

7 The Seven Chakras

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CROWN (*Sahasrara*)

Location: Top of head

Element: Thought

Color: Violet

Mantra: I understand

Gland: Pituitary

Crystals: Moldavite, Quartz, Moonstone



THROAT (*Vishuddha*)

Location: Throat area near larynx

Element: Ether / Space

Color: Light Blue

Mantra: I speak

Gland: Thyroid

Crystals: Azurite, Turquoise, Amethyst



THIRD EYE (*Ajna*)

Location: Between eyebrows

Element: Light

Color: Indigo

Mantra: I see

Gland: Pineal

Crystals: Amethyst, Lapis lazuli, Azurite



SOLAR PLEXUS (*Manipura*)

Location: Upper abdomen

Element: Fire

Color: Yellow

Mantra: I do

Gland: Pancreas

Crystals: Malachite, Tiger's Eye, Citrine



HEART (*Anahata*)

Location: Chest (center)

Element: Air

Color: Green

Mantra: I love

Gland: Thymus

Crystals: Rose Quartz, Aventurine, Malachite



ROOT (*Muladhara*)

Location: Base of spine /pelvic floor

Element: Earth

Color: Red

Mantra: I am

Gland: Adrenal glands

Crystals: Smoky Quartz, Azurite, Red Jasper



SACRAL (*Svadhisthana*)

Location: Lower abdomen, below the navel

Element: Water

Color: Orange

Mantra: I feel

Gland: Gonads

Crystals: Orange Carnelian, Topaz, Citrine

