

Crown Chakra (Sahasrara)
Connection to the divine

Third Eye Chakra (Ajna)
*Intuition, sense of purpose
and direction in life*

Throat Chakra (Vishuddha)
Self-expression

Heart Chakra (Anahata)
*Love, relationships and
self-acceptance*

Solar Plexus Chakra (Manipura)
*Personal power and ability to
channel*

Sacral Chakra (Swadhisthana)
Sexuality and pleasure

Root Chakra (Muladhara)
*Career, money mindset
and sense of belonging*



CROWN CHAKRA - The highest Chakra represents our ability to be fully connected spiritually.
Location: The very top of the head.
Emotional issues: Inner and outer beauty, our connection to spirituality, pure bliss.
Physical association: Pineal gland, brain, nervous system.

THIRD EYE CHAKRA - Our ability to focus on and see the big picture.
Location: Forehead between the eyes. (Also called the Brow Chakra)
Emotional issues: Intuition, imagination, wisdom, ability to think and make decisions.
Physical association: Pituitary gland, eyes, sinuses.

THROAT CHAKRA - Our ability to communicate.
Location: Throat.
Emotional issues: Communication, self-expression of feelings, the truth.
Physical association: Thyroid, respiratory system, teeth, vocal cords.

HEART CHAKRA - Our ability to love.
Location: Center of chest just above heart.
Emotional issues: Love, joy, inner peace.
Physical association: Heart, thymus, lower lungs, circulatory system, immune system.

SOLAR PLEXUS CHAKRA - Our ability to be confident and in-control of our lives.
Location: Upper abdomen in the stomach area.
Emotional issues: Self-worth, self-confidence, self-esteem.
Physical association: Central nervous system, pancreas, liver, digestive tract, skin.

SACRAL CHAKRA - Our connection and ability to accept others and new experiences.
Location: Lower abdomen, about 2 inches below the navel and 2 inches in.
Emotional issues: Sense of abundance, well-being, pleasure, sexuality.
Physical association: Reproductive organs, kidneys, bowels, immune system.

ROOT CHAKRA - Represents our foundation and feeling of being grounded.
Location: Base of spine in tailbone area.
Emotional issues: Survival issues such as financial independence, money, and food.
Physical association: Spine, rectum, legs, arms, circulatory system.

More Chakra Resources

1. Suggests yoga poses for each chakra.
https://www.youryoga.com/wp-content/uploads/2018/03/chakras_flat.png
2. Shows the mudra for each chakra.
<https://i.pinimg.com/236x/ee/8b/ab/ee8bab4a9d8786ce5052bbc0fe650a91.jpg>
3. Includes the mantra for each chakra.
https://2wixx71erohn2ixvfu42jxuw-wpengine.netdna-ssl.com/wp-content/uploads/2019/05/shutterstock_1345216034-1.png
4. Includes the sound and “blocker” of each chakra.
<https://www.yogateket.com/image/original/Chakra.jpg>
5. Shows the frequency and musical note for each chakra.
<https://thumbs.dreamstime.com/z/chakras-color-chart-associated-musical-notes-solfeggio-frequencies-100778664.jpg>
6. Suggests foods for each chakra.
https://cdn.shopify.com/s/files/1/0716/2975/files/chakrafoods1_large.jpg?v=1498503142
7. Tons more chakra info.
<https://www.pinterest.com/berealwelltoday/yoga-chakras-real-well>