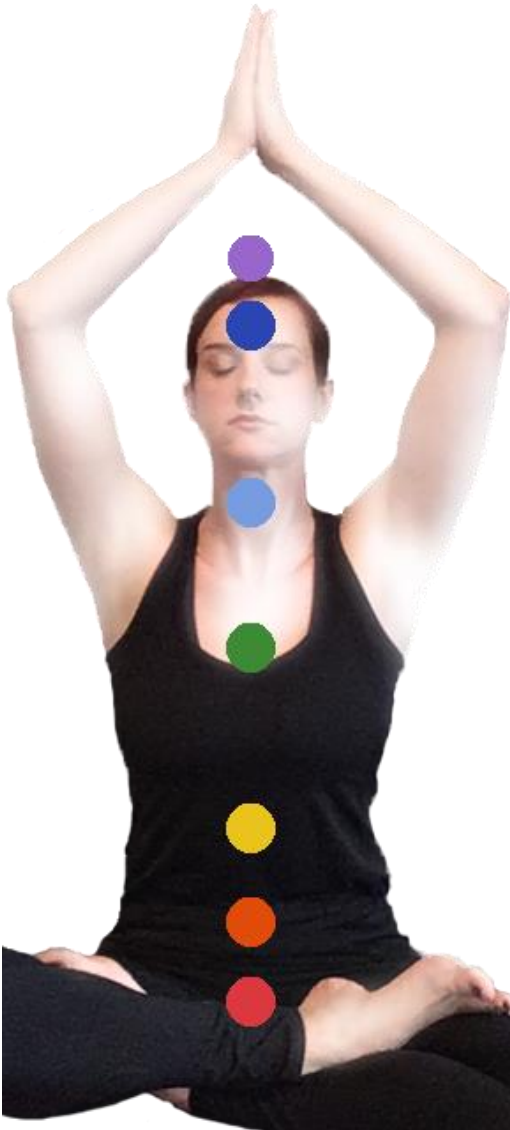





yozenity Chakra Chart

Chakras are spinning vortexes of energy located just in front of the spine and positioned from the tailbone to the crown of the head. The Chakras are a map of your inner world – your relationship with yourself and how you experience energy. Below is a chart of the seven main Chakras and their properties.



Chakra	Symbol	Color	Location	Function	Related Areas
Crown: Sahasrara		Purple or White	Top of Head	Enlightenment, Divine Wisdom, Consciousness	Entire mind and body, brain, pituitary gland, nervous system
Third Eye: Ajna		Indigo	Center of Forehead	Intuition, Perception, Wisdom	Forehead and temples, eyes, pineal gland
Throat: Vishuddha		Blue	Throat	Communication, Self-Expression, Desire for Truth	Throat, neck, shoulders, respiratory system, thyroid
Heart: Anahata		Green or Pink	Center of Chest	Compassion, Love, Harmony	Heart, lungs, arms, hands
Solar Plexus: Manipura		Yellow	Just above Navel	Energy Distribution, Personal Power, Motivation	Muscular system, digestive system, liver, stomach, adrenal glands
Sacral: Svadhithana		Orange	Just below Navel	Emotionality, Sexuality, Creativity	Reproductive system, sexual organs, circulatory system
Root: Muladhara		Red	Base of Spine	Survival, Stability, Security	Bones, bladder and elimination system, legs, feet