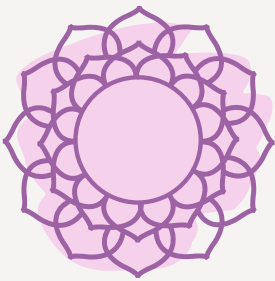


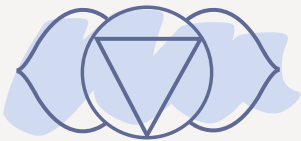


THE SEVEN CHAKRAS



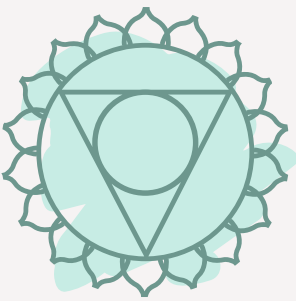
Crown Chakra – Sahasrara

Location: Top of the head
Functions: Knowledge, Fulfillment, Spirituality, and Self-Resolution



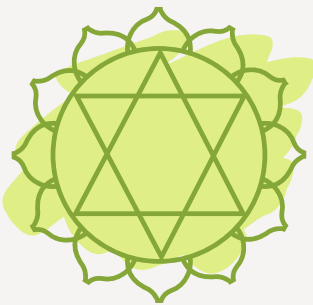
Third Eye Chakra – Ajna

Location: Between the eyebrows
Functions: Intuition, Imagination, Visualization, Clairvoyance



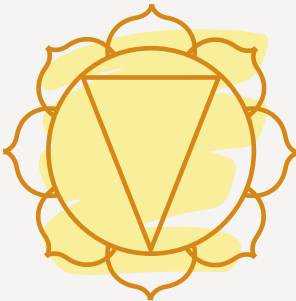
Throat Chakra Vishuddha

Location: Back of the neck, throat
Functions: Communication, Expression, Purification, Honesty



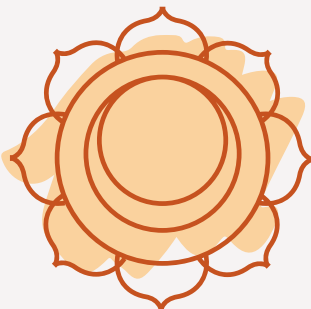
Heart Chakra – Anahata

Location: Middle of the chest
Functions: Love, Compassion, Acceptance, Kindness, Peace



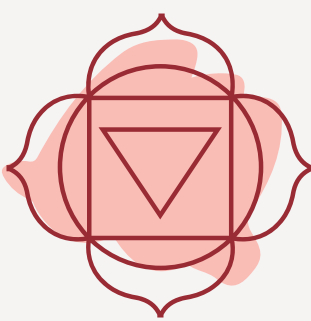
Solar Plexus Chakra – Manipura

Location: Above the navel
Functions: Self-Esteem, Strength, Power, Ego, Digestion



Sacrum Chakra – Svadhishthana

Location: Sacrum
Functions: Sexuality, Sensuality, Pleasure, Creativity, Emotions



Root Chakra – Muladhara

Location: Perineum
Functions: Grounding, Stability, Survival, Comfort, Safety

