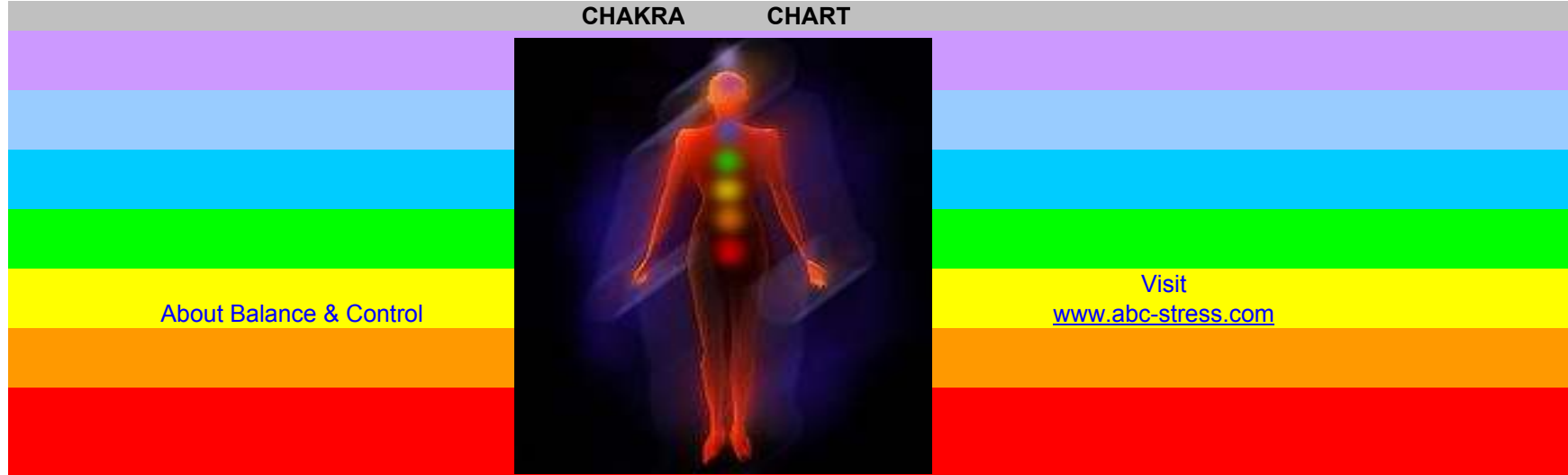


## CHAKRA CHART



CHAKRA #	CHAKRA NAME	SANSKRIT	LOCATION	LOCATION COLOR	ELEMENT	SENSE	MANTRA	INFLUENCE
7	Crown	Sahasrara	Top of head	VIOLET	Enlightenment	Life Force	OM	Spirituality <b>Inspiration</b>
6	Third Eye	Ajna	slightly above the brows	INDIGO	Mind	Intuition	KSHAM	The brain <b>Intuition</b>
5	Throat	Vishuddha	The throat area	BLUE	Ether	Sound	HUM	Speech, thyroid <b>Expression</b>
4	Heart	Anahata	The heart area	GREEN	Air	Touch	YAM	Circulation, immune syst. <b>Balance</b>
3	Solar Plexus	Manipura	The navel area	YELLOW	Fire	Sight	RAM	The energy of digestion, <b>Wholeness</b>
2	Sacral or Creative	Swadhistana	Between navel and base of spine	ORANGE	Water	Taste	VAM	Fertility, sexual energy, creativity <b>Stability</b>
1	Base or Root groundedness	Muladhara	Base of the spine	RED	Earth	Smell	LAM	Strong Emotional States <b>Potency</b>

