

CHAKRAS



CROWN

Sahasrara

- Location: Top of Head
- Color: Violet
- Element: Thought
- Seed Sound: AH
- Gland: Pituitary



**Awareness
Divinity
Spirituality**

'I know'

THIRD EYE

Ajna

- Location: Between Eyebrows
- Color: Indigo
- Element: Light
- Seed Sound: OM
- Gland: Pineal



**Intuition
Imagination
Perception**

'I see'

THROAT

Vishuddha

- Location: Throat Area
- Color: Light Blue
- Element: Ether / Space
- Seed Sound: HAM
- Gland: Thyroid



**Expression
Communication
Truth**

'I speak'

HEART

Anahata

- Location: Chest (Center)
- Color: Green
- Element: Air
- Seed Sound: YAM
- Gland: Thymus



**Love
Compassion
Kindness**

'I love'

SOLAR PLEXUS

Manipura

- Location: Upper Abdomen
- Color: Yellow
- Element: Fire
- Seed Sound: RAM
- Gland: Pancreas



**Self-esteem
Confidence
Inner power**

'I do'

SACRAL

Svadhithana

- Location: Below Navel
- Color: Orange
- Element: Water
- Seed Sound: VAM
- Gland: Gonads



**Creativity
Sexuality
Pleasure**

'I feel'

ROOT

Muladhara

- Location: Base of Spine
- Color: Red
- Element: Earth
- Seed Sound: LAM
- Gland: Adrenals



**Security
Safety
Survival**

'I am'