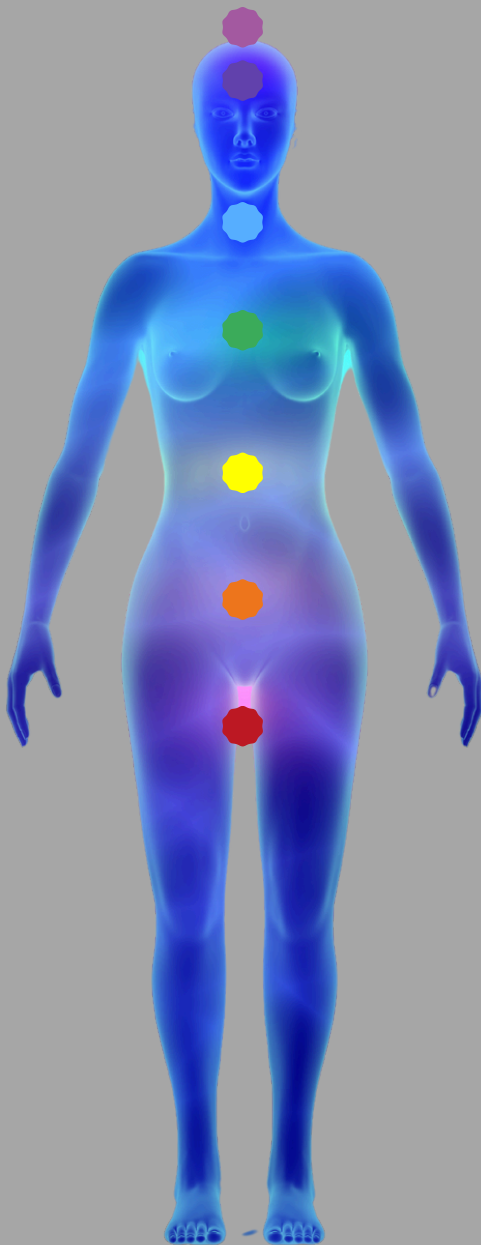


CHAKRA GUIDE

The 7 Main Chakras



Alpha
XPRESSIONS



CROWN CHAKRA: (7TH) SAHASRARA
LOCATION: TOP OF THE HEAD
IT REPRESENTS STATES OF HIGHER CONSCIOUSNESS
AND DIVINE CONNECTION.



THIRD EYE CHAKRA: (6TH) AJNA
LOCATION: BETWEEN EYEBROWS
IT REPRESENTS INTUITION, FORESIGHT, IMAGINATION,
AND OPENNESS.



THROAT CHAKRA: (5TH) VISSUDHA
LOCATION: NECK / THROAT
IT REPRESENTS THE ABILITY TO COMMUNICATE
AND SPEAK CLEARLY AND EFFECTIVELY.



HEART CHAKRA: (4TH) ANAHATA
LOCATION: MIDDLE OF THE CHEST
IT REPRESENTS LOVE, SELF-LOVE, AND
RELATIONSHIPS.



SOLAR PLEXUS CHAKRA: (3RD) MANIPURA
LOCATION: BELOW THE CHEST
IT REPRESENTS WILLPOWER, PLEASURE, SELF-
ESTEEM, AND RESPONSIBILITY.



SACRAL CHAKRA: (2ND) SVADHISTHANA
LOCATION: BELOW THE NAVEL
IT REPRESENTS CREATIVE EXPRESSIONS AND SEXUAL
ENERGY.



ROOT CHAKRA: (1ST) MULADHARA
LOCATION: THE BASE OF THE SPINE
IT REPRESENTS THE FOUNDATION ON WHICH WE BUILD
OUR LIFE ON. SUCH AS SAFETY, STABILITY, AND
SECURITY.

