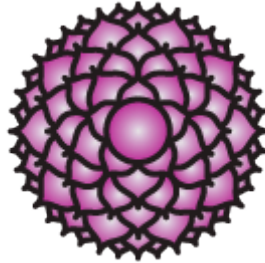


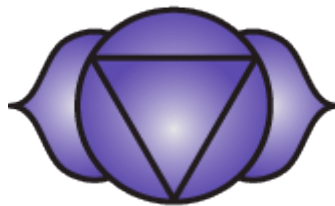
Major Chakras of the Body

Sahasrara: The Crown Chakra



This is generally considered to be the chakra of pure consciousness. Its role may be envisioned somewhat similarly to that of the pituitary gland, which secretes hormones to communicate to the rest of the endocrine system and also connects to the central nervous system via the hypothalamus. The thalamus is thought to have a key role in the physical basis of consciousness. Symbolized by a lotus with one thousand petals, it is located at the crown of the head. The Crown Chakra creates wisdom, intuition, connection to the Higher Self, spiritual awareness and oneness.

Ajna: The Third Eye Chakra



Ajna is linked to the pineal gland which is a light sensitive gland that produces the hormone melatonin which regulates sleep and waking up. Ajna is symbolised by a lotus with two petals, and corresponds to the colour white, indigo or deep blue it is located between and just above the eyes. The Third Eye Chakra issues involve balancing the higher & lower selves and trusting inner guidance.

Vishuddha: The Throat Chakra



Vishuddha may be understood as relating to communication and growth through expression. This chakra is parallel to the thyroid, a gland that is in the throat and is responsible for growth and maturation. Symbolised by a lotus with sixteen petals, the Third Eye Chakra is characterized by the colour light or pale blue, or turquoise and can be found at the throat. It governs such issues as self-expression and communication.

Anahata: The Heart Chakra



Anahata is related to the thymus, located in the chest. The thymus is an element of the immune system as well as being part of the endocrine system. It is the site of maturation of the T cells responsible for fending off disease and can be adversely affected by stress. Symbolised by a lotus flower with twelve petals the Heart Chakra is related to the colours green or pink and can be found between the breasts. Key issues involving this chakra are complex emotions, compassion, tenderness, unconditional love, equilibrium, rejection and well-being.

Manipura: The Solar Plexus Chakra



Manipura is related to the metabolic and digestive systems. Manipura is believed to correspond to Islets of Langerhans, which are groups of cells in the pancreas, as well as the outer adrenal glands and the adrenal cortex. These play a valuable role in digestion, the conversion of food matter into energy for the body. Symbolised by a lotus with ten petals. The colour that corresponds to the Solar Plexus Chakra is yellow and it can be found just above waist level. Key issues governed by this chakra are issues of personal power, fear, anxiety, opinion-formation, introversion, and transition from simple or base emotions to complex.

Svadhithana: The Sacral Chakra



Svadhithana is considered to correspond to the testes or the ovaries that produce the various sex hormones responsible for the reproductive cycle. Svadhithana is also considered to be related to, more generally, the genitourinary system and the adrenals. The Sacral Chakra is symbolized by a lotus with six petals, and corresponds to the colour orange and can be found about 2 inches below the navel. The key issues are relationships, violence, addictions, basic emotional needs, and pleasure.

Muladhara: The Base Chakra



Muladhara or root chakra is related to instinct, security, survival and also to basic human potentiality. This centre is located in the region between the genitals and the anus. Although no endocrine organ is placed here, it is said to relate to the gonads and the adrenal medulla, responsible for the fight-or-flight response when survival is under threat. Symbolized by a lotus with four petals and the colour red. Key issues involve sexuality, lust, obsession and survival instincts.

