

SEVEN CHAKRAS EXPLAINED

— THE 7 ENERGY CENTERS OF YOUR BODY —

CHAKRA	LOCATION	COLOR	MEANING	BALANCED YOU FEEL
 7. CROWN CHAKRA SAHASRARA	Top of Head 	VIOLET 	Spirituality Enlightenment Higher Consciousness	 Peaceful Connected Divine
 6. THIRD EYE CHAKRA AJNA	Between Eyebrows 	INDIGO 	Intuition Wisdom Inner Vision	 Intuitive Focused Insightful
 5. THROAT CHAKRA VISHUDDHA	Throat 	BLUE 	Communication Expression Truth	 Expressive Confident Clear
 4. HEART CHAKRA ANAHATA	Center of Chest 	GREEN 	Love Compassion Forgiveness	 Loving Connected Harmonious
 3. SOLAR PLEXUS CHAKRA MANIPURA	Above Navel 	YELLOW 	Confidence Willpower Personal Power	 Empowered Motivated Strong
 2. SACRAL CHAKRA SVADHISHTHANA	Below Navel 	ORANGE 	Creativity Passion Emotions	 Creative Passionate Joyful
 1. ROOT CHAKRA MULADHARA	Base of Spine 	RED 	Stability Security Survival	 Grounded Secure Safe

CHAKRAS

are spinning wheels of energy located along your spine. They help keep your body, mind and spirit in balance.

TIPS TO KEEP YOUR CHAKRAS BALANCED



MEDITATE

Daily meditation balances your energy.



EAT HEALTHY

Eat fresh, natural foods for strong energy.



DRINK WATER

Stay hydrated to keep your energy flowing.



STAY ACTIVE

Exercise and yoga keep your body and energy fit.



THINK POSITIVE

Positive thoughts create positive energy.



**BALANCED CHAKRAS
LEAD TO A BALANCED
AND HAPPY LIFE.**