

THE SEVEN CHAKRAS

AND THEIR MEANINGS



Crown Chakra
SAHASRARA

KNOWLEDGE, CONSCIOUSNESS,
FULFILLMENT, SPIRITUALITY
"I UNDERSTAND"



Third Eye Chakra
AJNA

INTUITION, LUCIDITY,
MEDITATION, TRUST
"I SEE"



Throat Chakra
VISHUDDHA

COMMUNICATION, EXPRESSION,
CREATIVITY, INSPIRATION
"I TALK"



Heart Chakra
ANAHATA

ACCEPTANCE, LOVE,
COMPASSION, SINCERITY
"I LOVE"



Solar Plexus Chakra
MANIPURA

STRENGTH, PERSONALITY,
POWER, DETERMINATION
"I DO"



Sacral Chakra
SVADHISHTHANA

SENSUALITY, SEXUALITY,
PLEASURE, SOCIABILITY
"I FEEL"



Root Chakra
MULADHARA

ENERGY, STABILITY,
COMFORT, SAFETY
"I AM"