




## Chakras | Quick Reference Guide

*from various sources*

According to Tantric tradition, everyone has 7 energy centres that serve as junction points between the body and consciousness, or between matter and the mind. These spinning vortices, called Chakras in Sanskrit, receive, assimilate and express our vital life energy. They function as intake organs for the universal life force (Prana). When the flow of energy in one or more of the Chakras becomes blocked, one may develop physical and mental illnesses.

Ancient practitioners perceived the Chakra system as a column of energy centres that extends from the base of the spine to the top of the head. The location of each Chakra loosely corresponds to a part of the body's anatomy and is associated with a specific colour.

Chakras 1, 2 and 3 relate to the basic needs of the body. Chakras 5 to 7 relate to the basic needs of the mind. Chakra 4, the Heart Chakra, is considered the place where these needs intersect and integrate.

7 <sup>th</sup> ~ Sahaswara		<b>Crown Chakra</b> ~ cosmic consciousness ~ understanding ~ enlightenment
6 <sup>th</sup> ~ Ajna		<b>Third Eye Chakra</b> ~ clairvoyance ~ intuition ~ psychic senses
5 <sup>th</sup> ~ Vishuddha		<b>Throat Chakra</b> ~ communication ~ creativity ~ healing
4 <sup>th</sup> ~ Anahata		<b>Heart Chakra</b> ~ love ~ hope ~ compassion
3 <sup>rd</sup> ~ Manipura		<b>Solar Plexus Chakra</b> ~ energy ~ vitality ~ desire + power
2 <sup>nd</sup> ~ Svadhisthana		<b>Sacral Chakra</b> ~ emotions ~ sexuality ~ intimacy
1 <sup>st</sup> ~ Muladhara		<b>Root Chakra</b> ~ survival instinct ~ security ~ grounding