








Chakras

Gateways to Our Consciousness

Chakra	Location	Element	Connections/Purpose	Spin	Tone	Mantra	
	Crown	Top & Center of Head	Magnetum	Sense of smell, nurturing, rooting, basic physiological needs, the physical body Connect to Universal Energy	cc	C	Lam
	Third Eye	Between Eyes	Radium	Sense of taste, emotions, flow of life, flexibility, sexuality, creativity, power, empowerment, water and blood within the physical body Spiritual Essence	c	D	Vam
	Throat	Between Inner Collarbone	Sound & Color	Sense of sight, individuality, identity, vision, symbolic digestion of life, physical digestive system Expression Communication	cc	E	Ram
	Heart	Center of Chest	Air	Personal and collective memory, sense of hearing, expression, communication, the ability to listen, being heard, responsibility Emotions, Love of Self	c	F	Yam
	Solar Plexus	Slightly Below Navel	Fire	Higher vibrations, spiritual vision, refinement, inspiration Desire, Wishes, Intuition	cc	G	Ham
	Sacral	Slightly Above Genital Area	Water	The pull between gravity and levity, the process of incarnation Creativity, Sensuality	c	A	Ksham
	Root	Between Genitals & Anus	Earth	Foundation, Mother Earth	cc	OM	Hum

For more information about Chakras visit www.ChakraHealing.com.