

The Seven Chakras

Physical Connections & Functions

Crown Chakra: Located at the top of the head. Associated with the Pineal Gland, Hair Growth, & Central Nervous System (CNS). Colour: Violet

Third – Eye Chakra: Located between the two eyebrows. Associated with the Pituitary Gland, Hypothalamus, Eyes & Autonomic Nervous System. Colour: Indigo

Throat Chakra: Located at the throat. Associated with the Thyroid & Parathyroid Glands; Neck, Ears & Atlas, Lungs & Respiratory System, Colds & Allergies. Colour: Blue

Heart Chakra: Located at the centre of the chest. Associated with the Heart, Thymus, Breathing & Lungs, Blood Pressure, Lymphatic System & Immune System. Colour: Green

Solar Plexus Chakra: Located between the sternum & the naval. Associated with the Pancreas, Stomach, Liver, Small Intestine, Digestive Function & Blood Sugar. Colour: Yellow

Sacral Chakra: Located at the naval. Associated with the Spleen, Uterus/Ovaries, Urinary Tract, Kidney & Adrenals. Colour: Orange

Root Chakra: Located at the base of the Spine. Associated with Sexual & Reproductive Organs, Tailbone, Rectum, Legs & Feet. Colour: Red



Mental, Emotional and Spiritual Connections & Functions

Crown Chakra: Compassion, Peace & Oneness. Acceptance & Harmony. Non- Attachment, Love & Spiritual Love.

Third – Eye Chakra: Visualizations, Clairvoyance, Past-Lives Blueprint. Psychic and Subtle Awareness, Intuition. Awareness of self, others and the environment. Service to Mankind.

Throat Chakra: Open & Clear Communication. Emotions are stored here as well as our thoughts and desires. Repressed feelings can be released. Breathe, Life-force, Creativity & Healing.

Heart Chakra: Love, Harmony, Gentleness & Trust. Openness to new people & ideas. Ability to Give & Receive. Growth, Balance & Coping with Loss. It is the Emotional & Spiritual Heart Centre.

Solar Plexus Chakra: Mental Energy. Thoughts, Details & Perfectionism. Self-Criticism vs. Constructive Thoughts. Will power, Control & Self-Control.

Sacral Chakra: Feelings & Emotional Needs. Boundaries & Intimacy. Warmth, Trust, Pleasure & Joy. Beginnings & Endings. Attachment & Letting Go.

Root Chakra: Physical Energy, Sexuality & Taking Action. Physical needs i.e. finances, safety, security. The Kundalini (spirit energy) lives here.

