

Chakra Description

The Root Chakra, Sacral Chakra, Solar Plexus, Heart Chakra, Throat Chakra, Third Eye Chakra, and Crown Chakra are the seven main chakras.

7 Chakras

1. The base of the spine, the color red, and the feeling of safety and security are all connected to the Root Chakra.
2. The lower abdomen, the color orange, and the feelings of creativity and pleasure are connected to the Sacral Chakra.
3. The upper abdomen is connected to the Solar Plexus Chakra, which is also linked to the color yellow, the feeling of strength, and self-worth.
4. The Heart Chakra is connected to the chest, the color green, and the feelings of compassion and love.
5. The Chakra for the Throat is connected to the throat itself, the color blue, and the feeling of articulation and communication.
6. The Third Eye Chakra is linked to the forehead, with indigo as a color and the feeling of insight and intuition.
7. The top of the head is connected to the Crown Chakra, which is also connected to the color violet, the feeling of enlightenment, and a spiritual connection.

Chakra Description (Continued)

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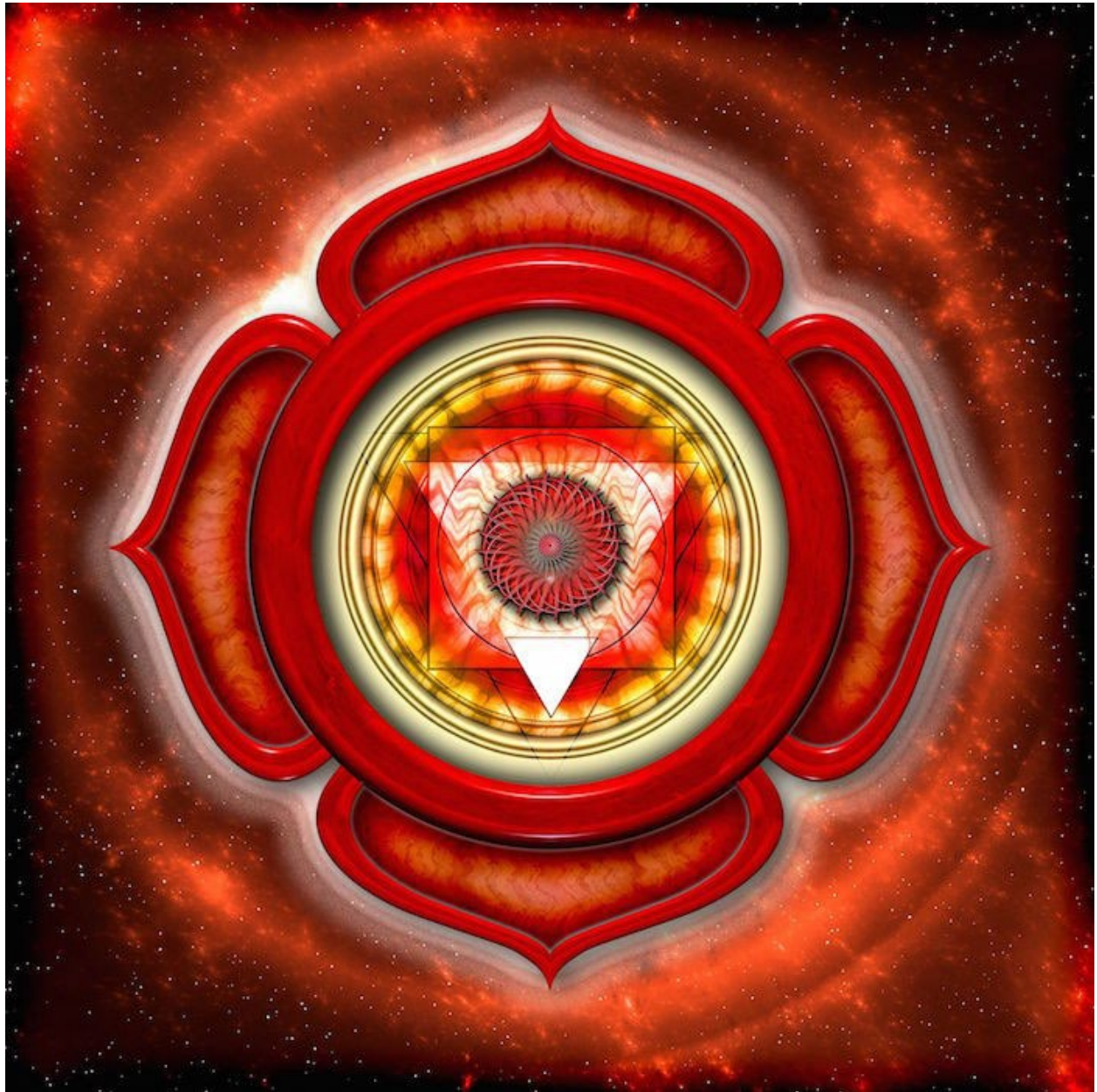
The seven chakras are vortexes of energy that represent our seven levels of consciousness. Through these seven chakras, we move from the lower self, or an unconscious state, to the higher self, or conscious state.

Every chakra has a unique element, color, and symbol.

On the next page, we will explore the unique elements and colors of each chakra.



Root Chakra



The root chakra (Muladhara) is the first chakra. It is connected to the earth element.

Location within the body: Base of the spine

Color: Red

Feelings: Safety and Security

Root chakra affirmation:

I am supported by Mother Earth.

Sacral Chakra



The sacral chakra (Svadhishthana) is the second chakra. It is connected to the water element.

Location within the body: Lower abdomen

Color: Orange

Feelings: Creativity and Pleasure

Sacral chakra affirmation:

I invite joy into my life.

Solar Plexus Chakra



The solar plexus chakra (Manipura) is the third chakra. It is connected to the fire element.

Location within the body: Upper abdomen

Color: Yellow

Feelings: Strength and Self-worth

Solar plexus chakra affirmation:

I can achieve anything I set my mind to.

Heart Chakra



The heart chakra (Anahata) is the fourth chakra. It is connected to the air element.

Location within the body: Chest

Color: Green

Feelings: Compassion and Love

Heart chakra affirmation:

My life is filled with health and happiness.

Throat Chakra



The throat chakra (Vishuddha) is the fifth chakra. It is connected to the sound element.

Location within the body: Throat

Color: Blue

Feelings: Articulation and Communication

Throat chakra affirmation:

I am a great communicator.

Third Eye Chakra



The third eye chakra (Ajna) is the sixth chakra. It is connected to the light element.

Location within the body: Forehead

Color: Indigo

Feelings: Insight and Intuition

Third eye chakra affirmation:

My mind is strong, open, and clear.

Crown Chakra



The crown chakra (Sahasrara) is the seventh chakra. It is connected to the thought element.

Location within the body: Top of the Head

Color: Violet

Feelings: Enlightenment and a Spiritual Connection

Crown chakra affirmation:

I honor the Divine within me.

