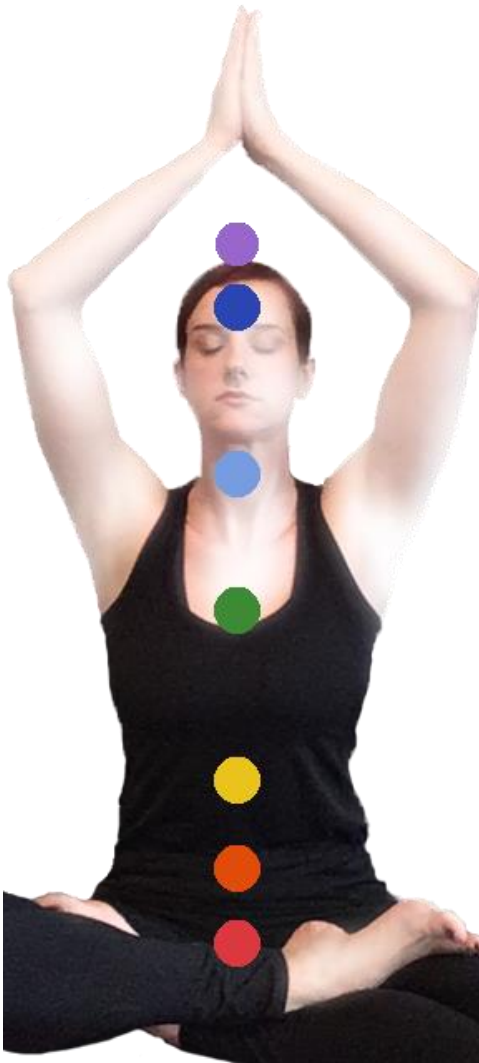


Chakra Chart

A Chakra is a spinning vortex of light and energy located just in front of the spine. There are seven main chakras that are positioned from the tailbone to the crown of the head. Chakras are a map of your inner world – your relationship with yourself, body mind and spirit, and how you experience energy.



Chakra	Symbol	Color	Location	Function	Mantra	Related Areas
Crown: Sahasrara		Purple or White	Top of Head	Enlightenment, Divine Wisdom, Consciousness	OM	Entire mind and body, brain, pituitary gland, nervous system
Third Eye: Ajna		Indigo	Center of Forehead	Intuition, Perception, Wisdom	OM	Forehead and temples, eyes, pineal gland
Throat: Vishuddha		Blue	Throat	Communication, Self-Expression, Authenticity	HAM	Throat, neck, shoulders, respiratory system, thyroid
Heart: Anahata		Green	Center of Chest	Compassion, Love, Harmony	YAM	Heart, lungs, arms, hands
Solar Plexus: Manipura		Yellow	Just above Navel	Energy Distribution, Personal Power, Motivation	RAM	Muscular system, digestive system, liver, stomach, adrenal glands
Sacral: Svadhithana		Orange	Just below Navel	Emotionality, Sexuality, Creativity	VAM	Reproductive system, sexual organs, circulatory system
Root: Muladhara		Red	Base of Spine	Survival, Stability, Security	LAM	Bones, bladder and elimination system, legs, feet