakra is our Kundalini and Grounding chakra; our sense of safety, survival and security (i.e. financial stability).

Third Eye/Ajna Chakra (Brow, 6th) - Indigo. Light. Clear seeing (or clairvoyance) comes from this chakra. This is where our ability to see both physically and intuitively resides. Our Psychic Abilities, accurate interpretation, inner knowing, vision, intuition and dreams are located here. When balanced it allows us to see clearly on all levels. You make good choices and are in the right place at the right time most often. Your intuition is clear. Mental clarity and thinking are also focused in this chakra.

Heart/Anahata 12 Petaled Lotus Chakra (4th) - Green. Air element. Located in the center of our chest just to the right of our physical heart. Love is the Heart Chakra. Love is healing. The heart chakra is associated with Unconditional Universal Love. Our ability to Love ourselves and others comes from the heart center. A deep compassion is felt for the self and others. It is our connection to others. Our heart center is our connection to above and below. It is our center; our balance. When balanced we are in harmony with others and the Universe.

Sacral Plexus/Svadhithana Six Petaled Lotus Chakra (Hara, Navel, 2nd) - Orange. Also known as the location of the Dantien. Located at our navel. Water element. Sensuality, Creativity, Joy, Passion, emotions, emotional pleasure fluidity, flexibility, nature, feelings, flow and desires. This chakra is where the feminine and masculine join together in Divine union. Our desires are located in this chakra. This chakra is used when manifesting our wants and desires of all types.

