

Chakras

The concept of chakras originates from ancient Indian spiritual traditions, particularly from texts associated with Hinduism and later Buddhism.

The term **“chakra”** comes from the Sanskrit word for “wheel” or “disc,” symbolizing the idea of spinning energy centers within the body.

These energy centers run along the spine, each governing specific aspects of your physical, emotional, and spiritual well-being. They influence how you interact with the world and how you process experiences.

The Seven Main Chakras



#1 Root Chakra (Muladhara)

Location

Base of the spine;
associated with safety, survival, and grounding

Color

Red

Sound

LAM

Exercises

- **Visualizations**
 - Visualize roots growing from the soles of your feet into the earth, grounding and stabilizing you.
 - Bring your awareness to your root and see, hear or feel the color red and say the sound syllable out loud or silently.
- **Exercises**
 - Walking barefoot on the earth
- **Affirmations**
 - *"I am safe, secure, and deeply rooted in the present moment."*
 - *"I trust the process of life and am supported by the Earth."*



#2 Sacral Chakra (Svadhithana)

Location

Below the navel; associated with creativity, pleasure, and emotional expression

Color

Orange

Sound

VAM

Exercises

- **Visualizations**

- Visualize your creativity or sexual life force flowing out with ease
- Bring your awareness to your lower abdomen and genitals and see, hear or feel the color orange and say the sound syllable out loud or silently.

- **Exercises**

- Hip Circles or Dancing
- Paint, draw, write or play music

- **Affirmations**

- *"I embrace my creativity and allow it to flow freely."*
- *"I honor my body and feel joy in all aspects of my life."*



#3 Solar Plexus Chakra (Manipura)

Location

Stomach area;
associated with confidence, power, and control

Color

Yellow

Sound

RAM

Exercises

- **Visualizations**
 - Visualize your core as a solid and strong
 - Bring your awareness to your solar plexus and see, hear or feel the color yellow and say the sound syllable out loud or silently.
- **Exercises**
 - Core exercises, like plank pose or situps
- **Affirmations**
 - *"I am confident in my personal power and capable of achieving my goals."*
 - *"I trust myself and stand strong in my decisions."*



#4 Heart Chakra (Anahata)

Location

Center of the chest;
associated with love, compassion, and connection

Color

Green

Sound

YAM

Exercises

- **Visualizations**

- Visualize your energetic heart field expanding outwards passed your body, the room, your city, country, to the earth and beyond
- Bring your awareness to your heart and see, hear or feel the color green and say the sound syllable out loud or silently.

- **Exercises**

- Camel pose or cobra pose

- **Affirmations**

- *"I give and receive love effortlessly and unconditionally."*
- *"My heart is open, and I deeply connect with others in peace and harmony."*

#5 Throat Chakra (Vishuddha)

Location

Throat;
associated with communication, truth, and self-expression

Color

Blue

Sound

HAM

Exercises

- **Visualizations**

- Visualize yourself freely expressing your words and body movement easily and effortlessly.
- Bring your awareness to your throat and see, hear or feel the color blue and and say the sound syllable out loud or silently.

- **Exercises**

- Speak your truth to yourself, either write it out or record it.

- **Affirmations**

- *"I express my truth with clarity, confidence, and ease."*
- *"My voice is powerful, and I speak with honesty and integrity."*



#6 Third Eye Chakra (Ajna)

Location

Between the eyebrows;
associated with intuition, insight, and wisdom

Color

Indigo

Sound

OM or AUM

Exercises

- **Visualizations**
 - Bring your awareness to your third eye and see, hear or feel the color indigo and say the sound syllable out loud or silently.
- **Exercises**
 - Light a candle and gaze at the flame, focusing on the point between your eyebrows.
- **Affirmations**
 - *"I trust my inner wisdom and intuition to guide me."*
 - *"I see the truth in all situations and have a clear vision for my life."*



#7 Crown Chakra (Sahasrara)

Location

Top of the head; associated with spirituality, connection to higher consciousness, and enlightenment

Color

Violet or White Light

Sound

Silent OM or AUM

Exercises

- **Visualizations**
 - Bring your awareness to your crown and see, hear or feel white light and and say the sound syllable out loud or silently.
- **Exercises**
 - Sit in stillness, meditate
- **Affirmations**
 - *"I am connected to the divine and open to infinite wisdom."*
 - *"I am a part of the universe, and the universe is within me."*

