



## An Introduction to Your Chakras

Working with your chakras involves focusing on specific energy centers within your body.

The word chakra means wheel or vortex. It can be pictured as a spinning ball of energy in a certain color at a particular location in your body.

The chakras are an important part of Eastern medicine, in particular, Ayurvedic medicine from India.

The chakras have ancient Sanskrit names that help determine location. Working on each chakra can help you solve problems, achieve certain goals, or rebalance different aspects of your life.

### ***The 7 chakras are:***

#### **1-The Root Chakra, Muladhara (pronounced MOO-lah- DA-rah)**

The root chakra is located at the buttocks and anus and affects our basic needs and desires. Imagine a glowing red light near your bottom to balance and increase the energy in this area.

#### **2-The Navel Chakra-Svadhithana-(SHAH-dis THA-nah)**

The navel chakra is also known as the sex chakra and is located around the belly button. It is the seat of emotions, such as sexuality, and passion. It is also the seat of creation and reproduction. Its color is orange.

#### **3-The Solar Plexus Chakra-Manipura-(MANNA-poor-ah)**

The solar plexus chakra is located above the navel, just below the area where your rib cage divides. It is related to power and willpower and its color is yellow like the sun. It is the chakra that controls, ambition, discipline and self-control so you can achieve all your worldly goals.

#### **4-The Heart Chakra-Anahata-(ANN-hah-tah)**

The heart chakra is the center of compassion, understanding, and forgiveness. You can use chakra meditation to focus on a green light glowing in this area. This will help you clear away feelings of resentment, guilt, and anger and lack of love.

#### **5-The Throat Chakra (Vishuddha) (VEE-should-ah)**

The throat chakra is located in your neck area and is the seat of all communication. A balanced one will let you speak your truth and be as good as your word. An unbalanced one will lead to lying and gossip. Picture healing blue energy at your throat.

### **6-The Third Eye Chakra-Ajna-(AAHJ-nah)**

The third eye chakra is located in the middle of your forehead, just above the bridge of your nose and between your eyes. It is the center of spiritual knowledge and understanding. Imagine an indigo light, that is, bluish-purple, in this area while dealing with mental or spiritual issues or problems.

### **7-The Crown Chakra-Sahasrara-(SAH-haas-RAH-rah)**

The crown chakra is located at the top of your head and is associated with inspiration, divine wisdom, and the higher self. It connects you to the universe and vice versa. Picture a healing violet light at the top of your head.

Meditating on each chakra, its color and position, can rebalance your energy and help you move forward in whatever areas you feel stuck.