

The Seven Chakras

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| <p>Crown Sahasrara</p>  | <ul style="list-style-type: none"> • Location: Top of Head • Color: Violet • Element: Thought • Seed Sound: AH • Gland: Pituitary | <p>Awareness Divinity Spirituality</p> | <p>Affirmations: <i>I am infinite</i> <i>I am divine</i> <i>I am at peace</i></p> |  |
| <p>Third Eye Ajna</p>  | <ul style="list-style-type: none"> • Location: Between Eyebrows • Color: Indigo • Element: Light • Seed Sound: OM • Gland: Pineal | <p>Intuition Imagination Perception</p> | <p>Affirmations: <i>I am intuitive</i> <i>I have a brilliant mind</i> <i>I see the deeper truth</i></p> |  |
| <p>Throat Vishuddha</p>  | <ul style="list-style-type: none"> • Location: Throat Area • Color: Light Blue • Element: Ether/Space • Seed Sound: HAM • Gland: Thyroid | <p>Expression Communication Truth</p> | <p>Affirmations: <i>I speak my inner truth</i> <i>I have integrity</i> <i>My voice matters</i></p> |  |
| <p>Heart Anahata</p>  | <ul style="list-style-type: none"> • Location: Chest (Center) • Color: Green • Element: Air • Seed Sound: YAM • Gland: Thymus | <p>Love Compassion Kindness</p> | <p>Affirmations: <i>I love myself</i> <i>I radiate love</i> <i>I am worthy of love</i></p> |  |
| <p>Solar Plexus Manipura</p>  | <ul style="list-style-type: none"> • Location: Upper Abdomen • Color: Yellow • Element: Fire • Seed Sound: RAM • Gland: Pancreas | <p>Self-esteem Confidence Inner power</p> | <p>Affirmations: <i>I am powerful</i> <i>I am courageous</i> <i>I am enough</i></p> |  |
| <p>Sacral Svadhisthana</p>  | <ul style="list-style-type: none"> • Location: Below Navel • Color: Orange • Element: Water • Seed Sound: VAM • Gland: Gonads | <p>Creativity Sexuality Pleasure</p> | <p>Affirmations: <i>I am creative</i> <i>I honor my desires</i> <i>I embrace my sexuality</i></p> |  |
| <p>Root Muladhara</p>  | <ul style="list-style-type: none"> • Location: Base of Spine • Color: Red • Element: Earth • Seed Sound: LAM • Gland: Adrenals | <p>Security Safety Survival</p> | <p>Affirmations: <i>I am safe and secure</i> <i>I love my body</i> <i>I am protected</i></p> |  |