

THE 7 MAIN CHAKRAS



CROWN 7th

3RD EYE 6th

THROAT 5th

HEART 4th

SOLAR PLEXUS 3rd

SACRAL 2nd

ROOT 1st

THE  CONNECTS THE 3 UPPER CHAKRAS WITH THE LOWER 3 CHAKRAS

THE  IS THE CENTER OF WHO WE ARE

THE  ACTS LIKE A BRIDGE BETWEEN THE EARTH & SPIRIT

THE 3 LOWER CHAKRAS - TEND TO YOUR PHYSICAL & EMOTIONAL IDENTITY...
AS WELL AS YOUR SELF IMAGE & YOUR RELATIONSHIP TO THE PHYSICAL
WORLD

THE 3 UPPER CHAKRAS - CONNECT AND COMPLETE YOU!