The Chakras



Sahasrara - Crown Center

Unity / Dissolution / Detachment / Transcendence / Sense of Light / Divine Light
Going Beyond All Limitations of the Mind / Sense of Oneness / Presence / Awareness



Ajna - Third Eye - Mental Command Center

Insight / Lucidity / Clarity / Focus / Concentration / One-Pointedness / Discernment
Expanding Consciousness / Cosmic Mind / Capacity to Control and Direct Our Energies



Vishuddha - Throat Chakra - Ether Element

Harmony / Refinement / Intuition / Inspiration / Purity of Intention / Speech
Timelessness / Spaciousness / Sense of Vastness / Expansion



Anahata - Heart Chakra - Air Element

Love / Devotion / Inner Peace / Harmony / Compassion / Empathy / Humbleness
Generosity / Freedom / Forgiveness / Self-Love / Sacredness / Openness of the Heart



Manipura - Navel Chakra - Fire Element

Trust / Surrender / Perseverance / Courage / Dynamism / Spontaneity
Inner Will / Determination / Digestive Fire / Enthusiasm / Willpower / Self-Confidence



Svadhisthana - Sacral Chakra - Water Element

Creativity / Imagination / Fluidity / Joy / Openness to Sensuality
Arousal of Sexual Energies / Awakening of Creative Potential



Muladhara - Root Chakra - Earth Element

Stability / Security / Vitality / Nourishment / Calmness / Well-Being
Groundedness / Rootedness / Peace of Mind / Sense of Belonging

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