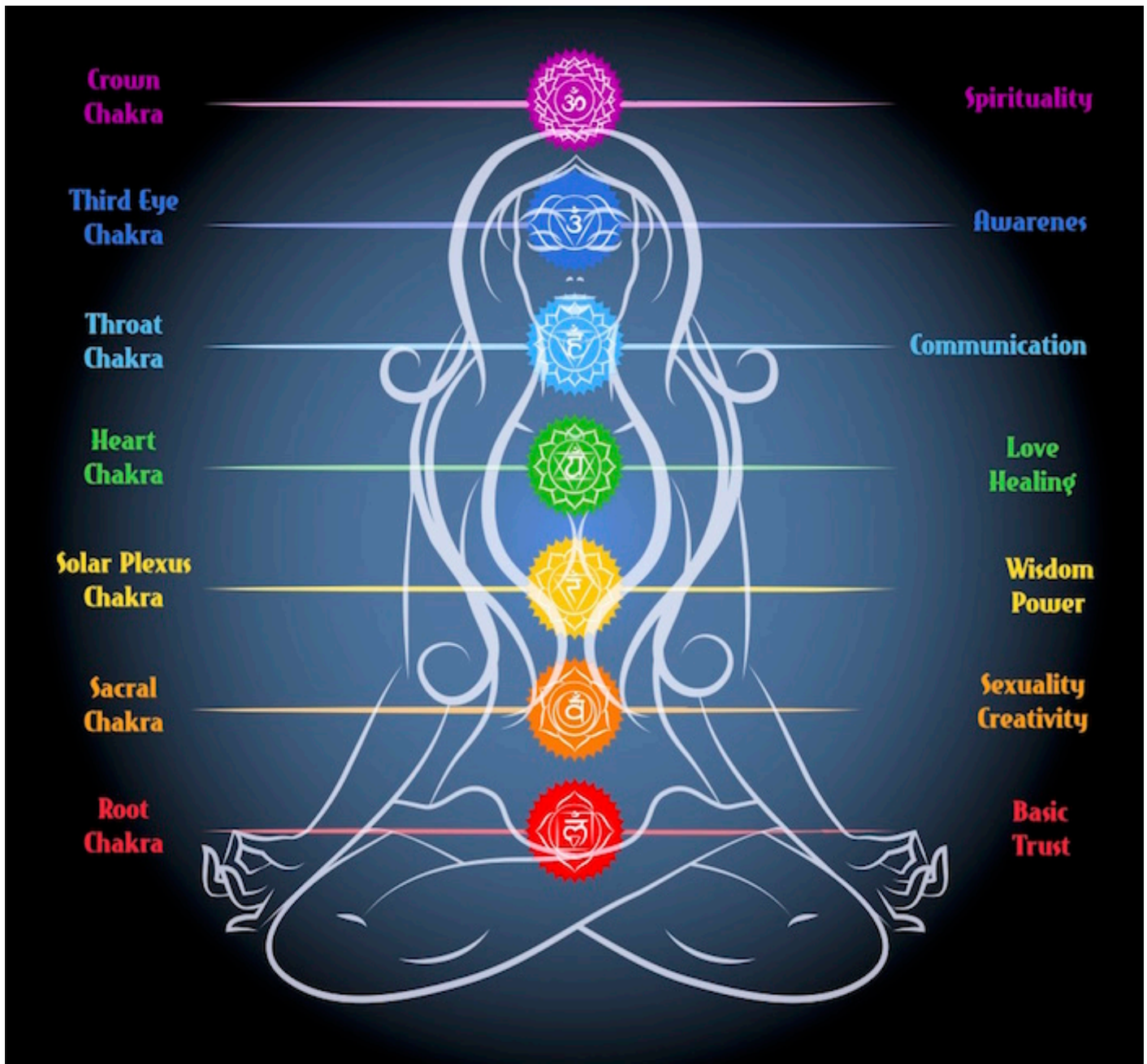


CHAKRAS



CHAKRAS

Chakras, by definition, are energy centers within the human body that help to regulate all its processes, from organ function to the immune system and emotions. 7 chakras are positioned throughout the body, from the base of our spine to the crown of our head. Each chakra has its own vibrational frequency, color, and governs specific functions in our bodies.

It is essential to understand one thing: We are all energy. All living things are created by and comprised of energy. The ability of our energy centers to function optimally is what keeps us psychologically, emotionally, physically, and spiritually balanced.

What are the 7 Chakras?

When exploring the chakras, it's best to start at the beginning. Below is a list of each chakra, starting with the base of the spine and moving up. Given is the chakra name, location, color, and function.

- Root (1st) — Base of the spine; red; governs survival instincts, grounding.
- Sacral (2nd) — Lower abdomen; orange; governs sexuality, intuition, self-worth/esteem.
- Solar Plexus (3rd) — Upper abdomen; yellow; governs impulse control, ego.
- Heart (4th) — Center of the chest; green; governs compassion, spirituality.
- Throat (5th) — Throat; blue; governs communication, emotion.
- Third Eye (6th) — Between the eyes; purple; governs rationality, wisdom, imagination.
- Crown (7th) — Top of the head; indigo; governs connection with the Divine.

Chakra Healing Stones

Chakra healing stones are each colored to correspond to individual chakras. Cleansed and charged prior to use, the seven stones are laid upon the body's energy centers. Each stone possesses a vibrational frequency that matches that of chakra over which it is placed. As the chakra absorbs the stone's frequency, its balance is restored.