

The Seven Chakras



THE CROWN CHAKRA

What it influences: self-knowledge, spirituality, connection to the divine
When it's blocked, you may experience: difficulty meditating, lack of spiritual connections, aimlessness



THE THIRD EYE CHAKRA

What it influences: self-reflection, intuition, clarity of sight
When it's blocked, you may experience: difficulty making decisions, poor intuition, lack of inspiration



THE THROAT CHAKRA

What it influences: self-expression, communication, integrity
When it's blocked, you may experience: difficulty communicating your thoughts and speaking your truth



THE HEART CHAKRA

What it influences: social identity, love, relationships
When it's blocked, you may experience: difficulty with relationships, lack of compassion, hopelessness



THE SOLAR PLEXUS CHAKRA

What it influences: ego identity, personal power, ambition
When it's blocked, you may experience: low self-esteem, lack of willpower, fear of rejection



THE SACRAL CHAKRA

What it influences: emotional identity, creativity, desire
When it's blocked, you may experience: creative blocks, intimacy issues, inability to flow with change



THE ROOT CHAKRA

What it influences: physical identity, stability, sense of safety
When it's blocked, you may experience: anxiety, lack of physical energy, a sense of being ungrounded