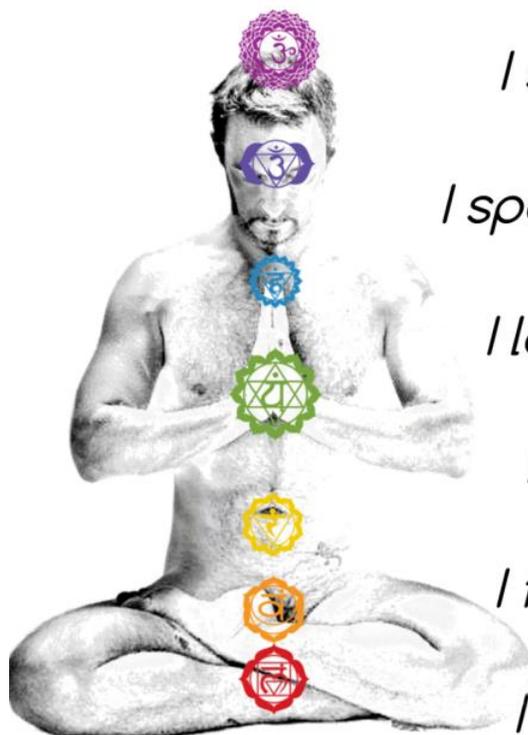


Body Chakra Chart



<i>I know</i>		<i>Sahasara</i> Crown	Seed Syllable: (!) Ahh Element: Thought <i>Wisdom, Knowledge, Spiritual Connection</i>
<i>I see</i>		<i>Anja</i> Brow	Seed Syllable: Aum (Om) Element: Light <i>Perception, Intuition, Imagination</i>
<i>I speak</i>		<i>Vishuddha</i> Throat	Seed Syllable: Ham Element: Ether <i>Communication, Creativity, Resonance</i>
<i>I love</i>		<i>Anahata</i> Heart	Seed Syllable: Yam Element: Air <i>Love, Compassion, Balance, Acceptance</i>
<i>I do</i>		<i>Manipura</i> Solar Plex	Seed Syllable: Ram Element: Fire <i>Will, Purpose, Strength</i>
<i>I feel</i>		<i>Swadhisthana</i> Sacral Area	Seed Syllable: Vam Element: Water <i>Fluidity, Pleasure, Sense of Self</i>
<i>I am</i>		<i>Muladhara</i> Root	Seed Syllable: Lam Element: Earth <i>Instinct, Security, Survival, Grounding</i>

Know Your Chakra's

<https://www.reiki-essencehealing.com>

Symbol	Color, Location, Purpose	Purpose	Balanced/Overactive/Underactive
 <p>Pineal</p>	<p>Crown Chakra (7th) Violet Top of Head</p>	<p>Cognition, Connection to Spirituality, Life Purpose</p>	<p>Balanced: Love, Joy, connected to "Source", compassionate, thoughtful, aware, sense of oneness. Overactive: Spiritual addiction, overly concerned with humanity, craving attention, confusion, disassociation from body. Underactive: Sense of separation/isolation, lack of belief in higher power, learning difficulties, misunderstood.</p>
 <p>Pituitary</p>	<p>Third Eye, Indigo (6th), Middle Of Forehead, above eyebrows</p>	<p>Intuition, Imagination, Wisdom, Ability to Think & make Decisions</p>	<p>Balanced: Intuitive/psychic, optimistic, perceptive, imaginative, aware, wise, calm mind, charismatic Overactive: Obsessed with psychic vision, paranoia, spaced worrying, seen as living in fantasy world, nightmares Underactive: narrow minded, easily influenced, doubt oneself, lack of imagination, confused about purpose</p>
 <p>Thyroid</p>	<p>Throat Chakra (5th), Sky Blue, Base of Throat</p>	<p>Communication/ Self-expression, Speaking Truth, Holding secrets</p>	<p>Balanced: Speaks Truth, creative, expresses self freely, communicates easily/clearly, good listener, creative. Overactive: Excessive talking, inability to listen, gossiping, loud or dominating voice, seen as criticizing, tendency to interrupt. Underactive: suppressed feelings, fear of expression, fear of offending others, shyness/timid, weak voice, dependent</p>
 <p>Thymus</p>	<p>Heart Chakra (4th), Green Heart Center, Center of Chest</p>	<p>Love, Joy, Inner Peace</p>	<p>Balanced: Loving of Self and others, Empathetic, inner peace, Compassionate, understanding, strong immune system. Overactive: Overly empathetic and concerned, jealousy, blaming others, poor boundaries, tendency to stay in abusive relationships, overly sacrificing Underactive: Shy, fear of getting hurt, unloved, lonely, fear of rejection, neediness, suspicious, possessive, antisocial</p>
 <p>Pancreas</p>	<p>Solar Plexus (3rd) Yellow, Slightly above navel</p>	<p>Personal Power, Identity, Self-Worth, Self Confidence</p>	<p>Balanced: Responsible and reliable, respect of self and others, confident, playfulness, sense of humor, integrity, warmth in personality. Overactive: Overly aggressive, need to be right, bossy, judgmental, stubborn, critical, unable to take responsibility. Underactive: Low self-esteem, victim mentality, unable to take responsibility, procrastinating, weak will, poor digestion</p>
 <p>Gonads</p>	<p>Sacral Chakra (2nd), Orange, Slightly below the navel</p>	<p>Creation, Sexuality, relationships, creative cauldron of desires</p>	<p>Balanced: Healthy creative expression, sexually fulfilled, playful, nurturing to self, healthy boundaries, good mood. Overactive: Excessive sex drive, overly emotional, compulsive behaviors, manipulative Underactive: Unemotional, guarded, sexual repression, afraid to interact, lack of desire/passion, overly concerned about what others think.</p>
 <p>Adrenals</p>	<p>Root Chakra (1st), Red - Tailbone, base of Spine</p>	<p>Survival, Security, Stability. Your connection to Earth</p>	<p>Balanced: Abundant health and energy, grounded, comfortable with own body. Independent, alive, happiness in job/career. Overactive: Craving unhealthy foods, paranoia, aggression, nervousness, bossy Underactive: Fear of change, feelings of not belonging, lost, depression, poor discipline/boundaries, unloved.</p>