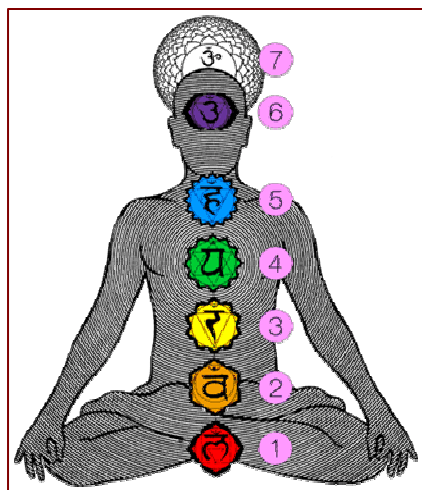


Chakras – The Seven Energy Centers of the Body



Chakra is a Sanskrit word meaning wheel, or vortex, and it refers to the seven energy centers in our bodies of which our consciousness, our energy system, is composed. These chakras, or energy centers, function as pumps or valves, regulating the flow of energy through our energy system.

The chakras are not physical – they are energy organs. Chakras draw energy from the atmosphere into the organism, where it is metabolized and distributed through the body down to the cellular level. They interact with the physical body through two major vehicles, the endocrine system and the nervous system.

Each of the seven chakras is associated with one of the seven endocrine glands, and also with a group of nerves called a plexus. Thus, each chakra can be associated with particular parts of the body and particular functions within the body controlled by that plexus or

that endocrine gland associated with that chakra. In addition the chakras also correlate to levels of consciousness, developmental stages of life, colors, sounds, body functions, and more.

Below is a brief description of the seven chakras located in the body.

Chakra/Location	Color	Endocrine Gland	Quality
1) Root (<i>Muladhara</i>)	Red	Sexual Glands	Abundance/Orgasm
<i>Attributes:</i> Connection to the earth. Foundation. Groundedness. Belonging. Being enough. Abundance. Birth, life, survival, aliveness. Sexuality, desire, pleasure.			
2) Lower Belly (<i>Svadhithana</i>)	Orange	Adrenal Glands	Balance/Flow
<i>Attributes:</i> Center of balance, movement, gravity. Equilibrium. Being centered. Vitality. Fluidity, flow. Healthy, strong, relaxed body. Abundant energy.			
3) Solar Plexus (<i>Manipura</i>)	Yellow	Pancreas	Power/Manifestation
<i>Attributes:</i> Personal power, charisma, self assurance. Self esteem. Courage. Will. Determination. Clear choices. Manifesting in the world. Cheerfulness, radiance. Expansion.			
4) Heart (<i>Anahata</i>)	Green	Thymus	Love/Compassion
<i>Attributes:</i> Desire to merge, melt, surrender. Empathy, compassion. Generosity. Trust. Forgiveness. Passion to share love, joy, laughter. Playful child. Freshness, creativity.			
5) Throat (<i>Vishuddha</i>)	Blue	Thyroid	Truth/Creativity
<i>Attributes:</i> Truth, authentic self expression, communication. Assertion. Creative expression. Inspiration. Giving voice to the heart.			
6) Third Eye (<i>Ajna</i>)	Violet	Pituitary	Insight/Intuition
<i>Attributes:</i> Global vision, clarity. Insight. Clear direction. Intuition, imagination, inner vision. Understanding directly without reason or logic.			
7) Crown (<i>Sahasrara</i>)	White	Pineal	Connection/Transcendence
<i>Attributes:</i> Bridge between matter & spirit. Spaciousness, illumination, awakening, transcendence. Contentment, harmony, equanimity, neutrality. Realms of the soul — peace, silence, wonder.			