

CHAKRA'S SUMMARY



| | | |
|-----|---|--|
| 7th | Crown Chakra / Thousand Petal or Spoked Wheel / Sahasrara Chakra Location: just above the crown of the head Color: encompasses all colors Mantra Seed Syllable: encompasses all sounds | Element: the ultimate reality of all truth Number of Petals: 1000 (symbolic for unlimited) Focus: detachment from ego and illusory nature of the material world, attaining the goal of yoga (self-realization). |
| 6th | Third Eye Chakra / Rule or Command Wheel / Ajna Chakra Location: in the middle of the forehead, between the eyebrows Color: indigo Mantra Seed Syllable: om | Element: the universal mind Number of Petals: 12 Focus: intuition, decision-making, and the surrendering of egocentric intellect in favor of attaining non-dualistic wisdom |
| 5th | Throat Chakra / Especially Pure Wheel / Vishuddha Chakra Location: throat Color: turquoise or blue Mantra Seed Syllable: hum | Element: ether/space Number of Petals: 16 Focus: self-expression and communication |
| 4th | Heart Chakra / Wheel of the Unstruck or Singular Sound / Anahata Chakra Location: within the center of the chest Color: green Mantra Seed Syllable: yam | Element: air Number of Petals: 12 Focus: peace, love, and empathy |
| 3rd | Solar Plexus or Navel Chakra / Wheel of the Jewel City / Manipura Chakra Location: solar plexus Color: yellow Mantra Seed Syllable: ram | Element: fire Number of Petals: 10 Focus: power, will, and self-esteem |
| 2nd | Sacral Chakra / One's Own Self-Sound Wheel / Svadhishthana Chakra Location: sacrum Color: orange Mantra Seed Syllable: lam | Element: water Number of Petals: 6 Focus: emotions, desires, and creativity |
| 1st | Root Chakra or Root Wheel / Muladhara Chakra Location: base of the spine Color: crimson Mantra Seed Syllable: lom | Element: earth Number of Petals: 4 Focus: physical survival, self-preservation, and security |

Chakra Therapy

L Cohen



Chakra Therapy:

Ignite the flame of optimism with is motivational masterpiece, **Chakra Therapy** . In a downloadable PDF format (*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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